



The Milton H. Erickson Foundation NEWSLETTER

Vol. 27, No. 2

SUMMER 2007

SM

Inside This Issue

TRIBUTE: <i>Jay Haley</i>	1 & 4
CONFERENCE REVIEW: <i>Love & Intimacy: The Couples Conference</i>	6
INTRODUCING THE INSTITUTES: <i>Centro Ericksoniano de La Paz, Baja California Sur</i>	8
FACETS AND REFLECTIONS: <i>Elizabeth Moore Erickson</i>	9
CONTRIBUTOR OF NOTE: <i>W. Michael Munion M.A., L.P.C.</i>	10
TRIBUTE: <i>Albert Ellis</i>	11
THERAPEUTIC FRAMEWORKS: <i>THE LABYRINTH: ANOTHER ROUTE INSIDE</i>	12
IN THE SPIRIT OF THERAPY: <i>Nicholas A. Cummings, Ph.D., Sc.D.</i>	13

Visit Our Website:
www.erickson-foundation.org

T R I B U T E

These interviews originally appeared in the Milton H. Erickson Foundation Newsletter volumes 9(3) and 20(1). They are presented here as tribute to the late Jay Haley.

Jay Haley on Jay Haley by Michael D. Yapko

BACKGROUND

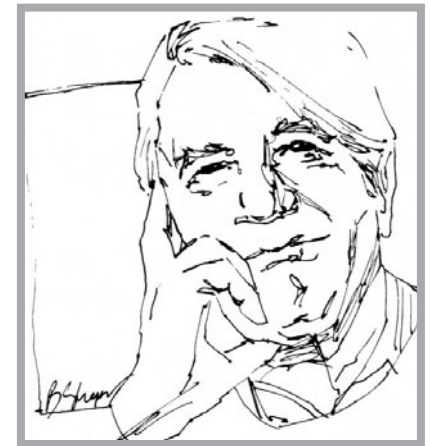
Jay Haley is one of the most influential figures of all time in the field of psychotherapy. The occasion of this festschrift in his honor provides us an opportunity to acknowledge his enormously valuable contributions, especially his helping us to understand problems in interpersonal terms and the value of intervening actively and strategically for our clients' benefit.

Haley has written 19 books on therapy, including *Strategies of Psychotherapy*, *The Power Tactics of Jesus Christ*, *Uncommon Therapy*, and *Learning and Teaching Therapy*.

He was also the founding editor of *Family Process*. Haley's books have been translated into dozens of languages, and he continues to be invited to present his ideas all over the world.

Haley was the first recipient of the Lifetime Achievement Award of the Milton H. Erickson Foundation. His analysis and presentation of Erickson's work were instrumental in making Erickson's ideas and methods widely available to the mental health profession.

At the time of the first interview with Michael Yapko, Haley was Co-Director of the Family Therapy Institute of Washington, DC, a leading training center in strategic and interpersonal approaches to family therapy. The interview was conducted at the Fourth International Congress, held in San Francisco in December 1988. It was published shortly thereafter in the *Erickson Foundation Newsletter*, then under Yapko's editorship. At the time of the second interview, just over ten years later, Haley had recently married anthro-



pologist Madeleine Richeport-Haley, and moved to southern California. The second interview was conducted in Haley's home in January 1999.

Haley is a modest man with some strong opinions. His dry wit and ability to sense and articulate the ironies of the therapy business are simply unparalleled.

PART I

YAPKO: I'd like to get specific biographical information about you, including when and where you were born, your early years, and the things that led you to develop your interest

See TRIBUTE on page 20

The Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

December 6-9, 2007 • Phoenix, Arizona

www.erickson-foundation.org/10thCongress

The Milton H. Erickson Foundation is sponsoring the *Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy*, December 6-9, 2007, at the Hyatt Regency, Phoenix, Arizona.

The Law & Ethics Workshop will be held on Thursday, December 6, presented by Steven J. Frankl, Ph.D., J.D. Practice Development Workshops will begin on Thursday afternoon, following the Keynote Address. Beginning Friday, December 7, the Congress sessions include a Fundamental Hypnosis Track, Short Course presentations, Keynote Addresses, Interactive Events, and Clinical Demonstrations (Live).

The faculty for the Tenth Congress include: Jorge Abia, Philip Accaria,

See CONGRESS on page 2

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

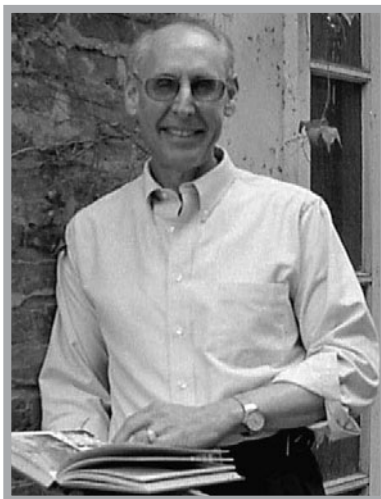
Non-Profit org.
U.S. Postage Paid
Kansas City, MO
Permit No. 1932

EDITOR'S COMMENTS

This issue is dedicated to the memory and enormous contributions of Jay Haley who passed away in February of this year. Haley first introduced me to Erickson in 1973 with his landmark book, *Uncommon Therapy: The Psychiatric Techniques of Milton H. Erickson, MD*. I remember reading it with both awe and disbelief. It all seemed like magic to me. Haley started me on a road that took me to places of which I could not have even dreamt. In honor of his enduring contributions to the Milton H. Erickson Foundation and to all of psychotherapy, and to the personal impact that he has had with so many of us, this issue features the original 1988 and 1999 interviews of Haley by his friend and colleague, Michael Yapko. As Yapko said in his tribute to Haley in the previous issue, "Providing some facts about Jay's life is the easy part of this tribute. The more difficult part is helping readers get to know the extraordinary man behind the achievements." In these interviews, Yapko offers insight into that extraordinary man.

We also are celebrating in this issue the up-coming *Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy* to be held this December in Phoenix, Arizona. We are featuring articles by, and about, some of the presenters who will be at the Congress. Betty Alice Erickson's *Case Report* demonstrates an elegant hypnotic intervention that is pure Erickson. Marilia Baker's *Facets and Reflections* presents an intimate portrait of her experiences in interviewing Elizabeth Erickson for her book, *A Tribute to Elizabeth Moore Erickson*. In addition to her *Facets and Reflections* article, Baker introduces us to the *Centro Ericksoniano de La Paz* in Baja California Sur, Mexico. She provides a fascinating profile of one of our most active and proactive Institutes.

In his *In The Spirit of Therapy* column, John Lentz interviews



Nicholas A. Cummings in this first column of two parts to demonstrate how an indomitable spirit can prevail through adversity to produce excellence. Helen Adrienne introduces a creative use of the labyrinth as a hypnotic adjunct in *Therapeutic Frameworks*. Roxanna Erickson Klein solutes Michael Munion as this issue's *Contributor of Note*. Munion is one who is usually behind the scenes, so we are delighted to introduce you to him and to his many contributions to the Erickson movement.

In addition to our regular columns, our review staff has outdone themselves this issue in presenting a montage of conference, DVD, book and audio reviews that encompass the Erickson Foundation conferences and presenters ranging from the Evolution of Psychotherapy, Brief Therapy, and Couple's conferences and the Ericksonian Congresses. It is truly concise, comprehensive, and informative.

I hope that you enjoy this edition, and that you will join this issue's contributors at the Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy on December 6-9, 2007 in Phoenix, Arizona.

Rick Landis
Laguna Niguel, CA

CONGRESS *continued from page 1*

Steve Andreas, Philip Appel, Marilia Baker, Norma and Philip Barretta, Rubin Battino, Sofia Bauer, John Beahrs, Danie Beaulieu, Cheryl Bell-Gadsby, Sonja Benson, George Burns, Consuelo Casula, Robert Dilts, Yvonne Dolan, Janet Sasson Edgette, John Edgette, Betty Alice Erickson, Douglas Flemons, John Frykman, George Gafner, Teresa Garcia-Sanchez, Brent B. Geary, Stephen Gilligan, Eric Greenleaf, Woltemade Hartman, Harriet Hollander, Michael Hoyt, Lynn Johnson, Carol Kershaw, Krzysztof Klajs, Richard Landis, Stephen R. Lankton, Camillo Loredio, Sharon McLaughlin, Scott Miller, Joyce C. Mills, Michael Munion, Giorgio Nardone, Rafael Nuñez, Marc Oster, Jane Parsons-Fein, Maggie Phillips, Wendel Ray, Michele Ritterman, Teresa Robles, Sidney Rosen, Ernest Rossi, Kathryn Rossi, Gary Ruelas, Alan Schefflin, Robert Schwarz, Dan Short, Susy Signer-Fischer, Annellen M. Simpkins and Alexander Simpkins, Albina Tamalonis, Bernhard Trenkle, Suzi Tucker, Claude Virot, R. Reid Wilson, Michael Yapko, Lilian Borges Zeig, and Jeffrey K. Zeig.

Post-Congress Advanced Training Day – Monday, December 10th!

The Erickson Foundation has added a special post-Congress *Advanced Ericksonian Hypnosis Training Day*, Monday, December 10, 2007. The morning session, "Advanced Induction" with Jeffrey K. Zeig, Ph.D., will be followed by the afternoon session, "Advanced Indirect Language and Techniques" with Stephen Lankton, MSW, DAHB.

The full Congress offers 33.5 Continuing Education hours. Accreditation information is available in the Congress brochure and on the Congress web site. The complete brochure with the Congress schedule of events, Online registration, hotel accommodation, presenter bios and workshop handouts also is available Online: www.erickson-foundation.org/10thCongress. To receive the brochure by mail contact: The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016-6500; Email, Sonya@erickson-foundation.org (please Email complete mailing address; Subject line: Congress brochure); Tel, 602-956-6196; Fax, 602-956-0519.



**The NEW Foundation Web Site
is Online! www.erickson-foundation.org**

The Milton H. Erickson Foundation NEWSLETTER

Executive Editor: Richard Landis, Ph.D.

Managing Editor: Sharon McLaughlin, M.A.

**Review Editors: C. Alexander Simpkins, Ph.D.,
Annellen Simpkins, Ph.D.**

Institutes: Marilia Baker, M.S.W.

Production Assistant: Karen Haviley

Guest Editors: Betty Alice Erickson, M.S., LPC, LMFT

Contributor of Note: Roxanna Erickson Klein, R.N., Ph.D.

In the Spirit of Therapy Editor: John Lentz, D.Min.

**Guest Reviewers: Deborah Beckman, M.S., LPC,
Maria Escalante Cortina, Christine Guilloux, D.E.S.S.,
Will Handy, LMSW-ACP**

–Board of Directors–

Jeffrey K. Zeig, Ph.D.

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

J. Charles Theisen, M.A., M.B.A., J.D.

Camillo Loredio, M.D.

Bernhard Trenkle, Dipl.Psych.

The Milton H. Erickson Foundation, Inc.

3606 North 24th Street

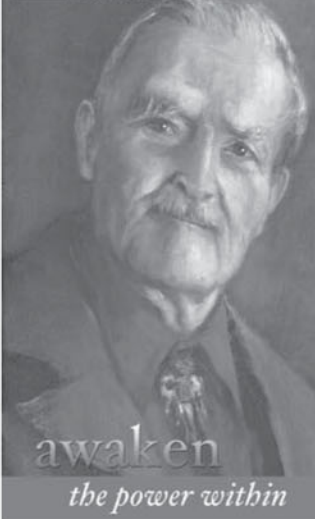
Phoenix, Arizona 85016-6500

U.S.A.

Telephone: (602) 956-6196

FAX: (602) 956-0519

**Subscribe to the Erickson Listserv:
www.topica.com/lists/EricksonList**



Special Offer for Newsletter Subscribers!

Take \$30 off the Current
Fees below when you
register with this
registration form!

*You must use this registration
form to receive the discounted
rate.

Current Registration Fees / Deadlines:

FULL CONGRESS

US Professionals -
\$449 / Oct 15 • \$489 / Nov 15

Students/Interns/Seniors -
\$349 / Oct 15 • \$389 / Nov 15

Full Congress WITH Law & Ethics

US Professionals -
\$545 / Oct 15 • \$585 / Nov 15

Students/Interns/Seniors -
\$445 / Oct 15 • \$485 / Nov 15

POST-CONGRESS ADVANCED TRAINING DAY: \$89

Visit the Congress Site for:
Schedule of Events

Complete List of 60+ Faculty
with Bios

Accreditation Information

Travel & Hotel Accommodation

Day Ticket Purchases

Free Educational Downloads

The Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy

December 6-9, 2007 • Phoenix, Arizona • Hyatt Regency

SPECIAL REGISTRATION OFFER FOR NEWSLETTER SUBSCRIBERS!

1 Name (As you want it on name badge—please print) _____
Street Address _____
City _____ State/Province _____
Zip/Postal Code _____ Country _____
Daytime Phone _____ Fax _____
E-mail Address _____ University attended _____
University Major _____ Highest degree only _____
Professional License # _____ Physically Challenged ¹Yes No

2 I verify that I meet the minimum eligibility requirements to attend the 10th International Congress
and that I am a (please check one of the boxes below):
US Professional Foreign Professional/Foreign Student
Senior Citizen providing proof of age (65 years and older)
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 (Thursday PM - Sunday, December 6-9, 2007)
Full Conference Registration WITH Law & Ethics Workshops (Thursday AM - Sunday, December 6-9, 2007)
(please indicate your choice of Law & Ethics Workshop): Workshop 1 (4 hrs) or Workshops 1 & 2 (6 hrs)
(I will attend the complete *Fundamentals of Ericksonian Hypnosis* eight-session program)
Individual Day Tickets (for those NOT attending the full 4-day Conference):
Law & Ethics Workshops 1 (4 hrs) & 2 (6 hrs) - Thursday AM, December 6
Thursday, All Day - December 6: 1/2 day Congress PLUS Law & Ethics Workshops 1 (4 hrs) & 2 (6 hrs)
Thursday, PM Only, December 6: 1/2 day Congress WITHOUT Law & Ethics Workshops
Friday - Dec 7 Saturday - Dec 8 Sunday - Dec 9
Post-Conference Advanced Ericksonian Training Workshop Day - Monday, December 10

4 I am enclosing the following amount \$ _____
 Personal/Company² Check # _____ Make checks payable to American Continuing Education, Inc or ACEI
 Credit Card³— please check one of the following: Visa MasterCard Discover American Express
Credit Card Number _____ Exp Date _____
Billing Address Zip/Postal Code _____ Billing Address Phone Number (_____) _____
Name (As it appears on card) _____ Cardholder Signature _____
 Purchase Order # _____ (Attach copy of purchase order)

5 Send this completed form with **FULL** payment and accompanying paperwork to:
American Continuing Education, Inc.
c/o Erickson Congress • PO Box 17009 • St Paul, MN 55117
Tel: 1-651-487-3001 Fax: 1-651-489-3387 (credit card payments ONLY) Email: miltonerickson@cmehelp.com

¹ Hyatt Regency Phoenix is ADA compliant. Please inform the hotel about any special needs. Any special concerns must be brought to the attention of the Milton H Erickson Foundation prior to August 15, 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 November 4, 2007. Requests postmarked from November 5 to November 30, 2007, will receive a 50% refund of paid fees. **No refunds after November 30, 2007.** No exceptions to this policy will be made. Please allow 8-10 weeks for processing. Cancellations received after November 4, 2007, will be processed in January, 2008.

T R I B U T E

JAY HALEY: MY TEACHER

Salvador Minuchin

March, 2007

His voice was clear and challenging - and now is silent forever.

Jay and I go back to the late 1960s, when I went to Palo Alto to convince him to come to work with us at the Philadelphia Child Guidance Clinic. I suggested that he come to the clinic and that, for half a year, he could just observe what we were doing and then decide what he would like to do. After three months, he said he would be the head of research - but, in effect, he became Resident Teacher.

For years, between 8 and 9 A.M., while we were traveling to the clinic, Jay, Braulio Montalvo, and I engaged in an impromptu seminar. With the clarity that was his hallmark, Jay presented ideas about systems theory and types of intervention that seemed too esoteric to Braulio and myself and we responded with the pragmatism of clinicians, trying to rein in his certainty. In time, the strength of our voices increased; we became equal participants in a conversation that morphed into the ideas that formed, I think, the basis of my thinking about structural therapy and Jay's strategic family therapy. As we worked together and our friendship increased, we developed a pattern in our relationship that the staff of the clinic jokingly described as the members of the intergalactic Enterprise. Jay was the intellectual Dr. Spock, Braulio was Dr. Bones, and I was Captain Kirk. It was a formidable partnership.

Jay was forever pushing the envelope, testing the limits of new ideas - explorations that bore his imprint of being clear, over-inclusive, and challenging. And I was forever unsuccessful in trying to tame his boldness. Jay seemed to need an opponent to hone his thinking and give energy to his explorations, but once he was satisfied with his own explanations he would mellow and become a committed teacher, moving gracefully from ideas like the homeostatic resistance of a system to a specific focus on the therapist's restricted style of intervention.

He was always available to his stu-

dents. Even after the end of the day, he could be seen surrounded by young people, like a peripatetic Greek philosopher without a toga. And in his supervision, there was only one rule: nobody could criticize a therapist unless he or she could formulate a clear alternative intervention.

Because he was forever challenging educational institutions, maintaining that they inflicted damage on their students, he was excited when we got a grant to train paraprofessionals in family therapy. Here was an opportunity to train people who were not influenced by the imposition of narrow ideas imparted by a college. Jay developed what would be our teaching strategy: an inductive approach to training. Students would have the experience first, and learn later the meaning of what they did. All family interviews were to be supervised live, and it was the job of the supervisor to protect both the family and the trainee. A telephone behind the one-way mirror was always ready for correcting an intervention. To make possible such a cold immersion into therapy and its techniques, Jay prepared a detailed map of the first interview that the students would use to guide the voyage of the first encounter. It was the respect, demand, and discipline Jay brought to this group of students that was instrumental, I think, in moving them to a professionalism equal to that of their university trained colleagues.

Whether supervising professionals or paraprofessionals, Jay would sit behind the mirror with a telephone in his hand. After a period of observation, he would develop a whole treatment plan, with a clear objective and a tentative set of probable interventions. It was always interesting to watch this creative process; to notice how he could see around corners. His plans frequently carried both directions and indirection; an understanding of logical processes and of the absurdity of life. There was an explicit demand for an acceptance of the task required for change, and an implicit smile acknowledging that in life there are no straight roads, and that all goals are temporary. I think this duality - the disciplined scholar combined with the secretive smile of the Cheshire Cat - was his message to

"Jay was forever pushing the envelope, testing the limits of new ideas - explorations that bore his imprint of being clear, over-inclusive, and challenging."

his students, but it was imparted in cumulative small doses until, with a "Eureka", it became incorporated into a new perspective on life; therapy and the relationships among people seen as both clear ideas and stammering; as soaring and stumbling. There was, in Jay, an unending optimism about the possibilities of therapy. He taught a direct-detouring journey toward a more effective and harmonious expansion of relationships. In time, his teaching lost paternity, as his ideas and techniques became part of the grammar of the field; a public domain trove that we all use. Jay was

a late-born samurai, his rapier always ready to challenge foolishness and absurdity. He was passionate in his defense of children, whom he saw as becoming addicted to prescribed drugs, and relentless in his criticism of the psychiatric establishment, whose pronouncements about the human condition he considered pedantic and obscure. Now that he isn't here to fight our battles, we feel diminished and unprotected.

*This piece is also printed in, and presented with the permission of **Family Process: www.familyprocess.org***

"He was a kind, true gentleman and a scholar."

T R I B U T E

Jay Haley

Braulio Montalvo

Jay Haley, more than anyone, integrated the therapist's use of empathy with the use of clever strategy. He oriented therapists to become practical and helpful by focusing on the person's social-existential situation. He would teach how to listen and observe in order to fashion effective, economic interventions. In his view, the therapist was not to be a wandering analytic soul companion, but rather a down-to-earth, relief-oriented, context-changing craftsman. His broad roots in the art of hypnosis and on the minute observation of cognitive and emotional interactions within the family allowed him to work inventively with therapists from all kinds of professions. He was at home with all types of therapeutic procedures and ideologies. His illuminating contributions through articles, books and videos will keep challenging and enriching the field of psychotherapy.

He also knew how to be a good friend.

Scott R. Woolley

I had the great honor to work with Jay Haley during the final decade of his life during which he served as a Research Professor in our MFT programs.

What stands out for me the most was his deep kindness and compassion in working with our students, and his passion for helping people change. Our students come from all over the world, and Jay was particularly interested in working with students from diverse backgrounds. He was fascinated with, and respectful of, their cultures and perspectives.

Whenever I run into a student who resists my supervision, I think of Jay, and I do my best to follow his example and calmly, patiently and kindly work with the student. He was a kind, true gentleman and a scholar.

*This tribute was also printed in the **Journal of Systemic Therapies** 26(3) 2007 and is reprinted with permission.*



The definitive presentation of a great man's legacy.

THE COLLECTED WORKS MILTON H. ERICKSON



Each volume is a deluxe, limited edition!

COMING IN NOVEMBER!

For the 40th Anniversary of the Milton H. Erickson Foundation

The first four volumes of this ongoing series, *The Collected Works of Milton H. Erickson*, begins the process of making his sizable and significant literature accessible to students, researchers, clinicians and educators in the behavioral sciences, and related life sciences of medicine and neuroscience. Some of this material has not appeared in print for over 40 years!

Each volume is a deluxe, limited edition that will become a treasured addition to any library — and features new introductory material by the editors.

Four volumes will be published each year until 2010 — a total of 16 volumes in this initial installment of the series — with additional volumes made available thereafter as materials from the Erickson Foundation Archives are assembled and edited into thematic collections.

**TAKE ADVANTAGE OF OUR SPECIAL
20% PREPUBLICATION DISCOUNT!**

Volume 1 — The Nature of Therapeutic Hypnosis
ISBN: 978-1-932248-30-2 / 320 pages / Cloth / \$59.95 **Your Price: \$47.96**
(plus shipping & handling)

Volume 2 — Basic Hypnotic Induction and Therapeutic Suggestion
ISBN: 978-1-932248-31-9 / 352 pages / Cloth / \$59.95 **Your Price: \$47.96**
(plus shipping & handling)

Volume 3 — Unorthodox Therapy: An Introduction
ISBN: 978-1-932248-32-6 / 324 pages / Cloth / \$59.95 **Your Price: \$47.96**
(plus shipping & handling)

Volume 4 — Advanced Approaches to Therapeutic Hypnosis
ISBN: 978-1-932248-33-3 / 356 pages / Cloth / \$59.95 **Your Price: \$47.96**
(plus shipping & handling)

Edited by Ernest L. Rossi, Ph.D., Roxanna Erickson-Klein, Ph.D. & Kathryn Lane Rossi, Ph.D.



Published by The Milton H. Erickson Foundation Press



THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON	THE COLLECTED WORKS OF MILTON H. ERICKSON
Volume 1	Volume 2	Volume 3	Volume 4	Volume 5	Volume 6	Volume 7	Volume 8	Volume 9	Volume 10	Volume 11	Volume 12
The Nature of Therapeutic Hypnosis	Basic Hypnotic Induction and Therapeutic Suggestion	Unorthodox Therapy: An Introduction	Advanced Approaches to Therapeutic Hypnosis	Classical Hypnotic Phenomena Part 1: Psychodynamics	Classical Hypnotic Phenomena Part 2: Memory and Hallucination	Mind-Body Healing and Rehabilitation	General and Historical Surveys of Hypnosis	Hypnotic Realities: The Induction of Clinical Hypnosis and Forms of Indirect Suggestion	Hypnotherapy: An Exploratory Casebook	Experiencing Hypnosis: Therapeutic Approaches to Altered States	
Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi	Rossi, Erickson-Klein & Rossi
The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press	The Milton H. Erickson Foundation Press

TO RESERVE YOUR COPIES

Mail: Milton H. Erickson Foundation, Inc. / 3606 N. 24th St. / Phoenix, AZ 85016

Fax: 602-956-0519 / Email: sales@erickson-foundation.org

www.erickson-foundation.org/press

C O N F E R E N C E R E V I E W

Love & Intimacy: The Couples Conference

April 2007

Orange County, CA

Love & Intimacy: The Couples Conference was held April 27-29 2007 in Orange County, California. The format allowed participants to have prolonged contact with a selective group of innovators as they presented their carefully thought-out methods with practical techniques. The workshops were further enhanced by the quality of the participants, sensitive and experienced practitioners as well as intelligent motivated students, whose thoughtful questions led to deeper understandings for all. Keynotes and discussions interspersed between the workshops helped to crystallize issues raised.

A full-day pre-conference on Law and Ethics was offered by Steven Frankel, PhD, JD. He covered important ethical and legal issues involving confidentiality, privilege, and coping with subpoenas. Frankel turned this technical material into an entertaining and enjoyable experience with his real-life examples and engaging sense of humor.

The conference began with a keynote address from Terry Real, LICSW, who redefined marriage for the twenty first century. Modern couples demand more than just companionship: They seek intimacy! He offered a skill set for both men and women to achieve this. He introduced Relationship Empowerment Therapy and in his workshops developed an understanding of how to use this method. He offered many practical techniques such as one he called the relationship grid, which he used as a diagnostic tool. His down-to-earth approach taught important skills, such as for men to open up and for women to assert themselves lovingly. His two workshops showed participants techniques to help cou-

ples get "from where they are to where they need to be."

Pat Love, EdD gave several workshops for improving relationships on many levels: from emotions to hormones. In one workshop, she taught how to deepen intimacy and connect without words using second-order change. Another workshop dealt with sexuality in terms of client physiology. Subtly, with warm, friendly humor, Love covered challenging physiologically-driven problems such as sexual compulsivity, addictions, obesity, and depression, showing how to work with these problems at many levels.

Ellyn Bader, PhD tackled the pervasive problems of lies, affairs, and deception. She offered research and clinically tested insights about why people lie and the types and forms of deception common to failing relationships. She explained her method of attachment and differentiation with techniques for creative confrontation. Couples learn to engage intimately without losing their sense of individuality and uniqueness. Partners can maintain contact, even when it is threatening, building a close and fulfilling relationship.

Stan Tatkin PsyD also presented an attachment approach. He has integrated a developmental understanding of the mind/brain/behavior interactions. Attachment organization begins in infancy, forming brain function as people develop. Arousal, part of any relationship and especially primary ones such as marriage, stimulates the autonomic nervous system to influence how couples relate. The question an attachment therapist should ask is, do the partners tend to deal with these autonomic responses on their own (self-regulate) or do they turn to each other? Therapy helps partners rely on each other, even when it is uncomfortable, paving the way for satisfying intimacy.

Cloe Madanes, Lic Psic, HDL, presented her effective methods for working with some of the most seri-

ous and sometimes dangerous problems a couples therapist encounters: spousal abuse. She addressed this problem on many levels at once, showing how to prevent any further harm from happening while guiding the whole family system toward healing and change. Madanes's method, though tough when needed, was also sensitive. For example, she showed the poignant uncovering of the tragic origins of an abuser who had himself been a victim of humiliation and abuse as a young child. With films and explanations, participants were taken through the course of therapy, gaining tools to help chronic abusers make a complete transformation.

Harville Hendrix, PhD, co-founder of Imago Relationship Therapy, presented a two-day course leading to certification as an Imago therapist. Imago Therapy is a system that assumes couples find each other in order to repair and heal the damage of childhood. The method of treatment shifts couples away from personal needs to address relationship needs. Conflict is seen as an opportunity for partners to help heal the other through connection. The quality of a "sacred space between" is nurtured through a method of directed dialogue in which partners learn how to talk to each other constructively. The workshops included didactic teaching plus opportunities to practice the specific techniques that were taught.

Dan Siegel, MD offered an all-day presentation. His keynote address introduced the neural basis of mindful awareness as uncovered by recent neuroscience studies. Neural integration, a coordination and balance in the functioning of the brain, is associated with mental coherence and empathic relationships. For Siegel, the neural, subjective and interpersonal, although not reducible to each other, are all interrelated. Thus, improvement in one dimension will facilitate the others. He explained how life-narratives derive from patterns of attachment and showed people how to move beyond these patterns for real

change. Siegel offered specific interventions that participants could learn, to enhance and deepen the interpersonal integration leading to intimacy.

Jeffrey Zeig, PhD offered several varied programs. One workshop presented Erickson working with a troubled couple. He showed the film, analyzing sequences of interaction line-by-line, unraveling its fabric to trace the intricate threads of the master at work. Participants were guided in understanding key Ericksonian concepts, such as subtly planting the seed of an idea that would later be harvested as therapeutic responsiveness and change. Zeig's passion for the topic was evident in his fascinating and animated presentation of how Erickson brought about results, further explaining it with personal anecdotes. Zeig's workshop on couples sculpting demonstrated his innovative blend of mind and body both for treating couples and as an indirect form of assessment. He also participated in a thought-provoking discussion session with Pat Love on integrating sex therapy into couples counseling.

In our modern culture, the potential for interpersonal closeness is far too often dismissed with a pessimistic prognosis for achievability. But this conference offered a refreshing optimism backed up by experienced, tested approaches for building intimate relationships: Natural, health-promoting and satisfying relationships can be achieved. The faculty provided the means, and the participants left with the methods to make it happen!

Audio recordings from the Couples Conference are available. See www.ericksonfoundationstore.com.

The 2008 Couples Conference will be held in April 2008 in San Jose. Information will be posted on www.couplesconference.com.

Reviewed by:

C. Alexander Simpkins, Ph.D.
Annellen M. Simpkins, Ph.D.

JOIN THE FOUNDATION E-MAIL MAILING LIST!

Be the first to receive Conference announcements and registration specials; information on audiotape/videotape, and CD/DVD specials from the Erickson Press; automatically receive the Online version of the Erickson Newsletter and more. Sign-up on the Foundation's web site: www.erickson-foundation.org. *The Erickson Foundation will not sell or rent your E-mail address to any person or organization.*

INTRODUCING THE INSTITUTES

Centro Ericksoniano de La Paz, Baja California Sur

Interviewed by Cecilia Fabre, MA

Email: venydescubre@hotmail.com

The *Centro Ericksoniano de La Paz*, Baja California Sur, Mexico, was established

May, 2005 by Matilde Cervantes, Lic. Psych, Sarai Gomez, Lic. Psych, and Cecilia Fabre, MA. Psychologists, Ciro Almada and Dulce Anyra Cota, were invited as therapy and training affiliates. The Institute is located in the charming resort town of La Paz (Peace) at the tip of the Baja California peninsula. The name of the city fittingly describes the peaceful Sea of Cortez surroundings interspersed with rugged yet vibrant desert vegetation. It also serves as action metaphor for much of the therapeutic work developed at the Institute. Following Dr. Erickson's interventions suggesting patients to observe closely the plant or animal life which survives adversity in the desert where rain has not fallen in years, Cervantes, Gomez & team *utilize* to the maximum the natural resources around them. Simultaneously with the Institute they run the *Centro de Cultura y Desarrollo Humano* incorporated to promote activities for developing human potential.

Matilde Cervantes and Sarai Gomez became interested in Milton Erickson initially through the tutelage of Jorge Orozco at the University of Baja California in Mexicali, in 2002. His contagious enthusiasm for Ericksonian hypnosis and psychotherapy had been perfected through his studies with Teresa Robles and her team in Mexico City. Subsequently he established the Milton H. Erickson Institute of Mexicali. Another influence for Cervantes and Gomez was through a clinical internship with Marta Campillo, a renowned Ericksonian, director of the Milton H. Erickson Institute of Xalapa, Veracruz. Their interest in Erickson was further consolidated through an eventful synchronicity – at a newspaper stand they laid eyes on *Saludablemente*, a psycho-educational publication by *Centro Ericksoniano de Mexico*. Contacting Teresa Robles directly and being warmly welcomed by her opened up unforeseen opportunities, including opening in La Paz a partner campus for Robles' Masters program in Ericksonian Psychotherapy.

The activities at the Institute have been many since its initiation in 2005. In addition to the masters program – a second generation of graduates is under way – there is clinical work with individuals, couples, families and, especially children. Sarai Gomez is particularly proud of their focus on early childhood interventions, special education/special needs, psychophysiology, and learning disabilities. Psycho-educational ecological trips are offered (such as for rescuing baby turtles from certain death). Summer camps also have become a tradition. Environmental and ecological awareness is foremost in working with children and adolescents, and promote self-awareness, healthy self-concepts, sexual education, and mastering emotions. The Institute also is actively involved in community initiatives aimed at adolescent suicide preven-

tion, drug abuse prevention, and child malnutrition prevention through education and therapy. It recently donated \$16,000 Mexican pesos to a foundation granting scholarships and school lunches to underprivileged children as well as \$20,000 Mexican pesos to adolescent education and prevention programs. Another important activity is pro bono therapeutic work with musicians of the local Symphony and students of the State sponsored School of Music. In addition, Cervantes, Gomez and their team have become quite involved with the Secretariat of Public Education through the already mentioned prevention programs. They support the development of full potential in women: girls,



Sarai Gomez and the Summer Institute.

adolescents, adults and old.

In January 2006 the *Centro Ericksoniano de La Paz* was distinguished with the honor of housing permanently the *Bandera de la Paz* by Dr. Alicia Rodriguez., This symbol had its origins in ancient Mayan traditions. Its tradition is aimed at engendering inner peace and peace among peoples through education, cultural exchanges, and promoting union within diversity. To celebrate the first anniversary of such distinction, Cervantes, Gomez and their team organized the First International Festival of Arts and Culture, congregating four countries and 40 different activities, including representation from Argentina, Canada, France and Mexico. The festival was welcomed by the community and reached more than 10,000 people.

As Cervantes proudly stated: " All of what we are and do is under the Ericksonian vision and mission of harmonious growth and change. Our aim is to do excellent work to leave everlasting footprints."

The *Centro Ericksoniano de La Paz* wishes to thank the many Ericksonians and international faculty who have supported their efforts through the years, including Ciro Almada, Marilia Baker, Lilian Borges Zeig, Marta Campillo, Consuelo Casula, Dulce Cota, Rocio Cruz, Mrs. Elizabeth Erickson, Cecilia Fabre, Margarita Gutierrez, Cecile Laversin, Joyce Mills, Omar Murillo, Jorge Orozco, Teresa Robles, Jeffrey Zeig, and the staff of the Milton H. Erickson Foundation in Phoenix.



Left to right: Co-directors Sarai Gomez and Matilde Cervantes; Margarita Gutierrez, invited professor; Dulce Anyra Cota and Ciro Almada, therapist affiliates.

FACETS & REFLECTIONS

Elizabeth Moore Erickson's multi-faceted human qualities, and how they influenced my outlook on life.

By Marilia Baker, MSW, LMFT

Phoenix Institute of Ericksonian Therapy

There was a special moment in my life 30 years ago when I noticed the dedication of *Uncommon Therapy*¹, which read "To Mrs. Elizabeth Erickson". This inscription intrigued me. I had an immediate, strong *knowing* that behind the qualifier "uncommon" Jay Haley attributed to the great psychiatrist's work there certainly was an *uncommon* life partner! I felt confident she fit the other meanings of uncommon: unusual, extraordinary, remarkable, of rare beauty, unique, singular. I had a new mission: Go find the Feminine life force behind the great man, I thought. Go find the *femme inspiratrice* -- the inspiration, the muse, the role model, and you will meet the lifetime companion, the remarkable woman, the wife, the mother of his children, and the colleague extraordinaire.

I became interested in Elizabeth Erickson, as I pursued the therapeutic approaches of her husband. The recent death of Jay Haley transported me to that moment in time, and reminded me of the multitude of ways that studying his book opened doors for me. Haley's work introduced me to a great man, and indirectly to a great woman. Many years later I had the privilege of interviewing Mrs. Erickson for the Erickson Centennial edition of this *Newsletter* (Vol. 21,,2, Summer, 2001)².

Subsequently I paid homage to her in book form. ³"Family narratives validated my initial intuition: "Her contributions were central and integral to our father's work", said daughters Betty Alice and Roxanna." Meeting Mrs. Erickson personally and learning her ways of perceiving the world have had an *everlasting impact* on my outlook on life. It would be impossible to describe what in Elizabeth Moore Erickson has impressed me the most or has influenced me the most, I would say: *everything*. Even though our lives and circumstances have been different I have identified with her in many ways. She is to me a woman who serves as a model and inspiration in all areas of my life. Let me list some of the ways:

A long life well lived. Today, April 22nd, is Mrs. Erickson's 92nd birthday. This fact inspires me to want to live as long and as well, enjoying every moment, feeling grateful and happy for the smallest reasons, practicing the art of *le petit bonheur*, persistently looking for the positive but true side of things, without being naive. In 2001 she had a bad fall and broke her arm. I asked how she was feeling. Her answer: "I am exceedingly glad I *know how to fall*." (It could, indeed, have been much worse). I have been pondering on the multiple implications of this truism for my everyday life: *knowing how to fall*.

A long, successful, collaborative partnership and marriage. In interviews with members of the Erickson family, I learned again and again of the magnificent synergy between Milton Erickson and Elizabeth Moore.

Setting the cornerstone: Bert, Dr. Erickson's oldest son, told me how much he liked Miss Moore from the moment he first met her, experiencing her sensitive and accepting manner. He was seven when 21-year-old Elizabeth married his father. "She was everything we could have hoped for". There was a significant apprehension though, for both his five-year-old brother and he – would his



new mother know how to prepare school lunches for them? As a young mother, her response set the tone for a lifetime of creative solutions and synergy. Bert and Lance placed the lunchbox staples in front of their new mother: bread, jars of peanut butter and jelly. "Normal preparation involved pasting peanut butter on one slice and jelly on the other", said Bert. "But Mom did it better – she softened the peanut butter and blended the jelly into it. Such an unusual outcome and, how delicious it was!" Such thoughtfulness can serve as a utilizable metaphor for any marriage, any family, and any merger.

Unique, remarkable, of rare beauty. I have been deeply touched by Elizabeth Erickson's unique worldview and personal style. Particularly meaningful to me was her style of fostering and systematically nurturing the power of imagination in her children through storytelling has been particularly meaningful to me. A major implication of this apparently simple tradition refers to the education of children for freedom of thought, autonomy, respect for others, physical health, and self-reliance through imagination⁴. Evidence from neuroscience research corroborates the intricate relationship between imagination and health. What is hypnosis if not the utilization of influential words and powerful imagery to attain freedom from stress, disease and suffering? Hypnosis can build autonomy, self-reliance, altruism, and a healthy self-concept.

Successful widowhood. For the past 27 years Elizabeth Erickson has been a remarkable model of healthy independence, autonomy, and self-reliance in widowhood. She summed up her philosophy at the conclusion of our Centennial interview: "All of what we do makes us who we are. The connections we make, and what we do, all have an impact that we cannot even anticipate at the time. Everything is meaningful if we are open to it".

Compiling mementos on Elizabeth M. Erickson: If you have a memory, a story, a vignette, or a reflection on your interactions and/or encounters with Mrs. Erickson, and want to let her know in what ways she has touched your life, please email Roxanna Erickson Klein at: ericksonklein@yahoo.com.

¹Jay Haley (1973) *Uncommon Therapy*. The Psychiatric Techniques of Milton H. Erickson, M.D. New York: Norton.

²I am indebted to Dan Short, Ph.D., then Editor-in-Chief, who facilitated this opportunity.

³Marilia Baker (2004). *A Tribute to Elizabeth Moore Erickson*. Colleague Extraordinaire, Wife, Mother, and Companion. Mexico: Alom Editores (English edition).

⁴Daughter Roxanna recalls with delight the magical mornings in her childhood when her mother would read from their favorite L. Frank Baum's *Oz Books* series (e.g. *The Wonderful Wizard of Oz*) while braiding her long tresses and those of her sister Kristi's. The tradition of reading these treasured series has been observed by the Erickson family and passed on to their children and grandchildren. Further see Baker, M. (2004) *A Tribute to Elizabeth Moore Erickson*.

C O N T R I B U T O R O F N O T E

W. Michael Munion M.A., L.P.C.

By Roxanna Erickson Klein R.N., Ph.D.

Michael Munion MA has been a steady contributor to Ericksonian movement for many years. His behind the scenes support give him a familiar presence though few are aware of the extent of his contributions.

Michael Munion dates his interest in Ericksonian approaches to the first Congress in 1980, where he was a volunteer. At that time, new to the field, he was looking to extend his clinical knowledge and skills. The first session he attended was led by Kay Thompson, DDS, who was well known for her exquisite creative use of language. During and subsequent to the Congress, Munion came to realize that he was already Ericksonian in his thinking although he had not really appreciated this orientation prior to his experiences at the Congress. He continued to volunteer for other Congresses, including the Evolution of Psychotherapy Congress in 1985. The Evolution Congress had a dramatic effect on the field of therapy, as well as on many who attended including Munion.

Following the Evolution Congress, Munion was stimulated to better understand the interfaces, differences and commonalities among widely known approaches to therapy. As a result of that inquiry, Munion and Jeffrey Zeig collaborated to edit the book, *What is Psychotherapy? Contemporary Perspectives* (Jossey Bass, 1990). The book looked at broad questions relevant to students of the field and brought together eighty one original commentaries from well-known practitioners. It offered an important summary guide to students who wish to have a clearer perspective of similarities and differences among psychotherapeutic approaches.

Zeig and Munion continued their collaboration with a second book, *Milton H. Erickson* (Sage, London, 1999). This book is part of a Sage publication series on key figures in counseling and psychotherapy. It is intended to give students a perspec-



tive on the unique contributions of Erickson, and how Ericksonian approaches fit with the larger field. The book has been translated into both Japanese and Polish. Royalties generated from both books are part of Munion's ongoing contributions to the Milton H. Erickson Foundation.

Munion has presented at a number of Congresses, and has been selected as faculty for the upcoming Tenth International Congress on Ericksonian Approaches to Hypnosis

and Psychotherapy this December in Phoenix. He is also a training affiliate of the Phoenix Institute for Ericksonian Therapy.

Munion maintains a private practice with offices in Gold Canyon and Mesa, Arizona. His focus on private practice allows him the flexibility to pursue more teaching, workshops, and professional writing. Munion describes his approach to individual, marital and family therapy as brief and solution focused treatment that utilizes many Ericksonian techniques including hypnotherapy. He maintains an interest in cognitive behavioral approaches; treatment of the adolescent; substance abuse; and domestic violence. Having spent 20 years as clinical director at Superstition Mountain Mental Health Center, a multi-faceted facility offering a growing and broad range mental health services to six communities, Munion has a solid background of expertise. He teaches at Ottawa University, and recently has given workshops dealing with methamphetamine issues as they relate to child abuse and neglect.

The ideology of change holds a

fascination for Munion, and ongoing inquiry into the process of generating healthy change has continued to guide his thinking. Munion's basic philosophy focuses on the importance of people becoming more health oriented. He aspires to sweep away the illusion of mind body divisions that interfere with people mobilizing their own internal resources to facilitate their health and well being. This is an extension of the principles by which hypnosis provides relief from pain. Intentionality is key in this process. Munion is committed to the perspective that individuals can take an active role in their own healing (both psychological and physical), and become more intentional in interactions of all kinds.

Michael Munion is a dedicated contributor who has helped carry forward the momentum of the Ericksonian approaches and the legacy of Milton Erickson. In his own quiet way, he sets a standard of contribution to the healing arts that is admirable and appreciated.

To learn more about his work go to www.michaelmunion.com

The Milton H. Erickson Foundation Presents

Intensive Training

IN ERICKSONIAN APPROACHES TO BRIEF HYPNOTIC PSYCHOTHERAPY

FEATURING:

Brent B. Geary, Ph.D.,
Jeffrey K. Zeig, Ph.D.,
Stephen Lankton, MSW, DAHD,
and Invited Presenters

30 Continuing Education hours each week
Fundamental, Intermediate, Advanced Levels of Training

For more information:
The Milton H. Erickson Foundation, Inc.
3606 N. 24th Street, Phoenix, AZ 85016
Tel: 602-956-6196 / Fax: 602-956-0519
Email: sonya@erickson-foundation.org / Web: www.erickson-foundation.org

2008

'Celebrating its 21st Year!'

PHOENIX ARIZONA

FUNDAMENTAL
October 22-26, 2007
February 4-8, 2008
July 14-18, 2008
October 13-17, 2008
INTERMEDIATE
Oct 29-Nov 2, 2007
February 11-15, 2008
July 21-25, 2008
October 20-24, 2008
ADVANCED
July 28 - Aug 1, 2008

Albert Ellis: A Tribute

By Jeffrey K. Zeig

It is with deep sorrow that I received and now report the death of Albert Ellis, Ph.D. Al was born in Pittsburgh on September 27, 1913. Present at his death was his wife, Deborah Joffe Ellis.

I travel to New York City three or four times a year to teach and I frequently have visited Al and Debbie during those trips. For much of the past two years, Al was bedridden and communication was limited. But it was always comforting to witness how much Debbie adored Al. She was devoted, remaining glued to his bedside, attending to his needs and health care. It was her dedication that kept Al alive and comfortable during his arduous final illness.

Al was a great friend of the Erickson Foundation, having presented at numerous meetings beginning with the 1985 Evolution of Psychotherapy Conference. Al graced the podium of every subsequent Evolution Conference, including the 1994 European Evolution Conference. He presented at Erickson Congresses and Brief Therapy Conferences from 1986 to 2003. Al and I served on the faculty of international meetings in Latin America.

My most memorable moments with Al were at the 1988 International Congress on Brief Therapy in San Francisco when we engaged in a dialogue. A dialogue with Al was really destined to be a debate, and Al was a peerless debater, who had engaged countless contributors to psychotherapy, and, well...I wanted to be included on that list. Also, that dialogue served as an opportunity to study more deeply Al's monumental contributions, something I recommend to all clinicians.

The discussion was spirited and when it ended, Al remarked that I had done a good job. Janet Wolfe, his companion of almost 40 years, indicated that Al's pronouncement was high praise.

Al was a complex man. He was driven and dedicated. He was philosophical yet down-to-earth; he was humane and self-aggrandizing. Impossibly cantankerous, and at once familiar, he was "Al," not "Dr. Ellis." Above all, he was efficient and energetic, working 16 hours a day or more.

My best friend, J. Charles Theisen, wrote his Masters Thesis on Al under the supervision of Harold Greenwald at United States International University in San Diego. Knowing Al's gene for efficiency, Chuck scheduled a time for a personal interview on one of Al's cross-country flights, and booked a seat next to him.

Al's approach to therapy and the human condition was earthy -- and filled with humor. Imagine the nasal New York City twang as Al would lead therapists and patients in song at one of his workshops. You see, he'd sometimes borrow a popular tune and put new words to it to reflect important principles from, Rational Emotive Behavior Therapy (REBT).

Al was in Disneyland—at least once. I remember seeing him there on December 13, 1990, the night I rented Disneyland for a private party for attendees of the Evolution Conference. Al in Disneyland was an anomalous sight. And, the image did not last long. He left with his usual flair...after pronouncing an unprintable expletive about his surroundings. My guess is that he went back to the hotel to write another book.

Dedicated to the Institute for Rational Emotive Therapy, which he founded in 1959, almost all of his earnings were donated to the Institute.

In 1965, Al purchased with his personal funds a six-story building on 65th Street in Manhattan that eventually became known as the Albert Ellis Institute. In recent years a newsworthy controversy started brewing about control of the assets of the Institute once Al was removed from its board.

Al was not much for creature comforts. He lived a Spartan lifestyle in a simple apartment on the top floor of the Institute where I visited him twice. Clearly, his contributions to humanity, not his human comforts, were what were important to him. He really wanted people to correct their distorted attitudes and take a more positive and proactive approach to living as sanely as possible in an insane world.

Al was a workhorse. He saw patients and then wrote in between the brief therapy sessions he conducted. And he worked despite prolonged adversity,



*Albert Ellis and Jeffrey Zeig
Workshop in Mexico
(1997)*

including diabetes and profound hearing loss in his later life.

Never was Al one to mince words. He had a fearless integrity combined with dramatic flair. His letters to me were true to form: "I am coming to your (expletive deleted) conference," he would write. Then he would jest that his presence would be sufficient, and that no other experts would be needed.

Perhaps some of my affinity for Al was due to the fact that we were both reared in the Bronx. Al was a New York City institution. His Friday night drop-in groups at the Institute were legendary where participants got to have the REBT message delivered with the sagacity of Woody Allen and the saltiness of Lenny Bruce. Al's obituary was front-page news in the New York Times which was followed by a feature in its Sunday section. His death was noted in detail on New York City television news.

The contributions that Al made to psychotherapy are more numerous than can be recounted here. Therapists of all persuasions were influenced by him. It is impossible to attend graduate school in any psychotherapy discipline without learning the ABCs of REBT.

I frequently use things I learned from Al. I do not know how many times I have shared with patients Al's notion that we are all members of the FFH club: fallible, f++ked-up, human beings. I borrow his description to re-frame with humor patient's negative thinking.

Al's contributions to hypnosis are less well-known, but Al was a fellow of Division 30 of the American Psychological Association, which is the division dedicated to psychological hypnosis. Al published on hypnosis and was proficient in its practice. He presented on REBT and hypnosis at an early Erickson Congress.

Al was an avid spokesman for Rational Emotive Behavior Therapy, the method he invented in the mid-1950s and refined throughout his lifetime. A tireless author, he wrote more than 75 books for professionals and the public on wide-ranging topics including human sexuality, relationships, anxiety, depression, and addiction.

Al Ellis's legacy is secure. A 1982 survey indicated that Al was rated ahead of Freud, and second to Carl Rogers, as the most influential therapist among clinical psychologists.

I do not think any therapist treated as many patients as Al did. No therapist wrote as many papers and books as Al did. No expert conducted as many workshops as Al did. No expert is cited more widely in the psychotherapy literature. No presenter made a workshop more interesting and provocative. No therapist in history was more public in demonstrating his clinical work.

Al was a man with a determined attitude, who dedicated his life to the proposition that self-defeating thoughts could be permanently cured by self-determining one's attitude. It is not our circumstances that determine our destiny; it is our attitude about them. Nobody made that proposition plainer, or advocated it more strongly than Al Ellis.

Links from Wikipedia:

- * <http://www.rebt.org/>
- * <http://www.rebtnetwork.org/>
- * <http://www.rebt.ws/>
- * <http://www.albertellis.info/>
- * <http://www.arebt.org/>
- * <http://www.rebt-cbt.net/>
- * http://changingminds.org/explanations/belief/irrational_beliefs.htm
- * <http://albert-ellis-friends.net/>

T H E R A P E U T I C F R A M E W O R K S

THE LABYRINTH: ANOTHER ROUTE INSIDE

By Helen Adrienne, LCSW, BCD

www.helenadrienne.com

Anyone who receives the Milton Erickson Foundation Newsletter is likely to know that hypnosis excels as a modality by which we can guide patients into an inner space of intelligence and serenity. Yet not all of our patients are open to the wonders of hypnosis. Some have been prejudiced against it. Others are afraid.

Years ago, I started using a paper representation of the labyrinth at Chartres pictured on this page as a settling device for such patients. I had promising results.

My approach has been to explain to a patient what a labyrinth is, and how I believe the process will serve them. I give them a paper version of the labyrinth and set the tone with conversational trance. I wrote a generic script which I personalize as they trace the inward journey using a colored pencil. When patients gets to the center, I invite them to close their eyes and allow their minds to collect the random thoughts or memories that came to them as they meandered through the labyrinthine loops while listening to me. When they open their eyes I encourage them to capture their thoughts on paper for later use. With a different colored pencil so as not to get confused, they trace their way out as they continue to follow my voice. Discoveries always ensue.

The labyrinth is not a maze. It is a path that circumnavigates its way

into, and out of, a central space without dead-ends. The experience thus has three parts: the journey in; arriving and being in the center; and the journey out. No doubt you can appreciate its metaphoric value --to arrive at the center of the labyrinth can be akin to arriving at the center of one's self.

The labyrinth can be a task aimed at anxiety reduction, or an induction attendant to other goals. Either way, when used by a practitioner, it parallels hypnosis. The banter used to guide the person into and out of the center can encourage attention to the breath and to the senses. It can label evolving trance-comfort; it can pendulate between conscious and unconscious awareness; it can be scripted with primary process language; and it can be deliberate in the use of metaphor. A patient's own imagery

can be utilized along the way, especially once in the center as a deepening technique when the labyrinth is used as an induction and the center of the labyrinth becomes the place where the main hypnotic intervention takes place.

Some metaphoric influences that can be incorporated into the script are descriptive of the labyrinth itself. For example, "twists and turns" (like real life), or "each turn leads toward the center" (your path inward can be continuous).

The root of the word clue comes from "clew," which refers to the turns in a labyrinth. Once you've explained this fact in your patter, it can have a powerful hypnotic impact if you say, "...and as you allow your-

See FRAMEWORKS on page 14

WE'RE BUILDING ON YOUR FOUNDATION

DONATE TO OUR FUND AND RECEIVE AN AUTOGRAPHED BOOK. FREE.

The new building fund of the Milton H. Erickson Foundation will ensure that our educational services continue to expand, that the cataloging and preservation of our archive proceeds, so future generations can easily access the ever-growing collection of resources we offer to health care providers.

The Foundation has come into ownership of several hundred copies of vintage classic books — four of the original volumes published by Dr. Milton Erickson and Dr. Ernest Rossi. (At this time the Foundation Press is distributing updated Neurobiology Versions of these works on CD through erickson-foundation.org/press, but neither hardback nor paperback of the updates are yet available.) These volumes are in their original shipping cartons and in pristine condition.

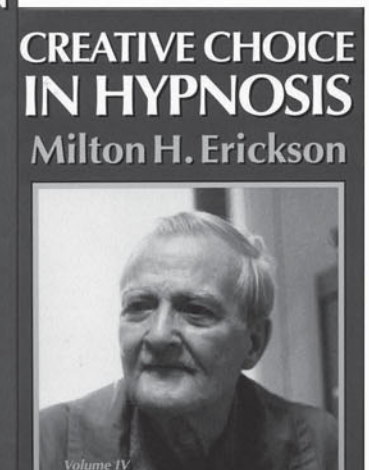
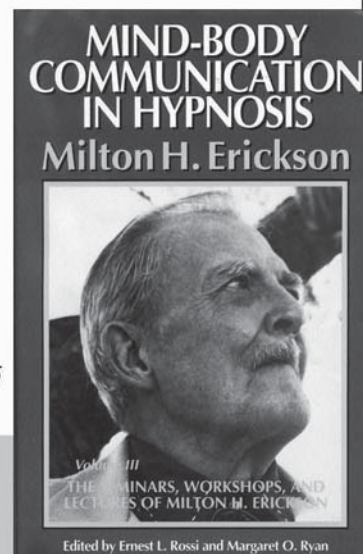
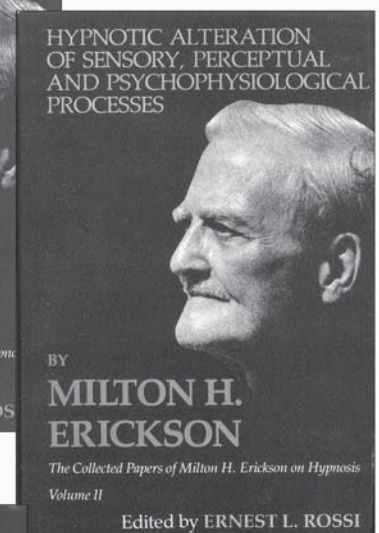
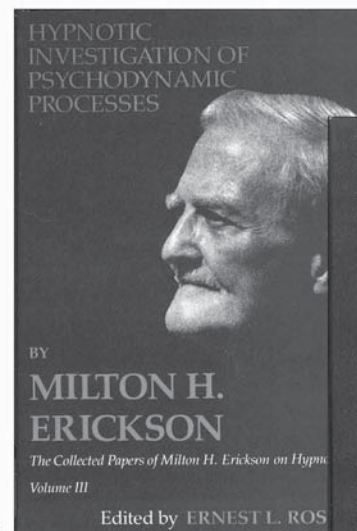
Donate to the fund now and you can receive one of these classic Erickson titles **FREE**. While supplies last, and with a minimum donation of \$50, we will recognize our supporters who request it with a copy of one of these four books, autographed by Dr. Ernest Rossi, or a special commemorative edition of Dr. Erickson's bookplate.

Take advantage of this opportunity to start or complete your collection while supporting the Foundation's commitment to preserving the Erickson legacy, and sharing knowledge in the behavioral sciences and the healing arts. Mail in your donation, call us — or email us at donations@erickson-foundation.org — and tell us which books you want. **Remember, quantities are as limited.** And because the Foundation is a nonprofit organization, your donation may be tax deductible. Thank you for your support.

Your donation includes postage and handling in the U.S. — for International orders, please add \$15 to your donation for the first volume, \$10 for each additional.



The Milton H. Erickson Foundation, Inc.
3606 N. 24th Street • Phoenix, AZ 85016-6500
602-956-6196 • fax: 602-956-0519



IN THE SPIRIT OF THERAPY

This edition of IN THE SPIRIT OF THERAPY is devoted to how people's beliefs impact their ability to become successful. Since Dr. Nicholas Cummings is one of the most widely successful people in almost every area of his life he was asked to speak about his beliefs and successes. He generously accepted the request. In telling his story he provides a formula for his success. It is hypnotic and efficient.. This article is the first of a two-part series. The second part will spell out the formula in more detail, and offer insights into the spirituality of success. Cummings' credentials give a hint of his accomplishments, and success, but only a hint. He is a person of amazing, accomplishment, generosity, and kindness.

*Nicholas A. Cummings, Ph.D., Sc.D.
Distinguished Professor, University
of Nevada, Reno*

*President, Cummings Foundation for
Behavioral Health, Inc.*

*Board Chair, The Nicholas &
Dorothy Cummings Foundation, Inc.*

Board Chair, Care Integra

*Former President, American
Psychological Association*

John Lentz: Dr. Cummings, Many people believe things about God and themselves that results in a world view that blocks their success. Some people seem to believe they don't deserve to be successful. Clearly your beliefs have invited, and even magnified, your ability to not just survive and succeed, but to thrive and achieve amazing heights of success in multiple areas. Would you share some of your insights and beliefs about success?

Nicholas Cummings: It is my guiding belief that all of us have an intended potential accomplishment and that often tragedy and other obstacles can serve to strengthen our resolve toward that goal. I learned this from my maternal grandmother who has had the greatest influence on my life. She was born in Northern Greece and deprived of any formal education. She was totally illiterate, but brilliant, a woman with a tremendous oral history who could recite

from memory almost all of Homer's Iliad and Odyssey and taught me the same.

JL: Have you ever thought about how your Grandmother's reciting of Homer's Iliad and Odyssey was also a powerful hypnotic message to overcome tragedy and become successful?

NC: In her recitations of the Homeric heroic tales, my grandmother used the many adversities that tried to keep Ulysses from his purpose as a way of illustrating that these only strengthened his resolve. Everyone has a purpose, and someday I would realize mine. At age four my father died, leaving my 25-year-old mother a widow with two young children. My mother plunged into a severe depression and my grandmother essentially raised my younger sister and me during the next several years.

Because my grandmother arrived in the U.S. late in life, she knew no English, so we spoke only Greek at home. So I went to kindergarten speaking no English. The school system was quite backward, and the principal was a petty tyrant who physically beat me the first week of school because I was unresponsive. Terrified, I responded to my inability to understand any instructions by remaining mute. The school officials diagnosed me mentally retarded after having me tested by a school psychologist. Remaining mute, I flunked, and papers were drawn committing me to a Home for Retarded Children. In her depression my mother signed them, and had it not been for the intervention of an uncle and another man who had been by father's friend before his death, I would have been committed. I learned English within a month or two and was later re-diagnosed as gifted. But it was a very close call.

When I was eight my mother remarried, and we moved to the San Francisco. At the age of nine I was struck with polio, almost died, and eventually was totally paralyzed from the waist down. My parents were told by neurologists that I would never walk again. My Grandmother Mary once again came to the rescue. She badgered me into trying a controversial theory that believed even passive exercise would restore nerve trans-

mission. When my mother wasn't looking I would creep down the stairs like a snake, chin myself on water pipes, mounting my bicycle, than pushing down from my hips as my legs were useless. My grandmother applauded my efforts even though at first I would go less than a city block before I fell. I had to lie there until someone came to pick me up. Discouraged and wanting to give up, my intuitive grandmother would, with the cruelest voice she could muster, yell, "You are only nine; do you want to be a helpless cripple all your life?" Yes, she used the now politically

incorrect word "cripple," but she knew what she was doing. It angered and motivated me.

In further discussion with Dr. Cummings, it became apparent that the events he recounted spoke volumes about his spiritual stance toward the world. His early experiences elicited a powerful hypnotic incentive to continue to succeed. Subsequently he realized that success is our birthright.. Dr. Cummings will continue his story in the next issue of the Newsletter.



**The NEW Foundation Web Site
is Online! www.erickson-foundation.org**

Advertise...

Your Workshops or Books HERE!

<i>Full Page</i>	•	9 1/4"w x 11 1/4"h	•	\$995
<i>1/2 Page/Vert.</i>	•	4 1/2"w x 11 1/4"h	•	\$595
<i>1/2 Page/Horiz.</i>	•	9 1/4"w x 5 1/2"h	•	\$595
<i>1/4 Page</i>	•	4 1/2"w x 5 1/2"h	•	\$345
<i>1/8 Page</i>	•	4 1/2"w x 2 5/8"h	•	\$225

Frequency discounts available!

**Circulation: 11,500 U.S. (mailed) -
Posted Online: www.erickson-foundation.org**

**Space Reserve/Art Deadline for the Fall/Winter Issue
(mail date: December 2007): October 1, 2007**

For a copy of our Rate Card/Specs contact:

**The Milton H. Erickson Foundation
3606 N. 24th Street Phoenix, AZ 85016-6500
Fax, 602/956-0519 • Tel, 602/956-6196
Email, mhreg@aol.com**

**Subscribe to the Erickson Listserv:
www.topica.com/lists/EricksonList**

C A S E R E P O R T

Hypnosis for Self-Healing

By Betty Alice Erickson, MA, LPC

Note: Joe was not a "usual" client. Highly motivated, in therapy at exactly the right time, he believed life was good, and the therapy fit his paradigm perfectly. Even though it is not common that everything works so well, the concepts and ideas used in this case can be useful in many situations.

Joe walked into the office with a diffident yet paradoxically firm attitude. A handsome 32 year old, he had never had a long-term relationship. He used to start out just fine, he said, but after having sex a few times, he would lose his erection half-way through. As time went on, he would lose his erection more quickly. Now he couldn't even get one at the beginning of an encounter. Worse, he was starting to choose people who were not his type, who drank too much or had no ambition. He was sure the two problems were related.

His first sexual encounter was at 16. A church youth counselor crawled into his sleeping bag at a campout and molested him. The man said Joe had enjoyed it because he physically responded. Joe had never told anyone about this. However, he didn't think it had anything to do with his current problem. He had "almost forgotten all about it."

Joe's physician had recommended hypnosis, so I taught him self-hypnosis. I used a favorite injunction, "for your own good purposes," and he practiced faithfully. At our fourth session he told me proudly that while in a trance, he had revisited the night he had been molested. He remembered he had said, "Stop!" He had said it several times, but he had been too embarrassed to "make a commotion." We then talked about how children live in literally different worlds. We each brought up foolish things we had done as kids and laughed at how much we had changed, how we had outgrown many old ideas.

At the next session, almost as conversation, I talked about how Erickson's work embodied five universal moral values: truth, compassion, justice, respect and accountability. The next week, Joe said he had thought a lot and couldn't think of a single good situation that did not have those values. His molestation violated every single value, he added angrily.

We used formal trance that day. I asked him to visualize himself as a 16-year old. I told him he had gained wisdom in his 32 years of life, so I wanted him to use that wisdom to give that youngster truth, compassion, respect and to teach him the accountability of his molestation. At the end, we did not discuss the half hour he had spent in silent trance. He remarked that he wanted to continue that trance at home.

During the next couple sessions he discussed his molestation from a totally different perspective. He looked on the Internet and was delighted to see his perpetrator was a Registered Sex Offender. "Somebody told," Joe said happily. "He got caught!" During this time, he looked for a better job, and was also introduced to someone who seemed right for him. He decided to start dating again. He wasn't going to worry about losing his erection, he said. "Worrying would guarantee it," he remarked.

At our last session, he reported he didn't think he had a problem anymore. But he wanted to come back in a month or so just to make sure "everything kept working right."

Discussion: Joe's difficulties were built on an unsolvable dilemma. He blamed himself for his molestation and for "enjoying" what was actually repugnant to him. Failing at sex insured he would not enjoy it any more, which was a perfect "punishment." This pattern then escalated into dates with people he knew were unsuitable—yet another reason to fail at sex. His circular thinking that he was to blame and not worthy was reinforced.

Joe was highly defended in his belief that the abuse was not affecting him. I learned from Erickson that functional people will not use self-hypnosis in ways they are not ready to handle. Joe was ready to heal himself. Remembering his

"...I talked about how Erickson's work embodied five universal moral values: truth, compassion, justice, respect and accountability.

protests began his healing. Joe's structuring of his own therapy, with only a little guidance, embodies Erickson's idea of nurturing independence.

Moral values are clearly an integral part of Erickson's work. I had discussed them with Joe as interesting conversation. He discovered "on his own" that he had been violated on moral levels. Separating those moral violations from his physical responses allowed him to eliminate self-blame.

Joe used his adult wisdom to give his unconscious a more adult understanding of the abuse. Erickson repeatedly said the unconscious is childlike and knows reality from concrete experiences. It also generates emotions that are not rational. We all know that children routinely outgrew childish beliefs.

Laughing about outgrowing childhood beliefs normalized Joe's blaming himself in an understandable way. That action allowed him to accept that he wasn't to blame. Without blame, he had no reason to feel guilty about something done to him.

An adult understanding of moral values allowed him to heal. To discover his perpetrator was a registered Sex Offender was serendipity at its best--there was even justice. Joe could continue his life as he really wanted, being more of who he really was.

FRAMEWORKS *continued from page 12*

self to take a deep and relaxing breath ... with each clue, you can get a clue." It is important to encourage the process to move slowly. I have slowed the process by using my voice, but also by incorporating a description of the habits of the three-toed sloth. Slowing down the journey through the labyrinth is akin to the hypnotic intention of narrowing the focus of attention.

Labyrinths were originally meant to be walked. Having walked a labyrinth many times, I am aware of its capacity to create a shift, a byproduct of hypnosis as well. A paper labyrinth becomes a convenient, concrete therapeutic tool. The sensitivity of our fingers as we trace the path serves as an analogue to actually walking it.

The uses for the paper labyrinth can be many and varied. Although the labyrinth predates Christianity, it was picked up by the Christians as a "walking prayer." The paper labyrinth can be used in this context as well with those for whom spirituality is thought of as congruent with emotional growth. The spiritually oriented patient can be encouraged to release some issue on the way in, ask for guidance in the center, and experience a shift in affect or awareness on the way out. A labyrinth can be used with children, or in combination with

brain-balancing music as a biofeedback approach to insomnia. It can be used as a distraction that could impact chronic pain or irritable bowel syndrome. It can be used in many therapeutic situations. The feel of the texture of a wooden or soapstone labyrinth would evoke different experiences than pencil on paper and can be used by the blind. I have used it in a support group setting with infertility patients.

The labyrinth provides many opportunities to use one's hypnosis training creatively. It can impact the same place in the brain as hypnosis both with those who are averse to formal trance work and those who are not.

©Helen Adrienne, 2007

420 East 64th Street - 1D(East)

New York, New York 10021

Helen@helenadrienne.com

This article was written with valuable contributions by Susan Dowell, Susan Hendricks, Wayne Martin and Marie Madeo.

For info and resources about the labyrinth go on-line to: www.veriditas.net, www.labyrinthsociety.org, www.gracecathedral.org, www.LabyrinthResourceGroup.org, www.lessons4living.com/walking.htm.

VISIT THE NEW ONLINE STORE!

www.ericksonfoundationstore.com

The Erickson Foundation has made many products available for online purchase including books and audio/video recordings from past Conferences. Audio files (MP3) for immediate download also will be available in the coming months. Check back often for new products added to the already expanding list of new titles available for online purchasing.

NEW PUBLIC RELATIONS LINK ADDED TO FOUNDATION HOMEPAGE

www.erickson-foundation.org/pr/

The new link provides downloadable PDF order forms for books, audio and video recordings, brochures for upcoming Foundation conferences, and links to additional organizations offering psychotherapy-related workshops and programs.

ONLINE NEWSLETTER

Visit the *Milton H. Erickson Foundation Newsletter* web page with easy-to-read PDF versions of new and archival editions. Go to: www.erickson-foundation.org and click on 'Newsletter'. Join the Foundation E-mail mailing list and be the first to receive the most current published editions!

JOIN THE FOUNDATION E-MAIL MAILING LIST!

Be the first to receive Conference announcements and registration specials; information on audiotape/videotape, and CD/DVD specials from the Erickson Press; automatically receive the Online version of the Erickson Newsletter and more. Sign-up on the Foundation's web site: www.erickson-foundation.org
The Erickson Foundation will not sell or rent your E-mail address to any person or organization.

THE ERICKSON LISTSERV - Join the Discussion!

This Internet discussion group addresses Ericksonian approaches to hypnosis and psychotherapy. Additionally, list members have access to a web site featuring papers, photographs, and a matching service for workshop presenters and those in need of training.

TO SUBSCRIBE: <http://www.topica.com/lists/EricksonList>

Or send a BLANK e-mail to: EricksonList-subscribe@topica.com

MILTON H. ERICKSON INSTITUTE OF DALLAS 2007/2008 TRAINING SCHEDULE

FEATURING BETTY ALICE ERICKSON, MS, LPC, LMFT
WITH DEBORAH BECKMAN, MS, LPC AND WILL HANDY, LCSW
AND SPECIAL GUEST PRESENTERS FOR LEVEL III

Level I: Fundamentals of Ericksonian Hypnotherapy - April 19-22

Level II: Intermediate Skills in Ericksonian Hypnotherapy - July 19-22

Level III: Advanced Ericksonian Hypnotherapy - October 18-21*

**Dates Subject to Change*

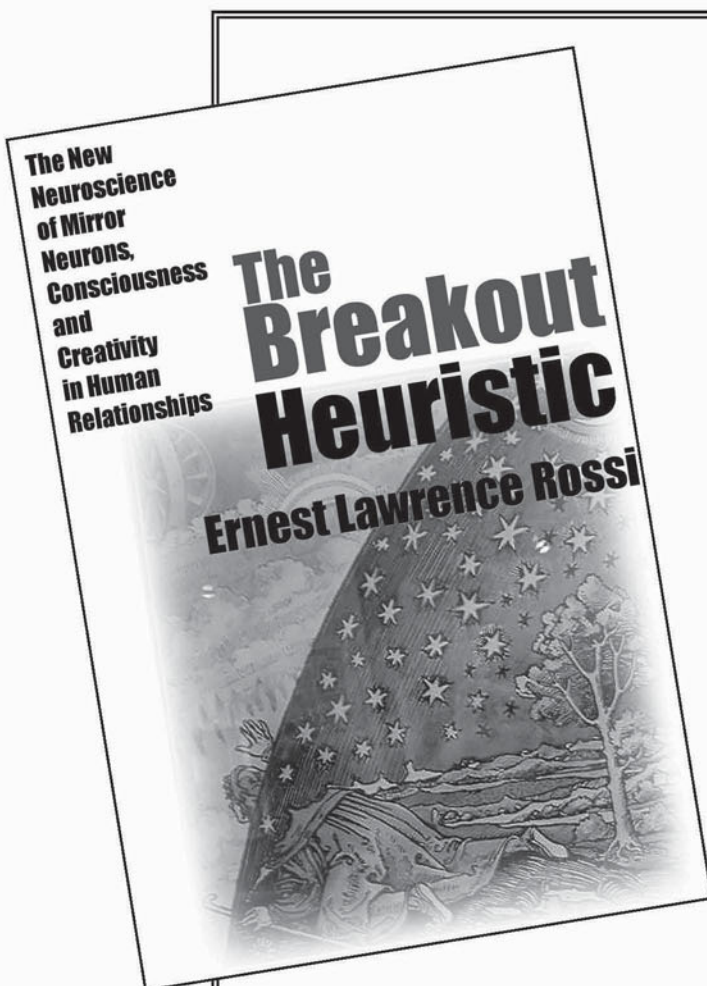
Thurs (2-8PM) • Fri/Sat (9AM-6PM) • Sun (9AM-3PM)

Limited to 10 Participants Per Session

Tuition: \$435 - Materials, Textbook,
Three Working-Lunches & One Working-Dinner Included

For Information & Registration:

Deborah Beckman & Will Handy, Education Coordinators
Call 214.824.2009 • E-mail: EricksonDallas@sbcglobal.net



PREPARE TO GET YOUR MIND ALTERED

How do our minds and brain re-create each other in a perpetual spiral of insightful breakthroughs?

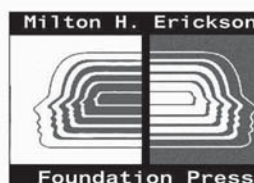
How do significant life experiences update the neural networks of our physical brain every day?

The papers in this challenging new volume by Ernest Rossi trace the source of intuition and insight experienced in *The Breakout Heuristic* to the implicit or unconscious level during dreams, therapeutic hypnosis, psychotherapy, rehabilitation, and creative work in general. Rossi also recounts personal vignettes of his early creative development, poignant moments with Milton H. Erickson, and his recent stroke recovery.

Order your copy today. Because this latest book by Rossi could be your path to the "ah-ha!" experience.

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

Order it online @ www.ericksonfoundationstore.com



The Milton H. Erickson Foundation, Inc.
3606 N. 24th Street • Phoenix, AZ 85016-6500
602-956-6196 • fax: 602-956-0519
sales@erickson-foundation.org
www.erickson-foundation.org/press

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2007		
10/5-7	MHE Institute of West Virginia and WV University Hypnosis Study Group 24th Annual Hypnosis Training Workshop / Morgantown, WV / Betty Alice Erickson, M.S. and Invited Faculty	1.
10/6-7	Eating Disorders / Rome, Italy / Jeffrey K. Zeig, Ph.D.	2.
10/10-11	Brief Therapy / Cologne, Germany / Zeig	3.
10/12-13	Intermediate Hypnosis / Copenhagen, Denmark / Zeig	4.
10/18-21	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	5.
10/22-26	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	6.
10/29-11/2	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	6.
11/25-30	Maximizing the Healing Power of Connection in Hypnotherapy and Healing / Esalen, Calif. / Michelle Ritterman, Ph.D.	7.
11/28-12/2	Ongoing Supervision Training / Mexico City, MEXICO / Zeig	8.
12/6-9	Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy / Phoenix, Ariz. / Invited Faculty	6.
2008		
1/24-27	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Minneapolis, Minn. / Zeig	9.
1/31-2/3	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	5.
2/4-8	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	6.
2/11-15	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters	6.

Contact Information:

1. Marion Kostka; Tel, 304-293-4431; Email, marion.kostka@mail.wvu.edu ; Web, www.wvu.edu/~cocenter/HypAnnual.html
2. Camillo Lorioedo; Email, c.lorioedo@agora.it
3. Email, m.luetz@alexianer-koeln.de
4. Email, per.nilsson@post2.tele.dk
5. Helen Adrienne; E-mail, HAMSW@aol.com ; Tel, 212/758-0125
6. The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Toll-free tel, 1-877-212-6678; tel, 602/956-6196; fax, 602/956-0519; E-mail, office@erickson-foundation.org ; Web: www.erickson-foundation.org
7. Kinga Pfeifer, Programs@esalen.org; Sami Gamble and Kinga Pfeifer, Programs Department, Esalen Institute; Tel, 831-667-3038; Fax, 831-667-0329
8. Juan Francisco Ramirez Martinez / Email: juan_francisco@mac.com
9. Email, Wark@umn.edu

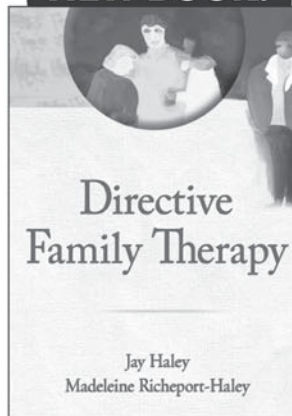
To submit a listing for Upcoming Trainings, please send dates, title of workshop, venue, city/state/country, list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$10 fee, per listing, is required. Deadline for the 2007 Fall/Winter Issue (mailed December) is October 1, 2007. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; mhreg@aol.com

TAKE 20% OFF YOUR BOOK ORDER!

Mention code **MEFA14** when ordering. Discount expires December 31, 2007.



NEW BOOK!



Directive Family Therapy

Jay Haley, PhD (deceased),
and Madeleine Richeport-Haley, PhD

"A brief orientation to many of the key issues involved in Haley's strategic approach, case after case arranged along a life-cycle continuum, plus fascinating interviews illuminating key figures and moments in the history of family therapy."

—Michael F. Hoyt, PhD, Author of *Some Stories are Better Than Others, Interviews with Brief Therapy Experts, and The Present is a Gift: Mo' Better Stories from the World of Brief Therapy*

"There are no hidden meanings or psychobabble, just CLEAR COMMUNICATION AND THE TRUTH—A LIGHT SHINING IN THE DARKNESS!"

—John H. Frykman, PhD, Author of *A New Connection* and *The Hassle Handbook—A Guide Through the Teenage Years* and Co-Editor of *Making the Impossible Difficult*

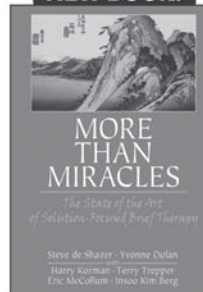
CONTENT HIGHLIGHTS (Pre-publication Version)

- Chapter 1. How to Be a Wise Child
- Chapter 2. Birth
- Chapter 3. Raising Kids
- Chapter 4. Young People
- Chapter 5. Leaving Home
- Chapter 6. Couples
- Chapter 7. Retirement and Aging
- Index

Unique resource providing the latest innovative techniques from directive family therapy pioneer Jay Haley, PhD, and Madeleine Richeport-Haley, PhD.

\$24.95 soft. ISBN-13: 978-0-7890-3356-7. / \$42.95 hard. ISBN-13: 978-0-7890-3355-0. Available Fall 2007. Approx. 156 pp. with Index.

NEW BOOK!



More Than Miracles

The State of the Art of Solution-Focused Brief Therapy

Steve de Shazer, MSW (1940-2005),
Yvonne Dolan, MA with Harry Korman, MD,
Eric McCollum, PhD, LCSW, LMFT,
Terry Trepper, PhD, and Insoo Kim Berg (1934-2007)

"Because of the simplicity of the chapters dealing with the core tenets of SFBT, it offers a valuable read for trainees who are working their way through the model."

—Peter W. Cantwell PhD, Swinburne University and Williams Road, Family Therapy Centre, Australia

Examination of the latest developments in the practical, evidence based approach called solution-focused brief therapy.

CONTENT HIGHLIGHTS

- Chapter 1. A Brief Overview
- Chapter 2. I Feel Really Confused
- Chapter 3. The Miracle Question
- Chapter 4. The Miracle Scale
- Chapter 5. The Friendly Stomach Discussion
- Index and More!

\$24.95 soft. ISBN-13: 978-0-7890-3398-7. / \$44.95 hard. ISBN-13: 978-0-7890-3397-0. 2007. Available now. 178 pp. with Index. Includes an Instructor's Manual (available for faculty only).

FACULTY: ORDER YOUR NO-RISK EXAM COPY TODAY! Send us your exam copy order on your institutional letterhead; indicate course title, enrollment, and course start date. We will ship and bill on a 60-day examination basis and will cancel your invoice if you decide to adopt the book! We will always bill at the lowest available price. You can also request an exam copy by visiting our Web site at: www.HaworthPress.com/books/textexam.asp. Please remember to order softcover where available. (We cannot provide examination copies of books not published by The Haworth Press, Inc., or its imprints.)



10 Alice Street, Binghamton, NY 13904-1580 USA • Web: www.HaworthPress.com
Tel: 1-800-429-6784 • Fax 1-800-895-0582 • Outside US/Canada Tel: 607-722-5857
Outside US/Canada Fax: 607-771-0012 • E-mail: orders@HaworthPress.com

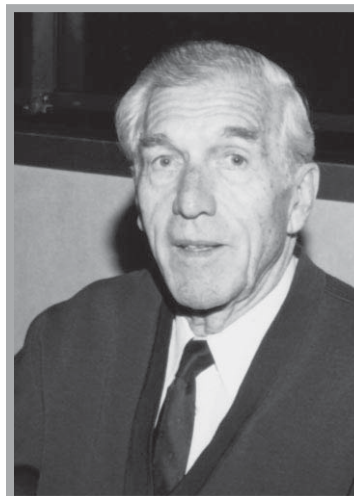
Paul Watzlawick, Ph.D.***Philosopher-Family Therapy Pioneer was 85***

Paul Watzlawick, a pioneer in family therapy, system theory and constructivist philosophy, died Saturday, March 31, 2007 at his home in Palo Alto, CA. He was 85 years old.

He died of heart arrest, a spokesperson at the Stanford University Medical Center said. In late 2006, primarily due to ill health related to age, after 46 years he gave up his office at the Mental Research Institute (MRI) entered into full time retirement. Dr Watzlawick donated his body to science. There will be no services held.

Dr. Watzlawick's contributions to system theory and family therapy were many, widely read, and influential. Internationally known for his contributions to Communication Theory and the practice of Brief Therapy, and in the fields of cybernetics applied to human interaction and constructivist theory, he was author of 22 books translated into more than 80 languages, including *The Pragmatics of Human Communication* (1967); *Change – Principals of problem formation and problem resolution* (1974); *The Language of Change* (1977); *The Invented Reality* (1990); and *How real is real?* (1976).

Dr Watzlawick received his Doctorate in 1949 from the University of



Venice (Cà Foscari) in Philosophy and Modern Languages. Trained at the C. G. Jung Institute in Zurich, since November 1960 he served as a member of the staff at the Mental Research Institute (MRI). At the time of his death he was a Senior Research Fellow at the Mental Research Institute (MRI) a founding member of the MRI Brief Therapy Center team, and Professor Emeritus at Stanford University School of Medicine Department of Psychiatry and Behavioral Sciences.

Among the best known figures in the fields of communication and constructivist theory, family and brief therapy, Dr. Watzlawick was the recipient of numerous

awards and honors including the Prix Psych 19719 Paris; Distinguished Achievement Award, American Family Therapy Association, 1981; Outstanding Teacher Award, Psychiatric Residency Class 1981, Stanford Univ. Med. Center; the Paracelsus Ring 1987, City of Villach (Austria); Lifetime Achievement

See WATZLAWICK on page 21

CONFERENCE NOTES

The Society for Clinical and Experimental Hypnosis (SCEH) is sponsoring the 58th Annual Workshops and Scientific Program Conference, "The Science of Hypnosis – The Decade Ahead." The Conference will be held October 24-28, 2007, at the Embassy Suites Hotel Anaheim South, in Anaheim, Calif. For further information on the Conference and the Call for Papers and Workshops Proposals, go to the Conference Web Site: www.sceh.us/conference/index.htm

Third European Conference of Brief Strategic and Systemic Therapy, *The European Ways of Brief Therapy: Investigate – Induce – Prescribe*, will be held November 8-11, 2007, at the Centro Affari E Convegni in Arezzo, Italy. A Pre-Conference Workshop will be held on November 7. This year's Conference will be in honor of Paul Watzlawick. Workshops, Symposia, Discussions, Presentations, Announcements and Demonstrations will be available. The first two Conferences brought together over 2,000 colleagues from 36 countries. The Scientific Committee for the Conference includes Prof. Camillo Loredio, Prof. Giorgio Nardone, Prof. Wendel Ray, Prof. Gunther Schmidt, and others. For complete information and registration form visit the Conference web site: www.BSST.org; Strategic Therapy Center, Piazza S. Agostino, 11 – 52100 – Arezzo, Italy; Tel, +39 0575 350240; Fax, +39 0575 350277; Email, ewbsst.conference@centroditerapiastrategica.org; www.centroditerapiastrategica.org

The Tenth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, sponsored by The Milton H. Erickson Foundation, Inc., will be held December 6-9, 2007, at the Hyatt Regency Phoenix, Phoenix, Ariz. Sessions include Law & Ethics, Practice Development Workshops, Keynotes, Interactive Events, Clinical Demonstrations, and an eight-session Fundamentals of Ericksonian Hypnosis Program. A post-Congress *Advanced Ericksonian Hypnosis Training Day* will be held on Monday, December 10, 2007. To receive the brochure by mail contact The Milton H. Erickson Foundation, 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602.956.6196; Fax, 602.956.0519; Email, Sonya@erickson-foundation.org

View the complete brochure on the Congress site: www.erickson-foundation.org/10thCongress. Online registration, accreditation, faculty bios, workshop handouts, hotel accommodation, and free educational downloads also is available.

The American Society of Clinical Hypnosis (ASCH) will hold the 50th Annual Scientific Meeting and Workshop entitled, *Reflections*, March 7-11, 2008, at the Hyatt Regency McCormick Place in Chicago, Ill. For complete information contact ASCH, 140 N. Bloomingdale Rd., Bloomingdale, IL 60108; Tel, 630-980-4740; Email, info@asch.net; Web, www.ASCH.net

Symposium East 2008, *Activating our Relational Selves: From Isolation to Connection*, will be held March 13-16, 2008, in Washington, D.C., and is sponsored by the Psychotherapy Networker. Information will be available in the coming weeks on the organization's web site: www.psychotherapynetworker.com; 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

The 11th Congress of the European Society of Hypnosis (ESH) in Psychotherapy and Psychosomatic Medicine, *Hypnosis & Hypnotherapy: Trauma and Pain*, will be held September 17-21, 2008, at the Lecture Hall Centre in Vienna, Austria, with a special Pre-Congress on EMDR, September 16, 2008. For further information and to register Online visit the Congress web site: www.vienna.hypnos.de; Tel, +43 1 405 138 316; Fax, +43 1 407 82 74.

Call for Papers: Abstracts for papers, workshops and posters contact Henriette Walter: henriette.walter@meduniwien.ac.at All abstracts regarding dental issues should be sent directly to Albrecht Schmierer: ASchmierer@aol.com Deadline for Abstract submission is January 31, 2008.

The ESH homepage is www.esh-hypnosis.org

D V D R E V I E W

Multi-Dimensional Problem Solving with Hypnosis

Clinical Demonstration by Michael Yapko Ph.D.

BT06-DVD7

Brief Therapy Congress in Anaheim, Dec 2006

Milton H. Erickson Foundation

www.erickson-foundation.org

A note to readers-- This DVD presentation was selected for viewing at a meeting of the North Texas Society of Clinical Hypnosis in Dallas Texas. The one-hour video was followed by group discussion regarding the strengths, weaknesses, techniques, and style of presentation. This review is a compilation of some of the comments made during the discussion.

Comments by James Taylor Ph.D., Dallas, Texas

The DVD "Multi-Dimensional Problem Solving with Hypnosis, Clinical Demonstration" is an impressive display of Dr Michael Yapko's highly developed skills. As usual, he is articulate, as he deals in an impromptu way with a difficult case. His use of Ericksonian methods is subtle and effective, demonstrating his approach of disrupting old maladaptive patterns, introducing new view points, and helping the client to draw upon her own resources for new insight while working around her conscious defenses.

Comments by Roxanna Erickson Klein R.N., Ph.D., Dallas, Texas

Yapko started his demonstration with a brief introduction of the client, and a few questions about what she wished to accomplish in the session. She referred back to an incident that had significantly altered many aspects of her personal life. In our professional group discussion, it was noted that Yapko did not ask for details or even clarification about the incident, but instead focused on creating a brighter future for the client. Working with a sophisticated and apparently capable client, Yapko was adept at meeting the client where she was. In the brief session, he generated positive momentum that could energize lasting change.

Also of note is the skillful way in which Yapko answered questions from the audience members. He was able to incisively focus on central issues and adroitly provide comprehensive answers to questions.

Comments by George Mount, Ph.D., Dallas, Texas

Yapko's clinical demonstration illustrated the use of Erickson's confusion techniques, and the use of metaphors and embedded suggestions. He successfully dealt with the client's resistance. At the end, she acknowledged having gained more insight and hope from the demonstration. One is never sure what "rift" she caused in a close, personal relationship, but her grief and depression were evident. His suggestions that the client would become more aware and trusting of herself were well formed and delivered. He also helped her become more aware of her "blind spot," and rightfully suggested that all of us have blind spots. He helped her realize that she could learn to trust herself: The past does not necessarily predict the future. He pointed out to her that we are in the process of changing and becoming: The choices we will make tomorrow define us more than the choices that we made yesterday.

The client indicated that she felt competent in her work, and that her own clients and colleagues reinforced that perception for her. Yapko skillfully delivered suggestions to help her see herself as equally competent in her personal life, and that she could come to trust herself in that area as well. The processes of emerging and becoming were also coupled with a post-hypnotic suggestion and associated with the theme song from the movie, *2001*.

This one-hour DVD is well worth watching several times. I watched it twice and felt like I picked up more details and noticed more of his subtle techniques on the second viewing. Yapko is a skilled therapist and a relaxed, informative and entertaining presenter. I highly recommend that you watch this demonstration. It is appropriate for the novice and the expert.

"He pointed out to her that we are in the process of changing and becoming: The choices we will make tomorrow define us more than the choices that we made yesterday."

D V D R E V I E W

Pioneers of Psychotherapy

Guiding Associations

Jeffrey Zeig Ph.D.

DVD 60 min Recorded at the Evolution of Psychotherapy Conference 1995

Milton H. Erickson Foundation

www.erickson-foundation.org/pioneers

PPEP95-CP-V1

The clinical demonstration, "Guiding Associations" by Jeffrey Zeig, PhD masterfully demonstrates how to utilize the client's own words and suggestions while inviting her

that after seeing this DVD, the viewer has gained insight, and is prompted to do better work. However, after thinking deeply about what Zeig did, I realize that he was speaking to the subject on more than one level almost throughout the demonstration. By the end he has wound up the threads from all the spools that he was weaving from, and guided the client's associations so that she would not only be cured of nail biting, but would think differently about herself and would continue to evolve and grow from the experience.

On one level you can appreciate the mastery that Zeig works with this woman. On another level you can be inspired to use this type of guiding associations in your work. On still

"On still another level you can find yourself transformed by watching the demonstration and find you are encouraged to be more than you have been."

gradually, by her experiences and his charisma, to think differently about herself, her problem, and her future.

The demonstration begins with a woman who presents a problem of nail biting that she wants to overcome. Zeig elicits from her the realization that this is a symbol of her feeling successful, feminine, competent and happy, and so her problem isn't a simple matter of tearing at her nails, but an attitude of self-depreciation that impacts all of her life. And even though what she wants to accomplish would be complex even for ongoing therapy sessions, Zeig says that he has a guaranteed cure. By the end of the demonstration, I could see that he not only wasn't being arrogant, but that his pronouncement was leading to the cure, and it worked!

A part of what is so inspiring about this clinical demonstration is

another level you can find yourself transformed by watching the demonstration and find you are encouraged to be more than you have been. You just might come away with more recognition that you can be more successful, competent, and proud of who you are.

I found the demonstration so compelling that I have shown it to two classes. and developed a pattern for teaching this style of interaction to students. The demonstration lends itself to that type of scrutiny. The deeper that I look the better it looks. If you are looking for something that will help you work more effectively, I suspect you will be delighted.

Reviewed by:

John D. Lentz D.Min.
Shepherdsville, KY

Healing and Spirituality in Therapy

Betty Alice Erickson, MS

CD 90 min

Need item number, please

Milton H. Erickson Foundation

Brief Therapy Conference December 7-10 2006

Anaheim, California

www.erickson-foundation.org

In the workshop, "Healing and Spirituality in Therapy," Betty Alice Erickson is elegant. Her warm, personal way of teaching and presenting information while evoking a caring relationship is evident. She invites the listener to feel good while she gives useful information. Using her blend of humor, self-disclosure, and metaphor, she offers a thoughtful and thought provoking workshop about spirituality and healing. In short, she makes a complex subject look almost effortless.

Beginning with an explanation and definition of spirituality that almost everyone could agree on, she states that all learning is experiential. She then gives experiences that invite learning and elicit a spiritual experience.

Drawing on her clinical and life experiences, BA Erickson gives information that is useful and helpful without being preachy. She wisely constructs the workshop to be a blend of speaking to both sides of the brain. She explains the differences and describes what she is attempting to do in a way that ensures the listener feels cared about and respected. At the same time, she also makes sure that the workshop is one that evokes a spiritual experience. She does this by

"She intentionally speaks in ways that protect the listener and avoid any negative hypnotic messages, while inviting listeners to feel connected and capable with positive messages."

her willingness to speak openly, so that the listener feels connected to her and others at a higher level of consciousness. She expertly invites a spiritual experience through the poetry of implied messages, metaphors, and skillful rhetoric. One of the impressive things about her presentation is how she plants the seeds of spirituality and understanding in a way that includes everyone. It is one of the hallmarks of her ability and her professionalism that she so easily and intentionally speaks on more than one level.

BA Erickson's integrity and ability are evident in this workshop as she details aspects of spirituality and healing, and shows how each enhances the other. She gives plenty of information and yet is mindful of how people will hear what is presented. She intentionally speaks in ways that protect the listener and avoid any negative hypnotic messages, while inviting listeners to feel connected and capable with positive messages. Her concern for the listener is obvious, and she implicitly conveys care and sensitivity. This is an excellent workshop that helps us to connect spirituality and healing in ways that includes people of all beliefs and levels of belief.

Reviewed by

John D. Lentz D.Min.

Shepherdsville, KY

Now you can order on line also using *PayPal*[®]

Classic audio, video and book materials by: Milton H. Erickson •
Kay Thompson • André Weitzenhoffer • Humberto Maturana • David Cheek •
Gianfranco Cecchin • Richard Landis • Gary Ruelas • Terry Argast

Exclusive from SCSEPH

Now You Wanted A Trance Demonstrated Today

by Milton H. Erickson, M.D.

• Teaching Video / DVD

Erickson demonstrates and describes his philosophy of psychotherapy and hypnotic approaches to:

Dissociation • Age Regression • Mind / Body Separation
Amnesia / Hypnesia • Positive / Negative Hallucinations
Arm Levitation • Deepening • Trance State Identification
Direct / Indirect Inductions • Utilization of Resistance...

• Annotated Transcript

• rhythm-formatting

to give you what Erickson said as well as the rhythm and the way he said it

• literature-based analysis

• the subject's experiences of Erickson's interventions

• content and process indexes.



To order on line or for further information

log onto

www.SCSEPH.org

*The Southern California Society for
Ericksonian Psychotherapy & Hypnosis*

30011 Ivy Glenn, Suite 205, Laguna Niguel, CA 92677

Phone: 949 495-1164 Fax: 949-495-0323 Email: info@SCSEPH.org

D V D R E V I E W

BIOENERGETICS

by ALEXANDER LOWEN

Evolution of Psychotherapy Conference 2000

Pioneer of Psychotherapy Series

Milton H. Erickson Foundation

PP-EP00-CDV5

www.erickson-foundation.org

In this DVD Alexander Lowen conducts a demonstration with a woman who served as his demonstration subject ten years earlier. The previous work had targeted her asthma that had persisted for ten years while working two jobs and struggling in her marriage. The deep breath work had opened up her chest, and the attacks had ended. She also noted that for five years after their work she had more energy; was more self-aware; and had continued bioenergetic work on her own.

During this session, she worked on residual trauma from her brother holding her at knifepoint after he molested her when she was a child. She also dealt with grief over the loss of her parents, and having to face that the brother who molested her became executor of her parents' estate. She was currently in menopause and found herself "shut down", gaining weight, and not breathing well.

Since the subject was familiar with the procedure, Lowen successfully produced a demonstration that was vivid and illustrated the power of his techniques. As he worked with her, he explained his theoretical stance: "If you don't breathe, your energy is low." Therapy encouraged the use of the voice and moved the client to cry. The therapist observed the body and its patterns of holding tension.

Lowen asserted that asthma is caused in a child when it blocks crying. From then on, the child may have an asthmatic attack each time he or she tries not to cry. Crying is a healthy way to relieve tension.

The exercises he demonstrated included leaning backward over a back saddle with arms overhead. The client produced sounds that lead to deep breathing, then sobbing, then the body began to move and stop holding. Breathing also brings awareness of body pain. The second exercise involved leaning over forward and purposefully starting to vibrate the body. These exercises were encouraged in between sessions as well. Eventually the person's breathing self-corrects, as does the client's weight.

The subject's body type was examined for holding patterns. She was placed on a mattress on her back while she continued crying. She was encouraged to express her anger through her body by kicking, and asked to shout and scream "why?" She held her fists up and became aware of her anger.

Next, Lowen conducted analysis to identify the precise emotions that were being held inside. The pattern was that she is a "good girl!" and this held her in check so she was always pleasant, which forced the negative feelings to become internalized. He recommended that the client continue to work on the problem as a lifetime commitment to the body, and to releasing tension beyond the session.

Lowen asserted that everyone in this society has a sexual problem. While on her back, the client pushed her head back, arched her back, knees together, and grabbed her ankles to release the sexual block. She was encouraged to breathe deeply and to vibrate.

Lowen provided a lively demonstration in this 60-minute DVD, but notes that he also had written materials to supplement his work. The DVD reveals a style of therapy that is remarkably different from the approach most therapists utilize, and provides interesting insights into a body-oriented perspective--even for therapists who do not plan on adopting a bioenergetic approach in their practices.

Reviewed by

Kathleen Donaghy, Ph.D.
Phoenix, Arizona

Ernest Rossi, Ph.D & Kathryn Rossi, Ph.D.



Master Training Workshops

Los Osos, California

Facilitating Relationships, Groups and Individuals

Ernest@ErnestRossi.com



Kathryn@ErnestRossi.com

www.ErnestRossi.com

TRIBUTE *continued from page 1*

in psychotherapy.

HALEY: I was born a long time ago! (Haley laughs.) I was born in Midwest, Wyoming. I moved out to California when I was four years old. I went through the Army, then went to UCLA, and I got involved in research on films. I looked up Gregory Bateson because he was one of the few people to analyze films. He had analyzed German propaganda films. We got into an argument about a film, and he hired me for his project. I was doing my Master's at Stanford at the time, and was doing my dissertation on film. He had just received some grant money on the subject of communication. He hired John Weakland, who, as a film re-searcher, studied Chinese film, among other things. So, we started that project and studied all kinds of behavior, including animal behavior and so forth, and then we got involved in studying schizophrenics and their communication. That seemed a good way to get funded, so we got a grant. That led to the "double-bind theory" and family therapy.

YAPKO: That's a lot of ground you just covered in a pretty short period of time! What was the turning point for you in terms of making a

leap from film analysis to therapeutic communication?

HALEY: Well, I was very interested in the Freudian metaphors of movies at that time. One of the reasons that Bateson and I argued is that I didn't think he'd taken seriously the castration issue in the film he was studying. It was about a young boy with a knife - an interesting castration idea, and Bateson wasn't supporting it. But, anyhow, he hired John and me to investigate in looking for paradoxical communication. One day a resident said that if we were interested in communication, I ought to talk to a patient of his, who was a "word salad" schizophrenic. We became fascinated by his communication and began to study it.

We were housed in the VA Hospital, but we weren't studying psychological material from the hospital; we were studying animals at the zoo, training guide dogs for the blind, and ventriloquism. And once we started with this patient, we began to deal with some patients from the hospital. This first schizophrenic I interviewed was a migratory laborer with a third-grade education. I remember

See TRIBUTE on page 22

The Breakout Heuristic: The New Neuroscience of Mirror Neurons, Consciousness and Creativity in Human Relationships

by Ernest Lawrence Rossi

The Milton H. Erickson Foundation Press
Phoenix, Arizona
2007

ISBN: 978-1-932248-29-6
473 pages

www.erickson-foundation.org/press

Ernest Rossi sat back, closed his eyes, and allowed his unconscious mind to range freely over his many years of scientific, theoretical, and therapeutic work. The result is this fascinating collection of Rossi's pivotal papers from four decades of creative insights. Gathered from separate articles, the book reads as a coherent unity. Personal introductions to each section invite the reader into Rossi's world to share in *"The Breakout Heuristic"* as a journey of discovery.

A holistic theory unfolds, interrelating every level of functioning from genes and neural networks to the evolution consciousness and personality. In recognizing a reciprocal action between mind and brain, Rossi loosens the artificial constraints of traditional one-way materialism: Mind can determine body just as much as body determines mind. In this way, Rossi offers optimism for the efficacy and benefit of psychotherapy, especially therapeutic hypnosis: Activated by the right kinds of experiences, Rossi documents how mind, body, and spirit can be transformed in psychotherapy.

The book is divided into four parts. Part I begins with early papers that express the breakout theory, culminating with a 2001 article that explains Rossi's visionary model of psychotherapy synchronizing the molecular with the spiritual. Through the brain's mirror neurons, the activity-dependent genes are turned on to express these experiences in the new networks of brain plasticity. This process corresponds to experiences of truth and beauty associated with changes in consciousness and optimal functioning.

Part II presents Rossi's dream/protein hypothesis. Dreaming turns on activity-dependent gene expression and brain plasticity essential for the growth, change, and transformation of personality. Self-reflection in dreams mediates a shift from one state of being and self-identity to another through protein synthesis. New structures of the mind are formed during dreams, making them psychobiological resources for what Erickson (Rossi??) called "the neuro-psycho-physiology" of therapeutic hypnosis and psychotherapy.

Part III depicts key breakthroughs in the mind/body connection. One of Rossi's earliest discoveries came from Erickson's use of shock and surprise in therapy, awakening in Rossi the inspiration for his bridge between biology and psychosocial processes. Several chapters follow Rossi's path into chronobiology, the ongoing 90 to 120-minute ultradian rest/activation cycle. He cites research documenting a connection between our inner biological clock and Erickson's use of "the common everyday trance," and therapeutic suggestion to facilitate mind-body healing. Genes are surprisingly adaptable and reactive to novel and enriching experiences of everyday life and psychotherapy. Rossi carefully explains and illustrates this neuroscience aspect of his model in an accessible manner. His innovative four-stage approaches to activity-dependent therapeutic hypnosis and suggestion utilizes our natural mind-body rhythms to activate mirror neurons, modulate activity-dependent gene expression, and trigger brain plasticity to facilitate creative problem solving and healing.

Part IV further develops the promising principle that all activities of daily life are associated with unique patterns of gene expression and brain plasticity. Healing happens when gene expression is turned on by our creative experiences of art and novelty. Rossi presents an exploratory mathematical model about the mirror neuron system of empathy and "Einstein's Eternal Mystery of

"His innovative four-stage approaches to activity-dependent therapeutic hypnosis and suggestion utilizes our natural mind-body rhythms to activate mirror neurons, modulate activity-dependent gene expression, and trigger brain plasticity to facilitate creative problem solving and healing."

Epistemology Explained" via the four-stage creative process in art, science, and psychotherapy.

We highly recommend this inspiring book to therapists and researchers, for its innovation, depth of insight, and useful applications. Rossi's work is a step forward for human progress in understanding. As the psychotherapy community begins to catch up with Rossi's new breakout heuristics, he will smile, and allows his hand to rise, as he activates the flow of his creative thought to explore new, uncharted waters. And we will pause... wonder....and grow with him – will we not?

Reviewed by:

C. Alexander Simpkins, Ph.D.

Annellen Simpkins, Ph.D.

WATZLAWICK *continued from page 17*

Award, Milton H. Erickson Foundation, 1988; Distinguished Professor for Contributions to Family Therapy Award, American Association of Marriage & Family Therapy, 1982; Medal for Meritorious Service, City of Vienna, 1990; Doctor honoris causa, University of Liege (Belgium), 1992; Doctor honoris causa University of Bordeaux-III, 1992; Fonorary Medal, Province of Carinthia (Austria), 1993; Author's Award (Nonfiction), Donauland Book Association, Vienna, 1993.

An extraordinarily humble, kind, and generous human being, he will be missed by the thousands of therapists and philosophers throughout the world whom he mentored. His wife, Vera; stepdaughters Yvonne and Joanne; sister, Maria Wünsch and nephew Doctor Harald Wünsch of Villach Austria, and nieces and other relatives survive him.

Wendel A. Ray, Ph.D.

Professor of Family System Theory

The University of Louisiana at Monroe

And Senior Research Fellow, Mental Research Institute (MRI)

A Selected Bibliography

1. Watzlawick, P., Beavin-Bavelas, J., & Jackson, D. (1967), *Pragmatics of Human Communication – A Study of Interactional Patterns, Pathologies and Paradoxes*, New York: W. W. Norton.
2. Watzlawick, P., Weakland, J., & Fisch, R. (1974), *Change: Principals of Problem Formation and Problem Resolution*, New York: W. W. Norton.
3. Watzlawick, P. (1976). *How real is real*. NY: WW Norton
4. Watzlawick, P., & Weakland, J. (1977). *The Interactional View*, NY: WW Norton
5. Watzlawick, P. (1978) *The Language of Change*, NY: WW Norton
6. Watzlawick, P. (1990). (Ed.), *The Invented Reality*, NY: WW Norton.
7. Watzlawick, P. *Munchausen's Pigtail and other essays*, (1990). NY: WW Norton

TRIBUTE *continued from page 20*

asking him what his mother was like, and he said "Skinny as a wolf, tricky as a cat, with a long tail like a scorpion that stings." That's pretty good! I saw him every day for five years. That's how we did therapy in those days. I finally got him out of the hospital.

Then John and Bateson started with patients. Bateson was the hospital ethnologist and his job was to deal with minorities. Some anthropologist had visited a VA hospital in Los Angeles and saw an Indian and began to talk to him and told the staff he wasn't crazy, he was just acting like an Indian! So, the VA decided they should have an anthropologist or an ethnologist in the VA hospital. So, they had one in Los Angeles, and Bateson was the one in Menlo Park. That was his job, dealing with minorities. The primary minority there was Irish. That's what got him into alcoholism, because many of them were alcoholics. The project began in 1953 and in 1956 we published the "double-bind" paper. I had published one other paper on paradox in therapy in 1954. So, we had two papers in four years. Then, from 1956 to 1962, we published 70 publications, including a couple of books. All of a sudden, we started writing and everything began to make sense! It was a very productive project; we were together eight hours a day for ten years. John Weakland and I just did a videotape conversation with each other about working with Bateson. We called it *Remembering Bateson*.

The way we got into family therapy was when I was seeing a patient who thought his stomach was full of cement. I remember saying to Erickson, "I have this patient who thinks his stomach is full of cement. How would you deal with him?" Erickson said, "I'd go over to the cafeteria and check the hospital food!" I thought that was too superficial a response. But, later when I checked the hospital food, it was pretty bad! Erickson was so practical at times. I had been interested in the oral aspects of the patient and the symbolism of his mother's milk and all that. It was an oral period in psychiatry. Anyhow, I was seeing this patient and every time his parents visited him, he would fall down on the hospital grounds in a faint and couldn't get up.

Then the parents would call the ward. The ward would send an aide over, and the aide would say, "Get up." The patient would get up and go back to the ward. But, he couldn't be with his parents for more than a few minutes! Yet his idea was that when he got out of the hospital, he would have to go home and be with his parents. I wondered how he could go home with his parents if he couldn't be with them for more than five minutes? So, I brought the parents in with him in an interview, and he stood up against the wall like he was crucified. It was an interesting session, and it was the first family interview we recorded. I still have a recording of that one. We realized the double bind Bateson was hypothesizing about having happened in the childhood of the schizophrenic was happening currently - if you look at the communication. So, we made a tremendous shift from etiology and childhood experiences as causal to psychopathology to the current social situation as causal. That was the family whose supposedly "psychotic" son sent his mother a Mother's Day card which said, "You've always been like a mother to me." The mother brought it with her to a session, saying, "There's something wrong with this." It was that paradoxical level of communication that interested us. So, I started seeing that family regularly for a long time, and then we all started seeing families.

YAPKO: The kind of psychodynamic training you had gotten was a framework you approached this project with, but it fell by the wayside pretty early on, it seems.

HALEY: I had picked up psychodynamic ideas not from any proper training, but from my reading. I was particularly interested in relation to fiction and metaphor and myths. I think it's [psychoanalysis] still the best framework for analyzing fiction and myths.... So, I got involved in it that way, not in relation to therapy at all, because I wasn't really involved in therapy. But then, when we started working with schizophrenics, we were supervised by Don Jackson. Bateson brought him in because we needed supervision. If you talk extensively to a schizophrenic, you end up doing therapy with him, and we knew nothing about how to deal with them.

Jackson had been personally supervised by Sullivan and was the authority on the West Coast on schizophrenia. He began to supervise us with those patients. He brought a different view; he brought a Sullivanian view, rather than the psychodynamic view. All family therapists were influenced by Sullivan. We once did a survey for GAP, when I was on the committee, of 300 family therapists, and almost all of them had some contact with Sullivan. He had tremendous influence, even though he wouldn't see a family. He wouldn't sit in a room with the mother of a schizophrenic.

YAPKO: Do you recall your first meeting with Erickson?

HALEY: Sure. He came to town to give us a workshop in 1953. We were studying anything to do with paradox at the time. I said to Bateson I had heard a hypnotist was coming to town and I'd like to take a seminar with him and see if hypnosis was interesting paradoxically. He asked who it was and I said, "Milton Erickson." He said, "Well, I'll call him." That's how I found out that Bateson knew Erickson. Bateson knew everyone. He knew every major social scientist in the field. So, he asked Erickson if I could attend, and Erickson said, "Sure." So, I went up and took that seminar. He gave a talk to his audience of about 20 and he asked whether one of us would like to volunteer to come up and be a subject. I felt the muscle in my thigh twitch and almost pull me up to my feet! At that moment, the guy in front of me stood up and went to volunteer. But if he hadn't, I would have gone. I never had anything happen like that before. How it happened, I don't know. I sure felt that muscle twitch and pull me up to my feet!

YAPKO: Was your immediate reaction to him positive, negative, or neutral?

HALEY: Pretty positive. I was impressed with him. But I also was biased in the sense that Bateson liked him, spent time with him, and recommended him. He was scary. Everyone was scared of Erickson, because they never knew what he was doing to influence you. He was so agile of the mind that he got bored doing any one thing, so he was always doing two or three things at once. As you're chatting with him about a case, he was trying to get you to move a hand on a table, or turn the other way. I remember one time, we had dinner in San

Francisco, and John reached out for his glass of water and his hand stopped. He said, "Milton, I can't reach for that glass of water and I think you have something to do with it." Erickson said, "Would you like to have the water?" John said, "Yes." Erickson said, "Well, you can have it." And John reached over and took the glass of water and drank it. How he did that I don't know. It was something he might spend 20 minutes to a half hour setting up while he was talking about other things.

YAPKO: So, your perception of his mental "play" was how he could achieve specific responses in people?

HALEY: He was constantly practicing; if he turned this way, would you turn this way? Would you go the other way? He used to say that if he went to a party in college and he could get a person sitting over here to move over there without asking them to, then the evening was a success.

YAPKO: When did you know that it was going to be enough of a focal point in your career to say the things that you said in *Strategies of Psychotherapy*, and then *Uncommon Therapy*? That was a pretty large commitment on your part, to make his work so well known and understood.

HALEY: Well, that year we began to investigate hypnosis as an interesting phenomenon. In fact, in hypnosis was the first double-bind we ever found. Bateson had this idea of the double-bind, but we couldn't find one. I remember when I realized that a hypnotist was directing a person to behave spontaneously that that was a double-bind. That was a classical paradoxical conflict. So, that got us interested, and we began an investigation.

YAPKO: That was your conclusion in observing hypnosis, and it really became a framework for so much else after that.

HALEY: At that time, we were studying schizophrenia and the issues in schizophrenic families. We got interested in the question, "How did the relationship between the hypnotist and his subject compare with the mother of the schizophrenic and the schizophrenic?" because there were similarities. For example, if the hypnotist was being resisted by the subject, he would say, "I want you to resist me." If the guy's hand got heavier when asked to have it lighter, the hypnotist would say, "It will get heavier still." In the same way, we should

Continued on next page

see a mother say to her child, "I want you to resist me and be independent because it will help you" when the child was already trying to be independent. So, we got interested in sequences like that to see if they were similar.

In 1955, John and I went to spend a week with Erickson and talked with him many hours about similarities with schizophrenic communication and hypnosis, such as hallucinations. Erickson thought they were different. But he'd never thought about it, either. So, we did a lot of exploring and then we came back and went over that material and worked quite a bit with it. In the material was Erickson talking about cases, and we began to realize he was doing a special kind of therapy. At that time, there was no therapy, except that which was based upon psychodynamic ideology. There was no behavior therapy; there was no family therapy. I was very much influenced by Zen in terms of an ideology about life. Ultimately, I realized that Zen practices and Erickson's therapy were similar in many ways. So, I could see that he had something that was an alternative to the existing therapy that really wasn't all that successful. We went back again and again to talk to him about therapy.

In 1956, I went into practice. I had been teaching hypnosis to local psychiatrists and psychologists. I went into practice as a hypnotherapist, set up by Don Jackson, who was head of a clinic. I realized I didn't know how to cure anyone. I knew how to hypnotize them, but not how to change them. I had a few successes that puzzled me. So, I went down and spent a week with Erickson just posing cases to him, and that's how I began to work with him for years, going over cases: I'd say, "Now, what would you do with this kind of problem?" and he'd always surprise me. I had a woman who lost her voice, who couldn't speak above a whisper and there was nothing physically wrong. So, I said to Erickson, "What would you do with this woman?"

Milton said, "I'd ask her if there was anything she wanted to say!" His comments often came off sounding impractical, until you started to think about it.

YAPKO: When you wrote *Uncommon Therapy*, that was certainly a landmark, a turning point --- I imagine, for you professionally, as

well as for making Erickson so much more well-known to everyone else.

HALEY: Well, when I wrote *Strategies of Psychotherapy*, which was really the Bateson Project ideas about therapy, I decided I was through with therapy. I wanted to get out of it and do research on other kinds of things on films and families. So, I started a project researching families, experimenting with them. Then *Strategies of Psychotherapy* became popular, and people started to invite me to talk. So, I got back into therapy because I was driven to talk about it in order to make some money. That book got me established. So, the more I got into it, and the more I did more practice and began to teach, the more interested I got in Erickson and his specific kind of therapy. By that time, behavior therapy was beginning. In fact, two of the behavior therapists who began behavior therapy were Krasner and Ullman, who were in the same research building as the Bateson Project at the VA Hospital in Menlo Park.

As for *Uncommon Therapy*, I got some time off and I got enough money to spend a year writing it. I thought that would do it. Actually, it took that year and four more before I got it done. It was a tremendous job. I had to go through all the recordings of all the conversations and transcribe them. Then I had to isolate out the cases and organize them. Then I had to put them in some kind of a framework. It was a tremendous job. First, I was beginning to write things down in terms of how to handle symptoms; then finally, I fell on this idea of the family life cycle, which was a brand new idea at the time. Nobody had thought of it. I saw, then, that his therapy could fall together that way. So I used that framework and then I began to lecture about that. Now, it's taken for granted, the family life cycle, but that was a new idea at the time.

YAPKO: The book triggered all the interest in Erickson and created the focus on his approaches and what is now known as Ericksonian psychotherapy. It eventually led to the First International Congress and now here we are at the Fourth (1988). How did you feel about this? Did it ever feel like a monster out of control to you? Were you glad that he was getting recognition, because it was what you helped start? Were you ever

I'm of the older generation who thought of him as a man who knew his business as a therapist. He worked at it, he practiced it, he experimented with it, and he innovated remarkable procedures.



thinking that all the focus on Erickson was an over-reaction? I'm really curious about what your internal experience was to all the hoopla.

HALEY: Well, the contemporaries of Erickson thought of him as the best among equals. There were a number of therapists who thought they were just about as good as he was. The younger generation of therapists think of him as "The Guru," and think of him as magical or whatever. I'm of the older generation who thought of him as a man who knew his business as a therapist. He worked at it, he practiced it, he experimented with it, and he innovated remarkable procedures.

When I finished *Uncommon Therapy*, I was really into other things. I was working with the poor and with families in Philadelphia. I'd had enough of Erickson. You know, I felt that I gave a good description of his work and since that was now done I'd go on to other things. On the Bateson Project, we studied many different therapists. Erickson was one of a number we studied, but, he was the one I devoted most of my time to. At that time, Erickson wasn't that well-known. He was still going somewhere every couple of weeks to give a seminar but it was usually an invitation to do hypnosis. People didn't really know what he was doing as a therapist, which was his most interesting aspect to me.

Granted that he introduced the idea of interpersonal hypnosis which is unusual, to say the least, after a few thousand years of descriptions of individual hypnosis. But it was after I began to get involved in other things and really wasn't seeing much of him that he became "The Guru" and peo-

ple began to visit him. I encouraged my students to go to visit him, but I was less and less in contact with him in the 1970s.

YAPKO: Address the internal feeling part of my question. Did you like it that he was gaining recognition, or not like it? Or did it not matter to you either way?

HALEY: Oh, I thought it was good that he got the recognition, not only for the field of therapy, which could use him because there's so much that's not so good in it, but because he worked so hard and deserved it. This man was seeing patients from 7:00 in the morning until 11:00 at night and giving seminars every couple of weeks, and was always teaching. He's probably the most recorded therapist there ever was. He gave freely of his time with anyone who was interested in his work. He was a very dedicated teacher. So, to see him get all that recognition was great!

One of the reasons I didn't see him so often during the 1970s is that I was feeling sad about him. When I knew him, he was a physically strong man, and very articulate. He was one of the few therapists who said it was extremely important to control your physical movement, and to control your voice. For example, you need to be able to have a slight inflection in your voice which will itself be a message. If you tell someone to "wake up" with a little questioning inflection, they won't wake up because it's a question. He could do the most subtle kinds of inflections that you couldn't recognize, but the subject could tell that it was a question. What made me so sad is that when he got older he lost some of his speech because of his

Continued on next page

TRIBUTE *continued from page 23*

polio, and he lost his movement. To other therapists, it might not matter, but it was so important to him.

I remember I visited him once and said, "I would like to set up a video camera and film you in the office with someone changing the tapes. Would you be willing to do that?" He said, "No. My therapy would be misunderstood and someone would have to edit those tapes." I didn't say I'd edit them, because I'd had enough of editing Erickson at that time. So, I said I thought it would be valuable just in terms of an archive. He said there was a more important reason: He didn't want to be remembered as a little old man who couldn't talk well. If he was on the video, that's how he'd be remembered. I said, "Okay."

Then Herb Lustig, whom I knew in Philadelphia, said he was going to go and film Erickson. Erickson agreed to let him film! Once he did that, then he agreed to let other people come and film. All the films of him sitting in a wheelchair have occurred since then. There was a period when he didn't really want that, though.

YAPKO: You have said, on previous occasions, that you regret his decision to be filmed in his later years. It really is such a sharp image of an aged Erickson, especially for people who have never seen him any other way.

HALEY: Well, it's different. It's a different person. I mean, he was a gracious, active guy who walked with a cane, but he was physically very active when I knew him. I think it's a shame to remember him that way. If only there were earlier films, like the one I have from 1958 which shows him in his prime. The subject is a Stanford student. The Bateson Project brought in a cameraman and had Milton filmed talking to a young student and doing an induction. It's not a good film because it's a long distance camera shot, but it does show him in his prime. There's a 1964 film, which I loaned around and will be putting a narration on because he does some extraordinary and intricate work with several women in a demonstration. But anyhow, if there were more films available of him in his 50s then showing the older ones wouldn't matter so much. But people think of him in that way and it's a shame.

YAPKO: Would you like to advance more of the solution-oriented type of work? What would you like to see as a part of a school curriculum?

HALEY: I think it's like playing the piano, you have to practice it. And the earlier students start practicing it, the more they'll have an idea of what they have to learn. When we were training people from the community to be therapists, we put them in with families within two weeks; they didn't know anything, which is why we did live supervision to protect the family. But once they got in that room with the family, they got very interested in learning, because they didn't know what the hell they were doing! Whereas, if you just take a course in therapy but you are not going to use it until four or five years from then, you really are not that involved. So I would put them into practice as soon as possible, which would probably require using older students, because I think it helps if people are married and have children or at least are getting up in the late 20s or 30s.

But, there's another aspect about hypnosis --- I don't think you can teach clinical hypnosis without doing therapy. That is, I tend to think of three different hypnoses: 1) the personal hypnosis, where you go through a yoga experience or meditation experience, or whatever; 2) research hypnosis, where you're trying to find the limits of influence of hypnosis in various ways - in terms of deafness, color-blindness, or whatever; and then 3) there's clinical hypnosis, where you're trying to change someone. I don't think that has anything to do with the other two types of hypnosis. To teach hypnosis clinically, you have to show someone how to do it with a patient and then watch them do it to a patient while you guide them in doing it. That's how it was taught at the turn of the century - live supervision. And to teach them how to hypnotize, I don't think means anything. It's so different changing someone; the person's motivation is different, the responses are different. I can remember when I went into practice and had some nice formal ways of inducing trance. I would get clients who came to be hypnotized and they'd sit down in a chair and go into trance when I said "Hello." I would wake them up to put them through the

proper ritual! Then I realized that the setting determined how they were going to be and it really wasn't necessary to hypnotize many of them at all! But you wouldn't realize that if you were teaching hypnosis in a class. Anyhow, I don't want to do therapy right now, and it's one of the reasons I don't teach hypnosis. I think you have to do it to teach it, and I'm trying to stay out of doing it. I think it should be included in the curriculum, but I think it has to be taught well by people who are competent clinically,

I finally put it in Strategies of Psychotherapy to stop the reprint request. I got over 2000 reprint requests for it, which was a pain. I showed it to Don Jackson and I said, "Do you think it would harm people in analysis to read this?" And he said, "No. If an analyst can't handle that article when a patient brings it in, he shouldn't be in the field! If he's competent, he should be able to handle it. If he's not competent, you shouldn't protect him." That is a sensible way to look at it, if you think about it.

*Therapy was so dumb for so many years!
I mean, for Freud to set up a procedure designed
to change people and then ask the therapist
not to direct them to change them in
any way - that's pretty crazy!*



not just hypnotists.

YAPKO: One of your favorite roles has been poking fun at the traditions of therapy. You like to get people to think about why they're doing the things they're doing, and to get them to ask the question, "What if I didn't do it that way?" "That's a role you seem to relish.

HALEY: Well, it was so easy, really. Therapy was so dumb for so many years! I mean, for Freud to set up a procedure designed to change people and then ask the therapist not to direct them to change them in any way - that's pretty crazy! It was set up to change people and then the analyst said, "I don't want you to make any changes in your life during your analysis," which would go on for years!

YAPKO: I laughed when you said that, because it's literally true! I was at the University of Michigan, in a very analytical program, and that's what they tell you, "Don't make any life decisions for the next nine years."

HALEY: Yes. Don't change; and now - let's change! (Both laugh.) So, anyhow, it was pretty easy. It was fun, really. Years ago, I wrote that paper on analysis, "The Art of Psychoanalysis," which was a big hit.

YAPKO: At the first Evolution of Psychotherapy Conference (1985) you made a very flat statement that psychoanalysis is dead. And obviously, many people don't see it that way. For the people who invest years in trying to understand things like the psychodynamics of borderline personality disorders and other personality disorders, what would you say to them about those things?

HALEY: It's a waste of time. I'd say it's a fashion problem. You didn't hear about borderline personalities six or eight years ago! It will be around for a few years or so, and then it will go away just like "schizoaffective states" and other such diagnoses. They're really just talking about difficult people. You could define a borderline as halfway in the family and halfway out, but it's not a diagnosis that leads you into an operation of any kind. It isn't a good diagnosis. I think it's wrong for them to take young people, call them "borderline," and lock them up in hospitals until the insurance runs out, which is what they're doing. I think those private hospitals, and there are 85 of them in one chain alone, I think they are corrupting the therapy process. Therapists can't get

Continued on next page

jobs doing therapy, so they go to work in one of these hospitals, then they try to do something with these families and they can't.

Then, they get bitter or they feel as though they're selling out in some way. And those hospitals make so much money! I just gave a talk at one, and the psychiatrist I was with said, "This is a non-profit hospital, but it has 12 million dollars in the bank!" They're doing very well indeed.

YAPKO: In the same way that you, in essence, rejected the diagnosis of borderline personality, are there other diagnostic categories that rub you the wrong way? Another fashionable one, for example, is multiple personality disorder.

HALEY: Erickson was an enthusiast of that.

YAPKO: Was he?

HALEY: Well, usually he would only talk about two. I spent a lot of time talking to him about dual personalities.

YAPKO: And he meant it in the literal, multiple personality way - full dissociation?

HALEY: Yes. Only he didn't think of it as pathological. They are two different personalities in the same body, was his view. I think I cut that out of *Conversations with Milton H. Erickson*. Diagnosis is an important issue. No one can cure a school phobia, but you can cure a school avoidance. And that slight shift in diagnosis makes the whole difference in therapy to me. I think the more terminology goes that way, the better it is. With schizophrenics, I tend to define them as either troublemakers or apathetic. The troublemakers are easier, because they force everyone to deal with them, the family, the community, everyone. The apathetic ones just sit in their living rooms and grow beards. Those are very difficult people to change, because the family is stable with them like that, and to get the family organized to do something about them is hard. So, I tend to think of them as easy cases or hard cases rather than whether it's this kind of schizophrenic or that kind of schizophrenic.

YAPKO: Are there any that you've grouped into the "impossible" category? Are there any categories of disorder where you feel you simply

cannot do anything with the individual?

HALEY: Well, I can't think of one. Certainly, not on the basis of any category, because the category isn't the person. And you're dealing with the person - not a set of ideas. But we don't turn anyone away. Really, I think the difficult cases are, in terms of the diagnosis of the individual, the people most involved with the professionals. The trouble with dealing with a schizophrenic is that you have a lot of colleagues you have to deal with. The trouble in dealing with addicts is you have the courts to deal with. If you're dealing with a sex abuse case, which could be relatively easy to solve in the family, you have the protective service agencies involved who have a whole separate set of ideas from yours. So, the most difficult cases are in relation to colleagues - they're not in relation to the type of pathology.

YAPKO: Colleagues aside, a lot of people are going to hear this as, "... if you're a competent therapist, you'll be able to cure anybody." Do you mean that?

HALEY: If you're a competent therapist, you're going to win some and lose some! (Haley laughs.) It doesn't mean they're incurable, it just means you haven't found a way to cure them!

Once, I was talking to Erickson about manic-depressives, which was a rare diagnosis in those days. When we got Lithium, everyone was a manic-depressive, because the diagnosis goes with the medication.

But in those days it was very rare. And he had a friend who was manic-depressive. I'm pretty sure that he said he was incurable, and that he could only help this guy be the way he was. I was speaking to Don Jackson about that one day, and he said, "Well, that doesn't mean manic-depressives are incurable, it means Erickson's approach doesn't cure it." It hadn't occurred to me that Erickson's approach could be limited in some area, because I was so admiring, you know? But, Jackson was absolutely right! The way Erickson thought about manic-depressives prevented him from solving their problem. I think that's the way it is; the therapist can fail for a variety of reasons, but that doesn't mean the person is incurable.

The troublemakers are easier, because they force everyone to deal with them, the family, the community, everyone. The apathetic ones just sit in their living rooms and grow beards.



YAPKO: Well, here is the last question. What does the future hold for Jay Haley?

HALEY: My problem is that most of what I'm doing, I've already done! I'm teaching, and even teaching what I've already taught! I'd like to do something different and interesting. I'm beginning to struggle with a play, a play on "The Looking Glass," the one-way mirror. But other than that, I just go on doing the job of teaching, doing workshops and figuring out variations on this theme.

YAPKO: All right, let me lock down the biographical information. You got your Master's at ...

HALEY: I got a B.A. in theater from UCLA, then I got a B.L.S. in library science from the University of California in Berkeley in order to work my way through Stanford. Then I went to Stanford and got an M.A. and struggled for a while to get my Ph.D. Then I got more and more involved in research and Bateson and I never went back.

YAPKO: And the M.A. was in psychology?

HALEY: Mass Communication.

YAPKO: Any other relevant information you want me to include in this? Is there anything that you wished I would have asked, and didn't?

HALEY: Nothing I can think of. I chose to be a respondent and just respond!

YAPKO: I appreciate you taking the time, Jay. Thanks for the interview.

PART II: 10 YEARS LATER (1999)

YAPKO: It has been almost

exactly ten years since our previous interview. I'd like to begin by asking you to provide a synopsis of the significant events that have transpired in your life in the interim.

HALEY: Well, I moved from the East - from Washington, DC, to the West - La Jolla, California, and I got married. That's quite a move!

YAPKO: Let's talk about the festschrift in your honor taking place later this year. How do you feel about the fact that you have distinguished colleagues from all over the world coming together to pay tribute to your work?

HALEY: Actually, I'm embarrassed by it. I've put off doing it for a couple of years. It's not that I'm overly modest, but it is awkward for me to have people talk about my merits. This is particularly so when I've been in opposition for so many years.

YAPKO: Recently, Salvador Minuchin wrote an article in the *Journal of Marriage and Family Therapy* asking where the family therapy was in many approaches that declare themselves to be family therapy. First of all, do you think that he was right? And, more generally, can you comment on the status of family therapy today?

HALEY: I think Minuchin was absolutely right. He was just presenting what an intelligent family therapist would present, and adding his unique views. Some family therapy spokespersons behave as if they haven't ever done family therapy. I started to do a parody of their comments on Dr. Minuchin, but it was so difficult that I gave it up. There is

Continued on next page

TRIBUTE *continued from page 25*

something about the way they present their views that is already a parody. I think Minuchin did a good job for the field and did it very gracefully.

YAPKO: And the status of family therapy today?

HALEY: Family therapy continues to expand and to get more rigidified. I think the organizations have gotten tighter and require more extreme things in order to be a member. But, I was never an enthusiast about organizations for therapy. I don't like it when a person in Texas must decide whether a person in Maryland can be a therapist or not. I've always preferred that people do credentialing, where each state handles its own therapists.

I think the state of family therapy is still developing, but it still has a number of people trying to haul it back into an individual theory. I think the problem is that most teachers are still trained in doing individual therapy and they try to draft the theories of family therapy to fit an individual model.

For example, family therapists who are competent usually can't make any sense out of group therapy. That's just individual therapy performed on a small group of individuals. Yet, that approach is becoming more popular, perhaps because most compulsory therapy now requires a group. People not only get forced into a group, but a group for 12 sessions or 52 weeks, whether or not they improve. Whatever happens to them in the group, they have to continue to go for 52 weeks. Either they do that, or they go to jail. I think that's a bizarre kind of therapy.

YAPKO: Much of your professional life now revolves around working with your wife, Maddy (Madeleine Richeport-Haley), on producing videos of therapy sessions. Why is this such an important focus for you right now?

HALEY: Because I think people learn best from studying successful therapies. Writing about them isn't the same as showing them. Family therapy is so dramatic that it's exciting to observe. Individual therapy tends to be dull to sit and watch. But if you put a family into live supervision, they come to life - both the observers and the family - especially with a one-

way mirror as a part of the process. Also, I've always been interested in films, and this is one meaningful way of working on them. Maddy and I have made documentaries on Erickson, family therapy, and on Bali.

One of the things we're working on now is a film on supervision. We're shooting what happens behind a one-way mirror as the family therapist comes in and goes out and communicates during the therapy. It's an interesting task to try to make sense out of supervision. The film is about how to teach family therapy, or any therapy for that matter, and can accompany my recent book, *Learning and Teaching Therapy*.

YAPKO: You don't seem to be talking much about hypnosis these days. The last time that we spoke, ten years ago, you said that you really have to do hypnosis in order to teach it, and if you're not doing therapy - you won't teach it. Why does hypnosis merit special exclusion from your teaching?

HALEY: I think hypnosis was best taught by observing someone doing it. When therapy went confidential, that stopped. But, then it came back with the one-way mirror. I've done some interesting things now with a trainee doing hypnosis in a therapy room while I call in from the observation room and make suggestions. Doing that doesn't seem to interfere with the hypnosis induction.

YAPKO: So, the premise of my question isn't accurate. You are, in fact, still teaching hypnosis?

HALEY: Occasionally, yes. And, if I was in practice, I still would use it.

But, I feel that you have to adapt whatever you do for the case that comes in. Some cases are appropriate for using hypnosis and some are not. For example, if you have a family structure that is a mess, and you're trying to straighten it out, hypnosis isn't going to be the easiest way to do that.

YAPKO: The festschrift presents an opportunity for you to look backwards. What stands out in your mind as being your most significant contribution to the field?

HALEY: I think my most significant contribution is breaking therapy down to a practice of specific skills -

I think my most significant contribution is breaking therapy down to a practice of specific skills - of simple ideas, skills and techniques. This is quite different from the non-directive ideology the field had when I first got into it.



of simple ideas, skills and techniques. This is quite different from the non-directive ideology the field had when I first got into it.

YAPKO: What are you most proud of in terms of your contributions?

HALEY: I'm most proud of my books, naturally.

YAPKO: Which of your books are you most proud of?

HALEY: Well, it's hard to say, because they were all done under different circumstances. I think *Uncommon Therapy* has turned a lot of people around in therapy, or changed their ways of doing it. But, my earlier book, *Strategies of Psychotherapy*, was the first introduction to the idea that you can describe therapy as more than one person in the room, as Harry Stack Sullivan had proposed.

YAPKO: Are there any things you wrote that, now when you look back over them, you feel you were wrong about or perhaps regret having written?

HALEY: You know, it's interesting you ask that. I've thought about how I'd answer that question if someone were to ask it of me. I don't regret anything I wrote. When I look something over I've written, I see something which others now take for granted. But, at the time I wrote it, that certainly wasn't so. Sometimes when you write something, later you're sorry you ever put that into print. But, I just never had that happen to me.

YAPKO: What would you say is the most commonly held misconception about Jay Haley?

HALEY: I would have no idea. I'm always surprised that there are any misconceptions of me.

YAPKO: Well, as I said earlier, a

festschrift presents an opportunity to look backward. But, it also presents an opportunity to look forward. What do you look forward to in the years to come?

HALEY: Surviving.

YAPKO: A rather modest goal ... (Both laugh.)

HALEY: I would still like to do something that I never really did before. I have the idea that we haven't really properly described communication among human beings in terms of the literal, the metaphorical and the variety of communication compulsions people act out. For example, a married couple seems to follow rules that require them to behave in certain ways. Those rules have never been properly translated, in my opinion. Dr. Don Jackson tried to do that. [Note: Wendel Ray is now publishing the complete works of Jackson.] The fact that some of the rules just arise from the nature of communication is an area I would like to explore. I'll get to it one of these days, I hope ...

YAPKO: The climate for the mental health profession has changed pretty radically over the past few years. I'm sure you hear a lot about managed care, and I'm sure you hear a lot about the desire for empirical validation of each treatment modality. What do you think about these kinds of changes that have taken place? Do you feel that this is a progressive series of steps for the field, or do you feel that we might be hurting ourselves with unrealistic expectations or an inappropriate emphasis?

HALEY: I think we should send all the managed care people to social work school! Something should be done with them, because to have business people determining how therapy should be done, and for how many

Continued on next page

TRIBUTE *continued from page 26*

sessions, seems bizarre. But, with all the years that have been spent studying therapy, I think that a managed care system could have some positive things about it, too. I think many therapists have no idea how to do therapy -- they sit there in therapy and listen to someone for months or more. Now, therapists have to know how to formulate a problem, make an intervention, and then they have to check their results - or their results will be checked for them. So, some ideas of managed care are good. But, at the same time, when you have businessmen deciding on treatment they'll choose what is cheapest, and what is most profitable, and that may be hiring the cheapest therapists who may be the most inadequate.

YAPKO: Do you think that family therapy has held up well in the research?

HALEY: I don't know. I don't read enough on family therapy in the research literature. I think there were some interesting problems being researched 20 or 30 years ago, some of which I hope are still being explored in the universities. Researchers can still question whether a family with an abnormal member has a different structure than a family with all hypothetically normal members. It is never a question that has been satisfactorily answered. Yet, family therapy is built on the idea that if there is a different family structure, that is the problem. There is still a lot of research to be done in family therapy. To be honest, though, when I look at the family therapy journals, I have to search for something that is particularly interesting or relevant to therapy.

YAPKO: Your wife, Maddy, is an anthropologist. She looks at cultures and cultural issues from a very different perspective than a family therapist might. What kind of influence do you think Maddy has had on

your way of looking at families?

HALEY: I've become increasingly concerned with issues of ethnicity because of Maddy's influence. Also, my interest in the healers of the world has increased greatly because of her interest in the topic. We went to Bali together and were able to watch healers at work. It was very interesting to see how much of what they were doing could be translated into the same kinds of things we are doing. For example, they will deal with the family while focusing on an individual very similarly to the way things are done here.

There is a variety of ethnic groups that therapists have to be familiar with. Hopefully, they'll speak English, but even if they don't, we learn to work with translators. I know of a school that had an "Ethnic Day," and there were 187 ethnic groups represented in that school! With so many different styles of life in the world, a therapist is never going to be an expert on all of them. But, hopefully, we can find ways to understand particular groups well enough to help solve their problems.

YAPKO: You talk about diversity. The therapy field itself has gone through an enormous diversification. There are literally hundreds of therapies now, even some therapies that can only be described as fringy and esoteric, such as people who are doing past-life regressions with their patients. Are you a fan of this level of diversity? Or, do you think perhaps we have been too lenient in letting certain practices be allowed to flourish?

HALEY: I think we have been too lenient in many ways. One of the problems is that there is no longer any orthodoxy in the field. When there is no orthodoxy, you can't be a deviant. So, what used to be condemned as deviance years ago is not being condemned now. If they do something a

It's a shame. When I was younger, psychiatrists used to get the best clinical training. But now, that's no longer so. They don't seem to seek out or get the best training; you don't often find them at workshops on therapy, and you don't often find them doing research on therapy. Things have changed.



little different in therapy, they immediately form a school with powers of influence, rather than saying it is just one more technique that a therapist should be able to use when necessary.

YAPKO: The Milton H. Erickson Foundation is going to be celebrating their 20th anniversary this year (1999). In large part, the work of Milton Erickson came to the forefront of people's consciousness because of you. This celebration is a major contribution of yours as well.

HALEY: I think that's probably true, but it isn't only my contribution. John Weakland and I did much of our exploration together. Also, Don Jackson taught us a lot about therapy that paralleled what and how Erickson taught.

I think a lot happened in the 1950s. Therapy became more social and began to change and transform. Things are still changing, and we are still exploring. I think the most important idea that came in this century was that the individual wasn't the appropriate unit of study, rather it's the individual and others together. As Gregory Bateson said, "The mind is outside the person."

YAPKO: What about the view that says it's not only the individual

that we should study, but, even more reductionistically, the individual's biochemistry? People seem enthralled with biological explanations of behavior.

HALEY: I'm not an enthusiast for attributing so much to an individual's biochemistry. I think that it is important for certain problems, but I think that the overselling of medications is one of the worst problems in the field, and it is getting worse all the time. Some psychiatrists now don't even seem able to talk to people - they only listen to decide which medications to prescribe. It's a shame. When I was younger, psychiatrists used to get the best clinical training. But now, that's no longer so. They don't seem to seek out or get the best training; you don't often find them at workshops on therapy, and you don't often find them doing research on therapy. Things have changed.

YAPKO: This festschrift marks a very significant occasion celebrating your lifelong contributions to the field. Even though you are slightly embarrassed by it, I hope that you will revel in it, enjoy it, and really have a great time. Thanks for everything that you have done, and thanks also for doing this interview, Jay.

HALEY: Thank you!

THE ERICKSON LISTSERV - Join the Discussion!

This Internet discussion group addresses Ericksonian approaches to hypnosis and psychotherapy. Additionally, list members have access to a web site featuring papers, photographs, and a matching service for workshop presenters and those in need of training.

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



The NEW Foundation Web Site is Online!

www.erickson-foundation.org

JOIN THE FOUNDATION E-MAIL MAILING LIST!

Be the first to receive Conference announcements and registration specials; information on audiotape/videotape, and CD/DVD specials from the Erickson Press; automatically receive the Online version of the Erickson Newsletter and more. Sign-up on the Foundation's web site: www.erickson-foundation.org. *The Erickson Foundation will not sell or rent your E-mail address to any person or organization.*

DONATIONS

The Milton H. Erickson Foundation, Inc., would like to thank the following colleagues for their very generous donations to the Erickson Foundation, the Erickson Foundation Archives Fund, and the Erickson Foundation Building Fund, since the last issue of the Newsletter: John Lappin, MSW, LCSW; Naomichi Moribayashi; and Benjamin Tong.

Donations earmarked for the Milton H. Erickson Archives go directly to assisting with expenses for restoring the audio and video recordings from the late Milton H. Erickson, M.D., along with recordings from past Milton H. Erickson Foundation Conferences from 1980 through 2007. This extensive restoration process will make these recordings and other materials available to mental health professionals around the world for training purposes.

If you would like to make a donation to the Milton H. Erickson Foundation, Inc., please use the Subscription/Donation form below. We thank you for assisting the Foundation in continuing its effort in providing the highest quality training and educational materials to mental health professionals.

Newsletter Subscription and Donation Form

PLEASE MAKE YOUR SELECTION(S) BELOW:

- Please find my donation of \$_____ to support the activities of The Milton H. Erickson Foundation, Inc. (The Foundation is a non-profit corporation and donations may be tax deductible within IRS guidelines.)
- I am not currently on your U.S. mailing list. Please add my name so that I may receive the *NEWSLETTER* and other information about activities sponsored by The Milton H. Erickson Foundation.* (NOTE: Students must supply a letter from their department indicating full-time graduate student status in an accredited program.)
- I prefer to receive the Foundation Newsletter via Email and **NOT** by mail/post. Please remove my name from your mailing list and add me to the Foundation Email list.
- I have moved, please correct my address as stated below.
- I no longer wish to be on The Milton H. Erickson Foundation mailing list. Please remove my name from your list.

***PLEASE NOTE: Beginning January 2007, The Milton H. Erickson Foundation Newsletter will no longer be sent outside of the United States.**

Please view the Online Newsletter at: www.erickson-foundation.org

Eligibility: The *NEWSLETTER* is available to professionals in health-related fields including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA). The *NEWSLETTER* is also available to professionals with mental health-related graduate degrees (e.g., MSW, MSN, MA or MS) from accredited institutions. Applications from graduate students in accredited programs leading to a degree in the above fields will be accepted if they supply a letter from their department on letterhead stationery certifying their full-time status.

Please accept my donation of: \$_____

- VISA MasterCard AMEX DISCOVER

Account Number: _____ Exp. Date: _____ Cardholder's Signature: _____

- Other (PLEASE, DO NOT SEND CASH): _____ (Checks made payable to *The Milton H. Erickson Foundation*, in US Funds, drawn on an American Bank)

PLEASE PRINT CLEARLY:

Name: _____ Highest Degree: _____

University where highest degree earned: _____ Major: _____

Street Address: _____

City _____ State: _____ Zip/Postal Code: _____

Phone: _____ Fax: _____ E-Mail: _____

RETURN COMPLETED FORM TO:

The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500

TOLL-FREE in the U.S. 877/212-6678 ❖ Phone, 602/956-6196 ❖ Fax, 602/956-0519 ❖ E-Mail, Sonya@erickson-foundation.org