



The Milton H. Erickson Foundation NEWSLETTER

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I N T E R V I E W

Interview with



Michael White

By Marilia Baker, MSW, LMFT

Phoenix Institute of Ericksonian Therapy

Michael White, regarded by many as the "guiding genius" of Narrative Therapy, is one of its key originators. He is Co-Director of the Dulwich Centre, in Adelaide, South Australia, along with his partner Cheryl White, who runs the publishing house Dulwich Centre Publications. This

*center, internationally renowned as a training institute, also offers clinical services, supervision, as well as continuous involvement in community projects. White has written numerous essays, articles and books, including **Narrative Means to Therapeutic Ends** (1990) and **Experience, Contradiction, Narrative & Imagination** (1991) both co-authored with David Epston. Michael's other books include **Re-Authoring Lives** (1995); **Narratives of Therapists' Lives** (1997); **Reflections on Narrative Practice** (2000). His most recent is **Narrative Practice and Exotic Lives: Resurrecting Diversity in Everyday Life** (2004) on offering innovative ways of working with couples to dissolve conflicts, and providing "therapeutic options to address the sense of personal failure in relationships, so commonly experienced by those seeking counseling".*

White conducts intensive training at Dulwich Centre on a regular basis, and contributes significantly to its international post-graduate diploma

*programs. He frequently lectures and trains professionals in Europe, in the Americas, in Scandinavia, Asia, and Africa. He serves on the editorial advisory boards of several international journals, including **Family Process**. He is member of the Australian Association of Social Workers, and the American Family Therapy Academy.*

Marilia Baker: How did you come to this idea of narrative therapy?

Michael White: In the 1980s, I began to collaborate with David Epston, who is a very close friend and colleague from Auckland, New Zealand. We set about exploring the implications of more recent developments in social theory, drawing from cultural anthropology, and other disciplines such as literary theory and critical philosophy – in regard to critical philosophy, particularly from the ideas of the French thinkers, Michel

See INTERVIEW on page 17

THE BRIEF THERAPY CONFERENCE: Lasting Impressions

Garden Grove (Anaheim), California
December 7-10, 2006

NEW! Laws & Ethics Pre-Conference Workshop – December 6!

www.brieftherapyconference.com

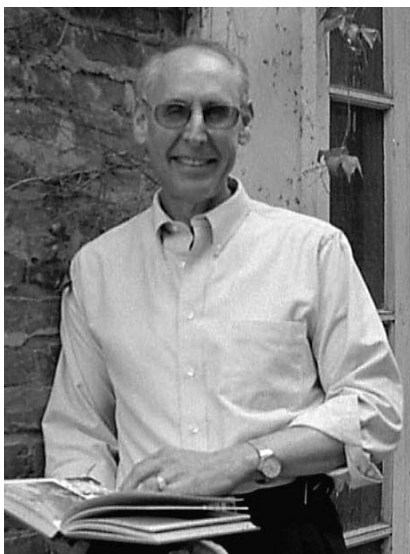
The Milton H. Erickson Foundation is now accepting registrations for the upcoming *Brief Therapy Conference: Lasting Impressions*, December 7-10, 2006, at the Hyatt Regency Orange County near Disneyland Resort, in Garden Grove (Anaheim), California. Sponsored by The Milton H. Erickson Foundation, with Co-Sponsorship by California State University Fullerton and the University of Advancing Technology (UAT), the Conference will include Solicited Short Courses, Invited Workshops, Interactive Events, and Keynote Addresses.

A special Laws & Ethics Pre-Conference Workshop has recently been added to the Conference Program. The workshop will be held December 6, 2006. Choose the four-hour morning session, or attend the full day for six hours.

See CONFERENCE on page 2

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EDITOR'S COMMENTS

I'm still dizzy from The Fifth Evolution of Psychotherapy Conference. It was truly amazing. Thirty-five of the most influential shakers-and-movers in psychotherapy and more than 8,500 participants met

*We are introducing a new column by
John Lentz, "In the Spirit of Therapy."*

this last December in Anaheim, California.

The chemical reaction of the presenters and participants created a vibrant atmosphere of exhilarating energy and excitement. I was inspired to see how the icons from whom I had learned 40 years ago have continued to evolve and grow in their perspectives. The cutting edge of the later generations of therapists and teachers sent fireworks throughout the conference. It is a good thing that the Foundation is making available audio and video copies of the presentations, since it was impossible to attend everything.

This issue of the *Newsletter* is both a review and response to The Fifth Evolution of Psychotherapy Conference. Annellen and Alex Simpkins review the conference including some of their favorite presentations.

In honor of the fifty different nations represented at the conference, the *Newsletter* has included several international contributions. We start with Marilia Baker's insightful inter-

view with Australia's Michael White. María Escalante reviews Joséphine Balken's *Hypnose Et Psychothérapie* and Consuela Casula reviews Teresa Robles' *Concierto para cuatro cerebros en psicoterapia*. Cecilia Fabre presents her Case Report from Cuernavaca. Marilia Baker Introduces *L'Institut Milton H. Erickson de Rennes-Bretagne*, and Marc-Steffen Habermüller and Dirk Revenstorf introduce us to *Speaking of Research* from Germany.

The conference was a wonderful opportunity for the *Newsletter* staff to sit down and talk with our readers. Both presenters and participants expressed an increased interest in the influence of biology in psychotherapy. To that end, we have put special attention to Ernest Rossi's and Dan Siegel's clinical presentations on understanding and utilizing neurobiology and gene expression. We also

have included a masterful review by the Simpkins of Erickson and Rossi's expanded Neuroscience Edition CD set.

We are introducing a new column by John Lentz, "*In the Spirit of Therapy*." This was in response to requests by conference participants and newsletter readers asking for something that addressed the understanding and clinical application of a client's spiritual identification.

I am pleased that I will not have to wait another five years to talk again with some of the participants and presenters from The Fifth Evolution of Psychotherapy Conference. This coming December, some of them will join the leading exponents of brief therapies at the Brief Therapy Conference in Anaheim. I am quite sure that the energy I have absorbed at the Evolution will sustain me until then.

Rick Landis
Laguna Niguel, CA

Visit the Conference web site for more information: www.brieftherapyconference.com

Faculty for this event include: Steve Andreas, Elyn Bader, Judith Beck, Jon Carlson, Frank Datillio, Betty Alice Erickson, Steve Gilligan, Mary Goulding, Ken Hardy, Jeffrey Kottler, Stephen Lankton, Pat Love, Monica McGoldrick, Scott Miller, John Norcross, Christine Padesky, Peggy Papp, Ernest Rossi, Matthew Selekman, Frances Vaughan, Michele Weiner-Davis, R.Reid Wilson, Michael Yapko, and Jeffrey Zeig. Keynote Addresses will be given by Patricia Arredondo, Cloé Madanes, Erving Polster, and Daniel Siegel.

The preliminary brochure is now available and will automatically be sent to all *Newsletter* readers. Visit the *Brief Therapy Conference* web site for updated Conference information, including Online registration, hotel and travel information and reservations, and the complete program available in May 2006: www.brieftherapyconference.com

EARLY REGISTRATION DEADLINE EXTENDED FOR NEWSLETTER READERS! Use the registration form in this issue to extend the Early Registration Rate to June 1, 2006 (Deadline without the registration form in this issue is May 15, 2006). Reserve your space at the upcoming Conference at the lowest available registration rate!

VOLUNTEERS NEEDED!

Full time graduate students and interns are needed to assist the faculty and staff at the upcoming *Brief Therapy Conference*. Volunteers provide assistance with registration, session monitoring, continuing education, and faculty needs. Volunteers work an average of four hours per day, and requires an \$85 deposit (\$75 is refunded after successful completion of volunteer duties). Those interested in volunteering can acquire the necessary application forms Online at the Conference web site: www.brieftherapyconference.com To receive an application by mail contact American Continuing Education, Inc.: ACEI, P.O. Box 17980, St. Paul, MN 55117; Tel, 651-487-3001; Fax, 651-489-3387; Email, mil_tonerickson@cmehelp.com

Apply early! Volunteers are accepted on a first-come, first-served basis. Deadline for submitting volunteer applications is October 15, 2006.

The Milton H. Erickson Foundation NEWSLETTER

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**Special for Milton H Erickson Foundation Newsletter Subscribers:
Use this form to register – save more than 45% and extend the regular May 15 deadline!**

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May 15, 2006 JUNE 1, 2006	\$325	\$225	\$420	\$320
July 15, 2006	\$389	\$289	\$484	\$384
Sept 15, 2006	\$449	\$349	\$544	\$444
Nov 1, 2006	\$489	\$389	\$584	\$484
Onsite	\$599	\$599	\$599+	\$599+
Day Tickets	\$175 per day	\$175 per day	4-hr session \$125; 6-hr session \$175	

Day Ticket Purchases
select your date(s) of attendance:

Law & Ethics Thurs, Dec 7
Wednesday, Dec 6 Fri, Dec 8
 4-hr session \$125 Sat, Dec 9
 6-hr session \$175 Sun, Dec 10

¹ I am a Foreign Professional/Foreign Student
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 ³ I am a Senior Citizen providing proof of age (65 years and older)

GROUP RATE SAVINGS⁴ 5 attendees: 10% off each full conference registration
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⁴All group registrations MUST BE SENT IN THE SAME ENVELOPE. One form per person. Payment must be included. Group Registrations MUST be sent by mail; they can not be done online or by fax.
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⁵ All non-sufficient funds checks will be charged a \$20.00 service fee payable by issuer.
⁶ The charge on your credit card statement for the Conference will be listed as "CE Education Class."
⁷ Hyatt Regency Orange County is ADA compliant. Please inform the hotel about any special needs. Any special concerns must be brought to the attention of the Milton H Erickson Foundation prior to August 15, 2006, by emailing office@erickson-foundation.org or telephoning 602-956-6196.

Cancellation Policy

Requests for refunds MUST BE IN WRITING and are subject to a \$45 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by October 31, 2006. Requests postmarked from November 1 to November 30 will receive a 50% refund of paid fees. **No refunds after November 30, 2006.** No exceptions to this policy will be made. Please allow 8-10 weeks for processing. Cancellations received after October 31, 2006, will be processed in January 2007.

CONTRIBUTOR OF NOTE

Susan Velasco

By Roxanna Erickson Klein

Dallas Texas

Susan Velasco, business manager of the Milton H. Erickson Foundation, has shown a landmark meeting can be presented gracefully and seamlessly. Velasco manages each small detail with the finesse of an orchestra conductor directing a symphony. At appropriate times different members of the orchestra emerge as soloists, then quietly step back to feature others. The orchestra is keenly aware of the conductor, but the audience may scarcely recognize the presence of this key member. Indeed, the better the conductor, the less visible she is.

Early in her college years, Velasco had an ambition to become a high school counselor, but her plan was set aside when she married and spent 27 years in Mexico City. While raising her children, she received a teaching certificate from Universidad Nacional Autonoma de Mexico and spent 14 years teaching English. Her long-term interests in both counseling and in education are still strong, and are factor that make her such a good fit for the Foundation. Velasco became part of the Foundation staff in October of 1995, two months prior to the Las Vegas Evolution Conference.

Starting as an administrative assistant she took on the responsibility of handling continuing education needs. That task turned out to be formidable and expansive, becoming a focus for years following the conference. With the success of that meeting, and learning from behind-the-scenes problem solving, the team emerged with a desire to work closely together so that each could supplement the needs of other staff members – a philosophy that prevails today. Velasco states that the team at the Milton H. Erickson works with the viewpoint that, "You get back what you give". This ideology encourages cooperative effort and individual responsibility.

Upon the conclusion of the Anaheim Evolution of Psychotherapy Conference held in May 2000, the Foundation's long-time executive director, Linda Carr-McThrall,

retired. Amid economic conditions that had compromised profit margins necessitating a reduction in staff, Velasco proposed to the Board of Directors that the important work of the Foundation could continue even with cutbacks and a tight budget.

Rising to the challenge with the help of an abbreviated staff, Velasco managed a couples conferences demonstrating that close attention to detail can be accomplished even in times of financial uncertainty. The conference was wonderfully received and added significantly to the positive momentum that continues to propel the Foundation.

Velasco remarked that she was particularly pleased with this success because she knew that couples, families and children would benefit from the excellent teaching provided. She reflected: "Couples and families are the basis of our society, and to know we have made a positive impact is so rewarding".

Velasco explained her perception of work at the Foundation: "It is easy to get bogged down in day-to-day details --- but when we start to feel that way we stand back and reflect for a moment on how so many parts come together. That is what this work is all about --- education for the benefit of others."

Velasco dreams that some day the Milton H. Erickson Foundation will offer a comfortable setting for students and professionals to come and study in an ongoing flexible and intensive manner: "The Foundation is superlative in the quality of our educational programs but we still have tremendous needs in terms of archival preservation, development and outreach. When our resources are offered in ways that are more accessible and more meaningful to those who wish to study them, we can become a premier destination."

Psychotherapy affects not only the person who studies and learns but it reaches a much larger group. In Velasco's words "It makes me so proud and happy to be a small part of the teaching that brings positive growth in ways that we can only begin to imagine."

NEWS

It Takes a Team

By Susan Velasco Phoenix, Arizona.

It is our desire at the Milton H. Erickson Foundation to bring forth educational programs of the highest quality. Having just completed the enormous task of putting together the Evolution Conference, we recognize that in order for this to work well, we must depend on a large number of resources, take advantage of people's special talents, and reach out to opportunities when they arise. The Foundation is a business and we must keep our overall financial integrity in mind or we will not survive, but profit is not the heart of our mission---service is.

I understand that Dr. Erickson was readily available to his clients, and that he was very creative as well

as efficient. He sometimes could solve long-term problems in short sessions dramatically affecting people's lives. I like to think that we bring some of the same creative energy and efficiency in the ways that we better the lives of many people. Dr. Erickson worked individually with his patients, but our work is indirect and takes a team.

We received many positive comments from those who attend our conferences. The comments are meaningful and enjoyed, and all remarks will help us to continue to refine our programs. What is most important is the ways that those who attended the conference take the teaching back to their own communities and apply the knowledge that they gained. Nothing matters more than that!

The Foundation staff is a stable group who work hard and have been together for a long time. We are all dedicated to our own work, to the Foundation, and to the creative genius of Milton Erickson whose work we

See VELASCO on page 5

New from the Milton H. Erickson Foundation Press



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F A C E T S A N D R E F L E C T I O N S

Milton H. Erickson: A Master of Creativity in Therapeutic Hypnosis, Psychotherapy and Rehabilitation

A dialogue with Ernest Rossi Ph.D

By Kathryn Lane Rossi, Ph.D. and Roxanna Erickson-Klein Ph.D

How did he do it?

How did he develop his artistry?

How did his work unfold as seemingly simplistic? Or was it, really?

What was behind the thinking of this great man?

What directions would he take if he were with us today, a generation after his passing?

Kathryn Rossi (K): I never met Milton H. Erickson in person but I feel I know him through his written words, audio recordings, videotapes, family and students. It took more than a decade for all three of us (Ernest Rossi, Roxanna Erickson Klein and myself) to reacquire the rights to republish the seminal books of Milton H. Erickson. That journey contained, for all of us, every possible emotion from great despair to ecstatic elation when we succeeded.

The steadfast belief we three shared is that it is imperative that the cornerstone of Milton H. Erickson's original papers, seminars and workshops, and textbooks co-written with Ernest Rossi should be available for everyone at a reasonable price. This is why we have initially created three updated Neuroscience Edition CD's that contain 15 books in a reedited format, along with many papers never before published by Erickson. What makes this a "Neuroscience Edition" are a number of recent papers by Ernest that provide a current neuroscience perspective on many of Erickson's essential themes throughout these three CDs. It is hard to imagine a better format for learning about Erickson since the three CDs include videos and audios of Erickson for an intimate understanding of the profound and timeless master that he was. Ernest, can you give us some reflections of your work with Erickson and how you have developed it more recently?

Ernest Rossi (E): Oh Gosh, I thought no one would ever ask! I was in despair when he left us back in December 1980. I felt I had failed to grasp the wholeness that was Milton Erickson, and now it was too late. I had but one clue that was an important fact, but I did not really understand why. Erickson always had unusually long psychotherapy sessions, about 90 – 120 minutes in contrast to the usual fifty-minute hour of psychoanalysis. I found an important scientific clue where chronobiologists were reporting that there was a natural ultradian psychobiological rhythm of 90 – 120 minutes throughout the 24-hour circadian cycles. When I asked Erickson if he had ever heard of the Ultradian Basic Rest-Activity Cycle (BRAC), he replied that he had not. However, tears came to our eyes when I showed him how the list of typical trance-readiness signals and indicators of trance development that we summarized in chapter nine of our first book, *Hypnotic Realities*, was almost identical with the behavioral indicators of the 10-20 minute rest phase of the Ultradian Basic Rest-Activity Cycle. This was our first clue that Erickson's careful observation of the "minimal cues" of a patient's behavior could pay off in facilitating empathy, rapport and mind-body healing. By inducing quiet, traditional type hypnosis during the low phase of the BRAC, for example, Erickson could be facilitating the rest-healing part of the ultradian cycle. When Erickson used a more active approach to hypnosis, such as hand levitation, he could be focusing the patient's high performance side of their natural ultradian rhythm, thereby optimizing their efficacy when high energy and concentration were required in active inner or outer work, or play.

Roxanna Erickson-Klein (R): Oh, so that is why you wrote all those papers on mind and body rhythms that were supposed to be related to hypnosis in the

1980's. You actually got that idea originally from Erickson! Many people could not understand why you seemed to be going off on a wild goose chase at the time.

E: Yeah! I really wasn't being so original. I was only hanging on for dear life to the only scientific clue I had about the essential neuro-psycho-physiological basis of your father's work. So I published the first edition of *The Psychobiology of Mind-Body Healing* in 1986 to explore mind-body communication, and how to facilitate it, with Erickson's indirect suggestions and what I called "Basic Accessing Questions," and so forth. But why was the 90 – 120 minute BRAC important? It took me seven more years before I was able to understand the significance of the evolving neuroscience of genomics. By 1993 I was able to publish the second edition of *The Psychobiology of Mind-Body Healing*. In that book I was able to assemble the scientific evidence to establish

See FACETS on page 6

VELASCO *continued from page 4*

have been entrusted to preserve. Each conference brings us rewards in that we see our own tasks furthering the recognition of Erickson and his place in the history of psychotherapy. Each conference brings us together as a group learning to work better, to perfect our individual skills and to advance the work of the whole. Working with different personalities, and working through the complexities as a unit creates a sense of generative energy. In recognition of the individual tasks and important roles that each of our staff members has contributed I wish to express my own appreciation to those who made this possible:

Jeffrey Zeig – Thank you for your creative vision, your leadership, your intelligence and your unfaltering ability to attend to thousands of specifics at one time.

Karen Haviley – Thank you for your ability to envision the overall structure of the organization and your assistance in finding ways for all needs, big and small, to be handled.

Jeannine Elder – Your skills in working with the faculty are superlative. You give the focused attention that each of our esteemed faculty deserves.

Sonya Cortez – You joined our group as a receptionist and have grown far beyond what we could have asked for. Your work is appreciated and admired.

Inge Glees – You joined us this summer, and bring with you wisdom along with technical expertise. Your skills open the doors for a new age of progress and development.

JoAnne McDermid – You also joined us this summer, and bring with you energy and enthusiasm. Your dedication has accelerated our progress in making the works of Erickson more available. Thank you for bringing us technical support in areas where we are just beginning to grow.

Andreas Trenkle – You joined our staff for a one-month interval as an intern in conference management. With your formal education in conference planning, and having participated in numerous European conferences, you brought knowledge and insight into the process. Your humor, smile and pleasant manner complemented your expertise making you a cherished asset to the team.

Last but not least – we worked with a number of additional businesses who went to extremes to coordinate efforts so that all went smoothly. Some have worked with us for years: AMEDCO (registration and CEUs), Dennis Richardson with Close-Up Productions, Craig Gardner with The Digital Record, and Mark Tracten with the conference bookstore. Others joined us for this particular conference, including the Hilton Anaheim and the Anaheim Convention Center teams. To each, I would like to express heartfelt gratitude on behalf of myself, and the entire staff of the Milton H Erickson Foundation.

The work that we do reaches out like ripples in a pond. We each deserve credit for all we have done to educate health care professionals to help those in need around the world.

FACETS *continued from page 5*

that it requires about 90 – 120 minutes for genes to respond to important environmental events, like trauma and stress. The genes do this by producing the proteins that are the basic building blocks generating hormones, growth factors, immune system factors, neurotransmitters, etc. as an adequate healing response to the trauma and stress that initiated the gene expression/protein cycle. This is where I was perhaps a bit original: I realized that the gene expression/protein synthesis cycle was the ultimate source of mind-body rhythms that Erickson may have be utilizing in his fantastic success with psychosomatic problems and rehabilitation.

K: This all seems so obvious now. But why don't I see or hear anyone else besides you getting excited and jumping up and down about this "essence" of mind-body healing? We always read about psychoneuroimmunology and the deleterious effects of the post-traumatic stress disorders, but no one except us true believers seems to realize that Erickson's therapeutic hypnosis can deal with these problems at the fundamental molecular- genomic level.

E: Aye! There's the rub! How come the reporters from *The New York Times* who covered our recent Evolution of Psychotherapy Conference have completely missed this really new perspective in the article they published on *The Future of Psychotherapy*? How many researchers do you know in the hypnosis communities who are doing research in this area? Very few, indeed, are working on the genomic level!

R: It's as if the current generation of academic and laboratory researchers in therapeutic hypnosis and psychotherapy simply don't even believe in the possibility.

E: Yes, Exactly! That's the problem – and the current generation of researchers in hypnosis do not have the very specialized laboratory skills in genomics to do such work. That's why I published *The Psychobiology of Gene Expression* in 2002; *A Dialogue with Our Genes* in 2004; *Cinq essais de psychogénomique – Exploration d'une nouvelle démarche scientifique axée sur l'interaction entre l'esprit et la molécule* [Five essays on psychosocial genomics: Exploration of a new scientific approach to the interaction between mind and molecule] in 2005; and now our three set of CDs on the Neuroscience Edition of Erickson's work.

R: It may seem a bit overwhelming, but I hope we will get all of it published as an evolving series of books continually updating the scientific aspects over the next few years. We also have a great deal of previously unpublished material in the Ericksonian archives. Books are very expensive to publish! Who do you suppose could help us with the funding of such a long-range project?

K: We should ask Jeff Zeig – he always seems to know about these things. On the other hand, perhaps we should welcome any readers of this newsletter who have an interest and possible experience in fund raising to help our nonprofit Milton H. Erickson Foundation in this long-term, humanitarian publication effort.

R: Well, as of this moment, you have helped us all come a long way with this new understanding, Ernie, since my father told me the story about when you asked him that provocative question during one of his workshops in the early 1970's before you began to study with him. You were in the audience and asked him something like: "What is the relationship between hypnosis and consciousness, and can hypnosis help us investigate consciousness?"

E: I have only a vague memory of that. It seems like a lifetime ago. Of course, I now believe that *consciousness is a novelty seeking modality*. We can facilitate consciousness with implicit processing heuristics via therapeutic hypnosis. Therapeutic hypnosis can activate the gene expression/protein synthesis cycle and brain plasticity to facilitate problem solving, mind-body healing, and rehabilitation. Art, beauty, and truth are also numinous (fascinating, mysterious and tremendous) experiences that can likewise activate the gene expression/brain plasticity cycle, that facilitates and encodes yet another creative transition in consciousness.

K: But wait – you forgot the part about mirror neurons!

E: Oh, yeah! My role in this reflections article was to casually mention that Kathryn and I have just had our first paper together accepted for publication by

The American Journal of Clinical Hypnosis on "The Neuroscience of Observing Consciousness & Mirror Neurons in Therapeutic Hypnosis." In the article we present research by scientists that suggests how our mirror neurons can be tickled by psychological experiences of novelty, enrichment, and exercise (physical and mental) so that they turn on their gene expression cycle and activate brain plasticity. This induced-plasticity can facilitate all sorts of good stuff like love, as in relationships, sexual bonding, family dynamics, etc., as well as art, beauty, truth and consciousness itself.

This is the awesome perspective that I now believe is Milton H. Erickson's most profound legacy to us. For the first time in human history we actually understand the types of psychological experiences that can facilitate the evolution of consciousness. This induced evolution can effect creativity, rehabilitation, and healing on all levels from mind to gene. We now have a new research paradigm and philosophy of a truly effective approach to psychotherapy and rehabilitation of which previous generations could only dream.

WEB NEWS

THE MILTON H. ERICKSON FOUNDATION WEB SITE – A NEW LOOK FOR 2006!

The Milton H. Erickson Foundation, Inc., is currently updating the homepage with a new design for easier navigation. Changes are coming soon, so be sure to check the web site often for updated information on Conferences and trainings, Resource links, forums, downloads, the new Online store, and many exciting additions!

ONLINE NEWSLETTER

The Milton H. Erickson Foundation Newsletter web site is currently under construction. The new web site will feature easy-to-read PDF versions of new and archival editions. Join the Foundation E-mail mailing list for updates on the *Online Newsletter* status, and be the first to receive the most current published editions!

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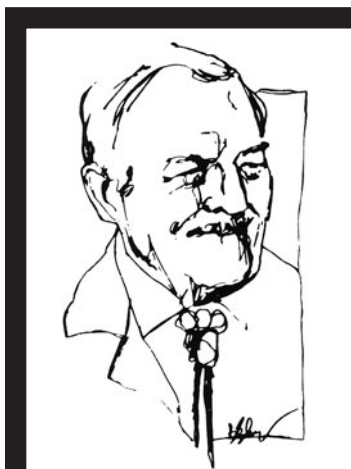
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Review of the Evolution of Psychotherapy Conference, 2005

By C. Alexander Simpkins PhD & Annellen M. Simpkins PhD

As psychotherapists, we are in the business of opening minds, and at the Fifth Evolution of Psychotherapy Conference, participants were treated to a full gamut of mind-opening approaches. Jeffrey Zeig and the Erickson Foundation are to be congratulated for organizing this monumental event, which unfolded beautifully in every aspect.

The 8,634 attendees were from diverse healthcare fields including psychologists, psychiatrists, medical doctors, social workers, counselors, and nurses. They gathered from all corners of the United States and from fifty different nations, including 100 from China and 170 from Australia.

Not only were the attendees diverse, the presenters were as well.

The Fifth Conference assembled back many of the founding masters who attended the first Evolution of Psychotherapy Conference held in 1985, along with new faces. These exceptional presenters captivated thousands with their clear-headed and dynamic presentations. Classic rationalists such as Albert Ellis and Aaron Beck spoke persuasively of their time-honored perspectives. Mary Catherine Bateson charmed, enlightened and encouraged her audience with her wisdom concerning value issues important to psychotherapy from a social-anthropological view. And Jeffrey Zeig sensitively reeducated with creative hypnodrama methods, brought the work of Milton Erickson to light, and fostered growth for his audiences.

Despite the vast tapestry of approaches, there were common threads, such as trust and optimistic faith in the client's potential for health. For example, Thomas Szasz explained the social basis for his long-held conception of the myth of mental illness: "There is no mental

illness, just psycho-social disorder," he said, proposing changing society as a way to bring about change in patients. Arnold Lazarus also proposed that we should question the idea that real change must begin with the client. But his solution was different. Lazarus claimed that by dispelling this myth, "Multimodal therapy gives more points of entry to work with the client." He advised psychotherapists to learn a wide repertoire of techniques and approaches in order to address therapeutic needs. Ernest Rossi stands at the cutting edge of new potential for change at the neurological level. He showed how creative, novel experiences stimulate protein synthesis and thereby gene expression, feeding back into healthier feelings and behaviors.

Many different program formats were offered, including as keynote addresses, workshops, dialogues, topical panels, point/counterpoint addresses, conversation hours, clinical demonstrations and state-of-the-art addresses. Moving from one presentation to another, participants

could see patterns of both similarity and difference emerge, stimulating their own associations. For example, from Reality therapist, William Glasser, we hear, "This is how I start all my counseling. Everyone comes with a story, so I say, could you tell me your story." Then he guides clients to face their life situations and make better choices. Michael White's Narrative therapy perspective comes from a somewhat similar base: When people consult therapists, they tell their inner stories. But then, White leads clients into alternative story lines and identity conclusions. Offering another approach was Cloe Madanes who has formed a working relationship with Tony Robbins. Madanes and Robbins engaged the audience, asking what shapes and controls the quality of our lives? Their approach is that "Meaning is everything! Our concept is based on an idea contrary to psychology: think or feel first and then act. We believe the opposite: if you create action, the feeling will follow." Every Master offered seasoned and well thought-

See CONFERENCE REVIEW on page 8

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CONFERENCE REVIEW *continued from page 7*

out wisdom about an effective entry point for psychotherapy. Each perspective presented filled out another facet of the multidimensional potential of psychotherapeutic intervention to bring about change.

State-of-the-art research was also represented, with the latest findings in both unique studies and collections of meta-analysis about wide varieties of topics including individual therapy, couples and gender, treatment development research, and school success. Problems of implementing theory by practice and verification of results also were addressed. For example, well-known researcher, Albert Bandura, discussed one of his recent projects, germane to current events: the exploration of moral disengagement. His presentation offered an explanation for how ruthless acts come to be performed by seemingly normal people.

Participants came away from the conference with a rich array of ideas, techniques, methods, and constructs to weave into their work. One could not help feeling excited and inspired to be part of this vital field that is psychotherapy.

Comments from Participants

Comments from delighted participants and presenters poured in. Here are some highlights:

David Cummins: Actually I made up a word, or Freud slipped one in to me, when I described the event as: "Ambigiddity": It's the state of being totally without bounds and feeling like a little boy experiencing deep joy."

Mark Breithaupt: I was gratified to see so many people and great thinkers. I am prompted to further transformation in my thinking and practices.

Betty Alice Erickson: The Conference was really too good to be true! It was like magic. As always, it ran seamlessly. You had a spectacular faculty! The whole thing was beyond excellent, beyond perfect. You have done a great service to the entire psychotherapeutic community. Thanks to the Evolution of Psychotherapy Conferences, the leaders of the field, formerly often at odds, now instead work in harmony, and certainly seem to respect and admire--and like--the

other leaders. Amazing. And, I sincerely believe, totally due to you, Jeff.

Robert Dilts: I just wanted to send a quick note to thank you and congratulate you on the success of the Evolution of Psychotherapy conference. Everyone I talked to said it was great; rich, diverse, stimulating and useful. It was a tremendous honor to be involved.

Albert Ellis and Debbie Joffe: We especially want to thank Jeff and

Jeannine for running the Conference beautifully and efficiently, and for giving us time to present

The whole thing was beyond excellent, beyond perfect. You have done a great service to the entire psychotherapeutic community.

our general report on Rational Emotive Behavior Therapy (REBT) and how we specifically apply it to refuse to upset ourselves about our problems with the Albert Ellis Institute. Jeff and Jeannine did an outstandingly great job! We are looking forward to the 2010 Evolution of Psychotherapy Conference!

Paul J. Dupont: The conference was excellent!! With numbers that large and events going off without hitches, everyone who played a part in organizing it should be commended. The diversity of topics and quality of presenters were excellent."

Janis McKay: This is my second time at the conference, and it was well organized and carried out. There was a social activism flavor to the conference this time that was very timely and inspiring...It was a great clinical shot in the arm.

Rich Simon: What a show! I keep having time-release reactions to all the mind-blowing energy of the meeting.

Eric Lياهو: Thank you for organizing the conference. It was truly inspiring and enlightening. I've already begun to incorporate my learnings into my practice.

Judy Beck: The Evolution of Psychotherapy Conference was a terrific event and attendees seemed to be so excited to participate in this one-of-a-kind experience.

Eileen Masover: I just want to say thank you for an amazingly well-coordinated conference...This was my first conference, and I know I will be back for the next one. How appropriate that it was in Anaheim, because it felt like Disneyland for psychotherapists!

Darlene Wilson Anzel: Thank you to Dr. Jeffrey Zeig for everything...for being a gracious leader, for always looking great, for filling in when Dr. Meichenbaum couldn't be there for a panel, for loaning his clothes to Michel White, ...and for all the things he did to make it such a memorable experience. The Evolution of Psychotherapy Conference was the highlight of my year. I didn't want it to end.

Christine A. Padesky, Ph.D: Thank you for the opportunity to participate in the recent Evolution of Psychotherapy Conference. You may not recall but I spoke at the first Evolution of Psychotherapy Conference in Phoenix as co-faculty with Aaron T. Beck. The passage of 20 years of time flashed before my eyes as I stood in front of a nearly full hall of 2500 people to give my own state-of-the-art address. Given the evolutionary theme of my address, I could only reflect on my own personal evolution as a parallel to the evolutionary processes I described for cognitive therapy. My congratulations to you for pulling off a gigantic vision with grace and style.

DVD Reviews

The presentations were audio and video recorded. We include DVD reviews of six popular presentations to offer some of the conference content.

Facilitating Brain Plasticity in Hypnosis and Psychotherapy With Ernest Rossi PhD

Rossi introduces the theme for this demonstration: life transitions. During important turning points, people have vivid dreams. These dreams are associated with brain plasticity and the growth of new neural nets. Rossi asserts that we are in one of the most dramatic moments in evolution

of consciousness: Never before have we had the methodology to show how genes can influence brain plasticity. In contra distinction, a new and mysterious finding is that experiences of consciousness can turn on genes. Rossi's enthusiasm is infectious!

A volunteer named John joins Rossi on stage with a recent dream in which he is lost in a dark place in a half-built house. He tries to talk to a man who appears to be the builder but is unable to communicate with him. John then discloses that he is 58 and is leaving his job of many years and moving to a newly purchased country home. John expresses uncertainty about his future.

Rossi jumps right in and asks John to levitate his hands: Which hand represents, "I don't know" and which hand represents the opposite? John experiences the right hand as "I don't know" and the left as a feeling of faith. With Rossi's sensitive indirect guidance, John is led through the four-stage model. Dark feelings stimulate memories in Level Two, of disconnection and painful feelings about the loss of his father and then further back to an earlier memory of being alone in the dark at a hospital. Rossi leads by following closely as John travels to Level Three, transition and break out, with realizations and a bursting forth of bright imagery. In Level Four John considers how to integrate these learnings into everyday life.

The question and answer section is extremely illuminating. When asked about the use of the hands, Rossi explains that he translates the problem "out of the head and into the hand." He traces this method to Erickson's hand levitation technique combined with Gestalt therapy. Erickson elicited phenomena from the complex action of automatic writing to the simplest action of nodding yes or no. Such action brings about dependent gene expression and brain plasticity. This method also protects the patient from being engulfed when re-experiencing traumas. By adding the opposite, a positive resource, clients engage another safety feature.

Viewers will learn from watching Rossi's artistic use of utilization, indirect suggestion, and his sensitive attunement and respect for the inner wisdom of the unconscious mind. He inspires us all with hope and excitement about psychotherapy's positive evolution into the future!

Using Experiential Methods to Elicit Change

With Jeffrey K. Zeig, Ph.D.

This DVD by Jeffrey Zeig PhD is an excellent psychotherapy demonstration that teaches the viewer how to give their clients experiences that can be positive and transforming. He believes in using experiential techniques derived from hypnosis applied to psychotherapy.

Zeig shows with a volunteer subject that transformation by means of non-rational experiences is possible by accessing parts of the personality, using improvisational hypnotic, role-playing techniques. He believes that if people can go into good states, then they can get out of bad ones. So, he facilitates changing states for a demonstration client who joins him on stage by personally role-playing her as she is in a positive moment, then asking her to internalize that image. Finally he requests her to epitomize her experience symbolically in a location in her body. This drama

becomes the basis for a hypnodrama that helps her to get out of the bad state that she feels trapped in.

Zeig progressively leads the client in mini-psychodrama hot seat techniques into a series of improvisational role-playing dialogues that encourage her to access her feelings, accept them, and then transform her reaction from its opposite to evolve into a new response. He helps her to do this in spite of her initial feeling of sadness due to being disapproved of, and rejected by, her former spouse. With gentle sensitive support he empowers her to face her life with courage, strength and self-acceptance.

Zeig shows a useful method for uncovering and activating individualistic inner resources of the client through improvisation, offering the resources they uncover as gifts, alternative to troubling experiences that oppose well being. To complete the demonstration of therapeutic reeducation, he brings the subject full circle

into the moment, gracefully complimenting her work on herself and facilitating a positive, uplifted self-esteem.

Zeig's method adapts theater techniques to psychotherapy. He warms up the subject for therapeutic sequences in a subtle way that helps her become free of the limiting pattern of being that she related through. Her alternative experience of herself and her former husband allows her to grow rather than be diminished in her self-esteem.

This DVD shows one of the methods Zeig uses to help a client access emotion and offer better ways of functioning, by utilizing what is already there within the person. Zeig is a sensitive, supportive, and experienced practitioner. Therapists will find watching him helpful for enhancing their own work with clients.

The Union of Humanity and Technique

With Erving Polster PhD

Erving Polster brings to life his

theory of the union between humanity and technique with a demonstration of his human warmth applying subtle and sensitive technique in helping a client.

Polster explains how the therapist enters into the mind of the client in a way that normal conversation does not permit, and yet this transpires through a normal, human exchange. How is this done? Polster shows us, working with a woman who has not spoken to her father for a year. He begins by asking her, in a casual and friendly manner, "Where should we start?" He proceeds to gently lead her into disclosures about her situation with her father. He points out that she is speaking in the abstract. Gradually she describes the problem, how her father made fun of her and was derogatory. Polster replies disarmingly, "What a shame. You have a beautiful smile." Interweaving charmingly ordinary conversation with gentle therapeutic pointing and leading, he guides the client to many

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The Milton H. Erickson Foundation, Inc. Sponsored

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CONFERENCE REVIEW *continued from page 9*

new recognitions: that she is resilient, even tough in a way that her father approves of, that there is love in her relationship.

In the final part of the DVD Polster answers interesting questions that clarify his therapeutic work. When asked what he was feeling during the therapy Polster replies that he felt a full absorption in the client—she was his entire world. He believes that the client had everything she needs to be herself. He said, "If only I could introduce her to herself, I'd be grateful." He believes that if you have relational synchronicity, clients will take it to the next step. Polster answers a question about the roads not taken -- how he knew not to follow her anger and instead to deal with her sadness. Polster's answer was that if he did the session again, he might do it differently. You can't do everything in one session.

Polster explains that what you do as a therapist emerges from an orientation to a theory. He said that there never is a moment when he is not doing Gestalt therapy. The concept of contact boundaries found in Gestalt therapy allowed him to get in touch with the client. Awareness happens every moment.

Watching this DVD, the viewer is given an intimate look at the work of a seasoned master, whose work proceeds from and ends with humanism.

Bringing Interpersonal Neurobiology into Your Mind and Psychotherapy Practice By Daniel Siegel

In a one-hour lecture-demonstration, Daniel Siegel clearly presents the fundamental principles of Interpersonal Neurobiology. Interpersonal Neurobiology is an exciting new field that fosters understanding of the mind and how it can become most healthy by incorporating many disciplines. He points out that mental health practitioners get a great deal of training about mental illness but very little on the nature of the mind and mental health. Interpersonal Neurobiology is devoted to understanding mind and brain, and integrating these discoveries to cultivate human potential.

Siegel begins with definitions that clarify his Integrative

Neurobiological model. The mind is defined as a process that regulates energy and information flow, emerging each moment in the transaction between neurobiological processes and interpersonal processes. Experiences activate biological processes to bring about very real, positive growth and development in the brain, which in turn brings about lasting changes in the mind.

Mental health involves five differentiated components that become integrated together: flexibility, adaptive, coherence, energized, and stability (FACES). Therapists use communication with clients to promote integration and feelings of being connected, open, harmonious, emergent, receptive, engaged, noetic, compassionate, and empathic (COHERENCE).

Siegel then brings a volunteer on stage to help illustrate how Interpersonal Neurobiology can be applied therapeutically. He has a friendly and active style, that puts his demonstration subject at ease. He draws the chairs within three feet of each other, close enough to undergo a physiological shift between them through the activation of mirror neurons. Researchers theorize that mirror neurons represent the neural biology of empathy. He stares blankly at the client for a short time. Her reaction illustrates how interpersonal discomfort (or comfort) can be communicated nonverbally.

Next, Siegel adeptly demonstrates nine domains of integration. Consciousness is the first domain of integration, utilizing three kinds of attention. He illustrated by having the client direct her attention outward and then inward to her heart and breathing. He leads her into inner imagery of an ocean and a wheel. These images guide her to the third type of attention, executive attention, accessed from a calm depth and balanced center. From this balanced vantage point, the client is able to work on a problem in her marriage. Siegel illustrates the process of integration by skillfully leading her through the next seven dimensions of integration. She explores new possibilities from varied perspectives and through different modalities. Siegel ends by describing the ninth dimension of

"transpirational" integration, where we realize our meaningful connection in the greater whole, bringing positive energy and healing into the world. Siegel's theory offers concrete techniques for developing connectedness and integration in clients.

Brief Rational Emotive Behavior Therapy

With Albert Ellis, Ph.D.

In this very likeable lecture-demonstration, Albert Ellis sets a friendly tone with his opening remark, "I'm going to talk about brief therapy, briefly." This icon of therapy, now in his nineties, introduces the basic tenets of Rational Emotive Behavior Therapy quickly and succinctly. REBT uses a variety of cognitive, emotive, and behavioral techniques. Beginning with the cognitive level, Ellis finds the main irrational beliefs and attacks them. He employs a wide variety of techniques such as reframing and problem solving. Next comes the emotive part, using emotionally charged imagery. He teaches clients to develop USA: unconditional self-acceptance, which leads to a happy life. The final, behavioral phase is an "in-vivo desensitization," where the client moves from unhealthy emotions to healthy ones. The client is encouraged to practice these techniques for 30 days, every day, to make lasting changes.

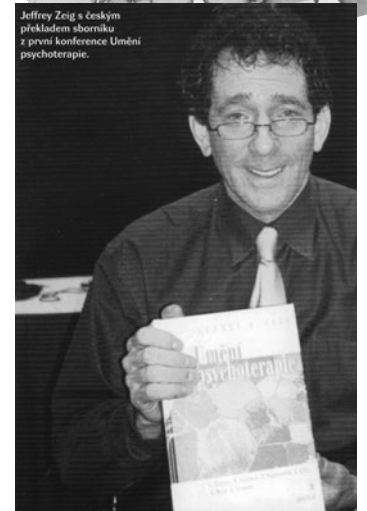
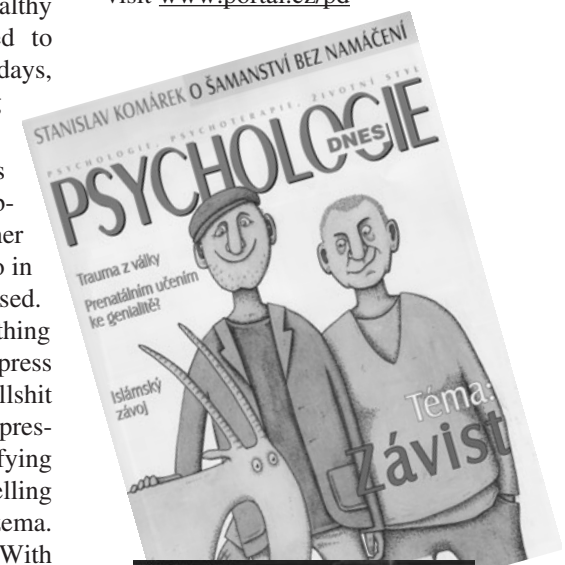
The first volunteer joins Ellis on stage with a presenting problem of eczema. Ellis questions her about her feelings, guiding her to in clarifying that she feels depressed. He explains, "We teach that nothing depresses you. You choose to depress yourself. Adversity plus the bullshit you tell yourself cause your depression!" He guides her into clarifying what upsetting things she is telling herself, "I must not have this eczema. Other people think I'm ugly." With spunky humor, Ellis mounts the attack. "Where is it written that you must not have this condition?" Together they shape healthier cognitions: to accept that she is okay just because she is "alive and kicking," developing USA. Next comes the emotive imagery where she imagines the worst case of eczema and feels shame, depression, and embarrassment. These are unhealthy emotions and lead to disturbance. The client is asked to imagine her feelings changing to healthier ones such as sadness and regret. How did she accomplish this, Ellis probes? She answers that

she had compassion for herself. He encourages her to repeat the process many times, for thirty days, to make the changes real.

Ellis fields questions that help to elucidate interesting aspects of his approach. For example, one questioner asks why the client wasn't directed to change her unhealthy emotions to positive ones. Ellis explains that it would be unrealistic to simply be positive: "It's not great to have eczema and have other people despise you, but you can take it!" With more questions and a second volunteer, this DVD gives a clear sense of how REBT works and offers a good introduction about how to apply it.

Evolution Conference 2005 Kudos!

The *Psychologie dnes* March 2006 issue (Czech Republic Psychology Journal) includes an article by Daniel Kune on the December 2005 Evolution of Psychotherapy Conference. For information please visit www.portal.cz/pd



Jeffrey Zeig s českým překladem sborníku z první konference Umění psychoterapie.

INTRODUCING THE INSTITUTES

L'Institut Milton H. Erickson de Rennes-Bretagne

Interviewed by Marilia Baker, MSW

Email: institutemergences@free.fr

Website: www.hypnoses.com

L'Institut Milton H. Erickson de Rennes-Bretagne, France, established in 2004, started as a membership society in 2000. The founding members are longtime passionate researchers and avid learners of Ericksonian methodologies and approaches. In 1993, under psychiatrist Claude Virot's leadership, the group started a process they named "intervision" by which they videoed and discussed their therapeutic difficulties and challenges with patient diagnoses and treatment, and presented their theoretical worldviews and clinical interventions. The original members are psychiatrists: Claude Virot, M.D., director-president, Jean Francois Marquet, M.D., vice president; Bruno Dubos, M.D.; Patrick Sinquin, M.D.; Luc Farcy, M.D.; generalist/internist Denis Vesvard, M.D.; Mary Virot, Lic. Psych., and Laurence Dubois, Lic. Psych. There are currently 110 members in the association, throughout the French-speaking world.

Claude Virot has been enthusiastic about Ericksonian approaches to Hypnosis and Brief therapy since he began his studies in psychiatry in 1983. He found out about Erickson through Change (1974), by Watzlawick, Weakland and Fisch, published in French as *Le Langage du Changement*, but at the time there was little or nothing available in France about Erickson. Psychotherapeutic approaches were essentially viewed through the lenses of psychoanalysis. Nonetheless, Virot immediately identified with and understood the importance of Milton Erickson's naturalistic interventions and optimistic worldview. Virot studied in hypnosis with the preeminent French psychiatrist Leon Chertok (who corresponded with MHE at the suggestion of psychoanalyst Lewis Wolberg, M.D., one of America's pioneers of modern medical hypnosis) who came to Phoenix in January 1966 to study Erickson's methods.¹

By late 1986 Claude Virot found out about Drs. Jean Godin and Jacques Antoine Malarewicz treatise *Milton H. Erickson: de l'hypnose clinique 'a la psychotherapie strategique*, Editions ESF: Paris, and immersed heart and soul into training in Ericksonian hypnosis. His 1988 medical doctorate dissertation was on Milton H. Erickson (a first in France), a copy of which he gifted to Erickson's widow, Elizabeth. Since then, Virot has been passionately teaching, researching, and perfecting his hypnotic interventions, as he says "deeply immersing myself, each day, into the very complex and fascinating world of hypnosis."

The Institute operates under the larger umbrella of a comprehensive organization, *Emergences – Institut de Formation en Communication Therapeutique* (Institute for the Research, Studies, and Training in Therapeutic

Communication) established to house and further develop innovations and the new paradigms in science and psychotherapy. The Institute is at the forefront of exploring and applying clinically the concepts of humanistic and scientific emergence (as process of ever progressive complex pattern formation) and chaos theory, systemic theories, quantum physics, quantum psychology, as well as the seminal work of Ernest Rossi's psychosocial genomics of consciousness. Virot's objectives, as well as that of his training faculty, is to search for effective hypnotherapeutic alternatives to psychopathologies currently treated with heavy dosages of psychotropic medicine, such acute and chronic depression. In addition to ongoing training, the Institute also offers ongoing supervision to clinicians.

Another significant distinction of the Institute has been the systematization of the applications of hypnosis in chronic pain, and in diverse surgeries and most of all, applications of hypnosis in anesthesia. The current faculty congregates experts from Rennes-Bretagne and other regions in France, from Switzerland, Belgium, Canada, Mexico, and the United States including physicians, Franck Bernard; Patrick Ciavaldini; Olivier Prian; Alain Thomas; Denis Vesvard and psychiatrists, Claude Virot; Bruno Dubos; Jean Francois Marquet; and Lic. Psych. Laurence Dubois. From other regions of France the Institute has in its cadre psychologist Yves Halfon, Rouen; psychiatrist Thierry Servillat, and anesthetist, Sylvie Vrignaud, both from Nantes. From Switzerland psychiatrist Stefano Colombo, and from Belgium, anesthetist, Elizabeth Faymonville. From the Americas the Institutes has invited psychologist Gaston Brosseau of Canada; Ernest Rossi of the United States and Teresa Robles of Mexico. Eric

Greenleaf and Carol Erickson are the invited faculty for 2006.

Last, but not least, the MHEI of Rennes-Bretagne has been actively participating in the *Confederation Francophone d'Hypnose et de Therapie Breve*, an association of all French-speaking institutes, societies, and therapists around the world. The last congress, organized by the Institute, took place at Saint

Malo, a quaint seashore resort on northern coast of Bretagne, gathering 600 representatives, with many innovative and original contributions. Claude Virot, also president of the Confederation, expressed his pride and hope for an ever growing interest and participation of many more French-speaking therapists. More than 30 members will be representing the Rennes-Bretagne Institute at the forthcoming Seventeenth Congress of the International Society of Hypnosis (ISH) in Acapulco, Mexico. For further knowledge and information on all activities and events of the MHEI of Rennes-Bretagne, please go to www.hypnoses.com. Welcome aboard, Claude Virot and Faculty! The Erickson Foundation, its Institutes and Societies

worldwide, are looking forward to your rich and original contributions to the evolution of Ericksonian thought and therapeutic approaches.

¹Source: *The Letters of Milton H. Erickson* (2000) edited by Jeffrey Zeig and Brent B. Geary. Zeig, Tucker & Theisen: Phoenix; pp. 359-361.



Claude Virot with Ernest L. Rossi, Oct. 2005



Some of the Institute Faculty, Oct. 2005

S P E A K I N G O F R E S E A R C H

The Effectiveness of Hypnotherapy – A Scientific Review of the Efficacy of Hypnosis Treatment

Marc-Steffen Habermüller, and Dirk Revenstorf

Department of Clinical Psychology, University of Tübingen, Germany

[In 2003, the German Association of Hypnosis (DGH) and the German Milton Erickson Association for clinical hypnosis (MEG) sought approval from the Scientific Advisory Council of Psychotherapy of the Federal Republic of Germany to present hypnotherapy as a scientifically valid treatment. To this end, a study group was formed under the direction of Prof. Dirk Revenstorf at the University of Tübingen to document the empirical foundation of hypnotherapy as a treatment. In this context, 200 Randomized Controlled Treatment (RCT) hypnotherapy studies were analysed. These studies used patients that were diagnosed with different disease profiles and had been screened and evaluated for appropriateness in each of the studies. I asked Drs. Habermüller and Revenstorf to give a brief overview of the results of the extensive original study. –Ed.]

This study observed that hypnotherapy, as a treatment, offers a wide variety of techniques (Revenstorf & Peter, 2001) and is connected with theories from different psychological and neurobiological areas. The characteristics of hypnosis, as a theoretically explained treatment, are not founded on a standardized construct of theories; These result from many different areas, including psychology of perception, memory research, neurological research and psychotherapy. The screening of empirical hypnotherapy literature reveals that hypnotic trance, as a medium of therapeutic intervention, in its brain physiology, is distinguishable from other states of consciousness including imagination, sleep or relaxation. More importantly, results show that the processing of hypnotic interventions takes place on the implicit memory level.

In this study, 200 Randomized Controlled Treatment studies (RCT), conducted on a variety of patients diagnosed with different disease profiles, were screened to test the effectiveness and the degree of effectiveness of hypnotherapy (Revenstorf et al 2003)*.

Not all diagnostic categories had both clean methodologies and documented indications of effectiveness. Some of the categories displayed promising concepts of treatments, but still lacked scientific documentation of effectiveness. The following categories had the cleanest methodologies and documented indications of effectiveness.

Panic disorders (in particular phobias and test anxiety) as well as somatoform disorders (e.g. irritable bowel syndrome and fibromyalgia) have controlled studies that provide excellent evidence for the application of hypnotherapy. Other studies include the effective application of hypnotherapy with substance dependency, tobacco withdrawal, and the treatment of obesity. Studies with children have shown success in alleviating the side effects of treating tumours and cessation of enuresis with hypnosis.

A special characteristic of hypnosis is its use in the interdisciplinary areas of psychotherapy and medicine. Therefore a considerable number of screened studies fall into the category of "Adjustment Disorders with somatic dysfunction" (ICD F54). In this area, hypnotherapy is beneficially used to handle somatic conditions. Among those are, for instance, the side effects of chemotherapy, surgical and perinatal pains, as well as stress-mediated problems such as chronic pain, migraine or headaches. Strains caused by arthritis, high blood pressure, asthma and allergies also fall in this extensive category for which the empirical effectiveness of hypnotherapy could be identified. Similar positive results also have been displayed concerning "Dysfunctional Behaviour with somatic symptoms" (ICD F51-52), such as sleeping disorders.

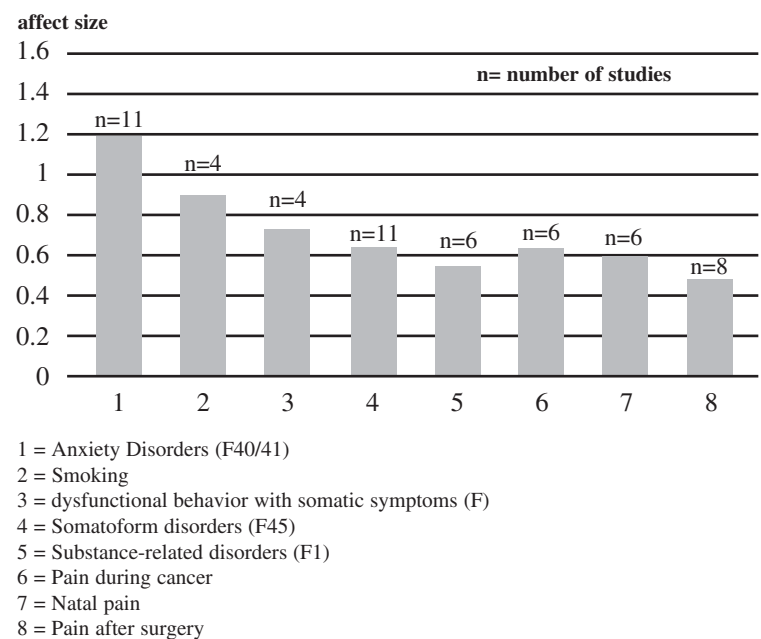
Though hypnotherapeutic concepts for affective disorders, eating disorders, post-traumatic stress disorders (PTSD), dissociative disorders and early child-

hood disorders are available, the empirical analysis for their effectiveness is still overdue (except for one study about PTSD, for which four additional case studies exist). We found no studies about psychosis and personality disorders where hypnosis had been effectively used as a treatment. On the basis of screened and evaluated results, the following chart provides an overview about the specific areas of indication.

Indications for Hypnotherapy	
Empirical proved effectiveness <ul style="list-style-type: none"> • Phobias/ exam nerves • Excess of weight/ Obesity • Sleeping Disorders • Psychosomatic /Somatoform Disorders • Sexual Dysfunctions • Acute and Chronic Pain • Tobacco abuse • Enuresis 	Hypnotherapeutic Treatment concepts available <ul style="list-style-type: none"> • Depression • Panic/ Obsessive Compulsive Disorders • Dissociative Disorders • Bulimia Nervosa • Tinnitus • Sexual Desire Disorder • Rehabilitation after insult and infarct • Stress Disorders • Relational Problem Condition

Table 1: Areas of indication of hypnotherapy due to 177 controlled studies with adults and 32 with children

Results from Meta Analysis about the effectiveness of hypnotherapy



Meta analytical effect sizes for different categories of dysfunctions have been identified to demonstrate how successful therapy via hypnotherapy has been. The following figure provides an overview about some of these effect sizes.

Figure 1: Effect sizes to the specific categories of dysfunctions (calculated according to Bongartz, Flammer and Schwoon, 2002). During pain therapy, hypnosis was applied without drugs.

The verifiably beneficial cost-value ratio (length of time or quantity of required sessions to successfully conduct therapy) as well as the possibility to combine hypnotherapy with behavior therapy and depth psychological treatments are other relevant results that have been discovered after screening the

See RESEARCH on page 13

Improving Communication Between Physically and/or Mentally Abusive Parents and Their Children

Cecilia Fabre, M.A.

Milton H. Erickson Institute of Cuernavaca

Edgar, a child of five, is the oldest son of a marriage that has lived with great economic and family pressures. The mother began going to therapy two years ago for her distress because of her pregnancy. She left treatment. A short while later, she asked for an emergency appointment. She told me by phone that she had just gotten Edgar out of the hospital, and he did not want to return home because she was afraid of his father who, in an attack of fury and impatience, had hit him against the wall, fracturing his cranium.

I met with the whole family in therapy because that permitted me to understand the family situation, to perceive their emotions and to explore their resources. Once I have an idea of the family structure and the context in which the problem occurred, I can tell a story (or build a story together with the children) that represents the problem and different solutions. In an abuse situation, it is necessary to censure actions, not the persons implicated, trying to see them as parents who make mistakes. In this case I constructed the story because the child was immobile in a chair, not wanting to look at anyone, much less participate.

I told them a story about a lion cub and its family. Mommy lion went out to work and to look for food, while Daddy lion stayed to guard his territory and didn't like to be disturbed. The lion cub really wanted to go hunting. He wanted to go out to explore. He saw the older lions roar and fight and he was dying to do it too. He wanted someone to play with him, but when Mommy arrived, she wanted to do anything but play. She was tired and wanted him to eat. The little cub began to think he was not interesting or important enough for his mother to play with him.

One day the little cub decided to do as the older lions did. He ran close by his father growling like the older lions, but Daddy lion did not move. The cub growled louder and louder without success. Finally he decided to bite the Daddy lion's paws and ears to get his attention. He didn't know that Daddy's paws had been hurt many years ago. How surprised he was when he bit his daddy and his daddy gave him a shove, throwing him against a rock.

The poor little lion was hurt very badly. At this precise moment, Mommy came back from hunting. Scared, she ran to her cub and started to lick him. She growled very loudly at Daddy lion, more loudly than in other times. Daddy lion also ran to see what had happened to his little son. He hadn't wanted to hurt his son and he didn't know why he had let out such a strong blow and why his claws had come out when normally they only came out for attack and defense.

The story continues telling how the little cub had been healed at a special cave, but his little heart still felt very sad and something still hurt inside. All the family went to consult a Leopard therapist that helped the parents and cub to cure their wounds. Leopard told them, "Now is time to heal your wounds, before they become infected."

While listening to the story, Edgar had drawn a picture of himself that showed the open wound in his head. He drew merthiolate and band aids over the wound and at the end of the session he felt calm about going home. His father talked about his own past psychiatric diagnoses and agreed to visit the psychiatrist again.

They came to three more sessions. Although the problems of the family environment continued, the father's aggression disappeared and they became closer and more communicative.

The Ericksonian techniques utilized were: story telling, metaphors and reframing through the story.

Reference:

Robles, Teresa (1990) *A concert for four brain hemispheres in psychotherapy*, Alom Editores, México y (1991) *Terapia cortada a la medida. Un seminario con Jeffrey K. Zeig*, Alom Editores, México.

RESEARCH *continued from page 12*

studies. In this context it is assumed that hypnotherapy intervention's primary contribution in cognitive-behavioristic treatments is its restructuring and other learning processes on an *implicit* level.

Overall, there are many research-supported domains of hypnotherapy treatment. The effectiveness of these treatments has a beneficial cost-value ratio and are easy to combine with other therapeutic procedures. The use of hypnotherapy as a treatment, either on its own or as a supportive step, seems in many ways profitable. There are also many hypnotherapy domains that are theoretically sound and anecdotally documented but lack the empirical evidence supported by clean methodologies. It is these areas that will provide fertile soil for future research.

Citations:

Halsband, U. (2004). Neurobiologische Erkenntnisse der Hypnose. Hypnose & Kognition.

Flammer, E., Bongartz, W. (2003). On the efficacy of Hypnosis. Contemporary Hypnosis, 20,179-97.

Revenstorf, D., Peter, B. (2001). Hypnose in der Psychotherapie, Psychosomatik und Medizin. Heidelberg: Springer.

Revenstorf et al. (2003). Expertise zu den wissenschaftlichen Grundlagen der Hypnotherapie. Eingereicht beim Wissenschaftlichen Beirat Psychotherapie der Bundesregierung.

*For an emailed copy of the citations for the original study, please contact Marc Habermüller at kontakt@meg-tuebingen.de.

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This month, we introduce a new column titled, "In the Spirit of Therapy."

It is a response to what many therapists have asked for: more recognition of the spiritual dimension in what we do as therapists. Some have wanted to feel more affirmed in what they thought by hearing how others deal with spirituality questions. Some have hoped for more recognition of how much spirituality is an aspect of psychotherapy. Not only do they see their work with clients as an expression of their faith, they recognize the almost sacred nature of rapport.

Hearing others discuss how relational work can be spiritual in nature is affirming to many. For some therapists, this awareness has been intuitive and evolving. For others, it has been a foundational part of their work for many years. It is as if psychotherapy now can claim and acknowledge that the intimacy and respect required to form a therapeutic relationship induces what many refer to as a spiritual experience. We hope to invite thought and recognition of this dimension in our life and clinical work.

We're excited about this new forum, too, because it will focus on the spiritual dimension of some of the top therapists in the world. Using an interview format, we'll present internationally important therapists discussing their perspective on spirituality.

We will explore several areas with Newsletter's guests, asking such things as how they see spirituality impacting, informing, and sustaining them as therapists, and individuals. We will ask such things as how spirituality affects their practice of psychotherapy, and how it affects their clients' issues, life processes and progress.

By emphasizing spirituality and sidestepping the whole question of religion, we hope to offer something for most people, without getting stuck with religious "correctness." We will explore experiences that many of us can identify with at a deep, human level.

In some ways, the spirituality question also addresses how we personally let in the positive recognition and wonder of nature to nurture our work and ourselves.

Although we will not be seeking to identify the faith groups of the master therapists, potentially the different perspectives that will emerge from a wide variety of backgrounds, faith groups, and beliefs will provide more tools for identifying with each other and for dealing with the spiritual dimension of our varied clients.

One goal of the column is to present the experiences, thoughts and observations of the masters in ways that help all of us understand them better.

As this is the Milton H. Erickson Foundation Newsletter, it seemed most appropriate to address the spirituality of Dr. Erickson in the first column. Betty Alice Erickson and Roxanna Erickson Klein were both generous in being willing to share their experiences and observations of their father's spiritual side. The differences each daughter saw and experienced points to the multifaceted nature of his spirituality.

Ernest Rossi has agreed to give his views on spirituality for the next issue.

John Lentz

IN THE SPIRIT OF THERAPY

Milton H. Erickson

Betty Alice Erickson and Roxanna Erickson Klein

interviewed by John Lentz

John Lentz (JL): *I have a few questions I would like to ask about the ways in which Dr. Erickson's spiritual orientation interfaced with his professional work.*

Roxanna Erickson Klein (REK): Our parents did not approach spiritual education in a traditional manner. They encouraged each of us to seek our own perceptions and understandings of the divine.

Betty Alice Erickson (BAE): I knew reverence and spirituality were

ingrained in all of us. I don't think people realize how hard Dad worked to instill that, certainly in me. He showed it rather than just talking about it.

JL: *What did he teach you about God?*

BAE: Dad focused on the marvels of the world rather than the definition of God, on "who" or "what." When I was young, he liked to show me geese flying overhead in that wonderful V formation. We had many discussions about marvels of the world.

REK: As children we were encouraged to do a comparative investigation of as many religious groups that interested us. We were urged to read the writings of different religions, and to find our own internal balance. Dad constantly taught us to seek the truth from within. The wonder of life defies explanation, yet the expanse of the universe resonates within each cell.

JL: *Clearly your father treated each of you as individuals and nurtured your spirituality by focusing your attention on what he believed would impact you.*

BAE: In Phoenix especially our home was filled with items from other cultures. Mom and Dad had an excellent collection of native artifacts. Dad always enjoyed asking visitors to find the deliberate errors in the Navajo rugs – put there by the weavers to show the gods the weavers know they are not perfect.

REK: I was quite interested in Native American religions— Phoenix is both surrounded by, and permeated with, the influence of its rich heritage. Dad encouraged my interest and always expressed a profound respect for the beliefs that are part of different cultural groups.

BAE: Dad showed respect for the world in so many ways. In Michigan, our older brothers brought turtles from the creek who would stay for a while on the porch among his cherished cactus plants. Snapping turtles have no teeth, he explained, showing me the inside of their little yellow mouths. But their gums were awfully sharp and we watched their jaws cut right through a stick holding their dinner fly. He showed me how to see with awe the common turtle, unchanged since before the dinosaurs; he taught respect and caution without the usual parental lectures.

As I look back, he was creating wonderful circular interactions. I got to learn; his reward was watching me absorb reverence.

JL: *How did religion interface with his views on learning?*

REK: He encouraged healthy affiliations that strengthened us in our own individual ways. Different people respond differently to the surroundings of religious groups, the support of friends and even the love of family. He really emphasized learning about the self and understanding one's individual potential to respond and grow in a positive direction. He was firmly committed to the scientific framework as the foundation of knowledge. He strongly believed that knowledge is advanced through systematic and diligent investigation.

BAE: Mankind has always had some sort of religion, some sort of higher power. And there is much that we don't understand. Those two statements do not conflict with Dad's scientific beliefs—they show the intertwining.

JL: *Was there a difference in the way that he addressed spirituality issues with his patients than he did with his children?*

REK: Of course, patients often would come with specific problems in mind -- but when they worked with him, he responded with ideas that involved a global outlook on life, a way of living and being. I doubt that many differences exist in the ways that he addressed spirituality issues between patients and family members. He wanted us all to live *giving lives* -- as fully, as righteously, and as productively as humanly possible.

BAE: Patients felt and understood Dad's innate respect for other people's perspective on a very deep level. They also knew that they were responsible to live wholesome productive lives and Dad would, and could, help them.

JL: *So how did he respond when his children asked him questions about religious ideas?*

REK: He would usually begin to talk about plants, and the next thing I knew I would be deciding whether to plant a morning glory or a rose. The conversation would go on for months, or years, as we watched and reflected on the life cycles of the plants around us.

BAE: Dad showed me that there is much more than we can possibly under-

See *SPIRIT* on page 16

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UPCOMING TRAINING

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2006		
5/4-7	42nd Annual CAMFT Conference / Palm Springs, Calif. / Invited Faculty	1.
5/14-20	Residency for Interns - Esalen Institute / Big Sur, Calif. / Jeffrey K. Zeig, Ph.D.	2.
5/30-6/2	Supervision Group / Madrid, Spain / Zeig	3.
6/3-4	Ericksonian Approaches – Advanced / Madrid, Spain / Zeig	3.
6/6-7	Trauma Therapy / Cologne, Germany / Zeig	4.
6/10-11	Ericksonian Approaches / Siena, Italy / Zeig	5.
6/30-7/1	Gestalt and Hypnosis – Esalen Institute / Big Sur, Calif. / Zeig	
7/6-16	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Taipei/Kaoshung, Taiwan / Zeig	6.
7/17-21	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent Geary, Ph.D., Stephen Lankton, MSW, DAHB, Zeig, and Invited Presenters	7.
7/24-28	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	7.
7/31-8/3	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	7.
7/27-30	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	8.
8/21-26	<i>The XVII International Congress of Hypnosis</i> / Acapulco, Mexico / Invited Presenters	9.

Contact Information:

- CAMFT, 7901 Raytheon Road, San Diego, CA 92111-1606; Tel, 888-892-2638; Fax, 858-292-2666; Web, www.CAMFT.org
- Esalen Institute; Email, greg.wirth@esalen.org; Web, www.esalen.org
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To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$10 fee, per listing, is required. Deadline for the 2006 Summer Issue (July) is June 1, 2006. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; mhreg@aol.com

CONFERENCE NOTES

The 42nd Annual CAMFT Conference: *The Riches of the Desert*, will be held May 4-7, 2006, at the Wyndham Hotel in Palm Springs, California. Guest presenters include Tracy Alderman, Ph.D., Ellyn Bader, Ph.D., Michele Borba, Ed.D., Harville Hendrix, Ph.D., Trina Hole, MA, David Jensen, JD, Paul Lewis, MA, Karen Marshall, LCSW, Jerry Moe, MA, Dennis Palumbo, MA, Mary Pipher, Ph.D., Peter Pearson, Ph.D., Mary Riemersma, CAE, Michelle Weiner-Davis, MSW, and Jeffrey Zeig, Ph.D. For complete information or to register contact CAMFT, 7901 Raytheon Road, San Diego, CA 92111-1606; Tel, 888-892-2638; Fax, 858-292-2666; Web, www.CAMFT.org

The XVII International Congress of Hypnosis, sponsored by the International Society of Hypnosis (ISH), and Centro Ericksoniano De Mexico, A.C., will be held in Acapulco, Mexico, August 21-26, 2006. For more information contact Centro Ericksoniano de México, Av. Colonia del Valle 618, Col del Valle, Mexico D.F., 03100; Web, www.hipnosis.com.mx; Email, congresos@hipnosis.com.mx or hipnosis@convention-center.net

The American Psychological Association 2006 Convention will be held August 10-13, 2006, at the Ernest N. Morial Convention Center in New Orleans, Louisiana. Early registration is available. For complete information including the Conference Program visit: www.apa.org/convention06/; APA 2006 Convention, P.O. Box 630303, Baltimore, MD 21263-0303; Telephone: 800-374-2721; 202-336-5500; TDD/TTY: 202-336-6123.

The Third International Conference of Asian Federation for Psychotherapy: 2006 International Congress of Psychotherapy in Japan, will be held August 28 - September 1, 2006. The Academic portion of the Conference will be held at Keio Plaza Hotel, Tokyo; Komazawa University in Tokyo will be the site for the Cultural portion including the practice of Zen, Tea Ceremony, and Flower Arrangement. This Conference is sponsored by the Science Council of Japan, in collaboration with The World Council for Psychotherapy, and The Asian Federation for Psychotherapy.

For information contact the Preparing Committee, c/o Community Care Center, Komazawa University, Tel, +81 3 5431 5200; Fax, +81 3 5431 5201; Web, <http://www.the-convention.co.jp/06icptj>; Email, icptj2006@the-convention.co.jp

The Brief Therapy Conference: Lasting Impressions will be held December 7-10, 2006, at the Hyatt Regency Orange County near Disneyland Resort, in Garden Grove (Anaheim), California. The Conference will include Solicited Short Courses, Invited Workshops, Interactive Events, and Keynote Addresses. For updated Conference information including Online registration go to: www.brieftherapyconference.com

The full conference brochure will be available in June 2006. To receive the brochure when it is available contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016; Tel, 602-956-6196; Fax, 602-56-0519; Email, Sonya@erickson-foundation.org; Web, www.brieftherapyconference.com

The American Society of Clinical Hypnosis (ASCH) and the Society of Clinical and Experimental Hypnosis (SCEH) will hold a Joint Meeting entitled, *Pathways of the Mind: Healing through Hypnosis*, January 19-23, 2007 at the Adam's Mark in Dallas, Texas. For information please contact ASCH at info@asch.net or 630/980-4740, or SCEH at sceh@mspp.edu or 617/469-1981. Information also is available at: www.asch.net/annualmeeting.htm

ARCHIVES UPDATE

Foundation Archives Starts 2006 Out Right!

By Roxanna Erickson Klein PhD

Dallas TX

The Erickson Foundation had an exciting finish to 2005 with the Evolution of Psychotherapy Conference! The large attendance and stellar faculty created an atmosphere in which ideas were expressed, debated and new understandings brought forth. Similarly the Erickson Foundation Archives finished the year with achievements that exceeded our expectations. Foremost we facilitated the publication of three CDs of the Neuroscience Editions of the Milton Erickson / Ernest Rossi works. These publications constitute a giant leap forward in the Archives mission to make the works of Milton Erickson more accessible to students around the world.

The Archives team, Jeffrey Zeig PhD, Ernest Rossi PhD, Kathryn Rossi PhD, Kristina Erickson M.D. and I, are in the process of setting goals for 2006. Preservation of materials is our first concern -- we expect to finish digitization of the video footage of Milton Erickson. Our ongoing vision is to make materials widely available for study.

The energy and resources of the Archives is an investment for posterity. If you have any questions or if you have any materials of interest, I would welcome your contact. My home phone is (214) 526 9634. My cell is (214) 729 7937, and my email is ericksonklein@yahoo.com

SPIRIT *continued from page 14*

stand intellectually. I remember discussions about the stars—he even showed me how to find the North Star. He told how prehistoric people used the stars to navigate over land and water. Decades later my own family camped in East Africa where there was no contaminating light. The sky was jammed full of stars, unbelievably beautiful and bright. Daddy and I talked again about the marvels of the universe.

After his death I was teaching in Brazil. All the lights were turned off at night. The moon was just a sliver, the stars so bright I could read by their radiance. I took my blankets to my room's balcony so the stars were the last thing I saw as I fell asleep. That night, I dreamed about Daddy in the heavens with the stars.

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INTERVIEW

continued from page 1

Foucault and Jacques Derrida. We were really interested in exploring the implications of these developments in thought and ideas for clinical practice. What today is generally referred to as Narrative Therapy, is part of the outcome of those explorations.

MB: And this began in the early 80s?

MW: Yes, I met David twenty-five years ago, and we collaborated throughout the 1980s, and this was the outcome. We did not choose the

actual sources, it was the work of anthropologists Victor Turner, Barbara Myerhoff, Edward Brunner and others who, in so many ways, drew attention to the extent to which humans are *meaning-makers*. They drew attention to the extent to which humans actively attribute *meaning* to their experience; to the extent to which these meanings are shaped by culture; to the extent to which these meanings shape life.

MB: Are there other influences?

MW: Clifford Geertz is another one of those figures, as is Jerome

*"How come we start off copies
and wind up originals?"*

His answer is

"It is the copying that originates".

name "narrative therapy." We actually avoided naming our work for a long time - we didn't want to reify it, to make a concrete object of what we were doing. But people were so clear that if we didn't give it a name, they could not practice it - without a name, it could not have legitimacy in the agencies in which they worked. So, somehow the name "narrative therapy" was settled on for this. To this day, David and I have sustained a very strong connection with each other.

MB: Your ideas seem also to have been a product of the profound social and cultural changes that were going on in the Western world of the 1960s.

MW: Yes, I was a student at the time. My contribution to narrative therapy is linked to that 1960's experience, and to explorations of the post-structuralist developments in the domains of social theory, literary theory, cultural anthropology, and of critical philosophy, which arose out of that period.

MB: In terms cultural anthropology, how influenced were you by what you had experienced in your own environment in Australia? Or are you talking about a more universal view? Where does cultural anthropology fit in?

MW: That is a question that I'd like to think more about it. In terms of

Bruner. This was all about an inquiry into how our life is shaped by culture and language, into how we actually constitute our life through culture -- *as we live our lives*. There is an interesting question that somewhere Geertz quotes, which is an 18th century lament: "How comes it that we start out originals and wind up copies?" This lament has been reproduced over the last 300 hundred years in so many ways. But Geertz suggests instead that we *invert* that question - he asks: "How come we start off copies and wind up originals?" His answer is "It is the copying that originates". In the copying, we wind up originating. We become other than who we were a brief moment ago through this copying. We step into cultural accounts of identity and life - and as we live those stories, and as we reproduce them in our "acts of living", we become other than who we were.

MB: Michael let me see if I got it by repeating back to you your own query: "How are we *becoming who we are* in our 'everyday acts of life,' and how are we *becoming other than who we were* 'a brief moment ago'?"

MW: It is this sort of inquiry into life and identity that is part of what I would refer to as more of a constitutive perspective -- an inquiry into *how*

See INTERVIEW on page 23

C D R E V I E W

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*Hypnotic Realities, Hypnotherapy,
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*Healing in Hypnosis, Life Reframing in Hypnosis, Mind-Body
Communications in Hypnosis, and Creative Choice in Hypnosis*

***The Collected Papers of Milton H. Erickson MD:
On Hypnosis, Psychotherapy, and Rehabilitation***

By Milton H. Erickson MD & Ernest L. Rossi PhD
Edited by: Ernest Lawrence Rossi PhD, Roxanna Erickson-Klein PhD
& Kathryn Rossi PhD

Milton H. Erickson Foundation Press, 2006

www.erickson-foundation.org/press

Ernest Rossi along with Kathryn Rossi and Roxanna Erickson-Klein have put together three fascinating, information-packed multi-media CDs which include fifteen classic books written by Rossi and Erickson plus much more. *The Neuroscience Edition CDs* take you on an Ericksonian journey filled with fascinating surprises. True to the Ericksonian way, you could go from A to B to C to D using the index files. But you are also free to meander through many pathways that are offered--in every possible file format to accommodate any kind of computer! Open a file and you may be greeted with a book or perhaps a photograph, a foreword, or an appendix. Pick another file and you can hear Erickson speak or even see him in action.

Years ago Rossi interpreted Erickson's work to the world. With these reedited CDs, Ernest Rossi, Roxanna Erickson-Klein and Kathryn Rossi guide practitioners to deeper understandings of Erickson and of therapy itself. *The Neuroscience Edition CDs* offer a new paradigm. Based in state-of-the-art neuroscience research on how the mind heals the brain, *The Neuroscience Edition CDs* reframe Erickson's innovative and effective approaches in terms of their neuroscience and genomic dynamics. Rossi's "How the Mind Heals the Brain," is an orienting essay, included on all three CD's, which sets out twelve princi-

*Each CD has a search engine that
cross-references the materials to quickly
bring together concepts of your choosing.*

ples of neuroscience with parallels to Erickson's approach. In addition, the books have neuroscience appendices to further clarify this new paradigm. Forewords written by Roxanna Erickson-Klein and Kathryn Lane Rossi give readers a personal, insider feel for the endeavor.

A central and extremely useful feature of these CDs is a searchable database. Each CD has a search engine that cross-references the materials to quickly bring together concepts of your choosing. This invaluable tool can save hours, facilitating personally meaningful links to deepen the experience of learning and scholarship!

One of the CDs includes Rossi's three early books written with Erickson: *Hypnotic Realities, Experiencing Hypnosis, and Hypnotherapy: An Exploratory Casebook*. Rossi has added updated prefaces and appendices that lay out his new neuroscience foundation for Erickson's original methods. For example, in the appendix for *Hypnotic Realities*, Rossi draws parallels between Erickson's extensive use of implication through indirect suggestion and neurobiological

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findings on implicit processing of memory, learning, and behavior. Additional materials offer an experiential for the readings: A videotape from 1958 shows Erickson guiding a demonstration subject, Ruth, into creative applications of hand levitation. There are also two audiotapes of Erickson lecturing and working, including his famous "Ocean Monarch Lecture."

Another CD presents four complete books: *Healing in Hypnosis, Life Reframing in Hypnosis, Mind-Body Communications in Hypnosis, and Creative Choice in Hypnosis* and the four audiotapes from Erickson's seminars, workshops, and lectures which accompany these books. This CD also includes updated prefaces and neuroscience appendices by Rossi along with his interesting 2005 APA paper relating Einstein's epistemology to the classical four-stage creative process which may facilitate gene expression, protein synthesis, and brain plasticity in therapeutic hypnosis, psychotherapy and rehabilitation.

The third CD, *The Collected Papers of Milton H. Erickson MD*, has been organized by topic into eight volumes. Rossi has added an in-depth appendix further developing the neural/experiential interaction between mirror neuron research, empathy and rapport. Also included is an inspiring and informative video of Erickson's life presented by Jeffrey Zeig and Elizabeth Erickson.

These CDs are masterpieces of Erickson's work. As you delve deeply into these CDs, your conscious and unconscious are certain to make fascinating discoveries opening new vistas, as you journey on the Ericksonian path from the past into the future.

Reviewed by:

Anellen M. Simpkins Ph.D. & C. Alexander Simpkins Ph.D.
San Diego, CA

Ed.Note: with special appreciation to the Erickson Foundation Director of Information Technology who worked tirelessly to format and develop the interface for the CD's.

*Concierto para cuatro cerebros
en psicoterapia*

*Concert for Four Hemispheres
in Psychotherapy*

By Teresa Robles

Published by Alom Editores, Mexico

Available from www.zeitucker.com

Fifteen years after the first edition, Teresa Robles has revised her book *Concert for Four Hemispheres in Psychotherapy* adding more harmonious love songs and hymns to joy and peace that describe her evolution during these years and present new techniques. She shows her own style based on solid ground-- not only on Ericksonian hypnotherapy, but also family therapy, psychoanalysis, social anthropology, human ethology and quantum physics.

Robles's work is based on two apparently simple issues: the vital function of the breath and the important function of protecting words. She uses the breath as a mechanism of change and melodious language enriched by special words as a mechanism of protection. Each breath brings life and change: When patients are connected with their breathing rhythm, they can feel all the strength of their inner resources. Through interspersing suggestions during the trance she protects the patient from negative influences from both the inner and outer world. The protecting words are two adverbs and also two verbs: *automaticamente, saludablemente, aprendiendo y disfrutando*, which mean, respectively, automatically, healthy, learn and enjoy.

Her therapeutic style during these fifteen years has become lighter, simpler, and more flexible. Her flexibility derives from her deep knowledge of the human soul and human needs and is based on her cognitive and emotional optimism. She attunes her technique to patients' needs, and then she meets them at a deeper level-- at the level of inner resources. There, she utilizes and expands their metaphors and symbols in order to reach and enhance their wisdom part. The wisdom part is the harmony between the divine and the human, interconnected to create what the patient desires most.

Using Ernst von Glasersfeld's metaphor that reality is a lock and each person creates a key to open it, she adds that when the key is not functioning, it is necessary to find a new key. According to her experience in therapy, we have to untie three knots: one is dichotomous thinking, the attitude to split reality in black and white, good and evil, and right or wrong. The second one is the belief we have received from our cultural background, the message that life is full of pain, not joy, that we are born to suffer, not to enjoy. The third knot is to utilize old solutions to new problems -- to avoid getting stuck in the sterile posture of "more of the same."

The therapist's task is, therefore, to untie knots in order to elicit the resources and the learning wisdom from inside, deconstructing unhappy situations by changing history and recreating dreams and projects. The therapist accompanies the patient to find a path with a heart, to go forward not back, utilizing in a creative way the patient's symbols of what is provoking the symptom.

With this book, Robles show us that when psychotherapists use hypnosis their two sides of brain are functioning in resonance with both sides of the patient's brain, and this resonance creates a concert that plays with harmonious love songs: love of life, love of oneself, love of others.

Review by
Consuela Casula

The Online version of **The Milton H. Erickson Foundation Newsletter** can be found at
<http://www.erickson-foundation.org/news>

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Using Hypnosis in Family Therapy

By Michele Ritterman

Zeig, Tucker, & Theisen, Inc
Available from www.zeitucker.com
ISBN: 1-932462-36-8

Using Hypnosis in Family Therapy has become a classic in the field of hypnotic family therapy since its inception into print more than twenty years ago (Copyright of first edition, 1983). The groundbreaking principles proposed by Michele Ritterman are in keeping with classic Ericksonian therapy, while leading in an innovative direction. This book is a clear, well-described, creative extension of the implications for social systems that she perceived in Erickson's hypnotic therapy.

Ritterman helps her patients to

free themselves from symptoms induced by suggestion from contextual messages communicated in family patterns. Analogies to trance suggest alternative explanations for the compelling involuntary quality of problems. Suggestions are not only explicit communications formally extended by a hypnotist. Therefore, other communication patterns such as family interactions offer implicit suggestions as well, even though not deliberately intended, or even consciously thought of as such. Ritterman views symptoms as induced in a confluence of family and social contexts with the mind of the patient, operating unconsciously below the threshold of awareness. Using the symptom state to cue the new state is a key idea.

The influence of suggestion can be enhanced or diminished by the

See *FAMILY* on page 20

BOOK REVIEW

Narrative Practice and Exotic Lives: resurrecting diversity in everyday life

By Michael White

Dulwich Centre Publications

2004

ISBN: 0957792999

Narrative Practice and Exotic Lives is a lively, diverse collection of five recent papers from Michael White. Although the book is directed specifically to couples therapy, the methods have broader implications for individual and group therapy as well.

White offers a poststructuralist perspective that questions many con-

ventional assumptions. For example, he broadens the definition of what makes a couple. He rejects the typical couples therapy method of improving communications to resolve problems. He boldly denies the humanistic assumption that the therapist's job is to guide people to become more in touch with their deeper nature.

White believes that the postmodern view opens potentials for greater success in relationship therapy. According to this view, patients do not have a fixed identity for psychotherapists to facilitate. Instead, patients are in the process of continually constructing new identities for themselves and for their relationships. White believes that the role of the therapist is to help patients create new, more positive or workable meanings and identities.

White offers a case presentation of a gay couple having serious conflicts laced with overt hostility. He uses the "definitional ceremony" to bring about transformation. In this

technique, sessions are structured with each of the partners playing different roles at various times. Each tells a significant story. Then the partner retells the story as he heard it, sometimes from his own perspective and sometimes from the perspective of a helpful supportive other in his life. The effects are reminiscent of gestalt therapy and psychodrama where acting out different perspectives opens new emotional possibilities. The two partners express what is truly important to them beyond their contentious conflict, to discover a deeper connection and appreciation of each other.

In the third chapter, White further distinguishes his approach from contemporary professional psychotherapy, and allies instead with folk psychology. Similar to folk psychology, the narrative approach is based on "personal agency and intentional states." (p.85) People direct their actions, shaped by their purposes, values, beliefs, and hopes into categories of identities, expressed as inner stories. These stories, internalized from the culture, often become negative and bring about problems. White shows how to reinterpret symptoms by developing new narratives. Understanding this process involves an understanding of how we make meanings. Through use of the narrative, people "step in and out of the flow of life" (p.91) to create and synthesize meanings, old and new.

Chapter Four, Narrative Practice and the Unpacking of Identity Conclusions, and Chapter 5, Addressing Personal Failure, help to further clarify how to work with this approach. For example, personal failure is reinterpreted as a failure of the power system to truly fulfill the individual. Refusal to take on social norms that have not worked is encouraged, thereby opening the possibility of forming new identities.

White attempts to show psy-

chotherapists how use this philosophy to help people recognize that life and identity are constituted, not given. He offers a hopeful point of view, that patients are always free to craft their lives differently. To do so, people must recognize they can have potential alternative identities. They should become aware of how they actively create themselves and their relationships and investigate new values

and principles for their lives. Psychotherapists from many schools of thought will enjoy reflecting on the innovative and thought-provoking perspective that this book so clearly reveals.

Reviewed by

C. Alexander Simpkins Ph.D. & Annellen Simpkins Ph.D.
San Diego, CA

FAMILY *continued from page*

emotional relationship of the subject to the person giving the suggestion. Therefore, intense emotional relationships within the family may unwittingly facilitate suggestive processes,

family trance work are described. The third chapter interprets therapy of the problem in terms of a metaphor of exchange, as a gift to be given and received, with reference to power.

Then she shows a method of graphically rendering patterns of interaction as hierarchical diagrams, in order to clarify the patterns and develop a treatment plan.

trapping the patient and family in an unhealthy pattern of troubling symptoms. This situation offers a unique opportunity for the use of hypnosis to bring about change.

Ritterman describes how the hypnotically oriented family therapist can first delineate the family's induction pattern that leads to the problem, and then discover an appropriate individualized counter-induction. This process helps the patient become free of the symptom, instituting, when possible, positive contextual messages from the family for the patient to thrive, symptom-free. Thus, the family context is not just the negative source of pathology; it can also be a positive milieu for health.

The book is divided into eight chapters, with a preface and introduction. The first chapter describes the fundamental concepts to use for treatment in this model. The second chapter delineates the general patterns for the therapist to follow. First Ritterman gives general rules of interviewing. Then she shows a method of graphically rendering patterns of interaction as hierarchical diagrams, in order to clarify the patterns and develop a treatment plan. Outlines of techniques and the proper hypnotherapeutic role for intervention during

Therapy becomes a model for this cooperative exchange. The fourth chapter describes a family interaction and interprets it in terms of the model. Then, four more chapters of case descriptions follow, deepening our understanding of techniques. Finally, a summary puts it all in context, comparing the model to the paradigms of Erickson-Rossi and models of strategic systems therapy.

Ritterman's model is useful and packed with general principles as well as specific types of techniques for change, both for small changes and for a larger pattern of change. Her model has much to incorporate into work with families. Her concepts offer a credible explanation of how problems come about and provide methods for solutions. She outlines many techniques to use, with clarifying examples of application in case descriptions. We highly recommend this book, especially to family therapists who will undoubtedly find it a valuable resource!

Reviewed by

Annellen Simpkins Ph.D. & C. Alexander Simpkins Ph.D.
San Diego, CA

*Walking in Two Worlds:
The Relational Self In Theory,
Practice, and Community*

Edited by Stephen Gilligan, Ph.D. & Dvorah Simon, Ph.D.

Published by Zeig, Tucker, & Theisen, Inc., 2004, 390 pp

ISBN: 1-932462-11-2

www.zeitucker.com

Readers of *Walking in Two Worlds* will fall into two camps. If you see psychotherapy as a branch of psychology that rightly explores efficient methods of changing pathological behavior, this book will set your teeth on edge: fuzzy, quasi-religious rambling – soft-headed and soft-hearted.

But if you see therapy as part of our ancient search for meaning, as an art that can promote deep healing of the heart and spirit, it will be balm in the desert. Gilligan and Simon present 30 articles and a number of poems (a big book) that explore Gilligan's Self-Relations Therapy (SR).

Five sections cover the approach itself, Applications, Self-Relations, Spiritual Paths, Dimensions (in-depth looks at interesting aspects), and SR in Expressive and Somatic Approaches: a lively constellation of approaches and views. Though principles remain constant, the authors are individual thinkers, applying Self-Relations to clients, delinquent students, the homeless, and to themselves.

To Gilligan, "symptoms" are gifts – signs that "something big" is awakening. With loving attention, the pain points directly to crucial growth. This loving attention – referred to as *sponsorship* – "is the cornerstone of SR ... a vow to help a person (including one's self) to use each and every event and experience to awaken to the goodness and gifts of the self and the world, and the connections between the two" (p. xxv). The heritage of Erickson, Gilligan's mentor, is clear.

In SR, meaning arises in relational context, so it tunes in, not only to self and other, but also to the "relational field" between them – a third and greater intelligence. Relationship also exists *intrapersonally* – between the cognitive and the somatic (viscerally feeling) self; between the self with which we identify and the selves we judge, deny, or neglect. Much of SR therapy is aimed at welcoming these neglected selves back into full, creative participation in the person's life.

I noticed that Gilligan's focus on radical integration reflects a rich tradition of healing internal splits, re-owning the disowned, and nurturing the injured child who makes so many of our adult decisions. I see parallels with the pioneers of Gestalt therapy and Transactional Analysis. Self-Relations owes much to these schools.

Still, the book is expansive and inspiring. The authors assert that therapists often need to go beyond behavioral tweaking or the few well-chosen trances. Caught in the mindset of mind *or* body, emotion *or* spirit, self *or* other, most of us cannot hold these polarities with simultaneous value and respect. As a result, we forget how to forge meaning from the pain and confusion of life. Self-Relations therapists take on the task of teaching these deep, basic skills. The authors integrate SR with Tantra, Judaism, Buddhism, Goddess religions, and Christianity, among others. Here, spiritual development is contiguous with emotional healing.

If you sense that therapy needs another dimension – that meaning and spirit call out for attention – I suggest you read *Walking in Two Worlds*. But then, if you think that spirit and healing have no place in the therapist's office, my recommendation is even more urgent.

Reviewed by
Will Handy, MSSW, LCSW
Dallas, TX

FOREIGN BOOK REVIEW

*MECHANISMS
OF CLINICAL
HYPNOSIS*

Mécanismes de l'hypnose clinique

by Joséphine BALKEN,

L'Harmattan, Paris, 2004

www.editions-harmattan.fr

WEAVING, KNITTING AND
INTERTWINING PROCESSES
IN HYPNOSIS...

I recommend you read *Mechanisms of Clinical Hypnosis* by Josephine Balken as Milton H. Erickson might suggest you do: from a higher chair, from a lower chair, from the corner of the room, with a magnifying glass, with minimizing glasses... Josephine Balken reframes and offers you different points of view about hypnosis in a psychotherapeutic setting. This book is a journey into the attentive, flexible, and creative circular communication between the therapist and the patient. And it also is your own journey through the mosaic and puzzle of quotations and examples that the author provides.

Balken draws on understandings from her practice as a hypnotherapist and aims at clarifying the elements needed for effective treatment. Hypnosis is based on three mechanisms: mobilization of effects, imagination and dissociation, and the active and cooperative participation of the patient. Balken describes the aesthetic interaction of the shared trance between the therapist and the patient.

The first insight presented is the common focus of attention between the patient and the therapist on a problem to solve or a dysfunction. A mutual game of imagination is played. Hypnosis is an external fiction, an open metaphor of everyday life, a dramatic reconstruction in which we take into account the com-

plaints and the history of the patient. Patients bring their fiction to be transformed into a more helpful fiction for their evolution. In this circular interaction, suggestions are effective because patients react according to their own associations to suggestions. Balken insists on how much more we think we know and how important it is to rely on learning without imposing pressure to learn. But we need to build the basis on which patients can receive new information, new learnings. Learning is making links.

The second insight is saturation: getting as much information as possible about the identified problem, using all sensory modalities, exploring the details of symptoms in order to break them down, as into grains of sand, while developing one's sense of observation and ability to utilize what the patient brings.

Then comes the third insight, incubation: the unconscious mind looks for new meanings, new connections between the different aspects of the problem.

Next comes the fourth insight, inspiration: a moment where the solution appears, a solution that may or may not be identified by the conscious mind. The basic presupposition is that finding a solution and healing is created in our unconscious mind.

Finally there are bridges toward the future: suggestions of ego strengthening and orientation toward the future. As psychotherapists and hypnotherapists, we have to remember to continue our meticulous, patient, and devoted training in this fascinating and constantly renewed therapeutic adventure.

Reviewed by
Christine GUILLOUX, Psychologist-
Psychotherapist
FRANCE

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BOOK REVIEW

Winning The Mind Game: Using Hypnosis in Sport Psychology

by John H. Edgette and Tim Rowan

Crown House Publishing, 2003

www.crownhouse.co.uk

ISBN: 1904424023

In my observation, many of the popular books on hypnosis lean more toward teaching guided imagery concepts, relaxation and stress management, or positive affirmation techniques than on teaching the retrieval of resources via hypnosis. I am happy to report that *Winning the Mind Game* is not one of them; it is an excellent discussion of the use of Ericksonian approaches to change when working with athletes.

The authors displayed a broad familiarity with at least three specialty areas—the world of sports, a knowledge base in clinical psychology, and training in Erickson's therapy and hypnosis. Edgette and Rowan's book is full of suggestions on how to manage problems specific to working with athletes. The reader acquires a tremendous appreciation for how much further sports psychology can go than merely coaching a player to correctly visualize and "stay loose," which is common in the field. Paradoxically, getting relaxed is the last thing that many athletes want. In response, the authors illustrate how "alert trance" can direct and refine a person's attention and performance without loss of drive or performance edge.

The authors reportedly work with people of any level of ability, based on their observation that anyone's sports performance can be enhanced with the techniques they present. There is often an overlap of the athletes' personal issues with their sports performance issues, and a sports psychologist is commonly called upon to address both. Therefore, many of the approaches presented are applicable in areas beyond sports performance.

I liked this book for its pragmatic style that explained, step-by-step,

how to implement their approaches. This book was not merely a theoretical piece that promised to teach but never got around to it; it delivered just what it said it would. I like that in a book. As I read the book, I actually practiced some of the techniques as I went along. The authors suggest that readers not rely solely on their book for a comprehensive understanding of the field, but suggest that the serious student of sports psychology read other books to amplify their understanding. The authors are not trying to be all things to all therapists.

The authors include an in-depth description of how to conduct an assessment of psychological needs for athlete clients, working with both individuals and teams. One section debunks myths about the field, and even includes tips for marketing a clinical sports psychology practice.

The chapters offer a nice balance between specific techniques and case examples, and broad guidelines for how to incorporate the ideas with diverse client presentations. It was not formulaic and stilted, but embraced the Ericksonian philosophy that each client's idiosyncrasies can be utilized and woven into the solution in a co-creative manner.

The book is written in a user-friendly, gender-neutral, and entertaining voice, and I enjoyed every aspect of reading it. Readers will be left with a strong respect for the authors' breadth of knowledge in the field, their level of creativity in applying Ericksonian techniques with this population, and their own level of excellent clinical skills.

What will not be gleaned from this book is a lot of hypnosis scripts. Rather, it is a tutorial on how to create appropriate hypnotic interventions that utilize and recognize the unique circumstances and resources of each client—Erickson would be proud.

Reviewed by

Kathleen Donaghy Ph.D.
Phoenix, AZ

FOREIGN BOOK REVIEW

HYPNOSE ET PSYCHOTHÉRAPIE Concepts et clinique

Joséphine Balken

Published by L' Harmattan, 2003

www.editions-harmattan.fr

ISBN: 2-7475-5244-6

"HYPNOSE ET PSYCHOTHÉRAPIE Concepts et clinique" is an excellent book based on recent scientific concepts that helps readers cope with myths regarding hypnosis. In this book the author emphasizes how hypnotic communication is a normal means that people use for communicating with each other. This communication is distilled into systemic-circular communication during psychotherapy.

The book is divided in five chapters. The first section covers basic principles such as hypnosis and attention where the author clearly explains, basic concepts that can help therapists understand how communication occurs when messages are transmitted in retroactive cycles. Attention chooses useful elements that can help individuals adapt to given circumstances while putting aside other perceptions that are not useful at that moment. Balken also makes reference to Milton H. Erickson's positive vision of the unconscious mind. In this section I found a particularly useful reference to the objective of an induction: "The objective of a trance induction is to catch, fix and maintain attention in order to guide the therapeutic process" (p 25). And there is also a mutual reactivity that occurs both in the therapist and client.

The following chapters focus on hypnotic and psychotherapeutic approaches such as utilization and circular communication. Readers also can find numerous case examples like the one about a young woman who felt herself blocked by the time she was ending her university studies and was about to change her life by entering the working adult world. Readers can learn how a trance can occur just by reading the transcript of the dialog between Balken and the subject. The author helps learners become aware of changes occurring within her client by including comments about her own observations such as small trances, focalization, eye fixation and association. In my opinion this type of reference also can be good for novice learners who still need to learn how trance is induced as well as how changes appear during hypnotic states.

As one continues reading the book, it is also possible to find a section about the inner ally, the unconscious mind. The unconscious can be recognized, the author states, by manifestations that arise beyond our conscious control. Dreams and involuntary acts are good examples of these manifestations. Erickson believed that the unconscious mind stores our past learnings and resources that we utilize in our daily lives.

I liked the definition of hypnosis as "comme l'articulation dynamique entre le conscient et l'inconscient" (p.8), in other words a dynamic communication between the conscious and the unconscious. This definition also reminded me of children I see in therapy. They can easily enter trance while playing, making therapists feel amazed at their comments during counseling.

Action Principles (Principes d'Action), covers varied topics including immediate intervention, association, modeling, and future orientation. In summary, this book provides both basic and advanced hypnotic tools illustrated with case examples.

The book also offers a good opportunity to practice the French language.

I highly recommend this book.

Reviewed by

María Escalante Cortina MA
Mexico City.

we are constituting our lives as we live our lives. This draws our attention to those "everyday acts of life" that are shaping our identities. There is so much more about life that we can become fascinated in, that becomes relevant from this perspective. It provides a foundation for the development of a very, powerful curiosity about how we are shaping our lives through our *conversations* with people.

I knew that this linking would have the effect of,
a) reducing the isolation of these children, and
b) contribute to a pooling of knowledge
and skills about addressing fears.

MB: Narrative Therapy has brought into our therapeutic discourse and clinical interventions many practices engendered by those conceptualizations. E.g. externalization, re-authoring conversations, shared responsibility, outsider witness, leagues and associations, definitional ceremonies, as well as "acts of interpretation of meaning". Could you say something about how these were developed?

MW: Many, years ago, as an outcome of my explorations and understandings of life and identity formation, I was working with people who were struggling with a whole range of predicaments that they felt entirely and independently responsible for addressing. But, I had this idea about "shared responsibility." For example, I might be working with young children who were describing certain fears. I'd be interested in how they might experience their lives being linked with other children who also had struggled with fears. I knew that this linking would have the effect of, a) reducing the isolation of these children, and b) contribute to a pooling of knowledge and skills about addressing fears. Out of that came the development of *micro-associations*: e.g. the "Fear Busting and Monster-Taming Society of Australia and New Zealand," where kids would have the opportunity to experience being a member of a wider association of children who were struggling or had struggled with similar fears. This is one of many *micro-associations* that I

have played a part in developing over the last two decades.

MB: What are the actual steps to become a member of these associations?

MW: People are granted membership on the basis of a certain objective or achievement in addressing their problems or predicaments. Among other things they usually receive a "certificate of membership," and this is formally bestowed by incorporating a definitional ceremony. These are wonderful events. When children are presented with

these certificates they stand on a dais, and various people are present, including family and friends. Those in attendance provide some public account of their understanding of the achievement or of the aspiration of the child. Afterwards there is a celebratory part that includes whatever the child had wanted to be part of it: candy, soda pop, games, dancing.

MB: How young would these kids be to participate in these definitional ceremonies and rituals?

MW: I have been engaged in these ceremonies for children from the ages of four years and up. But I want to emphasize that, in my work, I also bring others together in many other ways. I might be meeting with a young man who is struggling with peer abuse. At a certain point, with his approval, I would invite in other young people who also experienced peer abuse, whose families had consulted with me in the past. These young people would be willing to sign up to be on my register to help out with my work with the kids who are now struggling. They would be present in our meetings as outsider witnesses who are able to respond resonantly to stories of peer abuse. These outsider witnesses invariably have a profoundly significant healing effect, and also join in the development of action plans to address ongoing injustice.

MB: The *micro-association* idea is powerful. In some ways, it seems to parallel the concept of the global village - in that at the same time

that the child is broadening, externalizing his/her outlook, the community is validating the child. The child understands then that his/her fear is not just intrinsic, but that it's shared with the other children who say, "I have also feared such a subject."

MW: On the subject of micro-associations, David Epstein's Anti-Anorexia Leagues have been instrumental in getting others off the ground. In these Leagues, people get to speak of what they would never otherwise speak of together, and take action that is of a political nature. Regarding the micro-associations I've referred to, in these, children find that they can support each other in addressing their fears and insecurities. There is a lot of knowledge and skills out there in the schoolyards and

(what you call exclusivity) for personal freedom toward creativity and achievement of personal goals. That is to say, couples are becoming more and more one-dimensional in their everyday life, with consequent feelings of personal failure. Could you elaborate more on this concept?

MW: In regard to couple relationships, people usually talk about "the relationship," but that's a characterization of what goes on between two people that represents this to be somehow fixed or frozen in time. Yet relationships are changing all of the time. Partners are always involved in initiatives to change the shape of their relationship. Some of these initiatives survive; many are lost. The high loss rate in these initiatives has a lot to do with dominant conceptions of "couple

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playgrounds, that is relevant to addressing a whole range of problems and predicaments. On the subject of fears, they are not just fears that are specific to children's lives, but also more general fears. Most kids do worry about the effects of the *tsunami*; they worry about what is happening in the Middle East in terms of war; they worry about acts of terrorism, and so on. However, they rarely get to express this. There are not forums for this. But when these children get together in these *micro-associations* there is legitimacy for them to share these concerns, to speak of them, to have other kids responding as well. It is really delightful to be present for these conversations. It is indeed such a joy to be working in this field!

MB: Your most recent book: "Narrative Practice and Exotic Lives: Resurrecting Diversity in Everyday Life" is about couples and the challenges they have in their everyday lives in dealing with the progressive narrowing of exits

life," with norms about what it means to be in a "real relationship." These norms usually dominate, and the more diverse acts of living are disqualified. It is interesting that couple relationships have been becoming increasingly exclusive in Western culture over the past few hundred years. Now it is at a point where partners are meant to be everything to each other. If they go outside of this arrangement in any way, this is usually pathologized. With the further development of this phenomenon of exclusivity, the relationship is more easily failed. Thus, it is now so common for people to experience betrayal in their relationship on account of this exclusivity. I believe that it is part of our role as couple therapists to assist in the development of a sensitivity to more diverse acts of living within couples relationships, so that it becomes possible for partners to acknowledge and validate these. I find that this opens up many, many options for partners to address their

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INTERVIEW *continued from page 23*

concerns and conflicts.

MB: Thanks, Michael for a delightful and intense conversation. It has been a pleasure to witness the evolution of your thought and practices over the years and now, in person. Before we say good-bye I want to let our readers be aware of the Dulwich Centre International Narrative Therapy Festive Conference, March 1-3, 2006 in Adelaide, "linking the realms of narrative therapy and community work with drama, song, film, fiction and poetry" at www.dulwichcentre.com.au

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