



The Milton H. Erickson Foundation NEWSLETTER

Vol. 26, No. 2

SUMMER 2006

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www.erickson-foundation.org

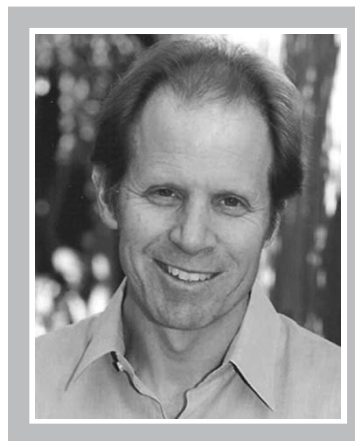
FEATURE INTERVIEW

A Developmental Neurobiology of Couples & Family Therapy:

An Interview with Daniel Siegel

By Kathryn Lane Rossi
& Ernest Lawrence Rossi

*Daniel Siegel, MD is Associate Clinical Professor of Psychiatry, UCLA School of Medicine, Center for Culture, Brain and Development. Director of the Center for Human Development and has served as a NIMH research Fellow at UCLA. Dr. Siegel serves as Founding Editor-in-Chief for the Norton Series on Interpersonal Neurobiology. His latest book is **Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive.** He was an*



exciting invited speaker at the 2005 Evolution of Psychotherapy and will again be a Keynote Speaker at the upcoming Brief Therapy Lasting Impressions Conference in Anaheim this December.

What is the Newest of the New? Does Daniel Siegel have it? We think so!

Kathryn Rossi: Dan, your presentations at the Evolution of Psychotherapy Conference last

December were some of the most exciting that I attended! How do you do it?

Dan Siegel: Well, I'm introducing a new way of thinking about how the mind and brain changes in response to psychotherapy.

Ernest Rossi: A modest endeavor, I am sure.

Dan: It's a new way of taking the different disciplines of science to create a framework for Interpersonal Neurobiology. I look at the social nature of the brain and the ways in which our evolved brain can respond to the kind of experiences that promote resilience and well-being in families. In my forthcoming presentations to the Ericksonian couples therapy conference, I will also look at the kinds of experiences that actually create vulnerability and the challenges to well-being from a developmental point of view.

Kathryn: You're a psychiatrist with a strong developmental point of view?

See INTERVIEW on page 25

THE BRIEF THERAPY CONFERENCE: Lasting Impressions

**Garden Grove (Anaheim), California – December 7-10, 2006
Law & Ethics Pre-Conference Workshop, December 6**

Special Registration Offer for Newsletter Readers Inside this Issue!

www.BRIEFTHERAPYCONFERENCE.com

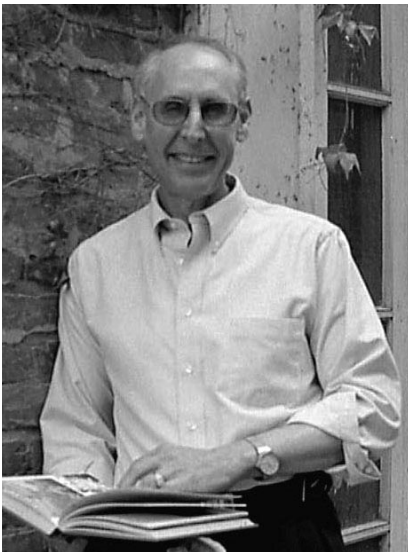
The Milton H. Erickson Foundation is now accepting registrations for the upcoming *Brief Therapy Conference: Lasting Impressions*, December 7-10, 2006, at the Hyatt Regency Orange County near Disneyland Resort, in Garden Grove (Anaheim), California. Sponsored by The Milton H. Erickson Foundation, with Co-Sponsorship by California State University Fullerton and

See BRIEF THERAPY on page 2

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EDITOR'S COMMENTS



When I first became a therapist (radios still used vacuum tubes and I had hair), brief therapy was defined in the mainstream as any therapy that took less than a year. The therapist did not do anything different. He only did less of it. Erickson stood out at that time with his targeted interventions and redefinition of what therapy was all about. Don Jackson's group was breaking new ground and the therapy world was asking the question, "Can brief interventions actually make a lasting difference?"

Over the years therapists coming from different disciplines attempted to answer this question. This resulted in many different models of brief therapy. These different models provided more than just a series of intervention techniques. They led to a clearer definition of what causes change and what gets in the way of natural growth and personal development. In the service of continuing the journey, this December, the Foundation is presenting the sixth Brief Therapy Conference: Brief

Therapy Lasting Impressions. It is also to that theme that we have dedicated this issue of the Newsletter. We have chosen articles in the newsletter that are in the service of expanding the questions as well as providing ideas and resources. Implanted in each article is a different perspective that complements the rest in exploring elements of growth and change.

We start this issue of the Newsletter with Kathryn and Ernest Rossi's interview of Daniel Siegel. As one of the keynote speakers at the sixth Brief Therapy Conference, Siegel discusses a developmental perspective for therapeutic questions. In *Historical Times* Robert Dilts and Roxanna Erickson Klein present a look at the development of NLP's model of human behavior, communication and learning. Norma and Phil Barreta's contribution in *Case Reports* presents delightful metaphor utilization. In *Facets and Reflections*, Sandy Sylvester shares an experience with Erickson that shows his understandings of the appropriate portal of entry for each person. Each of the excellent reviews in this issue contributes to these many perspectives of change. Tying it all together, in *Ethical Directions*, Gary Ruelas describes how our expanding knowledge of the different portals of entry into the nature of change provides ethical challenges.

Enjoy and I look forward to meeting all of you at the sixth Brief Therapy Conference: Brief Therapy Lasting Impressions.

Rick Landis
Laguna Niguel, CA



The NEW
Foundation Web Site
is Online!

www.erickson-foundation.org

BRIEF THERAPY *continued from page 1*

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 will be held December 6, 2006. Choose the four-hour morning session, or attend the full day for six hours. Visit the Conference web site for more information: www.brieftherapyconference.com

Faculty for this event include: Steve Andreas, Ellyn 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 full brochure including the complete program is now available. Visit the *Brief Therapy Conference* web site for updated Conference information, including the full brochure, Online registration, hotel and travel information and reservations: www.brieftherapyconference.com

REGISTRATION DEADLINE EXTENDED FOR NEWSLETTER READERS! Use the registration form in this issue to extend the August 7 deadline to September 15, 2006. The current deadline without the registration form in this issue is September 30, 2006. Reserve your space at the upcoming Conference and save \$50!

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, miltonerickson@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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keynotes:

- PATRICIA ARREDONDO
- NICHOLAS CUMMINGS
- CLOÉ MADANES
- ERVING POLSTER
- DANIEL SIEGEL

**SPECIAL LAW & ETHICS
PRE-CONFERENCE
WORKSHOPS
Wednesday,
December 6**



brief therapy

LASTING IMPRESSIONS

when: December 7-10, 2006 (Thursday-Sunday)

where: Hyatt Regency Orange County near Disneyland Resort
Garden Grove (Anaheim), California

- why:
- Up to 35 CE Credit Hours
 - Topics include Adolescence • Neuroscience • Law/Ethics • Addictions • Abuse
Anxiety • Depression • Relationships • Cultural Diversity • Personality Disorders • Aging/Long-Term Care
 - Format: Workshops, Short Courses, Panels, Keynotes, and Live Demonstrations

**Special for Milton H Erickson Foundation Newsletter Subscribers:
Use this form to register. Extend the August 7 deadline to September 15 and SAVE!**

Registration Deadlines	Full Conference Fees for December 7-10		Full Conference Fees INCLUDING Law & Ethics Pre-Conference (Wednesday, Dec. 6) Workshop	
	U.S. Professionals	• Foreign Professionals ¹ • Foreign Students ¹ • Graduate Students ² • Interns ² • Seniors ³	US Professionals	• Foreign Professionals/Students ¹ • Graduate Students/Interns ² • Seniors ³
September 15 August 7, 2006	\$389	\$289	\$484	\$384
Sept 30, 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
Wednesday, Dec 6
□ 4-hr session \$125
□ 6-hr session \$175

- 1 I am a Foreign Professional/Foreign Student
□ 2 I am a Graduate Student/Intern providing a certifying letter from by school/department indicating proof of student/intern status as of December 2006
□ 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
□ 6-10 attendees: 15% off each full conference registration □ 11+ attendees: 20% off each full conference registration
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.
Important: No additions may be made to receive a lower rate once your Group Rate Application has been mailed.

Please read and complete ALL information below

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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.

Brief Therapy: Lasting Impressions is open to professionals with a master's degree and above in health-related fields from accredited institutions. Applications will also be accepted from full-time graduate students in accredited programs in health-related fields who supply a letter from their university certifying full-time student status as of December 2006.

WWW.BRIEF THERAPY CONFERENCE.COM

H I S T O R I C A L T I M E S

Neuro-Linguistic Programming

By Robert Dilts
& Roxanna Erickson Klein

In the early 1970s, Richard Bandler and John Grinder united their creative energies and conceived of a project intended to "distill the skills of genius." Grinder, an Associate Professor of Linguistics, and Bandler, a student of psychology at the University of California at Santa Cruz (UCSC) sought a better understanding of the work of therapists known for exceptional abilities and effectiveness. As part of this endeavor they studied Virginia Satir, Fritz Perls, Gregory Bateson and Milton Erickson. Through observation and analysis of recorded materials in addition to collaborative studies with the identified geniuses, they sought to develop insights that could potentially allow others to learn from and even replicate the talents they observed.

The visionary team was joined early on by Leslie Cameron-Bandler, Judith DeLozier, David Gordon, myself (Dilts) and others. The energetic and creative teamwork of the group brought forward the idea of neurological processing correlated with verbal patterns and behavioral actions. Eventually the group as a whole developed broad and sophisticated premises for the manners in

which words and behaviors are connected with underlying mental processing.

The seminal studies produced several works including *The Structure of Magic Volumes I & II and Changing With Families* (co-authored by Virginia Satir). Though Erickson declined co-authorship, Bandler, Grinder and DeLozier went on to publish *Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D., Volumes I & II* (1976-1977). Most of the NLP emphasis on observing subtle physical cues comes from their study of Erickson's interaction with his patients. Many fundamental NLP skills and techniques also have roots in the hypnotic skills and procedures practiced by Erickson. The Milton Model, for instance, is a set of verbal patterns associated with hypnotic language and suggestion that was named in honor of Erickson.

A number of other major NLP techniques were also inspired by Erickson's hypnotic work, including Visual-Kinesthetic Dissociation (a technique used by Erickson for both trance induction and pain control), Reframing (talking to unconscious parts of a person), Anchoring (establishing post-hypnotic cues), Change Personal History (from hypnotic regression techniques), and Futurepacing (derived from the hypnotic technique of pseudo-orientation in time). In fact, many of these proced-

ures started as processes used in conjunction with a formally induced trance state. It was subsequently discovered that such processes worked effectively whether or not a person was officially "in trance."

During the early 80s Bandler and Grinder parted ways, but the NLP movement developed a sizable following and considerable momentum. The NLP movement offered training to a broad audience and promoted applications that could be used in a vast array of settings including coaching, sales and personal growth.

In the US, professionals in the field of psychology were reluctant to embrace methodology that did not require licensure and training within the accredited university system.

Formulating their own structure of training and certification, the NLP movement gathered sufficient interest and recognition to become accepted in the broader stream of methodologies.

Although NLP has evolved and changed over the last three decades, a number of fundamental elements from the seminal work have endured.

They include: NLP's emphasis on observation and experience; the basic assumption of NLP that the map is not the territory and the notion that our maps of the world are constructed from the five senses; and the NLP notion that there is a positive intention behind symptomatic behaviors that must be addressed in order for the symptoms to be transformed.

NLP is a model of human behavior, communication and learning that has continued to evolve through the same process from which it originated—modeling the skills of exceptional individuals. As a third generation of NLP developers, trainers and practitioners move into the world, new distinctions and techniques continue to emerge. These new distinctions are leading to greater generativity and ecology within the practice of NLP and make it more possible to identify the "differences that make a difference" in the skills of exceptional people.

FOR MORE INFORMATION see
<http://www.nlpu.com>

The Couples Conference Returns in 2007!

The Couples Conference will be held April 27-29, 2007, at the Hyatt Regency Orange County in Garden Grove (Anaheim), Calif. A special Law & Ethics Pre-Conference Workshop will be held on Thursday, April 26, 2007. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., with Organizational Assistance provided by The Couples Institute, Menlo Park, Calif.

Faculty includes: Elyn Bader, Harville Hendrix, Pat Love, Cloé Madanes, Terry Real, Dan Siegel, Stan Tatkin, and Jeffrey Zeig. Keynotes will be given by Harville Hendrix, Cloé Madanes, Terry Real, and Dan Siegel. A total of 23.0 CE hours is available for the Conference; an additional 6.0 CE hours available for the complete Law & Ethics Pre-Conference Workshop, April 26, 2007.

Visit the Conference web site for complete information including the Conference program, hotel and travel information, and Online registration: www.COUPLESCONFERENCE.com To receive the brochure by mail (available Fall 2006), contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602.956.6196; Fax, 602.956.0519; Email, Sonya@erickson-foundation.org

The Couples Conference



April 27-29, 2007 (Friday-Sunday)
23 CE Hours available

Law & Ethics Pre-Conference Workshop
Thursday, April 26, 2007
Presented by Steven Frankel, PhD, JD
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Hyatt Regency Orange County
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Keynotes:
Harville Hendrix
Cloé Madanes
Terry Real
Dan Siegel

Faculty:
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For Complete Information including Online Registration
and Travel/Hotel Accommodations: www.COUPLESCONFERENCE.com

CALL FOR PROPOSALS

for The Tenth International Congress
on Ericksonian Approaches to Hypnosis and Psychotherapy
December 6 - 9, 2007 Phoenix, Arizona

PRESENTATION COVER SHEET

The Milton H. Erickson Foundation is calling for proposals for the **2007** Tenth International Congress. Those interested in presenting a Solicited Short Course on the topic of Ericksonian hypnosis and psychotherapy (or closely related area), may submit **(1)** a 200-word presentation summary, **(2)** a 50 word abstract, **(3)** two educational objectives, **(4)** two true/false questions to be used for continuing education purposes and **(5)** curriculum vitae of all presenters in your program. **Four** copies of each submission, except CVs, should be included in your packet. Send only **one** CV for each presenter. Preference will be given to proposals that address the theme "*Brief Ericksonian Solutions.*"

There will be approximately 30 concurrent Solicited Short Courses with one and a half hours allotted for each Course on Thursday, December 6, 2007 from 8:00-9:15 AM, 9:30 - 11:00 AM and 2:45 - 4:15 PM. Short Course faculty receive complementary registration for the Congress, but pay their own expenses for food and lodging.

Note: Only ONE proposal per presenter will be accepted

1) Individual submitting proposal: (All correspondence will be sent to this address)

Name: _____ Degree _____
University where highest degree was earned _____ Major _____
Professional License # _____ State _____
Address _____
City/State/Zip/Country _____
Daytime Telephone _____ e-mail address _____

2) Names, Addresses and Degrees of copresenters (if any)

Note: All presenters MUST meet the Erickson Foundation's academic requirements of a master's degree or above from an accredited institution in a health-related field. Full-time graduate students enrolled in accredited programs also may present. Graduate students must submit a letter on letterhead stationery from their department certifying full-time student status.

3) Title of Presentation:

4) Audiovisual equipment required: overhead projector VHS player DVD player flip chart

Please bring your own computer and LCD projector (if possible) for a PowerPoint presentation. Only a limited number of LCD projectors will be available. I will bring my own projector Please provide projector **Note:** No other AV equipment, including laptops, can be provided.

Enclosure Checklist: (SEND AN ORIGINAL AND FOUR COPIES) Attach this cover sheet to the original. The four copies should contain ONLY THE TITLE because the review process will be blind. **DO NOT INCLUDE NAMES ON THE FOUR COPIES.**

- 200 word presentation summary
- 50-75 word abstract (for publication in the program and syllabus)
- Educational Objectives (minimum of two objectives). In your objectives, indicate what participants will have learned at the end of the presentation. Be specific, e.g. 1) To list three principles of hypnotic induction; 2) To describe three techniques of deepening hypnotic trance.
- Two true/false questions to be used for continuing education purposes.
- Curriculum vitae of all presenters. (One copy only)

If my proposal is accepted and placed on the program, I will be present at the Congress.

Signature _____

Date _____

DEADLINE: Proposals must be postmarked by December 15, 2006. Acceptance or rejection will be sent by February 14, 2007.

Mail proposals to: The Milton H. Erickson Foundation, Inc.
The Ninth International Congress Committee
3606 N. 24th Street, Phoenix, AZ 85016-6500 USA

Only a limited number of proposals can be accepted. Please submit early

CASE REPORT

The resistant frog: A Metaphoric Approach to Immobilization

Norma Barretta, Ph.D.
& Philip Barretta, M.A.

Mildred, a fifty-five-year-old woman, was referred for therapy after the death of her husband of 29 years.

She finds herself immobilized, unable to make decisions about the slightest facet of her life. Mildred describes herself as depressed about her inability to solve problems. She is unable to leave a job she didn't feel was challenging; undecided whether to sell her home or keep it, frustrated because she wants to change banks and doesn't have the energy; bewildered about what to do with her old, but wonderful dog; and concerned because her children want to borrow money for a down-payment on a new home. Inasmuch as she has always been self-sufficient, she finds the inability to make a decision or take any action debilitating to her self-confidence and life style.

Mildred appears confused, lethargic, mildly depressed, and in need of some motivation to move her forward with her life. She describes herself as "helpless" because of her inability to make decisions.

After listening to her concerns and request for help in acquiring the necessary motivation to move ahead and make the correct decisions, she was offered a metaphor about a time when a little green frog was hopping down the road, minding his own business, and fell into a rut in the road. The rut was so deep that no matter how high the little frog jumped he could not quite reach the edge. Once, he almost made it, but he slipped off and fell back to the bottom.

Try as hard as he might, the frog could not get out. He jumped and jumped until he was exhausted. Finally, exhausted and tired of trying to get out, the little frog sat down to rest. He really needed to think about what to do next.

Just then another frog came hopping down the road.

"Help", cried the imprisoned frog,

"get me out of this hole."

The second frog heard the cries of the frog in the rut and hopped over to the edge of the hole and looked in. When he saw the other frog, he said, "What are you doing in the hole?"

"I fell in, and now I can't get out. Can you help me?"

The second frog did her best. First she stuck her front leg into the hole as far as she could, but the imprisoned frog could not quite reach it although he jumped as high as he could.

Next, the helpful frog stuck her longer back leg into the hole.

"Jump", she told the stuck frog, "grab my leg, and I can pull you out."

But no matter how hard or how high the frog in the hole jumped, he could not quite reach the outstretched leg of the friendly frog.

Finally, the second frog said, "Well, I can't seem to help you, so I'd better be hopping on."

"No!" said the frog in the hole. "Wait, I have a good idea. You hop down into the hole with me and I'll climb on your back. Then I think I'll be able to jump out of this hole."

"Don't be silly", said the lady frog. "If I jump into the hole so you can use my back, I'm liable to get stuck down there just as you are. Not a good choice. Besides I have a date on a lilly pad. They don't hold reservations, so I must move on."

With this, the lady frog said, "Goodbye and good luck", and proceeded to hop on down the road leaving the frog who was stuck in the rut in the rut!

She had not hopped very far when she heard "Ribbit." With great surprise, she turned and saw the other frog hopping along the road. "Just a minute now. The last time I saw you, you were stuck in that rut in the road. I tried to help you every way I knew how and nothing I did worked. How did you ever manage to get out of that rut?"

Sheepishly, the frog replied, "There was a big truck coming."

Mildred was perplexed by the story. She saw no connection between the story and her problem. "Why are you telling me stories when I am here to get your help. Besides, I

"Well, we just tell stories, we don't explain them."

don't get what the story means. Explain it."

"Well, we just tell stories, we don't explain them."

At the end of the session, she left somewhat frustrated and a bit angry. Nonetheless, she made an appointment to return to continue our sessions.

Two weeks passed before our next session. Mildred arrived looking much less tense and anxious than she did when we first met. She sat in the chair, leaned back and began:

"Well, I've closed all the old accounts and opened new ones. I've fired the old accountant and hired a new one. I've changed the title on the house, and I'm going to keep it. The dog can share it with me. The kids can borrow money from the bank – I don't want them to depend on me so much. I want to travel. So it's really time for me to 'retire' from that awful

job and do something else" ... her voice trailed off. She leans forward in the chair. "Oh my," she says. "I guess my truck came along."

DISCUSSION

For the immobilized (stuck) patient such as Mildred this rather specific metaphor allowed her to listen to the plight of the frog in the rut. Even though, at a conscious level, she did not "get" the story, she began to realize, at an unconscious level, that she and she alone can get herself mobilized to act. She "got" that she could decide what needs to be done and do it. The embedded message in the metaphor told her that when all is said and done, it is her own resources that "move her" to solve the problems to "get out of the rut" she was stuck in.

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Robert Dilts

By Roxanna Erickson Klein

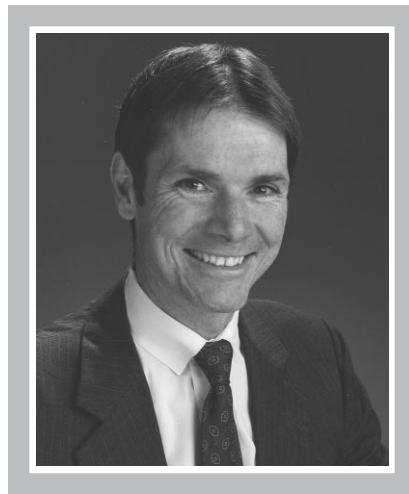
A rare combination of circumstance, brilliant thinking and reciprocal energy brought Robert Dilts into Milton Erickson's teaching seminars in the mid-70s. Dilts was a junior at the University of California at Santa Cruz (UCSC) and had enrolled in a linguistics class offered by Professor John Grinder.

On the second day of class, the 200 students were introduced to a technique of questioning called the Meta Model. The model had been derived from the collaborative efforts between Grinder and Richard Bandler for the purpose of examining the elements that distinguish effective therapists.

Having just completed their manuscript for *The Structure of Magic*, they were preparing to visit Erickson in Phoenix. Dilts and a number of other bright, energetic students were invited to join the investigative journey. Thus began a long collaboration between Bandler and Grinder as well as Dilts, who found himself in the forefront of ideas that would add sweeping change to the thinking and practice of therapy.

Dilts maintains a steadfast appreciation for what he learned from his original mentors. A recipient of the acclaimed President's Undergraduate Fellowship in 1977 for research correlating eye movement and brain function conducted at the Langley Porter Neuropsychiatric Institute in San Francisco, Dilts received a degree in behavioral technology from UCSC. As an undergraduate, he had the opportunity to work personally with both Milton Erickson and with Gregory Bateson.

Dilts is an artist—in workshops, in the classroom, on the computer and on the sketchpad—his



portrait of Erickson made during his visits remains one of the Erickson family favorites for its truth in likeness and spirit. Dilts' gentle and friendly style contrasts with his exceptional technical knowledge and with the powerful underpinnings of his work.

Recognized nationally and internationally, he has done consulting and training throughout the world to a wide variety of professional groups and organizations—including as a regular faculty presenter at the annual Congress as organized by The Erickson Foundation.

Dilts is credited with developing many core NLP techniques, including Reimprinting, Integration of Conflicting Beliefs, Sleight of Mouth Patterns, The Spelling Strategy, The Allergy Technique, Neuro-Logical Levels, The Belief Change Cycle, Generative NLP Patterns, and the Unified Field Theory for NLP. He has also significantly contributed to the understanding of the theory behind the model. He has spearheaded the applications of NLP to education, creativity, health and leadership. Between 1979 and 1981 Dilts was vice-president and Director of Research for Not Ltd. There he worked with Leslie Cameron-Bandler-Lebeau, David Gordon and

Recognized nationally and internationally, he has done consulting and training throughout the world to a wide variety of professional groups and organizations--including as a regular faculty presenter at the annual Congress as organized by The Erickson Foundation.

Maribeth Meyers-Anderson, where he helped design the curriculum for the first NLP certification programs. In 1991 he and the late Todd Epstein established NLP University, which provides a full range of basic and advanced NLP training. Since 1994 Dilts has been involved with the Institute for Advanced Studies of Health (IASH), which he co-founded with Tim Hallbom and Suzi Smith. This nonprofit organization supports research and networking related to the applications of NLP methods and health.

Author or co-author of 18 books, many of which are considered of seminal importance to NLP (including the 1600 page Encyclopedia of Systemic NLP), Dilts additionally has

published 14 articles that explore the diverse applications and extent to which NLP can be applied to influence well-being and behavior patterns. The writings range from business applications to exploration of the ways that techniques can be used to explore spiritual growth. Dilts maintains a web page (www.nlpu.com) that gives a better understanding of the breadth of his current endeavors. His desire to help "create a world to which people want to belong" is evident in this educational site. The potent and innovative manner in which he carried his ideas forward now reaches far beyond the constraints of traditional approaches. This is the imaginative genius of Robert Dilts.

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FACETS AND REFLECTIONS

When Milton Erickson asked ME for Help!

By Sandy Sylvester, Ph.D.

Since I was a doctoral student at the University of Arizona in Tucson, I have been interested in clinical hypnosis and the power of the mind. I studied hypnosis independently with a professor who recommended that I attend the American Society of Clinical Hypnosis seminar held in Phoenix. At the seminar, I met Kay Thompson, Bob Pearson, Marion Moore, and Joe Barber. At lunch, Thompson and Pearson were discussing their demonstration of deep trance phenomena and demonstration hypnoanesthesia which they were teaching that afternoon. I asked

He knew I would never have come to Phoenix on my own. He also knew that I would never refuse to be of help, if I were asked.

whether or not I could volunteer for the demonstration, but Kay Thompson firmly replied "No!" explaining that "Dr. Erickson will be there and we want to make sure that the will go well, so we will have a member of the faculty help us."

Kay and Bob conducted the most bizarre demonstration I had ever seen. They sat on an empty stage, looked at an imaginary TV, and commented as they "watched." In their conversation the audience (we) disappeared. As I watched, I became very confused and questioned the distinctions between "deep trance" and "delusional psychosis." As I puzzled about this, the demo concluded and Bob walked off the stage. This further confused me because he was to be part of the next demonstration.

As the topic of hypnoanesthesia was announced Kay invited Joe Barber to volunteer. Joe was known for his expertise in pain management, but he declined the offer.

"That's OK," Kay responded, "because we have another volunteer who doesn't know she is a volunteer. The next thing I knew, I was walking up to the stage.

Kay thanked me and asked if I knew that I was already in a trance. The demonstration included my insertion of a 20 gage, 1-1/2 inch needle into my hand. The experience was painless even though I could experience the entire length of the needle.

I could even control whether or not to bleed.

On completion of this amazing demonstration, I headed toward my seat in the audience. Milton Erickson inquired just as I bent to sit down. "Sandy, are you aware of how still you were on stage?" Standing up again, I reflected on this question. I was animated in my outward behavior on stage but there was definitely a quality of stillness within, so I replied, "Yes, Dr. Erickson." Again I began to sit down. Dr. Erickson then

said, "Isn't 'doubt' wonderful?" I stood up thought about how I thought I 'knew' I should bleed from the puncture, but wondered if it could be possible not to. I challenged myself by saying "I choose not to bleed" but didn't think that that could actually happen. I merely replied, "Yes, Dr. Erickson."

Then Dr. Erickson said, "Sandy, don't you want to sit down?" I replied, "Yes, I did want to sit down." I began to sit down when Dr. Erickson said something else to me, and I began to stand up again. I couldn't actually hear what he was saying because by then the other participants had begun to laugh. Then Dr. Erickson asked "Have you ever watched a dog lie down?" Replying affirmatively, he asked me, "How does a dog lie down?" I described that a dog finds a place to lie down and then turns in a circle and then lies down.

Erickson replied, "That's right. Why don't you try that?" I turned around in a circle and sat down, by now I was so relieved that I said, "Oh, thank you, Dr. Erickson!" Then Mrs. Erickson spoke up: "What are you thanking him for?" The entire room

broke out in loud laughter.

The following day I was invited to Dr. Erickson's house. We spent the afternoon together in his living room, he in a stuffed chair in front of the TV, and I in his wheelchair. We talked about a lot of things. In the afternoon, one of Dr. Erickson's patients came with a pot of hot soup that she had prepared that day. I remember thinking how unusual and nice it was for a patient to drop by, visit and give him soup. That evening I left to drive home to Tucson. Dr. Erickson said we would be in contact.

A couple of weeks went by, and I received a call from Dr. Erickson, wanting to know if I could come to Phoenix. He said the two hours and 15 minutes it would take me to drive wasn't good enough; he arranged for a ticket to be waiting at the airport.

Inside Erickson's office was a young girl with Crohn's disease. Erickson explained to me that the girl had been through a great deal of trauma in the diagnosis and treatment of

her disease, and that she had developed a fear of male physicians. By having me teach the girl's mother self-hypnosis, the mother could in turn help her daughter to deal with the chronic pain of the disease.

I stayed in Phoenix for almost two weeks — sleeping in Erickson's daughter's bedroom and wearing a loaned nightgown. Marion Moore was videotaping Dr. Erickson's teachings and I was fortunate to join in. These were special times. It took more than 20 years for me to figure out that Dr. Erickson didn't really need my help. He often had worked with difficult and resistant patients. He was more than capable of helping this young patient without my help. As I reflect back on "why" he flew me to Phoenix to "help" him, I see my own resistance. He knew I would never have come to Phoenix on my own. He also knew that I would never refuse to be of help, if I were asked.

What I gained from studying with Dr. Erickson continues to surprise me. I contained a depth that continues to bring me new understanding and appreciation for his unique talents.

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J. Charles Theisen, MA, MBA, JD, MA, PhD

Interviewed by Roxanna Erickson Klein

BACKGROUND: Charles (Chuck) Theisen is a member of the Board of Directors of the Milton H. Erickson Foundation since 1981. With degrees in law, business, history and psychology he provides important behind-the-scenes guidance to the decisions that are made and the ways in which the Foundation is managed. Interested in a variety of community service activities, Theisen also participates in other non-profit organizations, including Childhelp, Homeward Bound, and Yo San University of Chinese Medicine. He is owner and CEO of Phoenix Motor Company in downtown Phoenix and is building a new Mercedes dealership in Peoria, Arizona.

Roxanna Erickson Klein (REK): Hi. I asked for the oppor-



tunity to interview you because you have a really unique view of the Erickson Foundation and I would like readers to have the opportunity to learn more about your ideas.

J. Charles Theisen (CT): Thank you for the honor.

REK: You are a member of the Board of Directors of the Foundation. Can you tell us how you first became interested in the work of the Foundation?

JCT: I had done some work with Dr. Erickson after finishing my Masters degree in clinical psychology

and benefited greatly. I wanted to give back by helping the dissemination of his creative approach to therapy. I was fascinated by his ability to turn off conscious resistance to therapeutic interventions; or heal the patient's problem by intervening in family dynamics; or create a change in some seemingly unrelated lifestyle issue which had the effect of healing the presenting problem.

REK: How did you meet Jeffrey Zeig?

CT: We met briefly at the first Erickson Congress. After referring a number of people to him I offered to help on some legal and business issues. We were both interested in the technical changes in the entertainment industry and our friendship partially evolved into a male bonding pattern of playing Pac Man and Cobra in video game parlors at odd hours of afternoons and evenings while sharing source material on strategies for reaching higher levels of these games at other times.

REK: A lot can be said about enjoying what you do. Are you still

finding so much fun in your work together?

CT: We kid around a lot. We both enjoy seeing and working with variations in human response to unusual/usual stimuli. We often discuss different philosophical/practical approaches to human behavior taken from spiritual/historical/business/legal realms and correlate these with various therapeutic approaches to test their intellectual validity across various disciplines. It's amazing how taking absurd positions can sometimes lead to useful solutions.

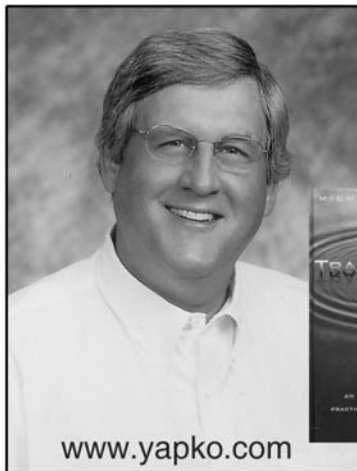
REK: What makes the Foundation unique or different from other non-profits?

CT: It is self-funding to a large extent and, unlike most non-profits, doesn't depend on the largess of interested donors for its continued existence. For someone involved with many nonprofits, as I am, it is unique to have one organized in such a way that the nonprofit's own educational programs can fund its mission. Usually, in this and other fields, such

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THEISEN INTERVIEW *continued from page 9*

self-sustaining organizations are for-profit.

That is not to say all our programs support themselves or even that every year our programs develop enough revenue to fund our activities in that particular year, because we have had several years in the red. So, of course, we accept donations when people feel aligned with our mission to want to help. Many people who were healed or advanced significantly in their professional development have made significant contributions, and we are grateful to have them with us in our mission.

REK: What about economic uncertainties--- how do they affect the business and the decisions that are made. What about taking risks?

CT: Managed care has led to dramatic changes in the number of therapeutic sessions that can be paid for by insurance. Therapists have been economically impacted, and they have had to look carefully at the money they spend on training and professional development. We are uniquely situated for such an environment because our emphasis always has been oriented toward briefer therapies.

Nonetheless, when the economy is down patients will be more oriented to doing without therapy and this affects therapist income which affects their attendance at our programs. So we need to be aware of the economy in planning where we have events because of travel cost for faculty and how many attendees we will have for hotel and meeting room space. As far as risk is concerned, sometimes we try programs in areas of practice we have not gone into before, utilizing recognized experts in that area who are aligned with us. Sometimes it works and sometimes it doesn't, but you can never be the best unless you are trying new things and failing once in awhile. Stale organizations go out of business as much as ones on the cutting edge, but the cutting edge business can thrive while the stale ones rarely do.

REK: How does your legal / business background shape your perspective as a Board Member?

CT: Within the range of possible projects available to us at any given

time I will favor those that will find the broadest interest among therapists. This lends itself to a continued ability to self-fund and effectively market our programs. In addition, identifying our core strengths and assets like the Erickson archives, then investing in protecting, preserving and making them more accessible helps insure our future. The Foundation also faces many potential legal issues in this litigious society which could distract us from our mission and pointing out the true lack of business/ legal merit to them helps keep us on track.

REK: What do you consider to be the most important elements of the Foundation?

CT: Its archives, its faculty, its students, its heritage and its director.

REK: Where would you like the Foundation to be a decade from now?

CT: Continuing to be self funding, well respected in the field, at the cutting edge of new developments in therapy and run in an efficient and effective way to present programs and products which enhance psychotherapy in the world.

REK : What about you personally? Where would you like to be a decade from now and how does that fit with the Foundation?

CT: I will continue to develop a broad range of interests and influence in those areas where I feel I can make a contribution towards greater oneness in the world. By this I mean rising above the differences, conflicts and limitations engendered and promoted by various races, religions, genders, and national origins so that world problems such as drugs, terrorism, disease and environmental degradation can be significantly improved. For instance, when someone who gets sick with bird flu in Indonesia can infect someone who gets on a plane for the US resulting in the death of millions of Americans, then we have to care about who gets sick in Indonesia.

With the Internet and other technological developments, the world has shrunk in unexpected ways creating increased dangers from rigid interpretations of the "self" or who we are as individuals. Dissolving many aspects of the individuality so histori-

cally prized by our species for relative survival is paradoxically the only way we as a species can survive in tomorrow's world. Many times, I believe, how we most sharply distinguish ourselves from and thus fight in others derives from inner struggles that once healed leads to dissolution of many outward struggles. For me, this is a broader aspect of my involvement with the Erickson Foundation and its primary mission of spreading the incredibly creative healing work of Milton Erickson and its secondary mission of creating communication and connection between the different fields of psychotherapy.

REK: Looking back over the last 25 years of involvement with the Foundation, are there any specific activities or programs that have made a difference to you on a personal level?

CT: Like most people with a psychology background I am always trying to see if any theory or application I have been exposed to applies to me or a situation I am in or to anyone I know. There are so many ways to slice and dice the world, aren't there? So I have taken all these different approaches to life and used them as sharp tools to operate on many aspects of my broader influence group. For instance, Ellis' REBT model of crazy thoughts and cognitive therapy in general is satisfying intellectually. Yet, I like using Ericksonian experiential methods of delivering or working with those thoughts. Mary Goulding's redecision therapy is profound in finding fundamental childhood decisions, yet, again, I like using indirect Ericksonian hypnosis to get to and change early decisions in a metaphorical manner. I've used the mix-and-match approach on myself and others with salutary effect many times in many contexts over the years.

Nonetheless, I am constantly aware, as I believe Erickson was, that no theory ever matches all reality and that all of them are "doughnut truths" -- they have many truths as well as a hole somewhere that you have to be wary of. This is emphasized in many of our programs. So one of my highest values is a holistic approach to all problems, which for me includes a strong spiritual dimension.

REK : Have there been any significant challenges that the Foundation has faced that you have participated in the resolution of?

CT: Many challenges are best

solved in ways where egos are not publically involved and thus, those resolutions have more stick-to-itiveness if they stay subrosa. That being said, the Evolution of Psychotherapy Conference was recently threatened by those leading the attempted takeover and removal of Al Ellis from the Albert Ellis Institute. They were attempting to bring us into their conflict with threats from their lawyers that would have altered his normal participation. In this case, as a lawyer/businessman, I could advise on the credibility of the threats as well as recommend a course of action that respected Al's great contributions to the field and the needs and wants of our attendees.

REK: In general, what are key elements of success in business – and how does that pertain to the Foundation?

CT: You have to first have something your customer wants. Second, you have to distinguish it from other organizations that offer similar things. Third, you have to get it to them in a cost effective manner for both them and you. Fourth, you have to constantly refine what you offer to make sure they are satisfied and want to keep coming back because your best customer is your repeat customer. They will give you stable support and bring you more customers by who they tell about you.

We offer professional development that fits well in the current managed care environment. We are different because of our long experience in conceptualizing successful events and the high level of experts we can bring. They are simply the best there are. Because of our experience and our relationships with different venues we can deliver these events in a manner that supports our programs while being very affordable for our customer's budgets. And we are constantly garnering feedback through written evaluations and verbal communication to evolve our products to better fit our customer's changing needs as they adapt to the changing managed care environment and the evolution of their practices based on other societal and field relevant trends.

REK: How do you choose which conferences to attend?

CT: In the beginning I attended all of the conferences but now I have a busy travel schedule that limits my

See THEISEN INTERVIEW on page 11

ability to attend all them. Now I concentrate my attendance on where my expertise might be needed or when I have a personal interest in hearing a new speaker or a new approach to a subject area. I particularly like the Evolution conferences since there are so many approaches that I can always find something or someone who I have not experienced before.

REK: Are there any particular speakers or presentations that you would consider to be the most exceptional?

CT: We strive to invite only exceptional speakers to all our events – and at the Evolution we invite the speakers who are most acknowledged in the world at the present, those who we think will become so acknowledged because of the quality of what they offer--those who we think have important messages to deliver. We are mostly right and sometimes

wrong in our judgements on these things.

Jeff Zeig, of course, due to his constant worldwide travels and wide range of connections plays the greatest role in those choices, although the Board of Directors also makes recommendations. He also is consistently one of the highest rated speakers at all of our events and clearly one of the most exceptionally innovative and gifted psychotherapists of our time in the world.

My personal interest at this time is integrating spirituality and therapy since I believe it is ultimately "grace" that determines who is cured and who is not as well as who is successful in achieving happiness in life and who is not. I believe some speakers bring presence and experience to their teaching that is felt but not consciously known and that they have a profound impact on the lives of their

students and thus on their students clients. Not everyone on the Board sees this the same way I do.

REK: The Evolution Conference in 2005 was the largest ever. How else do you see the Foundation growing?

CT: Utilization, utilization, utilization are major watchwords of Ericksonian therapy. As we get our attendees feedback we will adjust to fill their professional development needs in line with the times and consistent with our resources. Additionally, we should see increased publication of books by the Foundation Press and the distribution of videos and CDs derived from our archives. Our archives represent the greatest collection of Erickson's work that cuts across all disciplines and all times. The more we can mine the variety of material and approaches that exist there, along with our

archives of all the presentations that have been made on our behalf over the 25 years of our existence, the more we will fulfill our nonprofit mission in this world.

REK: Which of the Foundation Activities give you the greatest sense of pride for your participation?

CT: The Evolution of Psychotherapy Conferences cause cross-fertilization of ideas in the field of psychotherapy that will ultimately be of great benefit to man and woman kind.

REK: Thank you for giving us some rare insight into the philosophy that has shaped the Milton H. Erickson Foundation.

CT: Thanks to all of our supporters who make The Milton H. Erickson Foundation a reality.

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SPEAKING OF ETHICS

The Emerging Ethics Of Treatment

Over the past decade, research has exploded exponentially regarding domains that affect a person's mental health. Ancient wisdom has become the subject for scientific exploration. Spiritual, social, biological, environmental and cultural factors are now evolving as overlapping domains. At the same time in this age of managed care, there is a push for single-focused diagnosis and mechanistic algorithms for health care. As we embrace the need for accountability, we also must fight the movement towards detachment and bring forward a model of personalized care with humane treatment that is based on each individual and their circumstances. A trend away from algorithms is Dr. Erickson's philosophy for treating the entire person who may be manifesting a symptom rather than just treating a symptom or diagnosis.

In my daily readings and conversations, I am reminded of the significant overlap between what previously had been seen as separate domains of the mind, body and spirit. Depression physically affects the heart, and mood can affect the endocrine system. We now recognize that depletion of strategic nutrients can trigger depression and anxiety, heavy metal toxicity can interfere with cognitive abilities and hormone imbalances affecting our mood and motivation. In the obverse, both stressors and social interactions affect all of our biological systems. Even the concept of a mind-body connection is no longer an accurate metaphor; we have only one multiportal-system with different pathways. This is something that Erickson understood both on a personal and professional level.

A six-year-old boy was referred to me because he had been diagnosed as having a Bipolar Disorder. A simple check-list would have qualified him for the DSM-IV diagnosis of Bipolar I disorder. However, something was not quite right, especially in a boy so young. After appropriate testing, it became evident that he had a deficiency with digestive enzyme production. This led to poor nutrient absorption affecting his mood. Less than three weeks after he started taking digestive enzymes with meals, his Bipolar symptoms started to disappear and by one month they had totally remitted and have not returned for two years. The treatment also attended to the family dynamics. The family system was altered, having to monitor the boy's diet, and they became more sensitive and responsive to his needs. The young boy also began to take greater responsibility for his health and he was able to focus on aspects that he could better control. Was it his alimentary system, or something else? One may never know, but a systemic shift for both the child and the family was made by looking at a totally different portal of entry.

If a patient gets relief during a session but the relief is not sustaining, a question might arise asking if there is a physiological or an environmental factor *blocking* the response to treatment or a physiological or an environmental factor *contributing* to the psychological symptoms? If there is something about the presentation of a patient that does not seem right, perhaps we should explore in places we had not previously considered. The current ethical challenge is to resist explaining away a symptom and take the time to look at a pattern of signs and symptoms as being the possible outcome of different or multiple factors.

Traditionally, the Ericksonian clinician always has felt the need to look at what the patient presents from as many different directions as possible. We are witnessing a greater need for healing models that understand pathways more than just treatment protocol, or mere techniques. We are on a path of shifting paradigms, looking under rocks that have not been looked under before, flipping variables upside down to gain another perspective. In the coming issues of the Newsletter, I will attempt to provide information about some different portals of entry, exploring new domains to gather and promoting a discussion for sharing new and different paradigms in line with the Ericksonian philosophy.

Gary Ruelas, D.O., Ph.D.
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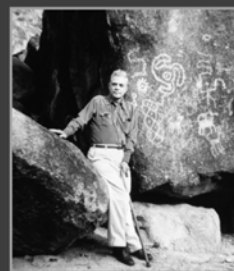
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Email: cuernavaca@hipnosis.com.mx

Interviewed by Marilia Baker, MSW

The Milton H. Erickson Institute of Cuernavaca, Mexico was established in 1997. Its founding directors were Marina Castaneda, Lic. Psych., Cecilia Fabre, MA, and Rosalia Rodriguez, Ph.D. The initial goal was to reach and train a maximum number of professionals in the region familiarizing them with the Ericksonian approaches to psychotherapy and hypnosis. Progressively, clinical work and supervision were expanded. Later, other programs were added, such as community work with underprivileged populations. At the moment, the Institute has been approved by the Ministry of Education to provide a Masters Program in Ericksonian Psychotherapy. Currently the co-directors are a husband and wife team, Cecilia Fabre and Rodolfo Vizcaya, with Marina Castaneda as consultant. The Institute has reached national and international recognition, not only on account of the excellence of its directors and programs, but also because of its role in the organization and hosting of international congresses and meetings.

The MHEI Cuernavaca was the main organizer and host, along with Centro Ericksoniano de Mexico, of the Fourth Latin American Congress of Ericksonian Therapy in 2003 congregating Institutes and therapists from Spanish-speaking and Portuguese-speaking regions, as well as representatives from Italy and France. That same year, Cuernavaca organized and hosted the First International Congress on



Ericksonian Therapies with Adolescents. Presently, the Institute, in the person of Cecilia Fabre, is actively collaborating with Centro Ericksoniano de Mexico to organize, co-sponsor, and host The Seventeenth Congress of the International Society of Hypnosis taking place in Acapulco, Mexico, August 21-26 2006.

Fabre and Vizcaya teach around the country and have traveled abroad to disseminate Ericksonian approaches to hypnosis as applied to psychotherapy and dentistry. Fabre is scheduled to present this summer in Milan, Italy, with Betty Alice

Erickson and Consuelo Casula. Rodolfo Vizcaya, DDS specializes in endodontics and orthodontics. He is a professor of dentistry in two private universities, as well as national coordinator and supervisor of graduate programs in endodontics throughout Mexico. Working both with children and adults, he utilizes clinical hypnosis for pain control, treatment of phobias, in treatment prophylaxis, as well as pre and post-dental procedures.

Fabre is a psychologist with masters' degrees in Marriage and Family Therapy as well as in Ericksonian Psychotherapy. The latter degree she received from Centro Ericksoniano de Mexico, where she studied with Teresa Robles and others, graduating in the first program ever of this nature in the Ericksonian world. She first heard of Milton H. Erickson in 1986, through Robles, her mother and role model par excellence. "What fascinates me most about her is her enthusiasm, her energy, and how she wants to share her knowledge and passions with all of us. I recall the instance, in September 1988, when she decided to undergo gallbladder surgery without anesthesia at all, using only hypnosis, through the hypnotic skills of her colleague Jorge Abia, MD." (*Ed. Note: This surgery was videotaped. A copy was donated to the MHE Erickson*

Foundation Archives in 1988.

Fabre started her training under Robles and Abia, then the founders of the first Erickson Institute in Mexico. She worked extensively with children and, as the treatment outcomes were so successful, she initiated groups for children. She says: "I have the profound conviction

that Ericksonian principles should be utilized and applied educationally, as well as clinically, beginning in early childhood. Thus, the child will grow with the *inner certainty* that she or he has powerful internal resources. Children will learn that their life experiences are gifts and unique opportunities to learn and grow, that will only strengthen their mind-body and spirit. It is also important for them to know very early that life (and its vicissitudes) can be experienced in two ways only: either through the lens of suffering or through the lens of joy – and that one has the ability to



Cecilia Fabre, Psych.

transformando las huellas de la verguenza, also published in Portuguese. In addition to Fabre, the authors are Ana Castaneda, Esther Rocha, Miriam Shalkow, Leticia Tayabas, and Sally Witemberg.

Cecilia Fabre concludes our interview sharing an exciting secret: "The Institute has been working on a very interesting project, and soon we will have the chance to translate it into several languages. It opens the possibility of bringing psycho-education and self-help techniques into the home, in a fun way, through a



Rodolfo Vizcaya, DDS

choose which way to go about it. Thus, if the child knows he or she can have choices at each turn, many later problems can be prevented. To me, this is the essence of Milton H. Erickson's teachings."

In that vein, one of the early achievements of the Institute was the publication of a book on therapeutic metaphors and teaching tales for children *La Granja de la Esperanza:*

biofeedback computer game. Adults and children will be able to discover and uncover their abilities and emotional skills, to feel at peace and happy with life, while they enjoy a virtual voyage through the most magical places in Mexico, simultaneously learning about their history and their people."

ARCHIVES UPDATE

Planning for 2006

By Roxanna Erickson Klein

Recent advancements in technology make this an exciting time to be involved in archival work. Photographic and recording tools are now available that allow us to capture and retain important wisdom. The same technology allows us to preserve that which we have captured from earlier generations. Until now, protecting and maintaining archives in optimal ways was costly as well as cumbersome. Now, we are entering an era where technology allows us to preserve and develop our resources in ways we have not seen before.

In March, Drs Ernest and Kathryn Rossi, Dr. Jeffrey Zeig and I met in Phoenix to review last year's progress and to set goals for 2006. The four of us, along with Dr. Kristina Erickson, serve as trustees of the Archives of the Milton H. Erickson Foundation.

Our most important task is the long-term preservation and safeguarding of historical materials. Concurrently, it is our ambition to facilitate wider accessibility of the educational and teaching materials that we house. For the last many years, the Archives has safeguarded and protected materials, though it is only within the last two years that we have undertaken it with a systematic and priority setting approach.

We overviewed our 2005 progress in a more detailed report of which appears in the Newsletter Vol 21, # 1 page 16. Our goals for 2006 include:

1. Completing the project of digitizing video footage of Milton H. Erickson.
2. Begin indexing video footage of Dr. Erickson.
3. Organizing storage of duplicate copies of historical materials in separate facilities.
4. Scheduling for back-up of precious materials at regular intervals.
5. Beginning the digitization of the video footage from the Evolution of Psychotherapy Conferences.
6. Developing at least one income generating resource that will continue to bring in financial funding directly to the Archives. Our time and energy as trustees are donated, and economic assets of the Archives are used directly for the preservation and distribution of educational materials.
7. Continuing to seek copies of audio and video materials that are not currently in the Archives.
8. Supporting and enhancing the dissemination of teachings of Milton H. Erickson
9. To continue to seek copies of audio, video or written materials of Milton H. Erickson that are not currently within the Archives.
10. To support and enhance the dissemination of the teachings of Milton H. Erickson.

In April, Dr. Roger Schick donated an audio CD of a lecture delivered by Dr. Erickson in Vancouver, BC. The Archives did not previously have a copy of this and is grateful for the donation. Nothing is so rewarding and heartwarming as the discovery of materials that have been safeguarded by interested colleagues for so many years! Thank you, Dr. Roger Schick!

Anyone wishing to learn more about the Archives or having additional materials that may be of interest to us, you may call me directly. Roxanna Erickson Klein at 214-526-9634 (home) or to write me at ericksonklein@yahoo.com.

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2006		
8/21-26	The XVII International Congress of Hypnosis / Acapulco, Mexico / Invited Presenters	1.
8/28-9/1	International Psychotherapy Congress / Tokyo, Japan / Invited Faculty	2.
9/8-9	Colorado Association of Marriage and Family Therapy – Couples in Conflict: Resolving Ties that Bind / Denver, Colo. / Invited Presenters	3.
9/14-15	Anxiety, Depression, Anger / Austin, Texas / Zeig	4.
9/28-29	Assessment and Treatment Planning / Basel, Switzerland / Zeig	5.
9/30	Ericksonian Therapy "kölntherapietage" 2006 / Cologne, Germany / Invited Presenters	6.
10/2-5	Ericksonian Therapy / Sardinia, Italy / Zeig	7.
10/19-20	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	8.
10/23-27	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	9.
10/30-11/3	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	9.
11/11-14	Ericksonian Therapy / Istanbul, Turkey / Zeig	10.
11/16-19	DGH Hypnosis Congress / Bad Lipspringge, Germany / Invited Faculty	11.
11/23-26	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Paris, France / Zeig	12.
12/7-11	Brief Therapy Conference: Lasting Impressions / Garden Grove (Anaheim), Calif. / Invited Faculty	9.

Contact Information:

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2. Email, morimail@m.u-tokyo.ac.jp
3. Colorado Association of Marriage and Family Therapy (CAMFT), 1420 Abilene Drive, Broomfield, CO 80020; tel, 303-792-3966 (local) or 1-888-458-1713 (toll free); email, camftco@hotmail.com ; web, www.coloradotherapists.com
4. Anita Jung, Email: anita.jung@lifeworksweb.org
5. Email, Sandra.ritter@fabe.ch
6. Email, hthbreuer@hypnosys.de
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8. Helen Adrienne; E-mail, HAMSW@aol.com ; Tel, 212/758-0125
9. The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Toll-free tel, 1-877-212-6678; tel, 602/956-6196; fax, 602/956-0519; E-mail, office@erickson-foundation.org ; Web: www.erickson-foundation.org
10. Email, tamerdvc@yahoo.com
11. Email, DGH-Geschaefststelle@t-online.de ; Web, <http://dgh-hypnose.de>
12. Email, icki@wanadoo.fr

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 Winter Issue (November) is September 30, 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



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TO SUBSCRIBE: <http://www.topica.com/lists/EricksonList>
Or send a BLANK e-mail to: EricksonList-subscribe@topica.com

CONFERENCE NOTES

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

Couples in Conflict: Resolving Ties that Bind, the annual Conference of the Colorado Association of Marriage and Family Therapy, will be held September 8-9, 2006, at the John Q. Hammons Convention Center, Holiday Inn DIA, 15500 East 40th Avenue, Denver, Colo. The featured presenter is Jeffrey K. Zeig, Ph.D. For information contact CAMFT, 1420 Abilene Drive, Broomfield, CO 80020; tel, 303-792-3966 (local) or 1-888-458-1713 (toll free); email, camftco@hotmail.com; web, www.coloradotherapists.com

The XV IFTA World Congress: *Reflection, Resilience and Hope; Strengthening Foundations*, will be held October 4-7, 2006 in Reykjavik, Iceland. This Congress will be held along with the FFF Icelandic Association of Professionals Practicing Family Therapy in Iceland. Pre-Congress workshops are available. The international faculty will present many broad and diverse topics. For complete information visit the Congress web site: www.ifta2006.org

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 the full Conference Program, hotel and travel information and reservation, and Online registration go to: www.BRIEF THERAPY CONFERENCE.com

To receive the brochure by mail 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

The Couples Conference will be held April 27-29, 2007, at the Hyatt Regency Orange County in Garden Grove (Anaheim), Calif. A special Law & Ethics Pre-Conference Workshop will be held on Thursday, April 26, 2007. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., with Organizational Assistance provided by The Couples Institute, Menlo Park, Calif.

Faculty includes: Elyn Bader, Harville Hendrix, Pat Love, Cloe Madanes, Terry Real, Dan Siegel, Stan Tatkin, and Jeffrey Zeig. Keynotes will be given by Harville Hendrix, Cloe Madanes, Terry Real, and Dan Siegel. A total of 23.0 CE hours available for the Conference; an additional 6 CE hours available for the complete Law & Ethics Pre-Conference Workshop, April 26, 2007.

Visit the Conference web site for complete information including the Conference program, hotel and travel information, and Online registration: www.COUPLE SCONFERENCE.com To receive the brochure by mail when it is available, contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602.956.6196; Fax, 602.956.0519; Email, Sonya@erickson-foundation.org

BOOK REVIEW

Confluence: Selected Papers of Jeffrey K. Zeig, Volume One

By Jeffrey Zeig Ph.D.

Zeig, Tucker & Theisen, Inc.

Phoenix, 2006

ISBN: 1-932462-83-X

www.zeigtucker.com

Confluence: Selected Papers of Jeffrey K. Zeig offers a collection of fifteen pivotal articles reflecting Zeig's therapeutic wisdom gathered over more than 30 years. Zeig discloses personal stories about his own development as a therapist, guided by Erickson. He teaches Ericksonian methods as well as his own innovations. Filled with history, methodology, teaching stories, case histories, and clear exercises this book engages the reader at many levels.

The book is organized into four parts. Part One, *Being a Therapist*, builds on Zeig's belief that to be a competent therapist begins with developing oneself. Since he views therapy as an experiential art, Zeig turns to improvisational theater for creative techniques. Zeig offers a description of how he developed his own skills and describes Erickson's self-training methods as well. Early chapters apply the Ericksonian approach through skillful use of postures and changes. For example, therapists can learn empathy by sensing their own reaction to the client's posture and by attuning to their own.

Part Two, *Methods and Techniques/ Utilization*, presents Erickson's unique discovery of utilization, absolutely central to his approach. Utilization defines the orientation to treatment. As Zeig explains, utilization is a philosophy of therapy, an appeal to potentials that are already there. The first step begins with the therapist utilizing her own readiness to respond as a model to initiate a milieu for change. Everything in the situation can be used to move the client in a constructive direction. The chapters in this section offer clear definitions, principles, and techniques of utilization. Readers are given details on how to put together a strategic utilization approach to plan effective interventions with tips on using language, action sequences, and more.

Part Three, *Hypnosis*, shows how through induction, the patient's symptom is used to induce trance. The first three chapters give an overview of hypnotic theories and then describe Erickson's utilization induction methods. Contrasts between direct and indirect hypnosis help to clarify how Ericksonian therapy is

Readers are given details on how to put together a strategic utilization approach to plan effective interventions with tips on using language, action sequences, and more.

unique. *Seeding*, activating an intended target by presenting an earlier hint, is one of Erickson's most important techniques. Zeig gives a comprehensive treatment of what seeding is and how to use it. Amnesia is also a fundamental quality of all hypnotic work, since hypnotic response is without full awareness. A chapter on amnesia instructs in how this valuable tool can be used most effectively. Ethical issues and training standards are addressed in the final chapter of this section with case histories, discussions, and recommendations.

In Part Four, *Ericksonian Psychotherapy*, Zeig explains that what distinguishes Ericksonian therapy from other types of therapy is its emphasis on social influence. The task of the therapist is to maximize this influence by building responsiveness and accessing resources. This chapter brings together many of the themes of the book using cases and stories punctuated with sound principles for therapists to follow.

The final two chapters explore one of the pinnacles of the Ericksonian utilization method: symptom prescription. With this technique, the therapist prescribes and thereby sanctions the symptom so that it can be used for treatment. Zeig presents three cases and then offers a step-by-step guide to performing this technique with clients.

Although these fifteen chapters have been gathered from many years of thoughtful work, they stand together as a consistent and cogent statement of Zeig's insightful approach to Ericksonian therapy. Anyone who is interested in learning to creatively apply Erickson's methods will find this a helpful handbook. We highly recommend this well-thought out collection!

Reviewed by

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

IN MEMORIAM

Leonard J. Ravitz Jr. MD

1925 – 2005

By Roxanna Erickson Klein

Leonard Ravitz died on November 21, 2005 in Chesapeake Virginia where he had lived for many years. A 1946 graduate of Wayne State University School of Medicine he had received special training in hypnosis with Milton Erickson beginning in 1945. The two psychiatrists shared a long friendship and mutual interest in hypnosis.

Dr. Ravitz became interested in hypnosis while working with EEGs as a medical assistant in 1943. Trained under Harold S. Burr in instrumentation and monitoring techniques, Ravitz and Burr continued their collegial friendship until Burr passed away. Throughout his career Ravitz held many positions of research while he maintained a private practice specializing in hypnosis. Ravitz's sustained interest and extensive studies have led to better understanding of the electro-physiology of the brain under hypnosis. He is cited in numerous studies for

his investigations of how measurable elements of energy fluctuate and change with emotion, health, activity and diverse environmental factors.

Among his more than 35 articles and professional publications, Ravitz's *Electrodynamic Man: Electromagnetic Field Measurements in Biology, Medicine, Hypnosis, and Psychiatry* with a forward by Edward W. Russell (Rutledge Books, 2002) is the most comprehensive reference of his investigations into the reciprocal influence of physiological and environmental forces.

As a lifelong independent bachelor, Dr. Ravitz's dedication to advancing knowledge dominated his work and life. His energetic spirit led him to host get-togethers of great thinkers in his fascinating bay-view apartment where ideas could flow. He surrounded himself with people whose intellectual curiosity was like his own, and thus stimulated investigations where knowledge is often elusive. Erickson considered Ravitz to be one of his most dedicated and brilliant students. Leonard Ravitz leaves his own legacy of encouragement, enthusiasm and groundwork for further exploration.

For more information <http://drravitz.com>

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BOOK REVIEW

DOES STRESS DAMAGE THE BRAIN?

Understanding Trauma-Related Disorders from a MIND-BODY Perspective

J. Douglas Bremner

New York: W.W. Norton and Company, 2002

www.wwnorton.com

With a title like this you might be afraid *not* to read the book. The instinctual response of experienced clinicians working with stress and trauma is, "Yes, of course stress damages the brain." What may not be as clear is just how and when the damage occurs and what can heal the injury, or at the very least prevent more harm. Bremner begins by offering: "A central thesis of this book is the development of the idea that stress-induced brain damage underlies and is responsible for the development of a spectrum of trauma-related psychiatric disorders, making these psychiatric disorders, in effect, the result of neurological damage." (p. 4) This central thesis relies on a further premise – "... there is no true separation between what happens in the brain and what goes on elsewhere in the body." (p. 4) Bremner then observes that a broad spectrum of disorders have considerable overlap in symptoms and "so-called co-morbidity." This observation provides structure for the proposed reorganization of disorders into the spectrum of trauma-related psychiatric disorders.

Chapter Four, *Effects of Stress on Memory and the Brain*, explains with scientific detail the mechanics of memory. While the hippocampus' actual volume

See *STRESS* on page 18

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— Jeffrey K. Zeig, PhD
Director, The Milton H. Erickson Foundation

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BOOK REVIEW

Harry the Hypno-potamus *Metaphorical Tales for* *the Treatment of Children*

By Linda Thomson Ph.D., MSN, CPNP

Crown House Publishing Limited, 2005

www.crownhouse.co.uk

ISBN: 1904424570

What a useful book! Linda Thomson has presented thoughtful, heart warming and book of metaphorical tales that provides stories for pediatric health and mental health professionals. *Harry the Hypno-Potamus* contains metaphors that deal with a variety of physical and behavioral problems. Each story has imbedded hypnotherapeutic techniques that can be used as a part of a comprehensive approach to the diagnosis and treatment of several childhood disorders.

The introduction provides a detailed explanation about metaphorical approaches, which, as the author explains, allow the hypnotherapist to communicate simultaneously with both the conscious and the unconscious. There is a section of common problems of children that can be helped by these metaphors. I liked the chapter on "Pediatric Hypnosis" that emphasizes how the success of a hypnotherapeutic approach depends on several factors that can be remembered by the acronym AH CREAM: Accurate assessment, History, Confidence, Competence and Credentials; Rapport, Expectation, Active Participation and Motivation. This is an excellent reminder of things to be taken into account when doing psychotherapy.

In "Information about Hypnosis for Parents" readers can learn about both hypnosis and hypnotherapy. I have often met people who think of hypnosis as a form of witchcraft or something strange and dangerous. This chapter can help people both demystify and better understand how hypnosis really works.

The first story: "How Harry the Hypno-Potamus Got His Name," introduces children to hypnosis and the power of imagination. Stories take place in the Ashland Zoo where the different animals live. Each has a physical or emotional problem and learns specific hypnotherapeutic techniques and self-regulatory strategies to help master it. Beautiful pictures illustrate through out.

There are stories aimed at dealing with anxiety, such as the one about Claire Koala who worried about everything. Marlene Worry Warthog was so busy what-ifying that she forgot to have fun and be happy. She has a conversation with Harry the Hypno-potamus, and they both agree to imagine a WIFT, a What if Trash, where she would put all her what-ifs and worries.

Ol'Ness Bunny is a great story about a rabbit who was worried about not doing well in school and who suffered from trembling in her ears and nose each time she got nervous. I liked the picture that was used to illustrate this story where the rabbit is sitting on Harry's nose as Ol'Ness talks about her troubles. This story included a useful relaxation technique with interspersed ideas.

Julie Giraffe had headaches. As she talks with Harry, he suggests that she imagine a magic carpet that takes her up into the clouds to a magical place where she can see magical animals that she likes. This is a good example of utilizing distraction techniques to help people feel more comfortable. People often get stuck. In this chapter, we can learn how moving the symptom (headache) from one place to another, promotes change and mastery.

These days, many kids do not grow up in a loving, two-parent household where the father works and the mother stays at home. The emphasis of this metaphor is diversity. Here, as animals discuss whether they grew with one or two parent, or were raised by surrogates, they discover that love is the unifying factor in their families.

Last but not least Lynch Coatimundi deals with death in a story about a little animal with a fatal disease. Death is beautifully reframed as the greatest trip that is saved for last.

There are many more useful stories in this book. I recommend it.

Maria Escalante Cortina
Psychotherapist
Mexico City.

STRESS

continued from page 17

and capacity can be reduced by stress it also has the capacity for neuronal regeneration. This provides great promise in advancing treatment.

The mind-body connection is explored in a detailed explanation of the physiological responses to stressors in the immunologic, metabolic, cardiovascular, and neurological systems in several chapters. In Chapter Seven, *PTSD and Other Stress-Related Disorders as Diseases of the Brain Caused by Stress*, a pivotal dilemma in assimilating memory and resolving trauma is discussed in terms of the survivors of the Holocaust. A sign at the Holocaust Museum in New York declares, "Never Forget." To forget would diminish the forcefulness of traumatic memories and assist in recovering and living in the world as the survivor now finds it. But to forget also can diminish a central piece of self-identity, create a sense of betrayal of those who did not survive, and possibly erase the deeper meaning assigned to horrors of genocide.

Chapter Eight, *Treatments for PTSD and Other Stress-Related Disorders May Act Through the Brain*, provides a brief overview of current therapeutic approaches. Due to memory consolidation (the month it takes for memories to move from the hippocampus to the cerebral cortex) there is need to differentiate treatment options between an early history of trauma or more recent traumatic events. Bremner recommends that treatment begin immediately after a traumatic event and prior to the onset of psychological symptoms, which must be present for over a month to diagnose.

But to forget also can diminish a central piece of self-identity, create a sense of betrayal of those who did not survive, and possibly erase the deeper meaning assigned to horrors of genocide.

A suggestion to prospective readers: allow blocks of time to read this book as I found it difficult to just "pick up for a few minutes." Even as Bremner proves a friendly and knowledgeable tour guide to the intricate workings of brain function and the brain under stress, more diagrams and figures would have been welcome.

Bremner's detailed research and more than ten years experience with PTSD and related diagnoses support his central thesis of stress creating neurological damage resulting in a host of trauma-related psychiatric disorders. While the DSM-IV will continue to remain organized as it stands for a while longer, the clinician can give careful consideration to the proposed reorganization as "informed clinical thinking" after assimilating the analysis.

Reviewed by
Deborah Beckman, MS
Dallas, TX

coming soon...

*That's Right,
Is It Not?*

A play about the life of
Milton H. Erickson, MD

RUBIN BATTINO

*"This biography in play form
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BOOK REVIEW

Conversations on Therapy

By David Grove

WW Norton & Co.
New York 1993
ISBN: 0393701557

Wwnorton.com

In *Conversations on Therapy*, David Grove consults with Jay Haley, his long time mentor, on cases common to many therapists who work with families in severe distress. Haley states that this book is "not profound but practical." The cases chosen are a cross-section ranging from moderate to severe and chronic in nature.

For entire cases, the format includes a description of the family and the problem, an edited transcript of the consultation with Jay Haley, a follow-up on the outcome, and where appropriate, a discussion section to clarify the rationale for strategies used. The purpose of these conversations is to discuss the cases; however, theoretical issues also are addressed. These are not standard procedures of a theoretical approach. Grove seeks new ways of looking at the problem and new and innovative interventions to apply to the problem. Here we find Haley either describing his own approach or drawing upon his experiences working with his mentor, Milton Erickson, sharing classic Ericksonian stories of cases similar to the one being presented. Whether the dialogue is about empowering an ineffective stepfather, marital contracts, infidelity, domestic violence, abuse, or multiple personality disorders, the discussions are lively, intimate, provocative, and captivating.

As clinical director of a domestic violence agency specializing in working with victims and child witnesses for the past ten years, I found the chapter on violence of particular interest. Though the accepted treatment practices of domestic violence were in their infancy at the time these conversations between Haley and Grove occurred, the sensitivity and intricacy with which the potential danger was handled is brilliant, inspiring and effective. A tapestry is woven by using strategic family therapy techniques, involvement with the court system, and other professionals working with the family. Grove reframes the husband's jealousy to be an issue of "having too much love for his wife." From this standpoint, he then suggests certain directives be given to both husband and wife. However, the question always posed: should and could this man with such an extremely violent history be reunited with his wife. Although one must remain exceptionally cautious regarding reuniting an offender with a violent background, I consider the work to have been ahead of its time and remarkably powerful.

Equally fascinating is a case in the last chapter on abuse where Grove supervises a therapist who has reached an impasse. Initially, the client contacts him about problems she is having with her son and then shares some strange occurrences. When she "came to" sitting in a bar and talking with a man whom she did not know, she was terrified. Her therapist's explanation is that she was drinking too much and having blackouts. Yet the woman states she does not drink. When Grove consults with Haley, Haley insists the client possesses multiple personalities. He shares a perspective learned from Milton Erickson, who did not consider having more than one personality as a form of psychopathology. Rather, he encouraged the personalities to communicate and collaborate directly. Haley tells a story about how Erickson got the personalities to have fun with each other through their collaborations, and I was again captivated.

Overall, the conversations remain intimate and provocative, offering uncommon solutions to challenging problems, analogous to a dance where master and student partner in conversations sometimes struggling for who will lead while Erickson's music plays. I recommend this book.

Reviewed by

Dale R. Klein, MA
New York

C D R E V I E W

Sammy the Elephant and Mr. Camel

By Dr Joyce Mills

The Hypnosis Network, 2005

www.hypnosisnetwork.com

Dr. Mills' CDs come as a set of two—one for children that contains metaphoric trancework to retrieve resources, and the other for parents to use for fostering their own mental health. The format takes into account the fact that any concern affecting a child naturally also affects the entire system, so the second CD addresses parents' needs for managing their stress and emotional reactions to their child's situation. The parents' CD is fairly brief—about 10 minutes long—and contains an induction followed by guided imagery that serves as a

"Mini Mind Vacation."

To the untrained listener, the children's CD is just like any other bedtime story one might tell a child, but, those schooled in Ericksonian trancework will quickly come to appreciate how masterfully Dr. Mills weaves classical Ericksonian techniques into the story to accomplish an unconscious parallel retrieval of resources that would result in an enhanced esteem and sense of empowerment in the listener. She incorporates the use of a simple induction using breathwork and a focal point. The story keeps the conscious mind occupied and entertained while the unconscious retrieves memories to personalize the learning. She demystifies the concepts of naturalistic trance and heightened internal absorption in a straightforward and comprehensible way.

One thing I noticed right off the

She demystifies the concepts of naturalistic trance and heightened internal absorption in a straightforward and comprehensible way.

bat was that Joyce's voice and pacing are soothing and pleasant to listen to, even for adults. This is good to know since chances are, once a child starts listening to the CD, he or she will want to make regular use of it and parents will not find it difficult or offensive to listen to repeatedly.

The target audience goes beyond children with bedwetting problems, even though this was the original intended audience. By simply fast-forwarding to the beginning of the induction, one could essentially use this CD as a means of augmenting the work already being done with a child within their clinical sessions so that the feelings of enhanced personal worth, tenacity, and learning could

continue in between sessions by having the child listen to this CD at home. It could also serve as an excellent model for training parents to foster a positive attitude while interacting with their child.

Listening to the CD also may serve as a training tool for therapists who want to learn how to apply Ericksonian techniques to their child psychology practice, and how to pace trancework with children. From my perspective, this CD set is excellent and I recommend adding it to your library.

Reviewed byKathleen Donaghy Ph.D.
Phoenix, AZ**Now you can order on line using *PayPal*[®]**

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C D R E V I E W

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**"The Hypnosis Experience" and
 "Preparing for Uncertainty"**

by Eric Greenleaf, PhD

The Hypnosis Network, 2005
www.hypnosisnetwork.com

These discs showcase Eric Greenleaf, leading us through half-hour trances – four on the double-disc "Hypnosis Experience" and two on "Preparing for Uncertainty." Greenleaf's gentle, companionable voice covers a lot of territory in the process.

The programs work for hypnotic novices or experienced subjects. In "The Hypnosis Experience" Greenleaf describes the nature and wisdom of unconscious processing, using ideas like *unself-conscious flow*, *dreaming*, *body processes*, and *unique organization*. He links hypnosis to the great healing traditions, specifically the "sleeping cures" at the ancient Greek temple of Aesclepius. He quotes a patient describing the curiously doubled communication of hypnosis: "You're talking to me, yet you're not talking to me. You're talking to *all of me*."

Greenleaf creates a relaxed, natural feeling, assuring his listener that the process of hypnosis is easy, though some of the things accomplished within it may be difficult. That difficulty, though, is well within our capacity.

By creating trances designed for anonymous listeners, Greenleaf is forced to abandon a central Ericksonian dictum: Create a new therapy for each person. Lacking a unique, individual listener, he compensates by using metaphors that resonate widely (preparing for and taking a journey, emotions as a richly varied palette of colors) and sometimes by providing lists of possible images or concepts.

Greenleaf unobtrusively conveys a fair amount of factual information about hypnosis: the utilization principle; the focused attention excluding extraneous stimuli; unconscious functioning that "solves problems by shifting things around and making them balance." Myths are quietly debunked.

"The Hypnosis Experience" includes "Using the Resources of the Unconscious Mind," "Experiencing Useful Trance," "Tuning to the Body," and "A Pharmacy of Emotions" – all masterful stuff. We learn much about feelings, the body, healing, relaxation, allowing the mind to take its own lead – all without quite knowing how the learning is taking place. I use and teach this material, and I approached the CDs with the intent of listening critically, without giving myself over to the experience of trance. Nonetheless, my (conscious) recollection of listening is often cloudy and sometimes even absent. Had I not taken notes, I wouldn't have been able to write this review.

"Preparing for Uncertainty" could, I suppose, be faulted for a less than original metaphor: packing for and taking a journey. But it's such a rich metaphor, and Greenleaf gives his listener a lot. He asks us to prepare "like an athlete, a scholar, a contemplative, a child, a parent ... a dreamer," to imagine preparation for birthing, taking time out (both as a welcome rest and as a disciplinary consequence), listening to stories at night.

The "Uncertainty" message is crucial. Our culture teaches us to try to make everything known, solid, and certain. Eric Greenleaf is wise – and kind – in teaching that uncertainty is our life; and we can find our way. This program, and "The Hypnosis Experience," will be useful to new or seasoned hypnotherapists looking for examples of skillful work. The discs could be sent home with clients for practice and growth. The clinician could use them that way, too.

Reviewed by
 Will Handy, MSSW
 Dallas, TX

BOOK REVIEW

THE MIRACLE QUESTION *Answer It And Change Your Life*

By Linda Metcalf, PhD

Crown House Publishing Ltd
www.crownhouse.co.uk
ISBN 1904424260

Linda Metcalf has presented a well-written book that provides tools for mental health professionals and the general public. *The Miracle Question* contains information that helps readers find their own answers to a variety of issues by starting with a simple question: *How would a miracle change your life?* (p. 1)

Chapter One: "Begin With a Miracle," encourages people to recall times when they have told themselves "If only a miracle would happen..." This simple question itself can help readers enter trance and explore possible solutions to their problems. People have the power within themselves to make that miracle happen, by stepping out of their problems and begin finding their own solutions. "They simply needed to answer The Miracle Question, learn from themselves how the answer to it would make a difference, and then realize that they were competent enough to achieve it." (Page 2) I found useful examples of how "The Miracle Question" gave people their lives back and how this led them to encounter their own resources.

As therapists, we often find ourselves evolving during our profession. The author explains how she changed her approach when she realized that she was just gathering information and was not asking the right questions. She needed to focus instead on how people wanted things to be in their life. People are invited to answer the miracle question and translate their ideas into miracle goals or what the miracle will do for them.

It is also important to identify the better things in one's life. Chapter Three, "Check Out Your Exceptions" includes case examples where people identify exceptions, times when they could deal with their problems better.

"Consider Your System Before Moving Forward" shows the importance of thinking about the consequences of change and how a system may be influenced as a result. An exercise called "Understanding the Values and Needs of your System" (p. 46) helps readers become aware of the outcome of change. Chapter Four, "Write the Action Plan for Change," includes an exercise for working with typical descriptions (adjectives) that make people feel stuck in their lives.

"Give Your Marriage a Miracle" is about saving marriages by focusing on the strengths couples sometimes forget they had when their relationship was good and their marriage was still working. Couples can re-discover past strengths by responding to questions such as "What did your spouse do for you during the good times that endeared him/her to you?" (p. 83). Another chapter, "Take Control Over Harmful Habits" can help clients overcome addictions.

There are several sections throughout the book with blank spaces to be filled in. A good example of this is in "Parenting Your Small Miracle." Every therapist has a memorable case that challenges and makes us smile. This sentence reminded me of a little boy named Diego who came to my office for consultation a few years ago, and he can still make me smile! As professionals, we might forget our personal skills and qualities. By filling in "The Personal Survey of Professional and Personal Skills" we can become more aware of our abilities.

If I had to summarize in just one sentence what can *THE MIRACLE QUESTION Answer It And Change Your Life do for you*, I would say: This book will help you create your own miracle!

Reviewed by

María Escalante Cortina, Psychotherapist
México City

BOOK REVIEW

Ericksonian Approaches: *A Comprehensive Manual, Second Edition*

By Rubin Battino, M.S.
Thomas L. South, Ph.D.

Crown House Publishing Limited, 2005
ISBN: 1899836314

www.crownhouse.co.uk

Ericksonian Approaches: A Comprehensive Manual was originally published in 1994. This new edition including all the tried and true methods and techniques given in the first edition, adds much more. Exercises throughout the book have been enhanced. New sections on Rossi's work, emergency and trauma, and other utilizations of hypnosis have been updated. Each chapter carefully places the material into its relevant context with important theories and findings on the topic. Practical instructions, Ericksonian stories, and exercises help the reader to integrate and personalize the learning. Chapters also are filled with sound advice for effective practice of psychotherapy in general, such as the fourth chapter on building rapport, certainly a vital skill for any therapist. Along with several other contributors, the two authors weave their expertise together into a well-integrated tapestry of Ericksonian methods.

Early on, the authors offer what they believe to be Erickson's most "encompassing and functional" (p 30) definition of hypnosis, as the communication of ideas and understandings that help clients to become receptive and feel motivated so they will make needed changes. Interpreting Erickson's therapy as a form of verbal communication sets the agenda for this book's thorough treatment of the Ericksonian use of language. Instructions are included for many Ericksonian language forms with a clear summary of NLP theory and detailed instructions on how to prepare and deliver hypnotic messages.

In the 1960's, the Mental Research Institute (Jackson, Bateson, Haley, etc) developed a systems-communications theory of change based on logical types at different levels, called first-order and second-order change. The authors explain this theory well in a chapter on hypnotherapy without trance and show how to put them to use.

Erickson believed that trance was one of the best environments in which to bring about change, and so the authors carefully lead the reader through the induction of trance to enhance responsiveness in the Ericksonian way. Included are explanations of trance phenomena such as ideodynamic responses and one of Erickson's favorite ways to communicate: the story. The authors interpret stories as a form of metaphor, and they proceed to address metaphors in great depth. Four detailed chapters describe how to build simple and complex metaphors with clear instructions for how to create guided metaphors. Battino also shares his innovative use of art as hypnotherapeutic metaphor.

Utilization is the final set of topics, including applications to psychological, medical, and dental problems. The authors outline step-by-step models for readers to follow along and include case reports to illustrate and exercises to practice. Several specialists also have contributed chapters such as Ericksonian approaches in medicine, Ericksonian applications to dentistry, and Ericksonian methods for substance abuse. The authors offer an overview of new findings about hypnosis and the brain along with Rossi's innovations in psychobiology and mind/body therapy. Other topics are hypnotherapy for people with life-challenging diseases and ethical/legal considerations.

The authors conclude that Erickson's two major contributions are his utilization principle and "his precise use of vague language" (p. 560). With this information-packed book, the authors succeed in setting readers squarely on the path to utilizing vague language precisely! We highly recommend *Ericksonian Approaches* to anyone interested in learning and integrating these powerful methods into his or her practice.

Reviewed by

C. Alexander Simpkins Ph.D. and Annellen M. Simpkins Ph.D.
San Diego, CA

F O R E I G N B O O K R E V I E W

PAIN KILLERS OR PAIN SOFTENERS? When pain loses its time... (French)

By Charles Jousselin M.D.

*DOULEUR, TU PERDS TON TEMPS, Apaiser les souffrances de longue
durée par la recherche de sens
et l'auto-hypnose*

Editions La Méridienne/Desclée de Brouwer; Paris, 2005

Pain can be a terrible ordeal for some of us, and even more difficult when it becomes a permanent state: a state of emotion, a state of mind, a state of interactions, a state of life. People who suffer from chronic pain don't know how to explain or describe the pain, its quality, its length, or its intensity. And most of the time, they enter an obstacle course journeying from physician to physician, from therapeutic approach to therapeutic approach, as medical nomads.

On the other hand, physicians are insufficiently equipped to help their patient to calm down or to remove their pain. Classical Western medicine unfortunately often forgets that the human being is not just a collection of independent organs; they relate together.

Jousselin leads the reader to a dialogic intersection with the patient through listening, taking time to understand and enter into the patient's world, and searching for meanings of the non-sense of the pain. Physicians and therapists have to question themselves: What is effective for the patient? What works for the patient? What doesn't? How does the patient influence the therapist and vice-versa? In this therapeutic frame of reference, what are the important issues on both sides? Are there signs of resistances or mechanisms of defense that the therapist observes?

Through the definition of pain given by the International Association for the Study of Pain, as "An unpleasant sensory or emotional experience associated with actual or potential tissue damage, or described in terms of such damage," (Mershkey and Bogduk, 1994) the author develops and deepens the elements mentioned above as steps to a better understanding of what pain the patient expe-

riences. Those sensations can be approached; those emotions can be listened to and taken care of. The therapist encounters the patient in his or her place. And so, hypnosis can be introduced and taught with no pressure, no urgency, by listening first and using what's there.

A few techniques on how to deal with pain with self-hypnosis are given. For example, replace one sensation by another one; shorten its duration; move the sensation to another moment in time; reduce the pain through the memory of a time (past or future) where there was no pain; move the sensation to another part of the body or outside the body; make a representation of the pain and play with its outlines and its colors; and use the metaphor of change - - a seed becomes a flower, a rhythm a song. Metaphors of forgetting the pain and metaphors of modifying body sensations are discoveries that are quite important to teach the patient to use. Jousselin insists on the fact that most of the time, the simpler the technique, the better. At the end of each chapter, Jousselin gives a set of key-points to remember.

This book is more than a mere exposition; it's a passionate cry from the heart. Jousselin encourages therapists to listen better to their patients and to themselves. As Erickson would say, in this way, the creativity and resources within therapists and their patients will be more available to them. The treatment of pain is an encounter, a meeting of experience with a question of mutual trust.

This is an excellent book for physicians, especially for those who are interested in learning hypnosis, and would like to learn this interactive approach to the treatment of pain.

Review by

Christine GUILLOUX, Ph.D.
Paris, FR

Reference:

H. Mershkey and N. Bogduk, (Eds.) (1994) *Classification of Chronic Pain: Second Edition* (p.209-214).Seattle: IASP Press
www.painbooks.org

C D R E V I E W

SHARED COUPLE'S TRANCE

Michelle Ritterman

The Hypnosis Network
2005

www.hypnosisnetwork.com

In listening to this couple's tape, I had my first opportunity to sample Dr. Ritterman's work. While she skillfully incorporates the standard Ericksonian techniques into these trances, her wonderful style and approach also are uniquely her own. I enjoyed listening to her CD.

The two tracks can be used one after the other for an essentially healthy couple (free of apparent deep seated conflicts) to refresh and revitalize their appreciation for each other, and to establish an appropriate level of intimacy and healthy separation. Track one--"What's Love Got to Do With it?"—invites the couple to retrieve a memory associated with the time when they first met. The induction provides a focus on retrieving physical comfort, and once established, encourages the couple to "memorize those beautiful happy times...and play them over and over" while seeding the memories into the future. Ritterman manages to incorporate time distortion, conscious/unconscious dissociation, confu-

sion technique, all possible alternatives, regression, amnesia, and a metaphor of desert flowers during this 13-minute trance.

Track two—"Separate track trance"—encourages the couple to consider the degree of separation in the relationship that "is comfortable and safe" while using metaphors of trees and plants growing the proper distance apart. She also provides reframing about criticism as sometimes being useful and sometimes representing the fire and passion in the relationship. The induction once again focuses on physiological functioning and relaxation and encourages the couple to simultaneously "relax the brain as an organ, engaging in its own natural biorhythms" by inhaling and exhaling from the skull. This encourages a person to become absorbed internally in a novel manner that I found quite effective. This track lasted approximately 21 minutes.

Overall, I highly recommend the CD for therapists to have as a resource in their libraries, for couples who want a "take home" tape for trancework, or for therapists who wish to sample Ritterman's approach.

Reviewed by

Kathleen Donaghy Ph.D.
Phoenix, AZ

BOOK REVIEW

Who's been Living in Your Head?

Fun and Easy Ways to Give the Boot to Your Enemies ... and to Make Room for Your Allies

By Mary Goulding

Published by Zeig, Tucker & Theisen, 2006

Phoenix, Arizona

61 pp

ISBN-10: 1-932462-81-3

Who's Been Living in Your Head? is a revision of Mary Goulding's 1985 guide to banishing negative internal messages and replacing them with positive ones. This crash course in Redecision Therapy distills Goulding's long experience in teaching people to cultivate a loving attitude toward themselves and the other people in their lives. She crams a remarkable amount of wisdom into these few, tiny (4" X 7") pages.

Goulding uses a children's book approach. Though the print is rather small, there are illustrations (by Jack Ryan) of witches and sad pigs and porcupines. The tone carries the coaxing, breathless excitement of an enthusiastic third-grade teacher. This will charm some readers and drive others to drink. The author mixes in adult imagery, creating contrasts that can be attractively weird: "Would you like to have an anti-villain wand? You can imagine that you keep it in a special place, perhaps under the dashboard. It may be sparkling and covered with

diamonds, or it may be a greasy dipstick."

True to her Gestalt roots, Goulding is not merely asking us to read. She offers a series of experiences: identify, talk to, and act out the villains, complete with exaggerations and gestures; change them around and create distance from them by putting them on TV, speeding them up, slowing them down, turning them into action figures. By *actually doing* these things, the reader soon realizes that Goulding is far more serious than any gushy, Junior League, glad-hand. Then, the fact that she is speaking directly to the Child (true to her Transactional Analytic roots) feels reassuring and encouraging instead of cloying.

In other words, this is not just a good book to sit and read straight through. It is designed as a graduated set of experiences; swallowing it all at once as a mere set of concepts serves neither the author nor the reader.

If you have a highly motivated client, using this book as extended homework could save a lot of therapy hours. For clients who need step-by-step guidance, Goulding lays out those steps for you in clear, usable order. She has a chapter devoted to "imagining" that will be helpful for those who insist that they "can't visualize" or "aren't creative enough." Her teachings about altering the habits of villainy are excellent: by changing the villains' size, speed, tone of voice, garb, etc, she breaks up ancient calcifications and demonstrates her most basic message true to her cognitive-behavioral roots. (from page 1): "You are in charge of your behavior. You are in charge of your thoughts. You are in charge of your feelings. You are in charge of your body."

This theme of responsibility and empowerment permeates *Who's Been Living in Your Head?* Anyone who really uses this little book will surely benefit.

Review by

Will Handy, MSSW

Dallas, TX

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Dan: Yes, from a background in the developmental origins of mental health, I will be looking at what we do within the context of the healing relationship that we call *psychotherapy*. How can two people actually join their minds together so there is a process involving both? How can the client move from a state of challenge to a state of well-being with more resilience and health? Now that's all very general. The specifics are where the fun comes in.

Ernest: How did you find your way into this area?

Dan: It's all about what's happened to me in the last six or seven years. Since I wrote *The Developing Mind* back in the 90's I was able to lecture to a lot of professionals face-to-face. I have given lectures to well over 60,000 people. I ask two questions. "How many of you have had formal seminars on the mind?" Answer: About 2-3%. "How many people have had a seminar defining mental health?" About 3-5%.

So 95% of us in all the fields of mental health (psychiatry, psychology, social work, MFT, Occupational Therapy, psychiatric nursing, art therapists, movement therapists, etc.) have little or no background in the mind or mental well-being. There is a whole group of us, me included, who we have not been given a formal organized approach to well-being in our formal training.

Just as a start for Interpersonal Neurobiology we need to ask these questions:

How do you define well being?

How do you define the mind?

How does that have anything to do with the brain and why do we even need to think about the brain when we are thinking about mental health? After all, we are not brain practioners we are mental health practioners. So why should mental health practioners want to know anything about the brain?

Kathryn: I'm pretty fascinated with your developmental approaches. I resonate particularly with Erik Erikson's developmental stages. I am curious about how to find what will be most helpful in teaching people about the brain and mental health.

Dan: It comes from my own personal experience. Having a running narrative about my own development ever since I was a little kid has given me the excitement and burden of observing my own unfolding. It always has fascinated and intrigued me to understand how come things happen the way they do. When I was an undergraduate in college I was interested in developmental biology. I was a biology major. I was fascinated by the question of why an organism follows the path that it does from conception onward? We all are influenced by the different elements - the genetic factors and the experiential aspects of life. It has always fascinated me to ask why do creatures grow as they do? Now that we have learned that our genetics are so similar across most species it is even a more fascinating question biologically.

**Personal Experience,
Mind, and Brain**

In college I was fascinated with different ways of knowing. I studied biochemistry because I was interested in the chemical nature of reality. I was also interested in studying Tai Chi Chuan. I was interested in the Taoist philosophy. At the same time I was on the ballroom dance team and was interested in just meeting girls, through dancing and just living. Then I was working at night with the suicide prevention service. I was really scared and also mesmerized by the idea of how we connect with another person to help them in times of struggle and reinforce strength. How do we use only our voice on the telephone to get into their psyche so we can alleviate their pain and even prevent them from killing themselves? All those things seemed to be ways of understand development as it unfolded in the moment. How did development unfold over a lifetime? How growth unfolds during a time of crisis? I guess from all these experiences I've always had a lens on development.

I remember when I was 12-years old being with a friend of mine. We were in the backyard and preparing to go to summer camp. We were pitching a pup tent. I remember saying to him like it was yesterday—although it was almost 40 years ago, "Now, Tommy, here we are going to set up this pup tent and then we going to snap our fingers we will be back

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home from summer camp. Then we'll snap our fingers again we will be out of junior high school and then snap our fingers and be out of college!"

And now I am snapping my fingers and talking with you, Kathryn and Ernie, and I am way out of college. It really intrigued me that you had a part of your mind that "knew this." It is almost as though you are out of your mind and that your mind would be experiencing things along these developmental paths.

Those notions gave rise to a feeling I had late in high school and early in college that sticks with me today that I call, "the eternal imprint." How do you exist across this continuum of time as it unfolds? We all have this relationship with time that is strange, both in sadness and excitement. There is a sense of finality to it that in many ways creates a texture of development for us Homo Sapiens where we think we know what we know. I guess that has always fascinated me. So when I became a medical student I wanted to go into pediatrics because I was interested in understanding development. Then I became a psychiatrist because I was actually interested in the development of our minds, our psyches, our souls.

I am always eager to hear different people's experiences about how they have developed. I am eager to hear and understand different ways of knowing about development. I find it is a helpful and organizing perspective for my professional work as well

as my personal life.

Kathryn: Wow, that is fascinating! I told you that I very much resonate with this, especially when you are talking about the meta-levels of knowing and how you can dance between those levels of knowing each having their own perspective. I think Ernie can confirm that Milton Erickson really liked to play with time.

Dan: "Wow!"

Ernest: Yes, Erickson liked to use time distortion to explore developmental perspectives. This was most evident in the way he used time distortion with some famous people like the writer, Aldous Huxley, as well as some of his creatively oriented patients as recounted in our book *The February Man* (1989).

Dan: It's funny. I don't know if you or if Erickson felt that time was real?

Ernest: I don't think I ever had a conversation with Erickson about the abstract nature of time but we discussed the phenomenological experiences of time. In his book, *Time Distortion in Hypnosis* (1954), written with Linn Cooper, he explored how you could either contract time or lengthen time.

Dan: Erickson said you could lengthen time? Would he investigate the subjective sensations when the length of time had changed?

Ernest: Yes, that's exactly what he did with Aldous Huxley. You can

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INTERVIEW

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look it up in the CD of eight volumes of Erickson's Collected Papers, recently published by the Erickson Foundation Press, by using the search function to find "the double dissociation double bind," which was the way he described it.

Dan: Erickson was playing deeply with the mental sets of what we think of as "time."

What We Need to Know About the Mind and an Interpersonal Neurobiology of Psychotherapy

Kathryn: What do talking therapists need to know about the mind and the neurobiology of psychotherapy?

Dan: That's essence of my two forthcoming books: one for professionals, called "The Mindful Brain" (Norton) and the other one for the general public called "Mindsight, Our Seventh Sense" (Bantam). Here is a direct quote from a recent paper currently in press in *Psychiatric Annals* 2006. I define the mind as follows:

The Mind:

"A Definition – The mind can be *defined* as an embodied process that regulates the flow of energy and information. Regulation is at the heart of mental life, and helping others with this regulatory balance is central to understanding how the mind can change. The brain has self-regulatory circuits that may directly contribute to enhancing how the mind regulates the flow of its two elements, energy and information."

In this article the principles of an interdisciplinary approach to psychotherapy called "interpersonal neurobiology" will be sum-

marized. It will emphasize neuroscience findings regarding the mirror neuron system and neural plasticity. Interpersonal neurobiology is a "consilient" approach that examines the independent fields of knowing to find the common principles that emerge. These common principles paint a picture of the "larger whole" of human experience and development. Interpersonal neurobiology attempts to extract the wisdom from over a dozen different disciplines of science to weave a picture of human experience and the process of change across the lifespan.

The perspective of *interpersonal neurobiology* is to build a model within which the objective domains of science and the subjective domains of human knowing can find a common home. An interpersonal neurobiology approach to psychotherapy draws on the basic framework of this interdisciplinary view in exploring the ways in which one individual can help others alleviate suffering and move toward well-being. The central idea of interpersonal neurobiology is to offer a definition of the mind and of mental well-being that can be used by a wide range of professionals concerned with human development.

Studies of attachment reveal that the parent's openness to a child's signals and the coherence of the parent's own narrative are important predictors of a child's development of security of attachment. Such factors seem to promote a form of resiliency in the child that helps self-regulation unfold as the child matures. Psychotherapy may naturally harness these developmental origins of well-being in creating a reso-

nant state in which the therapist is sensitive to the patient's signals and also has made sense of his or her own life. Being open to the many layers of our experience, often involving the non-verbal world of sensation and affect in addition to our verbal understanding, is an important stance for the therapist to create toward the internal and interpersonal worlds. Within this framework, the state of brain activation in the therapist serves as a vital source of resonance that can profoundly alter the ways in which the patient's brain is activated in the moment-to-moment experiences within therapy. Such interactive experi-

ences allow the patient to "feel felt" and understood by the therapist, and they also may establish new neural net firing patterns that can lead to neural plastic changes. Ultimately lasting effects of psychotherapy must harness such experiences that promote the growth of new synaptic connections so that more adaptive capacities for self-regulation and well-being can be established.

Kathryn: Thank you Daniel, we are all deeply moved by your willingness to share your own developmental eternal imprints for creating a new interpersonal neurobiological theory and practice of psychotherapy.

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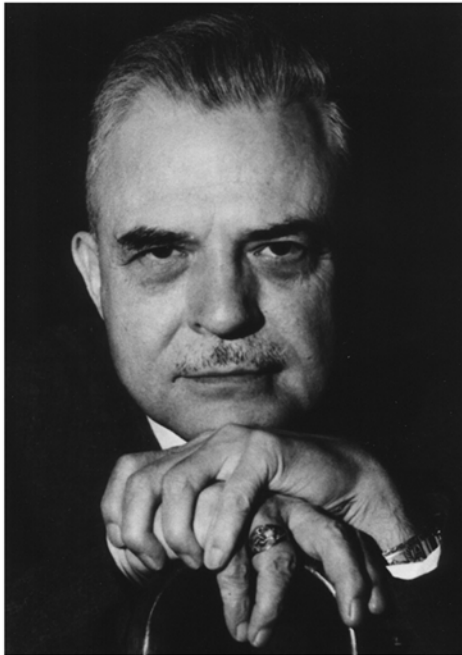
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THE ANSWER

I had many patients write a letter to me, explain that they want help...and not mail it...they went through that formal conscious process of asking for help and then their unconscious would answer them. So when I am just a memory, you still write to me and your unconscious can answer your letter.

Milton H. Erickson, M.D.
1974



TIME TO GROW

You see, we don't know what our goals are. We learn our goals only in the process of getting there...You don't know what the baby is going to become. Therefore, you wait and take good care of it until it becomes what it will.

Milton H. Erickson, M.D.
1979



LET IT DEVELOP

My learning over the years was that I tried to direct...too much. It took a long time to let things develop and make use of things as they developed.

Milton H. Erickson, M.D.
1976



LIFE DELIGHTFUL

Life isn't something you can give an answer to today. You should enjoy the process of waiting, the process of becoming what you are. There is nothing more delightful than planting flower seeds and not knowing what kind of flowers are going to come up.

Milton H. Erickson, M.D.
1979

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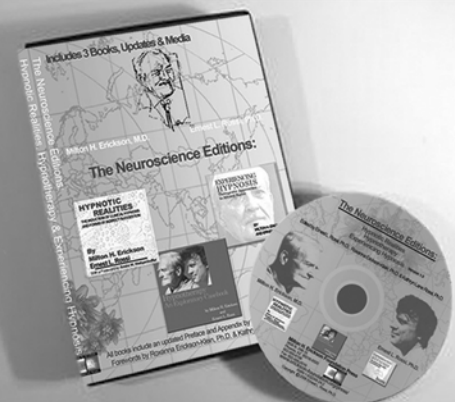
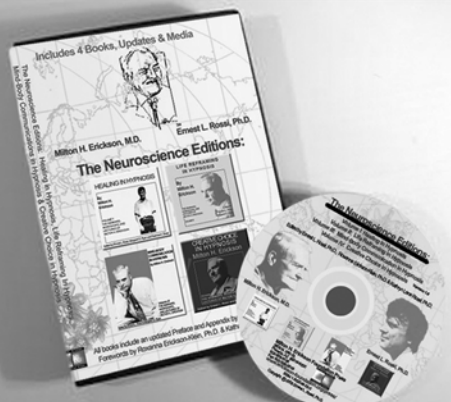
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