



The Milton H. Erickson Foundation NEWSLETTER

Vol. 26, No. 3

WINTER 2006

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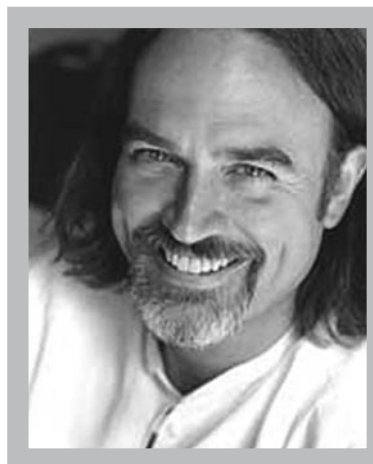
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FEATURE INTERVIEW

Bradford P. Keeney, Ph.D.

By Betty Alice Erickson, M.S.

*Bradford P. Keeney, Ph.D., is a difficult man to define. His first scientific research began when he was in eighth grade. It evolved into research funded by a local hospital while he was still in high school and then to a scholarship at Massachusetts Institute of Technology. A student and friend of both Gregory Bateson, and Heinz von Foerster, he became a professor of psychology, directed doctoral programs in psychotherapy and authored classic texts in family therapy including the **Aesthetics of Change and Improvisational Therapy**. He has authored over 30 books and countless articles on a multiplicity of topics. His series, **Profiles of Healing**, are anthropological studies of shamans throughout the world. This led to his acceptance as an elder shaman and spiritual teacher by the Guarani Indians of the Amazon, the Balians of Bali, and several other cultures. He is regarded by the Kalahari Bushman as a "n/om*



kxaosi," the strongest holder of spiritual power.

For the last decade Keeney has been Distinguished Scholar of Cultural Studies at Ringing Rocks Foundation. For several years he was Cultural Anthropologist at the Mental Research Institute. Currently he is directing the Bushman N/om Kxaosi Ethnography Project at the Rock Art Research Institute, University of Witwatersrand in Johannesburg, South Africa, and is Adjunct Professor at the Texas Medical

Center in Houston. He has also toured internationally as an improvisational performer and pianist with his compositions featured on various CD's.

He has just finished editing a book with Betty Alice Erickson on Milton H. Erickson from a healing perspective.

Betty Alice Erickson (BAE):
Who have been the most influential people in your life?

Bradford Keeney (BK): My grandfather was my earliest inspiration – he lived life fully and made no compromises for what he believed. After him, Erroll Garner, the jazz pianist, was closest to the Gods. He was a direct vessel for expressing joy on the piano and did so effortlessly. There was Gregory Bateson because he prophetically said what needed to be said – that most of social science is hogwash and that it was better to study William Blake than prepare for passing a licensing examination in

See INTERVIEW on page 13

The Couples Conference: Love & Intimacy April 27-29, 2007

www.COUPLESCONFERENCE.com

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.

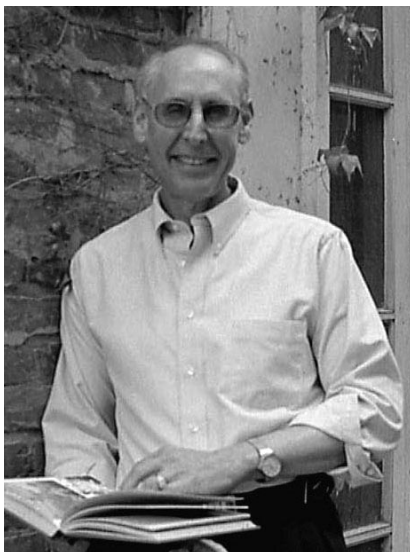
The Conference will present topics on Relationship/Marriage Skills for the 21st Century, Creative Confrontation, Deception and Repair, Enhancing and Empowering Relationships, Developmental-Psychobiological Approach, Prevention of Spousal and Partner Abuse, Imago Relationship Therapy, False-Self Couples, The Interpersonal Neurobiology Approach, Couples Sculpting, and Physiological Etiology.

See COUPLESon page 2

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EDITOR'S COMMENTS



The different manifestations of Brief Therapy as it is practiced today are a synergistic combination of different elements and multiple perspectives. To that end, in this issue, we have provided a potpourri of these elements and perspectives.

To introduce the perspective-expanding contributions, we begin the newsletter with Betty Alice Erickson's interview of the indefin-

able Bradford Keeney. Keeney discusses the nature of what it means to be a healer and provides a shamanic perspective. Later in Robert Dilts' review of Betty Alice Erickson and Bradford Keeney's book, *Milton H. Erickson, M.D.: An American Healer*, Dilts presents his personal experiences with Erickson that lead to the alteration of his own perspectives. Another source of perspective change can be seen in Annellen & Alexander Simpkins' review of the book/CD/DVD program package *The Ultimate Relationship Program* by Anthony Robbins and Cloé Madanes. In the *Spirit of Therapy* column, John Lentz interviews Michael Yapko about his perspective on depression and his experience of spirituality. Expanding on his article from our last issue, Gary Ruelas widens therapeutic vision by including the physiological aspects from an Ericksonian perspective: Is it depression or depletion?

We have several reviews and columns devoted to presenting some of the different elements that are incorporated in brief therapy

approaches. To highlight the classical Ericksonian elements, we have reprised Jeff Zeig's presentations and commentaries in his three training tapes re-released in DVD formats: *The Process of Hypnotic Induction* (reviewed by Will Handy) and *Symbolic Hypnotherapy* (reviewed by Murriel Schulte) and *Advanced Techniques of Hypnosis and Therapy* (reviewed by Kathleen Donaghy). Additional elements are suggested in my *Case Report* for breaking assumptions. In the *Facets and Reflections* column, Norma and Phillip Barretta share how Erickson showed them that "things are not always as they seem." Christine Guilloux provides an insightful review of Michael Hall and Barbara Belnaps' overview of NLP change patterns in *The Sourcebook Of*

Magic. Michael Yapko is further represented in the *elements* areas of the newsletter with his expert editing of *Hypnosis and Treating Depression* reviewed by Deborah Beckman. To complement the previous elements, we also included María Escalante Cortina's review of *The Therapist as Humanist, Social Activist and Systemic Thinker ...* and other Selected Papers by Cloé Madanes.

Taken as a whole, this issue is an excellent preparation and complement to the Foundation's sixth Brief Therapy Conference: *Brief Therapy Lasting Impressions* in Anaheim, California, December 7-10, 2006. I look forward to meeting you all there.

Rick Landis
Laguna Niguel

COUPLES *continued from page 1*

Faculty include: Ellyn Bader, Harville Hendrix, Helen LaKelly Hunt, 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. The Law & Ethics Workshop will be presented by Steven Frankel, Ph.D., J.D.

Visit the Conference web site for complete information including the Conference program, download the complete brochure, make hotel and travel arrangements, and register Online! www.COUPLESCONFERENCE.com To receive the brochure by mail 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

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Special for Newsletter Readers! December 15 Deadline Extended to January 15, 2007!

**You must use the registration form on this page to extend the December 15 deadline.*

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
4-6 CE hours available

Hyatt Regency Orange County
Garden Grove (Anaheim), CA

Faculty:
Ellyn Bader
Harville Hendrix
Pat Love
Cloé Madanes
Terry Real
Dan Siegel
Stan Tatkin
Jeffrey Zeig

Love & Intimacy **The Couples Conference**

The Couples Conference REGISTRATION FORM

Keynotes:

Harville Hendrix
Cloé Madanes
Terry Real
Dan Siegel

Registration Rates:
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\$395 with Law & Ethics
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2 I verify that I meet the minimum eligibility requirements to attend The Couples Conference and that I am a (please check one of the boxes below):
 US Professional Foreign Professional/Foreign Student
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 Graduate Student/Intern providing a certifying letter from school department indicating proof of student/intern status

3 I am registering for the following:
 Full Conference Registration (Friday-Saturday, April 27-29, 2007)
 Full Conference Registration WITH Law & Ethics Workshop (Thursday-Saturday, April 26-29, 2007)
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Individual Day Tickets (for those NOT attending the full 4-day Conference):
 Law & Ethics Workshop I (4 hrs) - Thursday, April 26 Law & Ethics Workshop II (6 hrs) - Thursday, April 26
 Friday - April 27 Saturday - April 28 Sunday - April 29

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 Personal/Company² Check # _____ **Make checks payable to American Continuing Education, Inc or ACEI**
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¹ 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 February 15, 2007, by emailing office@erickson-foundation.org or telephoning 602-956-6196.

² *All non-sufficient funds checks will be charged a \$20.00 service fee payable by issuer.

³ The charge on your credit card statement for the Conference will be listed as "CE Education Class."

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 March 16, 2007. Requests postmarked from March 17 to March 30, 2007 will receive a 50% refund of paid fees. **No refunds after March 30, 2007.** No exceptions to this policy will be made. Please allow 8-10 weeks for processing. Cancellations received March 30, 2007, will be processed in May 2007.

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Sicily

Email: mheios@yahoo.it

Interviewed by Marilia Baker, MSW

The Milton H. Erickson of Sicily (MHEIOS) was established in 2004 in Catania. There are four members constituting the Board of Directors: Drs. Salvatore Tony Palumbo; Maria Concetta Liotta; Graziella Trovato and Pasquale Caponnetto. **Tony Palumbo**, founder and director, holds a doctorate in psychology and psychotherapy. He is also founding director of the *Accademia Psicoterapia Integrata* and has been pioneering Ericksonian approaches to hypnosis and psychotherapy for about 20 years. He is the author of the essay "*Come i pazienti ipnotizzano i terapeuti*" (How patients hypnotize the therapist). **Maria Concetta Liotta**, a researcher and a clinician, with a doc-



From left to right: Graziella Trovato, Maria Concetta Liotta, Jeffrey Zeig, Vincenza Palumbo, Tony Palumbo

torate in psychology and psychotherapy, practicing as a chief psychotherapist at the Acireale Hospital a town north of Catania. She also specializes in family therapy and relational therapy. Liotta first became aware of Ericksonian methods studying at the University of Rome. **Graziella Trovato** has been interested in Ericksonian Hypnosis for many years. Both she and M.C. Liotta trained under Palumbo, and have been enthusiastic proponents of Erickson's approaches in Southern

Italy. Trovato works with a diverse patient population, including children, having conducted outstanding research on utilizing Ericksonian hypnosis and psychotherapy with children in the chief mental health facility in Catania. **Pasquale Caponnetto** has a doctoral degree in clinical and community psychology from La Sapienza University, Rome. He specialized in relational psychotherapy at the Italian Institute of Relational Therapy in Rome, directed by Camillo Loredio, working with families, couples, individuals, adolescents and children. Caponnetto collaborates with the School of Medicine at the University of Catania, conducting research and clinical applications of Ericksonian methodology in smoking cessation treatments. In addition, he works with chronically mentally ill patients in two therapeutic communities in the Catania region.

Prior to establishing the Institute in 2004, Palumbo, Liotta and Trovato had been active in promoting seminars and workshops throughout Sicily. In 2002, Palumbo organized a seminar taught by Betty Alice Erickson on "Hypnosis and Ericksonian Psychotherapy." The event was a great success, not only on account of its presenter but also because many experts in the field attended it. From that workshop evolved a close friendship with Betty Alice and her suggestion that Palumbo and colleagues establish

an Institute, since they were already so dedicated in disseminating Erickson and proponents. **Maria Concetta Liotta** organized the first workshop on Ericksonian approaches, also in Catania, and was praised for her hard work and dedication. Director Palumbo speaks of her work with great admiration as Liotta has demonstrated the depth and breadth of her knowledge of Ericksonian approaches. **Graziella Trovato**, who also trained under Palumbo, has been publicly recognized in the profession-



Dr. Pasquale Caponnetto

al community for the her expertise. In addition to the two colleagues above, Palumbo further trained **Caponnetto**, who later became part of the Board of Directors, as he distinguished himself for the depth of his research and clinical interests. Palumbo also mentions **Sara Distefano** and **Vittoria Pulvirenti** as outstanding students at

Betty Alice Erickson, Palumbo has studied in Italy with the foremost proponents and innovators of Ericksonian approaches: Ernest Rossi, Jeffrey Zeig, Michael Yapko and Camillo Loredio. He describes his meeting with Betty Alice "... it was a very beautiful and interesting experience to meet Erickson's daughter. I was attending Erickson's Centennial conference in Capri in 2001. Meeting Milton's daughter was like about her father. I was very impressed with everything she said and did not miss anything about her lessons on the naturalistic inductions – to know personally one of the protagonists of Erickson's stories has been a very touching experience for me." Palumbo is Director of Clinical Psychology and Psychotherapy Services at the S.S. Salvatore Hospital in Paterno, near Catania.

Even though Ericksonian approaches are still not widely known throughout Sicily, the founding direc-



Betty Alice Erickson and Tony Palumbo

the Institute's training programs.

Palumbo began his psychology career in the traditional fields of psychoanalysis, Jungian analytical psychology, gestalt and Transactional Analysis. Eventually he became trained in the European approaches to neurolinguistic programming, finally finding his passion -- Milton H. knowing something Erickson's methodologies. Palumbo credits the Italian N.L.P.M.E.T.A. Institute with originally disseminating the work of Erickson in Sicily. In addition to

tors of the MHE Institute of Sicily have been working hard to disseminate Ericksonian approaches and methodologies in the academic and university world. Palumbo, Liotta, Trovato and Caponnetto intend to joyfully persevere in their mission to further promote Ericksonian Hypnosis and Psychotherapy in Sicily. Congratulations to our colleagues in Catania, Sicily, a sister city to Phoenix, Arizona. Many wishes for a long and fruitful collaboration with our Ericksonian professional family.

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 January 5, 2007. Acceptance or rejection will be sent by March 14, 2007.

Mail proposals to: The Milton H. Erickson Foundation, Inc.
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Only a limited number of proposals can be accepted. Please submit early

INTERNATIONAL COMMUNITY

The XVII International Congress on Hypnosis

Marilia Baker, MSW

Phoenix Institute of Ericksonian Therapy

The Seventeenth Congress of the International Society of Hypnosis (ISH) was held at the Port of Acapulco, Mexico, August 21-26, 2006, organized and hosted by the *Centro Ericksoniano de Mexico*. The theme of this sui-generis worldwide gathering was: "Hypnosis in Critical Times – the Challenges of the New Century." As Teresa Robles, director of the host Institution, and the mastermind of the Congress' format said "This congress, organized in Mexico for the first time, brought together a Faculty of 160 experts. Among them are the most celebrated contributors to the field of hypnosis, outstanding researchers, distinguished professors and trainers, as well as renowned hypnotherapists from 34 countries. Never before in the history of the International Society of Hypnosis an ISH meeting has gathered such a great number of presenters from all over the world." In attendance there were 400 professionals, equally distributed between Mexican and foreign colleagues, from Argentina to New Zealand.

Robles long held dream and promise to herself – in addition to hosting the gathering on Mexican soil - was to hold a meeting in which presenters from the major languages represented could express themselves in their own tongues. She was determined, she said, to find the best ways, with the best means at her disposal to provide simultaneous interpreting or consecutive translation to the participants. This part of the dream was also realized: all the plenary sessions had simultaneous translation into English, French and Spanish. Approximately 50 of the workshops were provided with the same equipment, and the others, tailored to need, were held in the language of the majority attendees, with consecutive translation when necessary.

Four presidents of hypnosis societies and institutions opened the Congress: Karen Olness, for the International Society of Hypnosis, Mahiri McKenna for the European Society of Hypnosis, Teresa Robles for *Centro Ericksoniano de Mexico*, and Jeffrey Zeig for the Milton H. Erickson Foundation. Camillo Loredio, president-elect of ISH, was the moderator. A similar format, in which three or four distinguished panelists presented, was followed throughout the congress. Eric Vermetten, current ISH president, delivered the concluding remarks at the close of the congress.

It is impossible for this *raconteur* to do justice to the extraordinary scientific program offered each day, as well as to mention each distinguished faculty by name and country. Please go to *Centro Ericksoniano de Mexico's* website: www.hipnosis.com.mx and click on "Congresos." You will find under each language, the full program as well as all the presenters. It is a phenomenal website. Robles and her dedicated staff are planning to have an

open, virtual forum for continued discussion of all themes. This feature also will allow any fellow hypnotherapists not present in Acapulco, as well as novice students from around the world to benefit from the discussion via Internet.

The intense daily program was followed by extraordinary social gatherings, such as the *Fiesta Mexicana* and the Awards Banquet at La Quebrada. These "action metaphors" so-to-speak, were as if designed to mesmerize the participants into maximum fraternization and optimum unification of purpose, through celebration of life and defiance of death, so illustrative of the Mexican soul. La Quebrada is Acapulco's famous site where skillful, daredevil cliff divers jump from 130 feet high cliffs into the treacherous waters of the Pacific.

Another unique feature of the meeting was the post congress offerings of a study-visit into "Our Mexican Roots," a journey into Yollocalli-Peña de Bernal – *Nahuatl* language for "Home of the Heart (of the Earth)" -- at San Sebastian de Bernal, in the Queretaro province. This region, which contains one of the richest underground concentrations of precious ore in the world, is considered the home and heart of some of the original pre-Hispanic cultures, and of Toltec medicinal and healing practices.


Accordingly, the deep, rich deposits of gold, silver, quartz, obsidian, and other precious crystals of the area, are natural conductors of energy, thus facilitating the motivated subject's entry into amplified states of consciousness through 'working' with alpha, theta and delta brain waves. The participants benefited from several days of intense *in vivo* experiences with Toltec instructors, medicine men, shamans, and local healers, in addition to living in close contact with the villagers and their customs.

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FACETS AND REFLECTIONS

MAGICAL MOMENTS WITH MILTON

Norma and Phillip Barretta

The very first time we met with Milton Erickson there were just five people present: Three physicians and the two of us sitting with the awesome Dr. Erickson. A woman walked into the room with her husband. She wanted to be hypnotized so that she could comfortably pass a licensure examination free from the anxiety often generated by such a test.

Erickson asked her husband if he was a qualified professional with a degree. The husband nodded his head affirmatively and said, "I have a Bachelor's degree in Engineering."

Dr. Erickson's response surprised all of us: "You'll have to leave. Come back in an hour."

The woman said, "But he's my husband."

Erickson responded, "And he's

not a qualified professional in our profession..." and as we all watched she was already in a trance.

Erickson merely chatted about interesting challenges that we encountered every day and he described several dozen in detail. The hour flew by and she left.

Some years later, she took a workshop with us and we all remembered having met in Phoenix. She had absolutely no memory of what Erickson had said to her. She took and passed the exam with no fanfare. "It was just a routine challenge that day," she said. "Not much different than any other day."

Perhaps that was our introduction to what Ernest Rossi calls "the every day ordinary trance" which occurs with regularity.

It was also a brilliant demonstration of utilization. What we encounter on a daily basis can be reframed to become the catalyst for change.

Erickson's office and his home were a veritable treasure box of iconic metaphors. There were artifacts of

every ilk. One such artifact was a piece of ironwood which sat on the coffee table in the living room.

Erickson asked Phil to bring it to him. Phil reached over to lift it with one hand and could not pick it up. He had to get up and use both hands. As he carried the ironwood over Dr. Erickson looked directly into Phil's eyes and said, "Remember Phil, things are not always as they seem."

What an alteration of perception that produced in our lives. We've both learned to suspend judgment until we've gathered enough information to respond with some degree of judicious wisdom.

No doubt Milton Erickson influenced many others just as he influenced us. We often discussed cases in our own practice asking for his input. Some of his suggestions sounded ludicrous. Yet, when we applied them there were profound changes in the progress of those patients. In a sense that was his influence on us influencing others. That sphere of influence from this remarkable man continues

to widen. His wisdom is ageless and limitless.

From 1977 until 1980 our times with Erickson provided some life-altering experiences. From our very first days together he seemed to know us as well as, or even better than, we knew ourselves. One metaphor after another that mirrored our lives (with an occasional "alteration" included) helped us to define our own roles and our relationship, which was a mere 30 years old at that time. This year marks the 58th year of our marriage. We both think those moments with Erickson helped us to close the "gaps" (p. 12 – The life of Milton H. Erickson, Zeig & Munion). We most certainly have "progressed" in our "development" (op.cit) and we've "evolved" instead of merely "resolving life issues definitively." (op.cit.)

Reference:

Zeig and Munion,(1999). Milton H. Erickson (Key Figures in Counselling and Psychotherapy) Sage Publications, Thousand Oaks.

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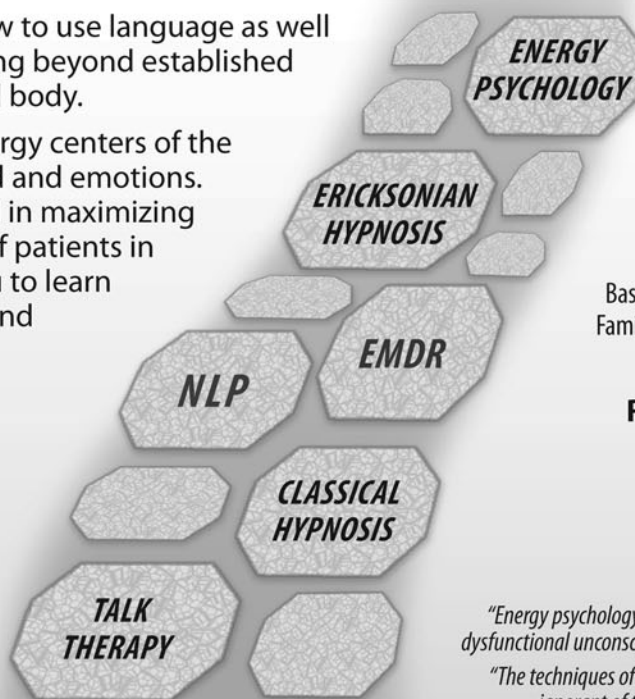
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CASE REPORT

The Lesser Of Two Evils

Richard Landis, Ph.D.

Ericksonian Integrative Medical Institute
of Orange County

Judith was a 46-year-old woman who, for the first time in thirty years, was without a job. In the past, when she left a job, it was because someone contacted her with a better offer. Now, for the first time, she had to find a job for herself. She had been sending out resumes by the bushel but received no replies. Judith had been referred to me by someone who said I was practical and knew the ins-and-outs of the business world. The referral source told me that Judith did not want therapy. He identified her as feeling worthless unless she had a job, and that no one would care about her until she was in a position to help others. To match her expectations, I presented myself to Judith more as a coach than as a therapist. However, it was readily apparent that Judith was

painfully shy and felt that she had no personal worth.

Her job hunting strategies were limited to using the want-ads in the newspapers and on the Internet. When I asked if she asked any friends or acquaintances if they knew of job openings, Judith said that she could not do that. It would be too embarrassing and why would they want to help her? There was nothing in it for them. This presented the opportunity to both open possible job offers and to challenge her underlying assumptions about her personal worth and rights as a person.

During the next session, I said that there were two avenues I would like her to explore in the coming week that would increase her likelihood of getting a job. The first one was to ask a friend or colleague from the old job if he or she knew of something that was available. Judith turned white and I continued. I said that I would like her to do it as a gift to the other person, since Judith knew how good it felt when she could do a favor for

someone else. I thought she was being selfish withholding this opportunity for her friends or colleagues to feel good. I spent less than five minutes talking about this alternative.

The second avenue was to make cold calls on companies. She was to research which type of company would most likely be able to afford the salary that she had before and might have a position that she could enjoy. I went into agonizing detail over how to dress and who to ask for when she walked into the office. We rehearsed what she was to say and what her presented attitude should be. I really micro-managed it ad nauseam for 35 minutes. She left knowing what to do but was a bit shaken.

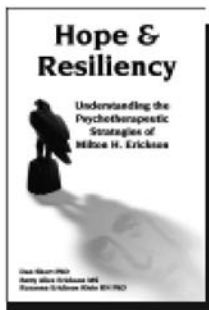
When she returned the next week, she reported that she had done the research for the cold calls, but did not visit any sites. Instead, she decided to ask an old colleague. Judith was pleasantly surprised that her colleague was delighted to be of help and asked everyone else in the office if they knew of any possibilities. From that interaction, Judith got three referrals. Heartened by that outcome, she asked a parent that she met at a PTA meeting during the week. She had never met the parent before, and it

just came out in conversation. The parent was a supervisor in a medical office and they were looking for a back-office person.

Judith left therapy at that time, since she was no longer feeling depressed and helpless. She was a bit apologetic about not doing the cold-call homework. I reassured her that I was pleased how she knew which of the assignments fit her best. She did not recognize that by my emphasizing the alternative that generated the greatest anxiety, it made the other alternative more accessible and less scary by comparison. She had a strong need to do something, and the less anxiety producing of the two choices now seemed possible to her. At the same time, she discovered that she was worthy enough that people were willing to be helpful. Her husband later contacted me for some help for himself. At that time, he disclosed that Judith acting on the assignment turned out to have been sufficient for her to become more assertive at work and at home. Once breaking her old assumptions by doing something that challenged them, she continued to assert herself as well as continuing to give to others.

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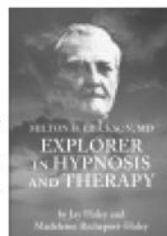
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THERAPEUTIC FRAMEWORKS

Depression or Depletion?

Gary Ruelas, D.O., Ph.D.

Ericksonian Integrative Medical Institute
of Orange County
Orange, California

We are often presented with a patient who complains of what appears to be mild depression or general fatigue. Both of these terms have significant overlap, and in reality they may be difficult to distinguish. Fatigue may actually lead to depression or visa versa. About 25% of the general population will experience a symptom profile consistent with fatigue and/or depression. The symptoms can be insidious. They gradually build up into what feels like concrete blocks, impeding health or compromising resilience. After awhile these symptoms may become familiar to patients and a level of resignation may appear. "Maybe this is just who I am."

We as healers use our tools to intervene, be it CBT, hypnosis or other forms of psychotherapy. But try as we may, for a specific patient we may reach a ceiling (and sometimes not a good foundation) with our treatment. We all have had such a patient for which our typical interventions do not appear adequate. We discuss with the patients their motivations, tap into their environmental and social systems, or refer them for medication

consultation. And yet it still feels like an uphill battle.

There may be a good reason that our best psychotherapy may not be sufficient with these people. Fatigue/Depression can result from many biological processes including other illnesses such as Diabetes Mellitus, hypertension or even cancer. It may be the result of a medication or drug interaction. These factors should all be addressed by the patient's physician. But what about the patient who has visited their doctor and being told, "All is fine." The patients response is, "But doctor if all is fine then why do I feel so bad?"

One of the curious aspects of this problem may (and I underline may) include a simple remedy. In the Ericksonian light, simplicity is our first goal. The majority of nutrients enter the body and brain through our intestinal system. Many individuals have problems with this intestinal absorption of nutrients. The experience of being depressed and fatigued can be signs of this nutritional depletion. For many individuals, this is a primary problem. Others, though not yet symptomatic, may not be experiencing the optimal level of nutrient absorption.

For example, I had a 43-year-old patient who was a mother of three. She was referred for consultation due to a three year history of depression, general fatigue, and feeling run down. She had two adolescents (reason enough to be run down) and a hus-

band who was an executive and was promoted three years ago. Since then she had become increasingly more depressed, experiencing general fatigue. Her primary care physician found nothing physically wrong other than some symptoms of perimenopause. As a result of reviewing her activity and evaluating her nutritional status, I started her on digestive enzymes, while awaiting the results of the other studies. Within two weeks she reported that her depression was lifting, and had an increase in overall energy, better sleep and less irritability. The patient went on to make other changes with her biochemistry including hormonal balancing, but a significant effect was found just with the addition of the digestive enzymes with each meal.

Please be reminded that we are not discussing an actual disease but only discussing a compromised digestive process. Our body normally uses enzymes to assist us with the

digestion of essential amino acids and elements. An enzyme is not a laxative or fiber but a catalyst for change in the system. At times our body may warrant additional enzymes to assist in the absorption rate of these essential elements. Depletion of essential elements, like the B vitamins that go to the nervous system or essential amino acids that are used by the brain to generate neurotransmitter or neurohormones, can be diminished or depleted by a compromised system.

Therefore, when you find a patient for whom your normally effective therapies are not as efficient as you might expect, it might be time to refer to a practitioner that can test for nutritional absorption and related nutritional depletions and biological imbalances. While the presenting symptom may be feelings of being overwhelmed, depression or fatigue, the underlying problem may be physical depletion.

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IN THE SPIRIT OF THERAPY

Interview with Michael Yapko, PhD.

By John D. Lentz, D.Min

John Lentz: Michael you are known the world over as being the person who knows about depression. What have you learned spiritually as a result of your work?

Michael Yapko: The more we learn about depression, the more we know how devastating a disorder it is on so many levels. Depression crushes one's spirit, and life can lose any sense of meaning beyond simply enduring suffering. To be so intimately involved in the lives of people suffering so terribly is humbling. But, to be witness to their recovery from and transcendence over depression is nothing short of exhilarating. It's what keeps me going. I am reminded

of my marriage this year, and Diane continues to be the most important person in my life. Our marriage is the most important part of my life. I am very lucky. Diane is so remarkable in so many ways! It's easy to keep the focus: Workshops come and go, but the marriage stays. For a marriage to succeed, it takes a recognition of the value of selflessness - the idea that the marriage is more important than either one of us as individuals.

JL: Michael you seem almost to be a man on a mission.

MY: To me, the heart and soul of spirituality is having the strong sense that there is something more important than yourself, something you recognize as having a deep and abiding value that transcends the mundane aspects of life. I *am* on a mission. I have used that exact phrase many times to describe the intensity with which I feel the need to cajole people

and try to put as much into my work as I possibly can, living the belief that the future holds all kinds of positive possibilities. Appealing to peoples' strengths, including their spiritual strengths, rather than trying to fix their pathologies, is a direct manifestation of my belief in people's potentials.

JL: How has your spirituality changed as a result of your popularity?

MY: My sense of spirituality has become more personal, more private than ever before. I give so much of

myself publicly that I find I need a good counterbalance of personal reflection time and quiet time. For me, there is no place more meaningful, healing, or innately spiritual than being out in nature. I am an avid hiker, as is Diane. The beauty and power of nature says more to me in a minute than words can say in a decade. Being a popular speaker and writer is certainly nice, and I appreciate it very much that people value what I do, but popularity isn't what endures over time.

Appealing to peoples' strengths, including their spiritual strengths, rather than trying to fix their pathologies, is a direct manifestation of my belief in people's potentials.

daily of the great potentials life offers us at each moment. Learning to choose wisely is an ongoing challenge, and it is the essential core of a spiritually satisfying life.

JL: What insights about life have you learned as a result of your study?

MY: I am deeply impressed with the paradoxes of human experience: How terribly fragile yet how remarkably resilient people are. How stupid and how brilliant people can be; How ritualistic and narrow they can be, yet how inspired and innovative. If I've learned anything about life, it's that there are few, if any, absolutes in life. Each part of a person is valuable in some place, some time, but not in every place or all the time.

JL: You have a positive relationship, even though you travel extensively. How do you maintain such a positive relationship with your wife?

MY: Maintain a positive relationship with my wife? That's a massive understatement! We are celebrating our 30th year of a fabu-

lous marriage this year, and Diane continues to be the most important person in my life. Our marriage is the most important part of my life. I am very lucky. Diane is so remarkable in so many ways! It's easy to keep the focus: Workshops come and go, but the marriage stays. For a marriage to succeed, it takes a recognition of the value of selflessness - the idea that the marriage is more important than either one of us as individuals.

JL: What are some of the things that you recognize as spiritual in the work that you do?

MY: Almost everything I do professionally has an underlying belief associated with it: People's potential for greatness has to be acknowledged and encouraged. I want to make a positive difference in peoples' lives. I want to give everything I have to the clients I treat, the people I can reach through my books and CDs, and the therapists I meet in my workshops. I

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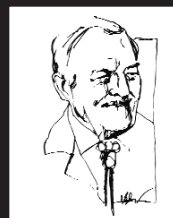
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CONFERENCE NOTES

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For information 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

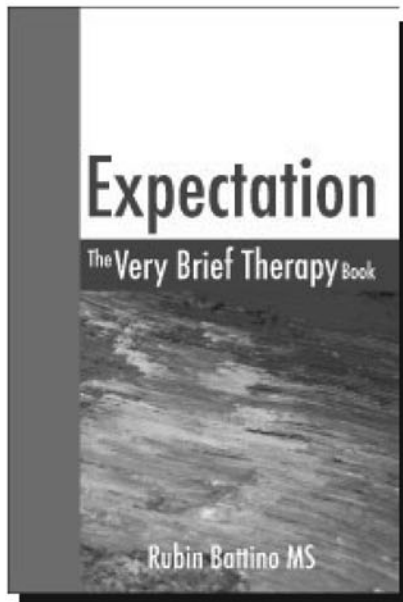
The Psychotherapy Networker Symposium East, *Stepping into the Moment: Psychotherapy in a Culture of Distraction*, will be held March 15-18, 2007 at the Omni Shoreham Hotel, Washington, D.C. Keynote Speakers will include Daniel Goleman, John and Julie Gottman, Daniel Siegel, Ellen Langer. For complete information contact Psychotherapy Networker, 5135 MacArthur Boulevard N.W., Washington, D.C. 20016; Tel, 202.537.8950; Toll Free, 888.408.2452; Fax, 202.537.6869; Email, info@psychnetworker.org; Web, www.psychonetworker.com

The Couples Conference: Love & Intimacy, will be held April 27-29, 2007, at the Hyatt Regency Garden Grove (Anaheim), California. The Conference offers a special Pre-Conference Law & Ethics Workshop on Thursday, April 26, 2007. Faculty includes Bader, Hendrix, Hunt, Love, Madanes, Real, Siegel, Tatkin, and Zeig. Complete details include the full brochure and Online registration is available: www.couplesconference.com For further information or to receive a brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500 USA; Tel, 602.956.6196; Fax, 602.956.0519; Email, Sonya@erickson-foundation.org

CAMFT's 43rd Annual Conference entitled *New Approaches in a New Century: Relationships, Addictions, and Solutions*, will be May 17-20, 2007 at the Marriott Santa Clara in Santa Clara, CA. For information and complete details visit the CAMFT web site: www.camft.org; or contact the California Association of Marriage and Family Therapists, 7901 Raytheon Road, San Diego, CA 92111; Tel, 858.292.2638; Fax, 858.292.2666 Register early!

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down to the hard stuff, and resolve their concerns rapidly, when ever possible. This means working as if each session were the last one. So, this book is about all of the things that are designed to work in a single-session mode. Although there will still be clients who need many more sessions by creating the expectation that each session is be last creates an impetus towards change that is vital in the therapeutic process.

After presenting the basic outline of this approach, the balance of the book details (chapter by chapter) specific approaches that the author finds most useful in this work. These include:

- Rapport • Hypnotic Language • Metaphor and Hypnosis
- Solution-Oriented Approaches • Bill O'Hanlon's Approaches
- The Work of Steve de Shazer and Associates • NLP Approaches
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- Jay Haley and Ordeal Therapy • Rituals and Ceremonies
- Richard Kopp's Metaphor Therapy • Narrative Therapy
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"Challenging preconceptions that therapy is a prolonged endeavor, Expectation is insightful and thought provoking and is a valuable reference manual for those seeking a solid grounding in very brief approaches to therapy."—Peter Mabbutt, FBSCH, FBAMH, Director of Studies, London College of Clinical Hypnosis

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DATE	TITLE / LOCATION / LEADER	CONTACTS
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2/21-25	Ongoing Supervision Training / Mexico City, MEXICO / Zeig	2.
3/9-11	Settling the Unsettled: Integrating Therapeutic Approaches to Depression and Anxiety Disorders – Master Class / New York City, New York / Jeffrey K. Zeig, Ph.D. (Sponsored by NYSEPH)	3.
3/12-16	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	4.
3/19-23	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.
4/18-22	Ongoing Supervision Training / Mexico City, MEXICO / Zeig	2.
4/28-30	Couples Conference: Love & Intimacy / Anaheim, CA / Invited Faculty	4.
5/9-17	Comprehensive Training Program / Singapore / Zeig	5.
6/1-2	MSCH Conference / Minneapolis, MN / Invited Faculty	6.
6/22-24	Family Therapy / Graz, Austria / Zeig	7.
7/12-15	Master Class – Intermediate Hypnosis / Taipei/Kaoshung, TAIWAN / Zeig	8.
7/26-29	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	1.
7/16-20	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.
7/23-27	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.
7/30-8/3	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	4.

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BOOK REVIEW

Don D. Jackson: Selected Essays at the Dawn of an Era

Editor: Wendel A. Ray

Foreword by Jay Haley

Zeig, Tucker, & Theisen, Inc.

2005

ISBN: 1932462201

Don D. Jackson: Selected Essays at the Dawn of an Era is 370 pages densely packed with information, theoretical concepts and direction. In the Foreword, Jay Haley describes Jackson as a maverick who was ahead of his time. Living in a period when psychoanalysis was the method of choice and schizophrenia was considered untreatable, Jackson's family therapy ideas were controversial and new. Haley indicates how Jackson had an enormous impact on changing the direction of therapy.

The book is divided into three sections: I) Early Clinical Observations (nine chapters), II) Defining an Interactional Theory of Human Relationships (nine chapters) and III) Research into the Nature of Human Interaction (five chapters). Ray introduces each section briefly and carefully, citing both the historical context as well as its theoretical nexus.

Jackson's background in Sullivanian interpersonal psychodynamics gave him a springboard for the field-theoretical orientation he developed. Ray and many others in family therapy view Jackson's interactional orientation as the basis and foundation of family systems therapy.

In the first section, Jackson delineates important issues about psychiatric treatment and offers useful insights, observations, and suggestions for improvement. He was one of the early proponents for using hypnosis in psychotherapeutic treatment. He also underlined that the relationship through the personality of the therapist is a primary nonspecific ingredient of therapeutic effectiveness for treatment of schizophrenia. Jackson was one of the first to explain how change becomes possible through interpersonal patterns of influence and his papers illustrate this mechanism with case histories.

In Section II, Jackson in conjunction with Jay Haley and some of the other MRI members such as Bateson and Weakland, defines and describes the Interactional Theory of Human Relationships. The first chapter is the classic presentation of the double-bind theory of schizophrenia, based on the Russell-Whitehead theory of logical types. Two other chapters follow that delineate details with a final statement of the research collaboration. The next two chapters describe and compare psychoanalysis with communication theory. Bateson, Haley, and Jackson then offer a new interpretation of psychoanalysis that explains the source of therapeutic change as a function of their communication paradigm. The last chapters in the section define and apply the constructs of interactional theory to family dynamics.

Jackson shows how such distinctions as complementary relationships and analog versus digital communication help to make sense of communications in relationship. Complementary relationships are role-bound interactions such as father and son, mother and child, master and slave. Analog versus digital communications distinguish between factually specific items of information and metaphors. Pathological interactions confuse analog with digital, leading to paradoxical experiences and distortions.

The last section expresses these concepts in research. The chapters show how patterns of interaction in families can be analyzed for understanding and predicting pathology, which highly skilled psychotherapists are capable of doing. Ulcerative colitis was studied for the family dynamic patterns that tend to elicit the condition.

Jackson's insights into patterns of communication are well presented, in a clear and organized way. The model is an important wellspring of family systems theory of psychotherapy. This collection of papers not only instructs, it inspires. We highly recommend this book for thoughtful practitioners of relationship therapy.

Reviewed by :

C. Alexander Simpkins Ph.D. & Annellen M. Simpkins Ph.D.
San Diego, California

Milton H. Erickson, M.D.: An American Healer

Ed. By Betty Alice Erickson, M.S. and
Bradford Keeney, Ph.D.

ISBN: 0918172551

Ringier Rocks Press in association with
Leete's Island Books

2006

355 pages with 32.55 minute DVD: *A
Clinical Session November 28, 1958*

It is a delicious treat to read *Milton H. Erickson, M.D.: An American Healer* edited by Betty Alice Erickson and Bradford Keeney. Fascinating and transfixing, the book is a rich source of information about practically every aspect of Erickson's enthralling life. I literally could not put it down.

The work offers a unique portrait of an influential and multidimensional man elegantly constructed from personal reflections and remembrances by family members and close colleagues. It is embellished by marvelous photos from all stages of Erickson's compelling life. The pack-

age also includes excerpts from his diary as a young man, interviews, clinical transcripts and rarely seen film footage of him working. All of this combined offers an honest, candid and affectionate depiction of a truly remarkable man, portraying his great humanity as well as his genius. It is a satisfying feast for anyone who wants to get a better sense of the authentic Milton Erickson.

I found Dr. Erickson's sense of humor to be one of his most endearing and defining characteristics. One of my favorite features of the book is the "vintage Erickson jokes" that appear throughout the text.

Like so many others, my life was positively influenced and shaped by my interactions with Dr. Erickson. I was fortunate to have the honor to meet and study with him personally when I was just 20-years old. I even got to stay in the "little house" where Erickson also had his office. What I remember most was Erickson's incredible blend of personal power and authentic humility.

In those days, we referred to Erickson as the "most evolved com-

municator on the planet." Yet, I vividly recall feeling so welcomed by Dr. and Mrs. Erickson. There was an immediate and natural spirit of acceptance and rapport extended to any visitor to the house, and I was made to feel as if I were a member of the family.

I was a student of Richard Bandler and John Grinder. I had hand drawn a pencil sketch of Erickson from a photograph and given it to John. I was fascinated by Erickson and drawing someone's face was one of my ways of getting to know something of the essence of that person. John interpreted the gift as a request to see Erickson and called to arrange a visit.

At the end of the session for that first day, he fixed me again in his gaze and asked in a voice that was both playful and completely serious, "And now do you know that I am nothing like Bandler and Grinder said I was?" In some ways, this seemed like the most obvious thing in the world to me. I remember responding something like, "Of course, that's why I wanted to come and experience you in person. No words could ever capture your soul."

As the contributors to this book attest, it was his quality of soul that was Erickson's most powerful asset. Each person mentions Erickson's capacity for presence and his unique ability to recognize and acknowledge what is special in another person. The Existential philosopher Albert Camus pointed out that, "until a person has been seen and blessed by another person, he or she does not yet fully exist." Erickson had the capacity to truly see and bless the essence of those with whom he came in contact. When Erickson looked at you and fixed you in his gaze, the rest of the world disappeared.

Of all the books that I have seen and read about *Milton Erickson, Milton H. Erickson, M.D.: An American Healer* most captures both his soaring intellect and open heart. It is a "must have" for anyone even remotely interested in the work of Milton Erickson.

Reviewed by:
Robert Dilts
Santa Cruz, CA

INTERVIEW

continued from page 1

psychotherapy. After that, there were numerous shamans, healers and indigenous elders who completely blew my mind and changed the whole landscape of my reality. Most didn't know how to read, but all of them had greater wisdom than any therapist I ever met or read about. Having been so deeply entrenched in "book knowledge" for most of my career, finding wisdom-keepers whose teaching was independent of textuality was quite a surprising lesson.

BAE: How would you suggest incorporating this true, known-but-unwritten wisdom into our culture?

BK: The difference between knowledge (conveyed by texts) and wisdom (lived outside books) is difficult to specify in the realm of words because words bring us back to knowledge rather than the conveyance of wisdom. If I tried to articulate wisdom or write about it, would that be wise? Or are the ways of indirect poetry, heart-centered obfuscation, and well-timed silence better vehicles for evoking wisdom? I have

met people who healed by not uttering a word. Their presence was healing. I cannot say or write a book on how to teach how they are present in such a way that others are transformed. That is the part of Erickson's work that cannot be taught, but can be acknowledged and respected. Without the healing presence that he exuded, all else is a robotic sequence of behavior. The same is true for Mozart. Without an acknowledgement of his musicality, his way of being musical, it is a mere sequence of notes. Wisdom addresses the unspeakable, the unknowable, yet it holds what is most essential.

BAE: How do you define hypnosis?

BK: There is a heightened awareness that can be brought about by intense focus. Suggestions, whether verbal or nonverbal, that are mediated in an important relationship, whether hypnotist-subject or husband-wife, can facilitate the entrance into this zone of intensified focus and heightened awareness. Body movement, percussion, visual imagery, and even music also can entrain the conscious

mind and carry it into one of these mental domains of so-called trance. Here we find some interesting phenomenology: deeper unconscious mind becomes more engaged (and widened) when conscious mind is quieted (and narrowed in its focus). This is where experiences of transformation can be nurtured, if there is deep (unconscious) trust and (unconscious) caring in the relationship.

BAE: Yes. Mothers and babies, lovers, — any people connected on that different level, are entranced and in trance—and know it without knowing how they know it.

BK: And if they knew it, they would no longer know it. Trance is closer to "pure being" without the knowing. Your inner observer is handed over to another ("the hypnotist") so you can be fully absorbed into the experience without any interfering disassociation between observer and observed. It should be no surprise that trance and wisdom live in the same territory and assume the same slipperiness — try to articulate either and find yourself easily falling out of both.

BAE: Can you define "life force"?

BK: No. In the same way I cannot define the unconscious. Both refer to mysteries beyond conscious articulation. Perhaps the "life force" is the powerful and immediate presence of life that the unconscious evokes. You know it when you feel it. Any definition is an insult to its complexity and incomprehensibility

BAE: How did you first become interested in Erickson?

BK: Gregory Bateson told me that Milton H. Erickson was the Mozart of communication. I immediately went straight to everything he wrote. I quickly found Erickson was not the same as all those who have tried to write about him. He is an artist moved by the deepest levels of mental process. Whereas a technician would be more likely to articulate a cliché, or drone on with therapeutic patter, or prescribe the same task given to dozens of other clients, the clinical artist is inventing a unique therapy for each unique situation. On

See INTERVIEW on page 19

D V D R E V I E W

Advanced Techniques of Hypnosis and Therapy: Working with Resistance (1979)

Milton H. Erickson Foundation Press

www.erickson-foundation.org/press

Milton H. Erickson & Jeffrey Zeig

Advanced Techniques of Hypnosis and Therapy: Working with Resistance (1979) DVD provides an analysis of a one day teaching session that took place at Dr. Erickson's office. Students had gathered from around the world to observe and learn some of his more advanced techniques. The session took place in August of 1979, just seven months before his death. The moderator is Jeffrey Zeig and he provides an introduction along with an explanation of various sections of the session.

In reviewing this DVD I was impressed with the unusual fact of how well-researched this piece of Erickson's work is. Not only did Zeig carefully explain each facet of Erickson's interventions by interspersing his observations into each section, but he also edited a book that contains the entire transcript of this session. The book, *A Teaching Seminar with Milton Erickson*, provides additional materials for study that can augment the DVD. Zeig actually spent time discussing the taped session with Erickson, thereby getting a detailed explanation of Erickson's own perspective on his various interventions, which was a rare oppor-

tunity for both clarification and verification of Zeig's understanding of what was taking place. Therefore, the explanations provided by Zeig can be relied upon as presumably accurate accounts of what was not only observable in Erickson's work, but also was *intended* in the interventions chosen by Erickson.

The main essence and purpose of this DVD is the study of how Erickson utilized resistance presented by one of his students who arrived late to the session. As Zeig explains, it also illustrates Erickson's ability to build "guiding associations that would drive effective behavior." Along with utilization, a wide variety of advanced techniques can be observed, including regression, injunctions, confusion induction, dissociation, direct and indirect suggestion, presuppositions, and isomorphic and multiple embedded metaphor. The session is rich with examples of Erickson's outwardly playful and relaxed approach to therapy, while beneath the outward appearance of things, he exhibits a masterfully thoughtful and orchestrated intervention.

The DVD is fairly lengthy: it is approximately one hour and 54 minutes long. It is likely that having both the book *and* DVD would serve to reinforce and deepen one's understanding of the concepts presented in each. I thoroughly enjoyed viewing this DVD and would recommend it for both beginning and advanced practitioners.

Reviewed by:

Kathleen Donaghy Ph.D
Phoenix, AZ

B O O K R E V I E W

The Therapist as Humanist, Social Activist and Systemic Thinker ... and other Selected Papers by Cloé Madanes

By Cloé Madanes

Published by: Zeig, Tucker and Theisen, Inc.

www.zeigtucker.com

Phoenix, Arizona.

Copyright, 2006.

Evolution Conference Preprint Edition

ISBN 1-932462-85-6

The Therapist as Humanist, Social Activist and Systemic Thinker ... and other Selected Papers by Cloé Madanes was published especially for the December 7-11, 2005, Evolution of Psychotherapy Conference. The book begins with a chapter honoring the "subversive power" of psychotherapy by quoting how Sigmund Freud shocked the medical establishment when he suggested that mental illness was caused by physical and sexual abuse and from children's unresolved fantasies. During the next half-century psychotherapy ignored interactions between family members and concentrated almost exclusively on the private, inner world of the individual. Not until the late 1950's, did the family therapy movement insist that personal relationships were the key to understanding human emotional life.

It is important for the therapist to be aware of her own emotions and cultivate the positive ones such as love, gratitude, flexibility and confidence. Madanes believes that if we cultivate these types of emotions, there is less room for negative ones.

When reading a book, I look for techniques that help me find solutions to a situation. Chapter Four explains how a symptom can serve as protection for a problem. When a child wets his bed, his bedwetting may keep his parents so focused on the problem that, at least temporarily, they forget issues between each other. Strategic therapy can help solve these types of problems by restoring the

hierarchy so that the parents regain control over the situation. I liked the therapeutic approaches aimed at restoring the single hierarchical organization within the family. We can learn from examples like the boy who lived with his grandmother and had stomachaches. Seemingly, each time he was sick, they would show affection for each other. The goal was to have the expression of affection take place without the symptomatic behavior.

Chapter Nine is about how shame can be an instrument of justice and yet how it can lead us to despair and be used as an instrument of oppression. Apology is seen as the expression of shame that can help restore damaged relationships.

Part Three addresses special circumstances and includes a section about family relationships of a poly-drug user. Chapter Eleven emphasizes the importance of changing interactions when using a family therapy approach. Chapter Thirteen includes case examples: A symptom may be an attempt to balance the division of power in a couple, and it can be seen as a metaphor, a resource for Ericksonian psychotherapists.

I enjoyed chapter 20 "Hey, Did You Hear the One About ..." where one can learn how Erickson first introduced the idea of humor as a legitimate aspect of therapy. Humor can be utilized as we talk about a problem or when clients need to change their perspectives about their present condition. Sometimes the humor in a story consists of some kind of reframing or re-labeling. A good example of this is the case of a wife who beat her diminutive husband. He crawled under the bed, in terror, and cried, "I'll show you who's boss in this house!" The therapist re-labels the situation, so that even though the husband was the weak one, he could be relabeled as powerful because he was able to shout.

An interview with Madanes in Chapter 22 helps us learn more about her techniques. The dialogue flows easily even though the topics are profound. Subjects include tolerance, schizophrenia and feminism.

This book should be part of every office library. I recommend it!

Reviewed by:

María Escalante Cortina MA
Mexico City

Ultimate Relationship Program

By Tony Robbins and Cloé Madanes

2005

Publisher: Robbins-Madanes Center for Strategic Intervention

248-page Action Book, 12 audio CDs, 7 DVDs, & 100 "Daily Discipline Cards"

Cloé Madanes and Anthony Robbins have pooled their talents to create a well-thought-out relationship course using finely-honed directive methods. It combines the experienced psychotherapeutic expertise of Madanes with the persuasive, charismatic style of Tony Robbins. Together, Robbins and Madanes present a collection of materials in varied media in one package to make their teachings widely accessible.

The films show Robbins leading seminars with large audiences. With attractive graphics, inspiring music, and crystal-clear filming, the DVDs give the viewer a vivid experience of attending a Tony Robbins seminar. Interspersed narrations from Madanes and Robbins along with PowerPoint lists interpret the interventions, thereby offering an analytical framework. Robbins demonstrates with a variety of volunteers from the audience who share their real-life relationship problems. He leads them through emotional change, applying the categories of the system, point-by-point. There are also exercises and suggestions for viewers to experiment for themselves.

The CD's are audio versions of the films with some additional lecture material as well. *The Ultimate Relationship Program Action Book* coordinates perfectly, crystallizing the process with verbatim dialogues, exercises, and a clear algorithm to intimacy. "The Daily Disciplines" are cards that include inspirational quotes and succinct points, provoking thought and reinforcing positive teachings. For example, one card reads: "The Three Practical Questions of Needs Psychology: 1) What is stopping you from having the life you want? 2) What is

shaping and controlling your choices and your emotions? and 3) If it's so easy to change how we think and feel, why don't we?"

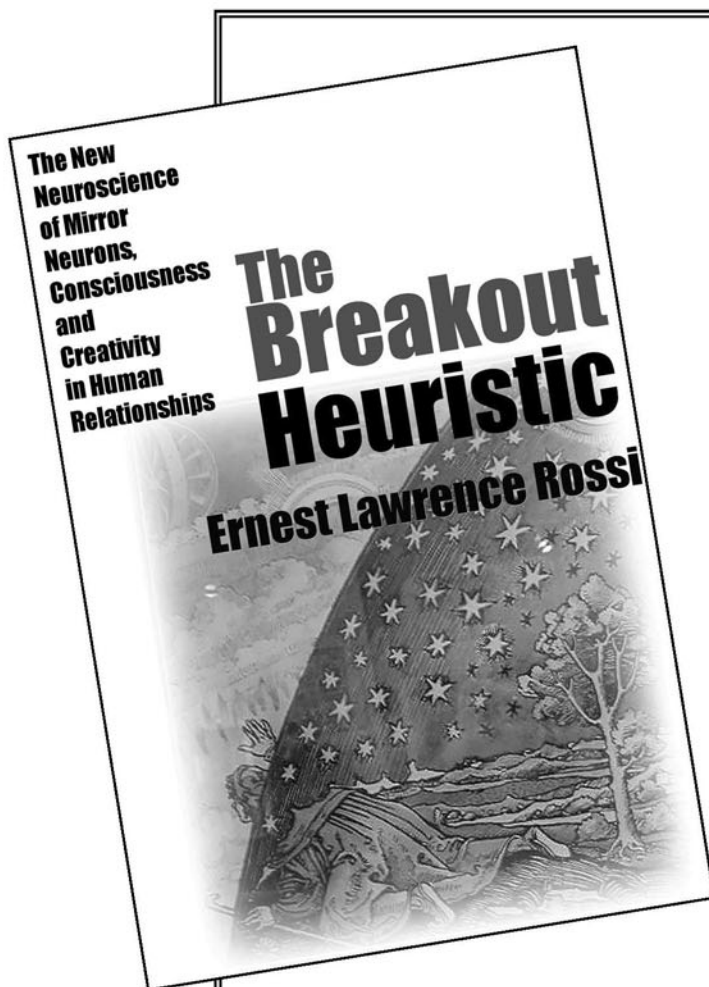
This course is crafted around a carefully defined "Need Psychology" system based in the assumption that all people share certain wired-in human needs. These needs are: 1) certainty; 2) uncertainty; 3) significance; 4) connection and love; 5) growth; and 6) contribution. Madanes and Robbins help people to uncover how they prevent themselves from fulfilling their fundamental human needs. Their view is optimistic: We can change our lives, we just need to understand how to do so. They offer seven steps to change: 1) understand your world; 2) break the pattern; 3) find leverage; 4) redefine the problem; 5) create alternatives; 6) condition a new behavior and 7) relate the change to a higher purpose.

Couples with problems have unwittingly gotten into negative patterns. They use weapons that threaten their partner's needs, most commonly needs for certainty and significance. Robbins explains that in relationships he sees nice people doing terrible things to each other. With charm and confidence, Robbins says, "We can turn around a relationship in one hour," and then proceeds to demonstrate the techniques to do so with a number of different couples in distress. He shows couples how to lay down their weapons; to find out what needs are not being met in the relationship, and then to explore how they can give to each other and commit to the relationship. The couples go through a gamut of emotions, ending in genuine expressions of love.

If you are looking for a formula, the *Ultimate Relationship Program* will provide it for you. Couples can easily follow this program. And therapists may find it useful to give to couples seeking structured methods for problem solving. This package is a dynamic presentation of a well-constructed directive course!

Reviewed by:

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



THIS FEBRUARY GET YOUR MIND ALTERED

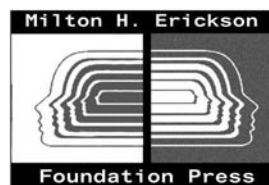
This scintillating and highly innovative new volume of papers by Ernest Rossi creates a new vision of therapeutic hypnosis, psychotherapy, and rehabilitation for the new millennium. *The Breakout Heuristic, The New Neuroscience of Mirror Neurons, Consciousness and Creativity in Human Relationships* reveals how to facilitate the theory, research, and practice of gene expression and brain plasticity in others — and tells us the emerging story of our present and future in four parts:

- The Breakout Heuristic: Daily Updates of Our Brain
- Dreams and the Creation of Consciousness
- The Epiphanies of Therapeutic Hypnosis
- Art, Beauty, and Truth in Human Relationships

Rossi also recounts personal vignettes of his early creative development, poignant moments with Milton H. Erickson, and his recent stroke recovery.

Mark your calendar to order your copy this February. Because this latest book by Rossi could be your path to the "ah-ha!" experience.

2007 • ISBN: 978-1-932248-29-6 • Softcover • Illustrated • Price \$49.95



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BOOK REVIEW

The SOURCEBOOK of MAGIC

A Comprehensive Guide to NLP Change Patterns Second Edition,

Michael Hall, PhD Barbara P. Belnaps, MSW

Crown House Publishing Limited, 2004

ISBN: 1899836225

A second edition of *The Sourcebook of Magic* recently has been issued. It offers an opportunity to have an overview of the many basic patterns NLP has produced for transformation and excellence. Seventy-seven patterns are described with questions that are key questions to guide a client.

"NLP is frequently referred to as a technology and, in part, it is. Those science fiction dystopias that depict a world where technology has gone out of control remind us that while technology can make a *good servant*, it makes a very bad master. The same could be said of any advanced technology, including NLP." quotes Ian Mc Dermott, an experienced NLP trainer in the UK (Pages IX & X). Introducing the book, he insists on the cautions we have to take in using such a technology, which can be extremely powerful when appropriately used. He has been pleased and surprised by the uses that have been made by some trainees in the domains of justice and politics. He focuses our attention on the possible misunderstandings, misuses, or derived uses of this technology.

This guide is first devoted to the therapist, as a person, because the most important relationship in anyone's life is your relationship to yourself. And what makes NLP efficient at a most basic level is that it can enable practitioners to become aware of the presuppositions that underlie their thinking, emotions and

behavior, and to be more influential with themselves. One must put his own house in order to be in a state to help others achieve a successful outcome.

Coaches, therapists, psychologists, trainers, and managers can make good use of this guide in different areas of their lives, such as dealing with emotions, with language, thinking, meaning and strategies

In what ways, can there be "magic" in this sourcebook? "The term rather refers to *the seemingly wild and wonderful and magical effects* (the changes and transformations) that occur when we know the structure of experience" says Hall (page vii). And this hidden magic is in the language we speak. The *magic* is what happens in the mind-body-emotion system when words and processes lead people to alter their maps and create a different reality.

This guide offers a wide range of patterns, including: patterns for running other patterns; patterns for building empowering self-images; patterns for managing emotional states; patterns for communicating with precision, clarity and empowerment; Sorting patterns for enhancing neuro-semantic reality; patterns for building empowering action plans.

The collection of NLP patterns are succinctly presented with new insights into the cognitive-behavioral mechanisms that make the neuro-linguistic and neuro-semantic approach so powerful. For those who aren't that familiar with NLP, there is a presentation of the NLP model. This book is mainly addressed to professionals who already know NLP. *The Sourcebook of Magic* is a reference book I highly recommend for developing better resources in one's self and in others.

Reviewed by:

Christine Guilloux Ph.D., DESS
Paris, France

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SYMBOLIC HYPNOTHERAPY:

*Hypnotherapy Session Conducted by Milton H. Erickson, MD.
Lecture and Discussion by Jeffrey K. Zeig, Ph.D.*

Milton H. Erickson Foundation Press

DVD Full Color 120 Minutes

ISBN: 0-9716190-9-3

Symbolic Hypnotherapy is a great DVD to own. It shows the charm, the delivery, and the caring of Milton H. Erickson. It is from a videotape which was made in February 1979, thirteen months before Erickson's death. Zeig discusses hypnotherapy with the goals to: 1) Present some hypnotic techniques of Erickson, and 2) Discuss symbolic hypnotherapy, and more specifically, the use of directed symbols meant to guide psychotherapy.

Zeig, in his earlier years with Erickson, has a lengthy teaching introduction that greatly helps to clarify psychotherapy. Zeig provides a general outline of key aspects of communication and relevant aspects of psychotherapy, giving credit to the major theories and how they are reflected in Erickson's hypnosis.

One question that I had is whether Erickson was conscious of the effect of his communication. Zeig's answer is that Erickson was always goal-directed and didn't leave anything to chance. Erickson was always ahead of the subject and adept at partitioning intermittently her wakefulness and levels of trance. Zeig explained Erickson's orienting and seeding of hypnosis in the early stages of trance.

Erickson departed from his work with this subject to speak of another subject who went into trance, "but she didn't know it." He then asked this subject if that would be the same for her, and challenged her by saying, "Let's find out." He used several confusion techniques, presuppositions, and binds—with two examples being "You obviously are not in a trance, are you?" and "See if you can figure out which hand will lift up first."

According to Zeig, an early symbol that was used was the position of the subject's hand, raised by catalepsy. After giving her a "mini" trance, Erickson brought her back to the present. Her hand was still raised. Zeig described this symbol as a protective barrier, since the hand was placed vertically between the subject and Erickson. In addition, Zeig stated that the subject was given the freedom to say "No" in various ways, to assert her personal power. Erickson wanted her to be in control.

Erickson demonstrated positive and negative hallucinations, such as having the subject "see" a dog, but not "see" his wheelchair. He ratified her trance by asking, "Did you know you couldn't feel a pinch?"

He exhibited the use of amnesia in asking the question "Do you think you can be hypnotized?" *after* she had just been in trance. Thereafter, when the subject showed an altered sense of time, Erickson asked her, "Where have you been the last hour?"

Erickson appeared to tease or provoke the subject, "Isn't it rather amusing that you have forgotten your name? What is your name? Are you sure?" In this way, he set up the work to help her to change some of her identity.

Erickson gave the posthypnotic suggestion, "You've learned a great deal today. You'll make use of it in the future, some things without knowing why."

Near the end of the tape, Zeig stated that Erickson had consolidated his work with anecdotes paving the way for future work, seeded important ideas, and continued the subject's work with riddles and questions. Zeig stated that Erickson had "interiorized" himself into her personality as a parental introject. Overall, Erickson had been working with the subject's "inner self" to help her to positively change some of her identity.

I wholeheartedly recommend that therapists buy this DVD and watch it (with colleagues if possible) several times to grasp the tremendous wisdom from the hypnotherapy demonstrated and explained.

Reviewed by:
Murriel Schulte, Ph.D.
Dallas, Texas

D V D R E V I E W

The Process of Hypnotic Induction

Featuring Milton H. Erickson, M.D. 1964

Commentary by Jeffrey Zeig, Ph.D.

published by Milton H. Erickson Foundation Press

www.erickson-foundation.org/press

90 minutes

ISBN: 1-932248-21-8

"The Process of Hypnotic Induction," filmed at a 1964 medical conference, shows Milton H. Erickson conducting demonstrations with two female subjects. It includes Jeff Zeig's commentary from 1983. Erickson, of course, is amazing, and Zeig's discussion helps the viewer understand just how amazing.

The Erickson segments have a lot of technical shortcomings. The black-and-white film is grainy and flickering, with sound so bad that the producers wisely opted for subtitles. Because most viewers will watch this material repeatedly, these problems become minor details.

Erickson quickly invites his different subjects into trance, using hand levitation for both. One is hypnotically naïve; the other has been in trance before. The naïve subject is highly attentive and provides simple, unassuming cooperation. The second woman displays an exaggerated, smiling compliance that hides resistance. Zeig describes her as compulsive; she equivocates and makes fussily precise statements. The first woman is easy to work with; the second is not.

Erickson seems delighted with both women, without a flicker of uncertainty. He often feeds back responses verbatim, but his tone injects hypnotic implication – by turns quizzical, fascinated, or suggestive of doubt. As always, he provides therapeutic content, even in a "mere demonstration." Some therapeutic messages are overt, e.g., his hope that future surgery, dental work, or childbirth will be easy and comfortable. Other work is covert, as when he eases the second woman toward integration.

Zeig contributes a lecture at the beginning of the video comparing traditional hypnosis with Erickson's approach. This talk is consistently useful and informative, if a bit dry. (If you've seen Zeig speak recently, you will appreciate how deeply he has developed himself as a presenter.) After the talk, he plays Erickson's demonstrations, breaking in occasionally to illuminate what we have just seen.

Erickson's work is famously subtle and multi-layered, so this commentary is welcome. Zeig makes no attempt to describe everything Erickson has done. (That would be a fool's errand!) His perspectives help the viewer discern the major landmarks of Erickson's method.

DVD technology allows for great convenience in accessing and organizing a program like this, but the potential is not realized here. The only menu option is to play the full program. Through trial and error, I discovered chapter markings, but they are not logically placed. Finding the beginning of an Erickson section, for example, requires extensive use of rewind and fast-forward. The viewer might want to watch Erickson's demonstrations uninterrupted – an easily created option on DVD – but this is not available.

So there are technological disappointments here, some due purely to the age of the material, while others could have been corrected with a little more work on the DVD. However, the important thing is that two resources – Erickson's demonstrations and Zeig's exegesis – are now widely available in a medium that is durable and easy to use. Anyone who wants to learn more about the seamless naturalistic induction of trance will benefit from watching *The Process of Hypnotic Induction*.

Review by:
Will Handy, MSSW
Milton H. Erickson Institute of Dallas

BOOK REVIEW

How to Fail as a Therapist: 50 ways to Lose or Damage Your Patients

Bernard Schwartz, Ph.D. and John Flowers, Ph.D.

Impact Publishers ©2006 The Practical Therapist Series

ISBN: 1886230706

This is a useful, easy to read book I wish I had when I was supervising beginning therapists or when I was a beginning therapist myself. There are so many learnings that one acquires over time as a result of making glorious mistakes. Unfortunately, we usually just adjust our style and clinical interactions to avoid those mistakes in the future and forget the mistakes that were made. Accommodating and forgetting the origin of the learning makes it harder to pass on the resulting wisdom to others. This thin volume fills in that void. It is a must reading for every student and intern.

In a user-friendly format, Schwartz and Flowers identify some of the most basic and many of the esoteric blunders we have all made. Each chapter presents a therapeutic concept, such as initiating therapy, setting rapport, termination, compliance with assignments, setting boundaries, medication and the like. Each concept is followed by specific errors that often are committed. Each error is then followed by a series of suggestions on how to avoid that error. Within the suggestions, the main text refers to some interesting scales and assessment tools. Schwartz and Flowers conveniently include these scales and tools in a series of appendices.

For example, chapter Two, *How to Perform Incomplete Assessments. Error #13, Ignoring Patient Resources* cites Erickson's abilities to elicit and build on patient capabilities. The error identifies the tendency to focus exclusively on the patient's problem areas or areas of weakness rather than strengths. The *Avoiding the Error* section has several suggestions on helping the patient identify strengths and past experiences upon which the patient can build success, and overcome the problem area.

As I read this book, I discovered that I sometimes failed to cover all the bases myself with my own patients. It was a good reminder for me to clinically dot my "i's" and cross my "t's." I greatly liked this book because it is written in a straightforward style with no fluff or filler. Each example is well-written and relevant. I highly recommend *How to Fail as a Therapist* for both the novice therapist and the more seasoned of us who want a nice check list to make sure that we stay at the top of our game.

Reviewed by:

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BOOK REVIEW

Hypnosis and Treating Depression Applications in Clinical Practice

Edited by Michael D Yapko

Routledge of the Taylor & Francis Group, 2006

ISBN: 0415953057

Michael D. Yapko has gathered an impressive roster of luminaries within his own arenas of expertise: treating depression and clinical hypnosis. The darkness and desperation, all too present in depression, begin to brighten from the collected *joie de vivre* of Stephen R. Lankton, Moshe S. Torem, Norma & Phillip Barretta, Maggie Phillips, Daniel P. Kohen and Katherine Murray, Jordan I. Zarren, and others. Each remarkable contributor applies his/her proficiency in clinical hypnosis to the core aspects of treating depression identified by Yapko. These aspects are: working within the process-driven perspective of the client; building realistic expectancy; and recognizing and tolerating ambiguity. Hypnosis offers increased potential for successfully treating depression by amplifying attention, or absorption, and introducing hopeful expectancy.

Yapko's organization of the four sections reflects the treatment planning process. The book begins with an overview in *Section I Broad Applications of Hypnosis in Treatment*, leading to *Section II Targeted Applications of Hypnosis in Treatment*, becoming more specific in *Section III Treating Depression with Hypnosis in Special Populations*, and concluding with *Section IV Special Considerations Regarding Hypnotic Treatment*.

Edited books can be a collection of distinct writing styles, or more rarely, they can be a collection of distinct expertise in a cohesive format. Yapko actively adopts the latter design, indirectly providing an additional means of conceptualizing research and treatment. Each chapter includes an overview to orient the reader to the specific topic, further clarification, considerations for use of hypnosis, case studies and/or sample scripts, a summary by the author, then an "Editor's Summary" of concise bullets. Reading the book is like attending a "super-conference" of advanced, half-day workshops where faculty agreed not only on the topic theme, but also on the presentation format. What a pleasure to be able to attend to the variety and depth of content without the added task of adapting to twelve diverse styles. A rare feat well done!

Section Three's attention to special populations offers an uncommon and welcome diversity; eating disorders (N. & P. Barretta), children and adolescents (Kohen & Murray), PTSD and chronic pain (Phillips), and autistic spectrum disorders (Diane Yapko). I especially appreciate the continual emphasis on skill building and coping strategies for the future as opposed to traditionally extensive attention given to the client's history of depressive symptoms. Torem gracefully offers "A Remedy from the Future" in Chapter five using age progression to instill a new sense of hope. In Chapter 13, *Experiential Cognitive Hypnotherapy: Strategies for Relapse Prevention*, Assen Alladin details how to minimize the statistically high risk for relapse by reinforcing the "antidepressive pathways" that have been established earlier in hypnotherapy.

When cross-checking the references for each chapter it was interesting to notice how many contain the same sources along with selected additional references. Even as there are core commonalities in the experience of depression and the application of clinical hypnotherapy, the variety of reference sources reflect the many facets of treating depression.

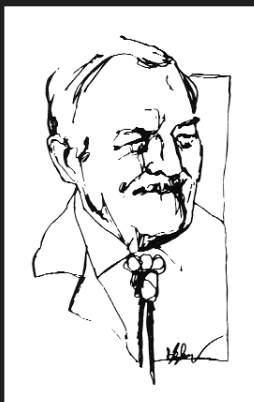
David Spiegel notes in his Foreword, "The treatment of depression is getting less depressing all the time. Effective new treatments are being developed, described, and tested. This book contributes substantially to the array of skills that clinicians can bring to bear in treating depression, and it is long overdue. Enjoy it."

I would underline the sentiment for both us and our clients.

Reviewed by:

Deborah Beckman, MS

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the surface it may appear Erickson is masterfully rearranging the pieces of the puzzle that the client brings to the table. Behind that re-arrangement, however, is a deeper engagement of his presence that cannot be accounted for by reference to skills and technique. Similarly the masterful musician is doing more than playing the notes – they are being musical. It's the "being" part that acknowledges his therapeutic presence, the essence that creates an aesthetic moment.

BAE: We all have felt that "different world" with music that moves us far beyond just music, or poetry that touches us in indefinable ways. How can we incorporate this?

BK: We can't all learn to walk all over again. That's what other shamans would say was part of the teaching that was presented to Erickson. But life presents other teachings to the rest of us that are as capable of bankrupting our present habits and responses, calling us to dig into deeper sources of instruction and guidance.

BAE: Shamans have been in the world for a very long time. In what ways is Erickson similar to these great shamans?

BK: Rest assured, Erickson is a shaman. Anyone who says he wasn't is simply ignorant or jealous of Erickson's prodigious talent. We insult him when we say he was anything less than a shaman or healer. Of course, I am not referring to him as a new age flake; I am comparing him to the great healers of the world's oldest healing traditions. He never said he was a shaman while others said he was. That is true for most of the great shamans!

BAE: At the risk of making a comment you can't answer, you are considered a shaman.

BK: I love being a shaman, though I am aware of the issues involved in uttering such a statement. To me, a shaman is someone who draws upon conscious and unconscious mind, utilizes any of the performing arts, receives anything that is known about helping people change and evolve, and is humbled and directed by the unspeakable and unknowable Mystery. Being a shaman is simply being fully alive. It is not about being an agent of magic or power. I am a shaman because I am

not afraid to play the piano, sing, dance, or go into an ecstatic state whenever my heart feels called to do so. With Rumi and other fools for the divine, I am not embarrassed to be drunk on life.

BAE: That is a lovely "definition." Do you suppose healing is not often addressed because it's difficult to teach?

BK: It cannot be taught in three easy steps. However, a context can be arranged that enhances the possibility that things of greater importance can be learned. Teachers of Zen, jazz, and dance say the same thing. Salvador Minuchin once said you must first learn all the techniques. Then you must throw them all away and forget about them. That's when the learning, the mastery, begins. But knowing this doesn't mean that you can escape all the trivial learning that is first necessary. It isn't trivial in the beginning – that comes later. Becoming a healer, a shaman, and a therapist are no less a challenge and no less honorable a commitment than becoming a samurai or a concert pianist. You must give your whole being to it to become it. Before you "are it," you are simply practicing. That is neither good nor bad. But it isn't the whole presence your whole unconscious seeks.

BAE: What part do dreams play?

BK: There are dreams and then there are Dreams. The former are simply recycling of autobiographical karma and fascinate many therapists. They interest me less, though they may provide ongoing calibrations and resolutions to particular dramas in a person's life.

The latter, the visionary experience of shamans, can transform a life. We need to learn from the Elders of other cultures how to bring deep vision into our lives. Psychotherapists need spirited Visions, dreams going beyond psychological processing, more than they need professional CEUs. By Vision, I am talking about the kind of dreams that the ancient Greeks incubated in their sacred temples, the kind of dreams that shamans go into the wilderness and pray for, the kind of inner awakening that recharges and rewires one's entire being. It is this kind of visionary experience that empowers a therapist to become a more therapeutic/healing presence.

BA: Western thinking is caught in understanding and "how's" rather than accepting. How does

one learn to have these dreams?

BK: Plant some seeds. I recommend ordering some from a seed catalogue. Choose the most interesting plant that in any way interests your imagination. Perhaps its seed can bring forth a purple flower or a prickly needle. When they arrive, take one of these seeds and tape it to the end of a long piece of string. Suspend this string above your bed, tacking the other end to the ceiling, so the seed hangs just above your forehead. Take some of the other seeds and place them inside your pillow. Finally, place some of the seeds underneath your bed directly below your heart and belly button. When you go to bed, close your eyes and think of these seeds located all around your body. Imagine an important teacher, someone from the past or present that you believe is a healing presence. See them watering the seeds and hear them mumbling something you can't quite hear or comprehend. Believe that your unconscious is happy to see you doing these things, seeing and hearing that you are sincerely requesting a vision for guidance. Tell your unconscious that you want to reach deeper into the teachings that can transform your whole being and presence. Expect your garden to grow.

BA: What do you see for the future?

BK: The Euro-Americans are the youngest healers on the block. We need to acknowledge the cultures that have been around for thousands of years. All of them have tapped into the transformational efficacy of trance. I am cheering for the future that dares to escape the professionalism and trivial ethics of today's guilds and seeks to be as amazing and mysterious as the shamans and healers of old. Shame on the guardians that limit our imagination and growth! Their conferences, workshops, and books are trivial and boring, unable of touching the realm of deep transformation. It's time for a revolution of the mind, body, and soul of hypnosis and psychotherapy! I want to do everything I can to bring it on.

BA: But aren't conferences, workshops and books part of our struggle to incorporate healing into our lives?

BK: We need to go to them to learn that we don't need to go to them. Only then are we ready for deeper learning. But knowing this doesn't get you off the hook. You need to prove this in an enacted way. Prove to your conscious mind that it doesn't know, won't know, can't know what the unconscious is capable of holding and delivering.

I think we can begin the revolution by learning from cultures that have been around for a lot longer than psychotherapy. They can teach us that the deepest learning has less to do with acquiring understanding, prediction, and control. It has more to do with cultivating a reverent (and irreverent) relationship to mystery. Wisdom elders recognize the contributions of verbal teaching and the necessary checks and balances a culture needs to protect the community from harmful people. But they know that an obsession with legal and social protection and right answers doesn't go very far in the making of a healer. You must make great sacrifices and commitments to become a healing presence.

BAE: But we are "stuck" in the culture that currently exists. Court systems strike fear into the hearts of most. Advertising announces discomfort means we are victims of social phobia; ask for a drug. I am hearing that incorporating shamanistic wisdom into psychotherapy will actually require a shift in our ideas of who and what we are.

BK: Unfortunately, there are no words that can tell us how to proceed. As Bateson once said, 'I can't tell you the right answers – in fact, I'm not sure I would if I could, because to tell you the real answers, to know the real answers, is always to switch them over to the left brain, to the manipulative side. And once they're switched over, no matter how right they were poetically and aesthetically, they go dead and become manipulative powers.'

The great shamanic, and religious traditions developed ways and practices to teach us how to get the answers that can't be specified through words. I agree with Bateson that the sacred should contextualize

INTERVIEW

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therapy and healing, but to enter this territory, we can never know what we are doing.

BAE: What a paradox!

BK : Yes, this conversation has made us quite the pair! We're a pair of docks – that, is, two piers (peers) on the shore where various goods are received and sent out to others.

BAE: What would you like to have happen in that future?

BK: Therapists who know they

are shamans and are free to dance, shout, sing, shake, and touch in a ceremonial, rejoicing celebration of life. Psychotherapy, as we know it, is dead. It was dead a long time ago. It simply sits in an embalmed state for the living dead, to stare at. The Gods call for a revitalization of healing, both within ourselves and in the way in which we interact with others. Believe me, change is on the way. No one can stop it. I am thrilled about what is about to appear!

BAE: What do you recommend for reading?

BK: I have written an autobiography *Bushman Shaman: Awakening the Spirit through Ecstatic Dance* that may amuse a few. I originally proposed that it be called "*The Gods Are Crazy*." I should warn you that it won't help you get away from any of the paradoxes we have been discussing. It may actually shake things up even more. But I think that's a good thing! The other book I must highly recommend is the one we wrote together about your Daddy, *Milton H. Erickson: An American Healer*. It's the book I always wished

someone would write so I could read it. Now I am able to enjoy reading about the whole man, the genius with a deep heart and profound soul!

BAE: I've seen many of your presentations, read many of your books and I always come away thinking hard. Agree or not, I always think. This interview has been no different and I thank you for the privilege.

BK: And I love how our interaction teaches me and inspires the next thought that seems to have a life of its own!

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