



The Milton H. Erickson Foundation NEWSLETTER

Vol. 28, No. 2

SUMMER 2008

SM

Inside This Issue

CASE REPORT:
From Judith Gold's memoir, My House on Stilts 4

INTRODUCING THE INSTITUTES:
The Milton H. Erickson Institute Of Florianopolis, Brazil 5

CONTRIBUTOR OF NOTE:
Sofia Bauer, MD 6

FACETS AND REFLECTIONS:
That's Right, Is It Not? A play about the life of Milton H. Erickson, MD 8

MEETING REPORT:
Reflections: Celebrating Five Decades of Excellence in Clinical Hypnosis 9

CD REVIEW:
Couples Conference: Attachment Differentiation, and Neuroscience 13

Visit Our Website:
www.erickson-foundation.org

INTERVIEW

Esther Perel

By Marilia Baker, Phoenix Institute of Ericksonian Therapy

Esther Perel is a multicultural, multilingual Licensed Marriage and Family Therapist in private practice in New York City. She is a world renowned authority on couples sexuality, cultural identity, cross-cultural relations, and interracial, interreligious marriages and committed unions. Her therapeutic interests and clinical teachings center on multiculturalism, eroticism, and sexuality with a focus on both heterosexual and same-sex couples. In addition, for nearly 25 years, Perel's humanitarian views, therapeutic care, and clinical expertise on wartime and post-war refugee families have been professionally requested both by individuals and their families as well as national and international organizations, clinicians, and crisis counselors in-training.

Born and raised in Antwerp, Belgium, Perel is fluent in English,



French, Spanish, Portuguese, Hebrew, Yiddish, German and Dutch. She lives in New York City with her American husband and two teenage sons. She holds academic degrees in psychology and expressive arts from

Lesley College in Cambridge, Massachusetts (1982), and educational psychology from the Hebrew University of Jerusalem (1979). Perel has been trained, supervised, and mentored among others, by Salvador Minuchin, MD at the Minuchin Center for the Family in New York, and mentions him as a dear family friend and cherished influence. She also trained with Peggy Papp, MSW, senior faculty and clinical supervisor of the Ackerman Institute for the Family. The Family Institute of Cambridge, Massachusetts, and the Psychodrama Center of New York, N.Y. are among her other advanced training. She is a member of the American Family Therapy Academy (AFTA) and of the Society for Sex Therapy and Research.

Perel is presently faculty member of the International Trauma Studies Program, affiliated with Columbia University. She is also clinical instructor at the Child Studies Center, Dept. of Psychiatry, New York University Medical School, and the Norwegian Institute for the Expressive Arts Therapies.

See INTERVIEW on page 22

Register Early for Low Rates!

BRIEF THERAPY CONFERENCE: LASTING SOLUTIONS

December 2008 – San Diego, California

www.BriefTherapyConference.com

The Brief Therapy Conference: Lasting Solutions will be held December 11-14, 2008, at the Town and Country Resort and Convention Center, San Diego, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., and Co-sponsored by University of San Diego, Counseling Program, School of Leadership and Education Sciences. A Pre-Conference Law and Ethics Workshop will be held on Wednesday, December 10, with a Post-Conference Brief Therapy Master Class Training on Monday, December 15, 2008. The Conference consists of workshops, interactive events, short courses, Fundamental Hypnosis Workshops, and keynote addresses, offering a total of 41.0 continuing education hours (Wednesday-Monday).

See CONFERENCE 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

It had taken me this long to reorganize my head after the whirlwind experience of the Couples Conference this last April in San Jose, California. It was amazing. The energy and expertise demonstrated there was awesome. Everyone present was purchasing the CDs so they could re-experience the workshops and keynote speakers.

As a tease, Alex and Annellen Simpkins have provided a taste of the conference in their extended review of the interactive CD-ROM of the conference. Marilia Baker provides an exceptional interview of Esther Perel after her standing-room only presentation of her workshop, "Mating in Captivity: Unlocking Erotic Intelligence."

The conference was so diverse and stimulating, we decided to dedicate this issue to the many perspectives that span the range of what it means to be an Ericksonian therapist. To that end, I am delighted to welcome Eric Greenleaf, our new Case Reports Guest Editor. In a unique presentation of the Case Reports column, Greenleaf introduces an excerpt from Judith Gold's memoir, *My House on Stilts*.

On the international scene, Roxanna Erickson Klein introduces us to The Milton H. Erickson Institute of Florianopolis, Brazil. Our Contributor of Note is one of its founding members, Sofia Bauer.

In our Facets and Reflections column, Ruben Battino includes an intimate glimpse of what motivated him to write, *That's Right, Is It Not?*, a biography of Erickson in play form. His insights accompany the review of the play.

Our book reviews also resonate with the multilevel theme of this issue. John Lentz introduces young therapists to Gerald Weeks, Mark Odell and Susanne Methven's collaboration of their book *If I Had Only Known...: Avoiding Common Mistakes in Couples Therapy*. For the more seasoned therapist, Susan Dowell excellently encapsulates Carolyn Daitch's book, *Affect-Regulation Toolbox: Practical and Effective Hypnotic Interventions for the Over-reactive Client*. Sue



Johnson's *Hold Me Tight: Seven Conversations for a Lifetime of Love* is reviewed by Alex and Annellen Simpkins. They elegantly present this adaptation of Emotionally Focused Couple Therapy to a popular audience. To complete our book reviews, Christine Guilloux respectfully and energetically presents François Roustang's *What is Hypnosis?* This is a foundational book by a master who, in France "...stands beside Leon Chertok and Milton H. Erickson..."

Our CDs and DVDs cover the classic and the new. Otto Kernberg truly belongs in the *Pioneers of Psychotherapy* series. His *Supervision of Psychodynamic Psychotherapy* is a brilliant example of his timelessness, as presented by Deborah Beckman. Will Handy reviews Jay Haley and Madeleine Richeport-Haley's *Dance and Trance of Balinese Children*. This is a classic that takes Madeleine Richeport-Haley's original film and intersperses clips from Gregory Bateson-Margaret Mead films with audio comments from Milton Erickson. It is an amazing work. Maria Escalante does her usual excellent job in presenting Michael Yapko's demonstration DVD of *Hypnosis as a Context for Self-Discovery*. As a change of pace, we present Albina Tamalonis's amalgam of hypnotic influences of Erickson, Zeig, Yapko, Banya and the Buddhist monk Thich Nhat Han in a pair of workout CDs *Cardio in the Zone* and *Walking in the Zone*.

In our next issue, we will be giving you a taste of the powerful insights and energy of the Brief

CONFERENCE *continued from page 1*

Presenters at the 2008 meeting include: Andreas, Beck, Carlson, Dilts, Gilligan, Goulding, Hardy, Hayes, Karpman, Kaslow, Kottler, Lankton, Levine, Miller, Naranjo, Norcross, O'Hanlon, Padesky, Plster, Prochaska, Rossi, Selekman, Spring, Weiner-Davis, Wilson, Yapko, and Zeig. Keynotes will be given by Borysenko, Burns, Cummings, Houston, and Terr.

Visit the Conference web site to view the full program, list of presenters and presentations, download the complete brochure, make your hotel reservations, and register Online! www.BriefTherapyConference.com To receive the brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

This year's Conference will be held at Town & Country Resort and Convention Center in Mission Valley in San Diego, California. The Resort features several restaurants ranging from casual to formal, the Bella Tosca Day Spa, Salon & Fitness Center, and over 85 beautiful and challenging golf courses near the property. Special discounts are available for hotel guests at the golf course next to the hotel. A few steps away from the Resort is the Fashion Valley Mall and the Trolley Station taking you to many sites including the Gaslamp Quarter. Family fun includes a trip to Legoland, SeaWorld, and the world-renowned San Diego Zoo. Ticket discounts for many of the San Diego attractions are available at the hotel concierge. Relax and unwind by practicing yoga and tai chi on the many beautiful beaches and parks in the area, or visit some of the historical sites including Old Town San Diego, the famous Bazaar Del Mundo or one of the many missions in the region.

With all the added attractions in San Diego, the Brief Therapy Conference offers the opportunity to make plans for the whole family!

| Register by September 20, 2008 for Reduced Registration Rates! <small>*You must use the registration form on page 3 to extend the current June 30 deadline.</small> | U.S. Professionals | Foreign Professionals / Students / Interns / Senior Citizens |
|--|--------------------|--|
| Full Conference (Thurs-Sun) | \$449 | \$349 |
| Full Conference WITH Law & Ethics Pre-Conference (Wed-Sun) | \$549 | \$449 |
| Full Conference WITH Brief Therapy Master Class Post-Conference (Thurs-Mon) | \$549 | \$449 |
| Full Conference WITH BOTH Law & Ethics AND Brief Therapy Master Class (Wed-Mon) | \$599 | \$499 |

| DAY TICKET REGISTRATION RATES | Law & Ethics Workshop I Wed AM - 4hr session | Law & Ethics Workshops I & II Wed AM & PM - 6hr session |
|-------------------------------------|---|--|
| | | \$129 |
| | Brief Therapy Conference Thurs - Fri - Sat - Sun | Brief Therapy Master Class Mon - 6hr sessions |
| | \$179 per day | \$179 |

Therapy Conference that will be held in San Diego this December. (See inside this issue for more information.) It has always been an exciting conference from which I continue to learn.

Rick Landis
Orange, California



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

Special for Newsletter Readers! June Deadline Extended to September 20th, 2008!

For current registration rates, see chart on page 2.*You must use this registration form to extend the June 30 deadline.



Milton H Erickson Foundation,
sponsor of

The Evolution of Psychotherapy,
invites you to its seventh
Brief Therapy Conference:

brief therapy
LASTING SOLUTIONS



Town & Country
Resort and Convention Center
DECEMBER 11-14, 2008

Featuring:

| | | |
|----------|----------|--------------|
| ANDREAS | KASLOW | POLSTER |
| BECK | KOTTLER | PROCHASKA |
| CARLSON | LANKTON | ROSSI |
| DILTS | LEVINE | SELEKMAN |
| GILLIGAN | MILLER | SPRING |
| GOULDING | NARANJO | WEINER-DAVIS |
| HARDY | NORCROSS | WILSON |
| HAYES | O'HANLON | YAPKO |
| KARPMAN | PADESKY | ZEIG |

60 WORKSHOPS • 35 SHORT COURSES
42 INTERACTIVE EVENTS

EARN UP TO 41 CE CREDITS

5 FUNDAMENTAL HYPNOSIS WORKSHOPS

Keynotes by:

BORYSENKO • BURNS • CUMMINGS

HOUSTON • TERR

LAW & ETHICS

Pre-Conference Workshops
with Steven Frankel

WEDNESDAY, DEC 10 • 4-6 CE HOURS

BRIEF THERAPY MASTER CLASS

Post-Conference with Polster & Zeig
MONDAY, DEC 15 • 6 CE HOURS AVAILABLE

BriefTherapyConference.com

Brief Therapy Conference REGISTRATION FORM

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
Mail code (the code above your mailing address on brochure) BT08 - _ _

2

I verify that I meet the minimum eligibility requirements to attend the Brief Therapy Conference 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 as of December, 2008.

3

I am registering for the following:

- Full Conference Registration (Thursday-Sunday, December 11-14, 2008)
 Full Conference Registration WITH Law & Ethics Workshops (Wednesday-Sunday, Dec 10-14, 2008)
(please indicate your choice of Law & Ethics Workshop): Workshop I (4 hrs) or Workshops I & II (6 hrs)
 Full Conference Registration WITH Brief Therapy Master Class (Thursday-Monday, Dec 11-15, 2008)
 Full Conference Registration WITH BOTH Law & Ethics Workshops AND Brief Therapy Master Class
(Wednesday-Monday, Dec 10-15, 2008)
(please indicate your choice of Law & Ethics Workshop): Workshop I (4 hrs) or Workshops I & II (6 hrs)

Individual Day Tickets (for those NOT attending the full 4-day Conference):

- Law & Ethics Workshop I (4 hrs) - Wednesday, December 10
 Law & Ethics Workshops I & II (6 hrs) - Wednesday, December 10
 Thursday - Dec 11 Friday - Dec 12 Saturday - Dec 13 Sunday - Dec 14
 Brief Therapy Master Class - Monday, December 15

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 _____ Cardholder Signature _____
(As it appears on card)

5

Send this completed form with **FULL** payment and accompanying paperwork to:
American Continuing Education, Inc.

c/o Brief Therapy Conference • PO Box 17009 • St Paul, MN 55117
Fax: 1-651-489-3387 (credit card payments ONLY)
Email: miltonerickson@cmehelp.com

REGISTER ONLINE! at www.brieftherapyconference.com

For information regarding your registration or cancellation, contact ACEI: 952-435-9135

For all other Brief Therapy Conference information, contact the Milton H Erickson Foundation: 602-956-6196

¹ Town & Country Resort and Convention Center 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 September 1, 2008, 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 \$50 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by November 5, 2008. Requests postmarked from November 6 to November 29, 2008, will receive a 50% refund of paid fees.

No refunds after November 29, 2008. No exceptions to this policy will be made. Please allow 8-10 weeks for processing. Cancellations received after November 5, 2008, will be processed in January 2009.

C A S E R E P O R T

From Judith Gold's memoir, *My House on Stilts*

"What does this mean?" I asked the oncologist, a kind man with terrible burdens. "I'm hoping - hoping - for two years for you," was what he said.

Then, the appointment with Eric Greenleaf:

"I hope to survive this, I plan on fighting it until someone tells me there's no more point. But I know the statistics. I don't even want to repeat what my doctor said. It can't be right, it's unacceptable, I'm trying to get it to quit crashing around in my head. Tears, again. Damn, damn, damn. My littler daughter is only nine."

"So everyone keeps telling me, 'think positive.' As if they know what this is like. They say it will cure me. Supposedly, I'm doing this wrong. But damnit, it's not my fault that I have this, and it's not going to be my fault if I die from it. The way everyone thinks I'm supposed to do this, it's not my way. I'm a pessimist. I'm a lawyer, a litigator. You get your case ready, work it up as well as you can. You can't lose sight of the worst case scenario - or the best case, either. You have to settle if your case is shit."

"You don't get to settle here, do you?"

"No, so I have to be ready for the worst. And I have no idea how to do that."

This is what he said: "No one knows what will happen. And so you have to prepare for life. And you have to prepare for death:

To prepare for death, you have to get your affairs in order. You have to complete projects. You have to make memories for your children, and the others you love. You have to keep being their mom. You have to tell them you know they're sad and mad and scared, that you're sad and mad and scared, too, but that you intend to survive this, that you love them, and then you have to yell at them to pick up their laundry.

You have to celebrate what needs celebrating. You have to keep doing whatever art it is you do. You have to prune the unnecessary things and people, the deadwood, so you can grow. You have to say what you need to say. You have to keep living while you're living.

To prepare for life, you have to get your affairs in order. You have to complete projects. You have to make memories for your children, and the others you love. You have to keep being their mom. You have to tell them you know they're sad and mad and scared, that you're sad and mad

*You have to say what you need to say.
You have to keep living while you're living.*

and scared too, but that you intend to survive this, that you love them, and then you have to yell at them to pick up their laundry. You have to celebrate what needs celebrating. You have to keep doing whatever art it is you do. You have to prune the unnecessary things and people, the deadwood, so you can grow. You have to say what you need to say. You have to keep living while you're living."

During the next few weeks, before the chemo started to hit me too hard, I dug out my living will and advance directive and told my sister where to find them. I finished a quilt I'd started years earlier from the remnants of dresses and Halloween costumes I'd made for my children. I spent several evenings going through my old writings, letters and photographs, and put them into folders and scrapbooks. I arranged to have my bills paid electronically so that nothing would get disconnected or foreclosed. I phoned around to set up carpools for my daughters...

I wrote terrible letters to several friends who'd ignored me in the weeks since I got the first biopsy

result, then decided not to send them. I dismissed these people from my mind. I told some other friends why I loved them, and told my ex-husband that I wasn't sorry I'd married him. I told my boyfriend, whatever happens, happens. I calculated when I would and wouldn't be prostrated from chemo, and started planning a party to celebrate Nora's tenth birthday. The one thing I didn't know how to prepare for at all was saying goodbye to my daughters.

Every so often during this period of filing, organizing, planning, and discarding I'd think, wait. Was this on the "prepare for life" list, or the "prepare for death" one? Sometimes I got very agitated because I couldn't remember, thus couldn't explain my compulsion to do these things. It was weeks or months before I realized the lists were the same.

Judy was diagnosed in 2002. She has returned to work. Her younger daughter is in High School.

Contributed by
Eric Greenleaf, Ph.D.
Case Reports Editor

GET A GREEN NEWSLETTER!

Sign up to receive the The Milton H. Erickson Foundation Newsletter in your Inbox!

When you sign up for the E-mail mailing list, you will receive notification when the Newsletter is available for download.

To receive the electronic version of the Newsletter via E-mail and cancel your print subscription*, follow these three easy steps:

- 1) Go to www.erickson-foundation.org and scroll over 'Newsletter'
- 2) Click on 'Sign up for Newsletter' in the dropdown menu
- 3) Complete the form and check BOTH of the following boxes: 'I want to receive the electronic Newsletter by email.' *and* 'REMOVE my address from the Newsletter mailing list.'

Thank you for joining our efforts to go green!

*Note: Your name and address will remain on the main Foundation mailing list to receive brochures for upcoming events and Foundation news. Performing the above steps will only remove your name and address from the print edition of the Newsletter.

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., Cecelia Fabre, M.A.

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

Production Editor: Karen Haviley

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 Lorio, 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

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute Of Florianopolis, Brazil

By Roxanna Erickson Klein RN, PhD



The idea of starting an institute began in 1995. Márcia Alencar, a clinical psychologist, came upon the Brazilian translation of *Experiencing Erickson* by Jeffrey Zeig while at the airport in Florianopolis. Becoming interested in the ideas, she decided to attend an upcoming workshop taught by Zeig. Coincidentally, after the workshop, she ran into Zeig at the São Paulo airport, as he headed to Florianopolis for vacation. Then Zeig invited her to attend the Evolution of Psychotherapy Conference in Las Vegas, held in December of 1995.

At the Evolution conference, Alencar was fascinated by the ambiance of so many great masters teaching and learning from one another. She began to feel connected with the Ericksonian "family" and made many significant acquaintances. Among them were Marília Baker MSW, and Sofia Bauer MD who four years later joined her in establishing the institute in Florianopolis. She also met Ricardo Feix MD who was working with hypnosis in Porto Alegre, in the State of Rio Grande do Sul, Brazil.

By 1997, Alencar had partnered with Feix and Dr. Victorio Velloso MD, to establish the Instituto Milton H. Erickson Brazil Sul with activities in both Porto Alegre, the State of Rio Grande do Sul, and also in Florianopolis in the State of Santa Catarina.

As interest grew, Alencar aspired to establish an independent institute in Florianopolis. She teamed up with Sofia Bauer who at that time was a member of the board of directors of the Instituto Milton H. Erickson of Belo Horizonte, in the State of Minas Gerais. Bauer had done a great deal of teaching in Florianopolis. Alencar and Bauer joined with Marília Baker, a Brazilian psychotherapist living in Phoenix, Arizona. The three rightly felt that establishment of the Institute in Florianopolis would expand the knowledge and appreciation for Dr. Erickson's work to the region, and would provide great resources for other professionals.

The Institute is comprised of a private practice as well as a teaching component. Visiting masters of Ericksonian work including Zeig, Gilligan and Teresa Robles have enhanced the Institute's program. Sofia Bauer MD has taught for many years, and is the scientific director of the Institute. Marília Baker, MSW has helped substantially with international interest. Baker is an invaluable contributor with her broad knowledge of international perspectives, and she facilitates contact with other professionals around the world.



*Marcia Alencar, Lic Psy
and Sofia Bauer MD*

Marcia Alencar, Lic Psy, the executive director organizes the teaching seminars. She also appears on television and in public lectures to further the understanding of hypnosis. It is her clinical work as a family therapist, and student supervisor that constitute the day-to-day activities of the Institute. Last year Alencar worked with a master's degree student from the Federal University doing research on the effects of hypnosis on pain management in fibromyalgia. It is hoped that this initiative will inspire additional research investigation. Alencar now teaches a specialization group through the University of Lisbon, Portugal. She is now working on a Portuguese handbook of Ericksonian Therapy as well as dreaming about future volumes related to Ericksonian Family Therapy.

A major meeting that was orchestrated by the Institute was the Third Meeting of the Latin American Association of Milton H. Erickson Institutes and Centers held in Florianopolis in May of 2002. This important congress brought together for learning and fellowship attendees from 26 Erickson Institutes. This meeting reflects the cooperative spirit of this institute and the magnitude of the work that they have done.

Exploration of the effects of hypnosis on psychotherapy continues to be a driving interest of the Institute. Now approaching their tenth anniversary of the Instituto Milton H. Erickson of Florianopolis, there are a great many successes to reflect upon, and an energetic start on future endeavors. What distinguishes this Institute is their enthusiastic cooperative efforts coupled with a deep commitment to bring a higher level of understanding to professionals and to the public about the value of hypnosis.

ANNOUNCEMENT:

Ernest and Kathryn Rossi have created a brand new website: www.ernestrossi.com. On it you will find information (some of it in progress) about Ernie, Kathryn, The Milton H. Erickson Institute of the California Coast, the Creative Retreat for the Mind and a FREE PDF book, an outstanding work by Kathryn and Ernest Rossi. They still have many more key papers to post. Check back frequently to see what has been added!



ENCOUNTER THE REAL BAJA, MEXICO...
and your vocation can be a vacation!
oct 31 - nov 3 2008

*Mexican Cultural Experience

*Develop your intuitive therapeutic self

*International panel of renowned speakers

*Advanced Ericksonian Training in natural setting

*Discover the Serenity + the Beauty of Baja and more...

Centro Ericksoniano La Paz, Baja California Sur, Mexico

venydescubre@hotmail.com

Tel.- (52) (612) 12 2 00 00 / www.venydescubre.com

www.vivalapaz.net

www.visitlapaz.org

CONTRIBUTOR OF NOTE

Sofia Bauer, MD

Interviewed by Christel Collins, LCSW
Katy, TX

Sofia Bauer, MD is enthusiastic in her endeavors to disseminate the teachings of Milton Erickson in her native Brazil. Although trained in psychoanalysis, she is a staunch supporter of Ericksonian strategies, which she employs in her practice, teaching, and writing.

Bauer first became aware of Erickson when Malomar Lund Edelweis introduced her to the *Collected Works of Milton Erickson* in 1987. A practicing psychoanalyst at that time, she says "I fell in love with Erickson's kind of work." Bauer admits to feeling surprise when she began using a tailoring strategy with her clients which resulted in increased success. Her practice began to grow due to client referrals. Realizing that she needed more training, Bauer came to the Erickson Foundation in 1992 and trained with Jeff Zeig. She credits Dr. Zeig with being her first mentor in these techniques. For the next two years Bauer lived in, and received training in, the United States. She indicates that Stephen Gilligan constantly encouraged her growth and development. In addition to her two mentors, Drs Zeig and Gilligan, she studied with Stephen Lankton, Carol Lankton, Ernest Rossi, Michael Yapko, and Francine Shapiro (to learn EMDR and combine with hypnosis). Upon returning to Brazil, Bauer, Angela Cota and Jose Augusto Mendonca established the Milton H. Erickson Institute of Belo Horizonte. Bauer has since established the Hypnotherapy Center where she divides her time between seeing clients in her private practice, supervising students, and writing. She works with six other psychotherapists and sees ten to twelve clients a day Monday through Thursday, combining pharmacology with psychotherapy and hypnosis. She says this combination is an "amazing and wonderful experience." Bauer utilizes storytelling, visualizations, and hypnosis to explain how medications interact in the body. She believes the combination of traditional psychiatry and psychotherapy is



the "best way to work," which differentiates her from her colleagues in Brazil. She believes that combining the two approaches increases the number of patients that can be served. Bauer specializes in patients with depression and anxiety and is especially excited by the success she achieves when tailoring each therapy to the unique needs of the patient. She has discovered that there are many different ways to do hypnosis with patients, letting the solutions follow from their symptoms. "Milton H. Erickson did the same, he was curious to know how people came to be as they are, and then made their way back. I am doing the same in my profession."

Fridays are devoted to training groups in Ericksonian approaches. She teaches alternatively, basic and advanced levels. Classes are held in the morning, and the afternoon is dedicated to a supervision group where they can watch her working with patients. She includes students in some of her cases to advance their learning. Additionally, every 15 days she provides supervision to colleagues. Bauer conducts workshops throughout Brazil. An important concept to Bauer is the idea of passing on the gifts given her by others. "I received from Jeffrey and Steve so much in workshops. Steve once told me that Erickson told him when he tried to pay Erickson, 'Pass it on!' I try to do the same." Bauer passes on her knowledge and skills through the supervision and training that she pro-

She has discovered that there are many different ways to do hypnosis with patients, letting the solutions follow from their symptoms.

vides students and colleagues.

In addition to her private practice and teaching Bauer is an accomplished author. She has written three books on Ericksonian approaches. The first book, *Hipnoterapia Ericksoniano Passo a Passo*, is a handbook, teaching the fundamental Ericksonian approaches widely used throughout Brazil. Her second and third books, deal respectively with hypnosis and panic disorder, and how to utilize hypnotherapy with patients diagnosed with psychiatric disorders. Additionally, she has published articles by Lisbon University for hypnotherapy students. To augment her practice Bauer has made hypnosis CDs which she gives to her patients to use at home. For more information, visit the website sofiabauer.com.br

Dr. Bauer describes herself as an Ericksonian, doing therapy "step by

step" for each patient. She says that she "loves to 'talk' with Milton H Erickson," asking help sometimes when no more ideas come to mind!" At that moment, she will believe that she can find the answer "...and think ...what can I do for you ...I remember the story about Erickson taking back the horse to the right farm, just putting it on the way and keeping it on it ... I try the same... People here in my city say that I am so different from the others psychiatrists ...I think I am, because I try to tailoring what is needed for each one....I think I am trying to 'disseminate' the spirit of Erickson here in Brazil. I think I am doing my job! All around my country, wherever I go, I am speaking about his magnificent work with people, and trying to tell a little bit about his wisdom!"

Advertise...

Your Workshops or Books HERE!

| | | | | |
|-----------------|---|--------------------|---|-------|
| Full Page | • | 9 1/4"w x 11 1/4"h | • | \$995 |
| 1/2 Page/Vert. | • | 4 1/2"w x 11 1/4"h | • | \$595 |
| 1/2 Page/Horiz. | • | 9 1/4"w x 5 1/2"h | • | \$595 |
| 1/4 Page | • | 4 1/2"w x 5 1/2"h | • | \$395 |
| 1/8 Page | • | 4 1/2"w x 2 5/8"h | • | \$250 |

Frequency discounts available!

Circulation: 11,300 U.S. (mailed) -

Posted Online: www.erickson-foundation.org

Space Reserve/Art Deadline for the Fall/Winter Issue
(mail date: December 2008): October 1, 2008

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

Own history...

"One of the top ten most influential therapists of all time"
— *Psychotherapy Networker*



Now you can own this handsome collector's edition series designed for professional, academic, and personal libraries.

Access the wealth of material Dr. Milton H. Erickson created over the course of nearly 60 years of clinical practice in these 16 deluxe, limited edition volumes.

THE COLLECTED WORKS MILTON H. ERICKSON

Volumes 1 - 4 now available!
(The next four volumes throughout 2008.)

- Volume 1: The Nature of Therapeutic Hypnosis**
2008 / ISBN 978-1-932248-30-2 / 410 pages / Clothbound / Illustrated / \$59.95
- Volume 2: Basic Hypnotic Induction and Therapeutic Suggestion**
2008 / ISBN 978-1-932248-31-9/ 372 pages / Clothbound / Illustrated / \$59.95
- Volume 3: Opening the Mind: Innovative Psychotherapy**
2008 / ISBN 978-1-932248-32-6/ 324 pages / Clothbound / Illustrated / \$59.95
- Volume 4: Advanced Approaches to Therapeutic Hypnosis**
2008 / ISBN 978-1-932248-33-3/ 356 pages / Clothbound / Illustrated / \$59.95

Featuring —

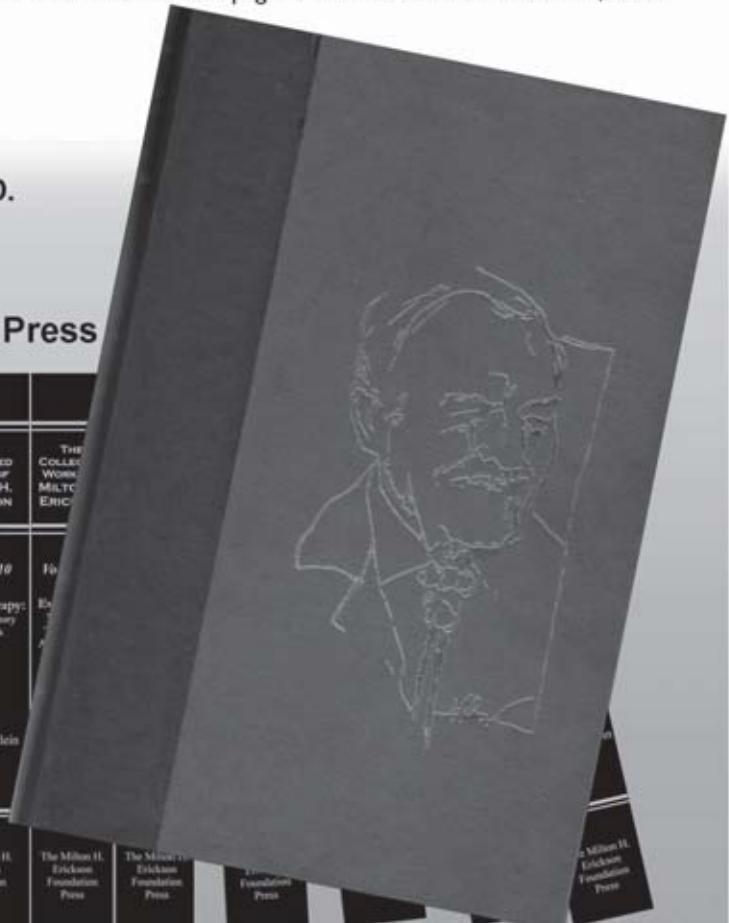
- published and unpublished papers
- speeches, lectures & workshops
- case studies
- patient transcripts with commentary
- complete books (out of print for years)
- new introductory material and updated chapters

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 I: 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 | Exploring the Mind | Exploring the Mind |
| 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 |



For the complete story on this outstanding series, visit our special website — www.erickson-foundation.org/collectedworks

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

When I neared the end of the fourth volume of Erickson's collected works I slowed down my reading since I wanted to prolong my contract with him, if only via his writings. I got interested in him and his work several years after he died so I never had the opportunity to meet him. I have been fortunate in developing friendships with two of his daughters—Betty Alice and Roxanna, and a number of others who knew Erickson and studied with him.

So, the closest I could get to Erickson, the man, was to write a biography in play form since I am better at writing plays than prose. As in my biography of Viktor Frankl in play form, I chose to incorporate as much of Erickson's words (and those of his correspondents) as I could. In this way I had a deep relationship with the man and his work. When I was researching and writing the play I could hear Erickson speaking -- his voice went with me! It was my dream that by giving voice to Erickson and his family and colleagues that the reader also would have his and their voices with them, too.

The assistance of Erickson's family, the Foundation, and the Foundation Press made this work possible, and I thank them.

Rubin Battino

That's Right, Is It Not? A play about the life of Milton H. Erickson, MD

By Rubin Battino M.S.

The Milton H. Erickson Foundation
Press
Phoenix, Arizona
www.erickson-foundation.org/press

220 pages

978-1-932248-27-2

Plato showed it was possible to present complex issues through the dialogues of Socrates. His descriptions of events and characters express timeless concepts and principles. For thousands of years, readers have experienced, analyzed and gained wisdom from Plato's dialogues. Rubin Battino, M.S. has created dia-

logues that dramatize events in the personal and professional life of Milton H. Erickson, MD so that we can gain from Erickson's timeless wisdom.

A play takes place in the mind of the audience as they interact with the characters in scenes. Battino skillfully sets up each scene with characters, inviting the reader to imaginatively participate in their questions, answers, and resultant insights. Then, even students several generations removed can share an inside perspective of Erickson and his work, through his interactions at every phase of his development.

The play is in two Parts with 42 Scenes. Part One is a play about Erickson's life, producible in about an hour. There are eleven scenes, from early youth through World War II, in which we see Erickson in varied contexts including working for the Draft Board. Battino wrote the scenes with Title Boards that create a time span for the action, and provide an imaginative visual with creative force. For example, Scene One: Setting the Stage, begins with a picture of Erickson in a thoughtful mood and an imaginative monologue from Erickson welcoming us to the play. The events unfold through monologues and dialogues of significant, formative events in Erickson's personal, family and professional life.

Part Two is divided into five sections: Section One: Professional development: Section Two: Professional Interactions: Section Three: Some Classic Cases: Section Four: More Erickson Stories: and Section Five: Modern Memories of Erickson.

In Section Two, Erickson's professional contacts and development are dramatized in discussions with fascinating notables, such as George Estabrooks, John Weakland, Stanley Milgram, and Margret Mead. For example, an interesting exchange is found in Scene Sixteen. Lewis Wolberg questions Erickson about the safety and use of hypnosis. Erickson assures him that hypnosis is safe and effective in medicine and psychotherapy when used by trained professionals in an appropriate therapeutic context. This scene dramatizes Erickson's work to gain acceptance

of hypnosis by respected authorities in the field of psychotherapy.

Section Three covers some of the classic cases that Erickson often used for teaching strategies. He helped a patient who suffered with phantom limb pain indirectly with a story about coping with ringing in the ears. "Erickson: What patients don't know, what they really don't know, is they can lose that pain, and they don't know they can lose that ringing in the ears. You know, all of us grow up believing that when you have pain, you must pay attention to it. And believing when you have ringing of the ears that you must keep on hearing it." (p. 135) Section Four recounts

Erickson's canoe trip and a number of family stories. Section Five offers interviews with some family and significant students.

There are many facets to every scene, too numerous to describe, but suffice to say that they are fascinating and instructive. This is a complex creative work that will give the reader many ideas and experiences. We highly recommend this book. It is a unique genre for learning the life and work of Milton H. Erickson.

Reviewed by

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

THE ERICKSON FOUNDATION ONLINE STORE

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. www.ericksonfoundationstore.com

Our door is
always open!

The Milton H. Erickson Foundation Online Store
<http://www.ericksonfoundationstore.com>

Discover Milton Erickson's powerful
influence on Hypnosis and Psychotherapy

- Books
- Conference Recordings
- Training DVDs

The Milton H. Erickson Foundation has more than 25 years experience providing internationally renowned training programs for mental health care providers. As an extension of our mission to educate mental health practitioners in the fields of brief therapy and hypnosis, the Foundation now offers its library of printed, audio, video, CD and DVD resources through the Milton H. Erickson Foundation Press

Reflections: Celebrating Five Decades of Excellence in Clinical Hypnosis

ASCH 50th Annual Scientific Meeting & Workshops

By Ana Almeida-Melikian, Ph.D.

Institute Milton H. Erickson of Portugal



Philip Accaria, Ph.D. and Ernest Rossi, Ph.D.

The 50th Annual Scientific Meeting & Workshops of the American Society of Clinical Hypnosis (ASCH) was held March 7-11, 2008 in Chicago. In this meeting, "Reflections: Celebrating Five Decades of Excellence in Clinical Hypnosis," important facets were dedicated to recognize the fundamental role Milton H. Erickson, M.D. had in the emergence and creation of ASCH. Erickson was one of the founders of ASCH: served as president for the first two years; and was the founding editor of the American Journal of Clinical Hypnosis (the official publication of ASCH) from 1958 to 1968. In order to give the participants a better insight about Erickson, there were two dedicate plenaries. In

the first one, "Moments with Milton", Norma Barretta, Stephen Lankton, Ernest Rossi, and Jeffrey Zeig, shared some of their more significant memories about their personal experiences of working with, and knowing, Erickson. At the second plenary, "What He Learned Along the Way -- Erickson's Shift from Direct to Indirect", Betty Alice Erickson, spoke candidly about her father. She emphasized an essential dimension of Erickson by saying that people who knew him, "felt his heart and the art of what he did," which cannot be reduced to techniques. To conclude this historic day, Ernest Rossi received the first Bernauer "Fig"

Newton Trust, Lifetime Achievement Award for his contributions to the field of hypnosis. He awed the participants with a presentation summarizing his main theories about hypnosis and psychotherapy. It was a great way of continuing to celebrate the Erickson legacy!

Many other significant scientific sessions were presented during the following days. Marc Schoen spoke about "Inflammation: A New Frontier for Hypnosis," inflammation being one of the most current and far-reaching medical theories on health and aging. Schoen described how hypnosis can influence and modify inflammation. Olafur Palsson, and Amir Raz presented the "Current Trajectories of Hypnosis in Mind-Body Research," describing their perspectives on the ideal paths to pursue in mind-body and hypnosis research. Eric Leskowitz offered a fascinating reflection on the history of clinical hypnosis, linking it to up-to-date research in mind-body medicine (From Mesmer to Energy Medicine: Historical Reflections). On the last day, Eva Banyai, Consuelo Casula, Joan Murray-Jobsis, and Julie H. Linden shared their perspectives about the role of women in the development of hypnosis, and the consequences of the feminist movement on the history of ASCH.

In addition to all these sessions, there was a Basic and an Intermediate workshop track (more than 20 hours each) with a diverse faculty too numerous to name. There was a diversified advance workshop program that included Ericksonians such as Helen Adrienne, Norma Barretta, Phil Barretta, Deborah Beckman, Betty Alice Erickson, and Teresa Garcia-Sanchez. There were also valuable scientific symposia with more than 50 presenters.

The next meeting of ASCH will be in Boston, March 6-10, 2009 (for more information see: <http://asch.net/annualmeeting.htm>).

ANNOUNCEMENT

ISH MEMBERSHIP

The International Society of Hypnosis (ISH) brings professionals together to improve healthcare through the utilization of hypnotic procedures and interventions in the health sciences. ISH is an international community of clinicians and researchers who are dedicated to educating both their colleagues and the public about clinical hypnosis. ISH has moved its offices to The Netherlands, from Australia, and is busy contacting former members and interested potential new members to renew/join ISH. There are many membership benefits:

- Belonging to one of the largest professional organizations that promotes therapeutic application and research in Hypnosis worldwide!
- Being a member of ISH communicates to the professional community and to the public that you are an expert in the field, having subscribed to the highest clinical and scientific standards applicable to hypnosis on a worldwide scale, according to the strict professional and ethical standards set by the International Society of Hypnosis.
- A worldwide collegial relationship with similarly minded professionals interested in furthering the international and professional status of hypnosis.
- The Society newsletter that informs about the status and activities of the Constituent Societies as well as new developments in the world of hypnosis.
- Subscription to the International Journal of Clinical and Experimental Hypnosis.
- An attractive Membership Certificate for displaying in your consulting room or office.
- Eligibility to attend the International Congresses on Hypnosis at the member discounted rate.

Register now to attend the next

XVIII International Society of Hypnosis Congress

"Hypnosis and Neurosciences: Clinical implications of the new mind-body paradigms"

Rome, Italy 24-27 September 2009

For membership and registration information go to: www.ish-web.org

UPCOMING TRAINING

| DATE | TITLE / LOCATION / LEADER | CONTACTS |
|-------------|--|----------|
| 2008 | | |
| 9/10-11 | Couples Conference / Brussels, Belgium / Invited Presenters | 1. |
| 9/13-16 | Ericksonian Therapy / Istanbul, Turkey / Jeffrey K. Zeig, Ph.D. | 2. |
| 9/17-22 | 11th Congress of European Society of Hypnosis (ESH) / Vienna, Austria / Invited Presenters | 3. |
| 10/2 | Ericksonian Methods in Couples and Family Therapy—Kentucky AMFT / Louisville, KY / Zeig | 4. |
| 10/4-5 | Integrating Therapeutic Approaches to Depression and Anxiety / Montreal, Quebec, Canada / Zeig | 5. |
| 10/13-17 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, Ph.D., Stephen Lankton, MSW, DAHB, Zeig, and Invited Presenters | 6. |

I N M E M O R I A M

Harold B. Crasilneck Ph.D. 1921-2008

Written by Roxanna Erickson Klein RN, Ph.D.

Harold B. Crasilneck Ph.D., passed away in Dallas, Texas, June 17, 2009. We have lost a tireless advocate for the integration of psychological elements into health care delivery, and for the advancement of hypnosis as an effective clinical tool.

Crasilneck was a clinician and a practitioner who gained international acclaim for his effective use of hypnosis in the treatment of burns. He was a faculty member at the University of Texas Southwestern Medical Center, Department of Psychology, Psychiatry and Anesthesiology for half a century where he promoted the integration of hypnosis into the training curriculum for medical students.

Giving generously of his time and expertise, he encouraged professional cooperation that has left a lasting impact on many fronts. As the first individual to serve as president for both the Society for Educational and Clinical Hypnosis (SCEH) (1965-67) and the American Society of Clinical Hypnosis (ASCH) (1986-1987), he continued to serve both organizations throughout his life. He received innumerable honors and awards—during an interview that appeared in the Milton H. Erickson Newsletter (Vol 15 No 1) he stated that he had received “every professional award for which he was eligible.” The awards included the Best Book award from both the ASCH and the SCEH for the classic volume co-authored with James Hall *Clinical Hypnosis: Principles and Applications* (first printing 1977, Allyn Bacon Publishers). Additionally, he published numerous chapters in textbooks and more than 50 professional papers, many of which were edited by his wife of 27 years, Shirley Knopf Crasilneck.

Crasilneck's highly approachable manner and ever present sense of humor welcomed students and colleagues to turn to him for advice, guidance and a seasoned opinion. Known for his directive style of induction, he never tired of introducing young professionals to the value of hypnosis and its far-reaching potential. He worked long hours not retiring until well into his 80's, and even then he continued his support and mentorship. He paved the way for professionals of today, and that work continues to grow. Crasilneck's six decades of contribution left a noble legacy that will not be forgotten.

A memorial fund in Crasilneck's honor has been established at UT Southwestern, PO Box 910888, Dallas Texas 75391.

| DATE | TITLE / LOCATION / LEADER | CONTACTS |
|-------------|--|----------|
| 10/20-24 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 6. |
| 10/23-26 | Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig | 7. |
| 11/6-9 | Level III: Ericksonian Intensive Training / Dallas, Texas / Erickson, Beckman, Handy, and Invited Faculty (<i>dates subject to change</i>) | 8. |
| 11/13-16 | DGH Annual Conference / Bad Lippspringe, Germany / Invited Presenters | 9. |
| 11/21-23 | Integrating Therapeutic Approaches to Depression and Anxiety Disorders / Lodz, Poland / Zeig | 10. |
| 11/28-30 | Ongoing Supervision Training / Mexico City, Mexico / Zeig | 11. |
| 12/11-14 | The Brief Therapy Conference: Lasting Solutions / San Diego, Calif. / Invited Faculty (Pre-Conference 12/10 and Post-Conference 12/15) | 6. |
| 2009 | | |
| 2/16-20 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 6. |
| 2/23-27 | Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Lankton, Zeig, and Invited Presenters | 6. |
| 3/16 - 4/1 | Trance Possession and Ritual / Bali, Indonesia / Betty Alice Erickson, LPC, MFT, Eric Greenleaf, Ph.D. | 12. |
| 5/1 - 5/3 | Couples Conference: Love & Intimacy / San Diego, CA / Invited Presenters | 6. |

Contact Information:

1. Email, s.radermecker@arsmagna.be ; Email, mmourabit@skynet.be
2. Email, tamerdvc@yahoo.com
3. European Society of Hypnosis – 11th Congress; Web, www.Vienna.Hypnos.de ; Email, mariannemartin-isorec@aon.at
4. Mike Rankin, Exec.Dir., Kentucky AMFT, P.O. Box 6627, Louisville, KY 40206-0627; Email, mdrankin@insightbb.com ; Tel, 502-494-2929
5. Tel, 819-842-4148; Email, ericksonquebec@ericksonquebec.org
6. The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016 6500 ; Tel, 602/956-6196; Fax, 602/956-0519; E-mail, office@erickson-foundation.org ; Web, www.erickson-foundation.org
7. Helen Adrienne; E-mail, HAMS@aol.com ; Tel, 212/758-0125
8. Milton H. Erickson Institute of Dallas, 4144 N Central Suite 520, Dallas TX, 75204 ericksondallas@sbcglobal.net ; Tel, 214-824-2009
9. Email, DGH-Geschaefsstelle@t-online.de
10. Web, www.p-i-e.pl
11. Juan Francisco Ramirez Martinez / Email: juan_francisco@mac.com
12. Milton H. Erickson Institute of the Bay Area Email : training@miltonherickson.com ; Web: www.miltonherickson.com

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 2008 Fall/Winter Issue (mailed December) is October 1, 2008. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact the Erickson Foundation at 602/956-6196; mhreg@aol.com

CONFERENCE NOTES

The 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. The ESH homepage is www.esh-hypnosis.org

The AATQ (Association des art-thérapeutes du Québec), CATA (Canadian Art Therapy Association) and Concordia University (Dr. Josée Leclerc) announce the international conference entitled, *Art as Witness: Art, Art Therapy and Trauma Resolution*, September 18-20, 2008, in Montreal, Québec, Canada. A diversified program including papers, film presentations and workshops, experts from fields of trauma intervention will present their most recent research, current innovative clinical approaches, as well as artistic work. The conference will offer a chance to exchange knowledge about effectiveness of the creative arts in trauma intervention in an atmosphere conducive to discussion and debate. For complete information and to register please visit: Web, <http://joseleclerc.concordia.ca/artaswitness>.

The Society of Clinical and Experimental Hypnosis (SCEH) will hold its *59th Annual Workshop and Scientific Program Conference*, October 22-26, 2008, at the Sheraton Park Ridge Hotel and Conference Center in King of Prussia, Penn. The Conference includes a Workshop and Scientific Program, Panels, an Early Career Initiative Breakfast and Lunch sessions, a Presidential Banquet and Awards Ceremony and Clinical Symposium, and a Keynote Address by Donald L. Nathanson, M.D. For complete information or to register contact: The Society for Clinical and Experimental Hypnosis (SCEH), Massachusetts School of Professional Psychology, 221 Rivermoor St., Boston, MA 02132; Tel, 617-469-1981; (Toll-free) 888-664-6777; Fax, 617-469-1889; Email, sceh@mspp.edu; Web, www.SCEH.us

The Centro Mexicano de Programación Neurolingüística (CMPNL) is celebrating their 20th anniversary at the upcoming *Seventh International NLP Conference*, October 10-18, 2008, at Hotel Fiesta Americana, Guadalajara, Jalisco, Mexico. The Conference includes workshops, lectures, NLP discussion tables, Hypnotherapy and Coaching under the spirit of sharing and reflection upon the advances of these disciplines. For complete information contact CMPNL, Av. Hidalgo No. 1681, Ladrón de Guevara, C.P. 44600, Guadalajara, Jal.; tel, +5233-3615-8447; Email, informes@cmpnl.edu.mx; web, www.cmpnl.edu.mx

CONFERENCE NOTES continued on page 12



**CMPNL
20th
Anniversary**



**7TH
INTERNATIONAL
NLP
CONFERENCE**

**In Mexico, the Best of NLP,
Coaching and Hypnosis ...**

Workshops, lectures, discussion tables around NLP,
Hypnotherapy and Coaching under the spirit of sharing
and reflex upon the advances of these disciplines.

Lectures 9.00 am - 10.00 am
and 6.00 pm - 7.00 pm
Workshops 10.30 am - 5.45 pm

October 10th - 18th 2008. Place Guadalajara, Jalisco. México. Hotel Fiesta Americana
More Info +5233-3615-8447 ext. 12
www.cmpnl.edu.mx

[In order of appearance]

| | |
|--------------------|------------------------|
| Robert Dilts | Leonor Gutiérrez |
| Jeffrey K. Zeig | Jesús Robledo |
| Jorge Abia | Ma. Luisa Jiménez |
| Rafael Nuñez | Verónica Hintze |
| Francisco Huergo | Mauricio Oltra |
| Julio Chacón | Mariano Bustamante |
| Norma Gamboa | Thomas Siefer |
| Diana Medina | Miguel Angel Montoya |
| Teresa Robles | José Ignacio Rodríguez |
| Tom Best | Stephen Gilligan |
| Cristina Stivalet | Tim Hallbom |
| Alfredo Rodriguez. | Isabel Fuentes |
| Carmen Sánchez | Graciela Contreras |
| Omar Salom | Cecilia Richo |
| Michael Hall | Leonor Hubard |
| Tom Best | Marycarmen Izquierdo |
| José Merino | Carlos Antonio Gómez |
| Erwin Humérez | Tim and Christ Hallbom |
| Gabriel Guerrero | Steve Andreas |
| Nick LeForce | Federico Pérez |
| Mónica Esquinca | Rossana Magaña |
| Marimar Gutiérrez | Enrique Caballero |
| Jan Eifline | Richard Bolstad |
| Ricardo Escobar | David Vázquez |
| Oscar Ramírez | Cristina Rosales |
| Sergio Hernández | |

CONFERENCE NOTES *continued from page 11*

The **Brief Therapy Conference: Lasting Solutions** will be held December 11-14, 2008, at the Town and Country Resort and Convention Center, San Diego, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc., and Co-sponsored by University of San Diego, Counseling Program, School of Leadership and Education Sciences. The Conference offers a Pre-Conference Law and Ethics Workshop on Wednesday, December 10, and a Post-Conference Brief Therapy Master Class Training on Monday, December 15. The Conference consists of workshops, interactive events, short courses, Fundamental Hypnosis Workshops, and keynote addresses.

Presenters at the 2008 meeting include: Andreas, Beck, Carlson, Dilts, Gilligan, Goulding, Hardy, Hayes, Karpman, Kaslow, Kottler, Lankton, Levine, Miller, Naranjo, Norcross, O'Hanlon, Padesky, Plster, Prochaska, Rossi, Selekman, Spring, Weiner-Davis, Wilson, Yapko, and Zeig. Keynotes will be given by Borysenko, Burns, Cummings, Houston, and Terr.

Visit the Conference web site to view the full program, list of presenters and presentations, download the complete brochure, make your hotel reservations, and register Online! www.BriefTherapyConference.com

To receive the brochure by mail contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

Satir's Legacy: 20 Years Later and Beyond, a two-week intensive training sponsored by The Virginia Satir Global Network (formerly Avanta) and Science and Behavior Books, will be held February 6-20, 2009, at The Haven Institute on Gabriola Island, B.C., Canada. All proceeds to benefit The Virginia Satir Global Network, Inc. The training is offered by three internationally acclaimed trainers and authors who trained extensively with Virginia Satir: John Banmen, Maria Gomori, and Jean McLendon. Space is limited to 90 participants. For complete information contact reginaragan@mac.com or visit their Web Site: <http://haven.ca/db/a.courseDetail/id.221>. Online registration also is available. Early registration discounts are offered until September 30, 2008.

Love & Intimacy: The Couples Conference, sponsored by The Milton H. Erickson Foundation, Inc., with organizational assistance provided by The Couples Institute (Menlo Park, CA), will be held May 1-3, 2009, at the Town & Country Resort and Conference Center, San Diego, California. A Law and Ethics Pre-Conference with Steven Frankel will be offered. Faculty include Bader, Dattilio, Gottman, Love, Madanes, Perel, Real, Solomon, Abrahms Spring, and Zeig. The complete brochure, including online registration, will be available in coming weeks on the Conference web site: www.CouplesConference.com. To add your name to a list to receive the brochure when it is available contact The Milton H. Erickson Foundation, Inc., 3606 N. 24th Street, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

The International Society of Hypnosis (ISH) will hold the XVIII International Congress, **Hypnosis and Neuroscience: Clinical implications of the new mind-body paradigms**, September 22-27, 2009, in Rome, Italy. Pre-Congress workshops (September 22-23) includes practical work with the Congress faculty; the Scientific Program (September 24-27) includes Keynotes, Invited Lectures-Addresses-Seminars, Symposia, Dialogues, Panels and Papers. The Congress is sponsored by Societa' Italiana di Ipnosi and Societa' Italiana Milton Erickson. For complete information contact Societa' Italiana di Ipnosi

Via Tagliamento 25 - 00198 Roma, Italy; Tel and Fax, +39.06.8548205; E-Mail, ipnosii@tin.it; Web, www.hypnosis.it

Call for Papers: To present a Paper in the Scientific Program please submit a 20-lines abstract together with your completed Registration Form by December 15, 2008.

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, DAHB,

and Invited Presenters

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

For more information:

Milton H. Erickson Foundation
3606 N. 24th Street, Phoenix, AZ 85016
Tel: 602-956-6196 / Fax: 602-956-0519

Email: office@erickson-foundation.org / Web: www.erickson-foundation.org

2008-2009

'Celebrating its 21st Year!'

PHOENIX
ARIZONA

FUNDAMENTAL

October 13-17, 2008
February 16-20, 2009
July 13-17, 2009
October 5-9, 2009

INTERMEDIATE

October 20-24, 2008
February 23-27, 2009
July 20-24, 2009
October 12-16, 2009

ADVANCED

July 27-31, 2009

Couples Conference: Attachment Differentiation, and Neuroscience

See www.couplesconference.com for ordering information

The Couples Conference, Attachment, Differentiation, and Neuroscience in Couples Therapy, took place in San Jose, California from April 24-27, 2008. Three major conceptual schemes of couples therapy were taught: Attachment Theory, Differentiation Theory, and Neurobiology.

The Faculty included ten well-known professionals who well-represented the three themes. These masterful teachers lectured and guided those present to assimilate the theories, so that the participants could not only learn the basics, but could also deepen their understandings.

The conference was organized into five keynote addresses, three interactive dialogues, and 15 workshops. Also included was an informative a pre-conference Law and Ethics workshop given by the experienced presenter, Steven Frankel, who helped to clarify legal issues in an entertaining and helpful manner. Listeners will find all of the programs on the CD ROM except for both of Helen Fisher's programs and one of Bader's workshops that were withheld for copyright reasons.

Keynote Addresses

Each keynote introduced an approach that was taught in terms of both theory and application to couples work, leading listeners into understanding the conceptual base of the presenters.

Dan Siegel's opening keynote address set an integrative and inclusive atmosphere for the entire conference. His style of presentation is friendly and intelligently interactive, engaging the audience and the listener.. Focusing on mindfulness, he



TRANCE POSSESSION AND RITUAL IN BALI
MARCH 16 - APRIL 1, 2009

Betty Alice Erickson, LPC, MFT & Eric Greenleaf, PhD

www.miltonherickson.com

In this intensive experience you'll witness living ritual uses of trance in community religious ceremonies and individual healing

PAID ADVERTISEMENT

linked the process to couples therapy through interpersonal neurobiology. He explained that mind is not just embodied; mind is relational, a verb not a noun, regulating energy, extending through the body's organs, linking with the prefrontal cortex through emotions in the amygdale, always in

relationship to others. Mindfulness helps make it possible to avoid or minimize problems. With this orientation in mind, therapists can include neurobiology into their couples work.

Bessel van der Kolk, renowned expert on working with the effects of

See *COUPLES* on page 14

The book we hope you'll never need...

New from  Zeig Tucker & Theisen

You may one day have to face what could be a career-ending grievance filed by an unhappy consumer. Whether you are an independent practitioner or you work in an institution or agency setting, you can take steps to protect yourself.


SURVIVING A LICENSING BOARD COMPLAINT is designed to guide mental health professionals who find that they must prepare for dealing with a complaint filed with the state licensing board.

This book is unique in its frank and practical perspective. The team of authors are experienced psychotherapists with expertise in ethics, law, risk management skills, and licensing board issues. A treasure trove of specific information, the book is also essential reading for mental health professionals being investigated by ethics committees and other grievance adjudication boards.

To order call 800-666-2211, (outside the U.S. call 607-277-6292)
Email: orderbook@cupserv.org

or log on to www.ZeigTucker.com


For mental health professionals...



Only \$19.95

SURVIVING A LICENSING BOARD COMPLAINT

What To Do, What Not To Do ...



**Practical
Tips
from the
Experts**

David Shapiro, Ph.D.
Lenore Walker, Ed.D.
Martin Manosevitz, Ph.D.
Mark Peterson, Ed.D.
Martin Williams, Ph.D.

Foreword by Nicholas A. Cummings, Ph.D.
Afterword by A. Steven Frankel, Ph.D., J.D.

PAID ADVERTISEMENT

COUPLES *continued from page 13*

trauma, gave the second keynote on post-traumatic stress. He described how the brain is changed by a traumatic stress experience so that the person becomes trapped in a stable state of discomfort, unable to respond spontaneously to life circumstances, and unable to regulate the natural inner state of arousal when responding. This leads to chronic dysfunction and maladaptive behavior. He introduced the methods that he developed to overcome this traumatic condition more fully in his two subsequent workshops.

Otto Kernberg, well-known psychoanalytically oriented professor and supervisor, drew from his vast reservoir of experience. In the third keynote address, Kernberg described analytic attachment theory, from its roots in classical analytic concepts to the expression in the personality of the patient. His conceptual scheme offered a map for therapy that addresses the psychodynamics of the couple. He emphasized the need for assessing the personality and pathology of the partners, and treating pathology when necessary to free individuals for shared intimacy with each other.

Sue Johnson, co-founder of Emotionally-Focused Therapy (EFT), spoke about attachment theory in the fourth keynote address. She emphasized the high success rate of the approach and explained the rationale for emotional focus in couples work, based on the concepts of John Bowlby about the instinctual, innate need for love. Like a compass, the drive for a fulfilling attachment can guide clients to find their way to a healthy satisfying relationship. Suppression of emotion leads to unhealthy physiological hyperarousal and emotional disconnection. The fundamental task for the therapist is to help the couple develop a secure attachment relationship. In this situation, the intimate love they develop can lead them out of dysfunction and into mental health and happiness.

Dialogues

The three dialogues were designed to help integrate attachment, differentiation and neuroscience into practice. The first dialogue with Johnson and Stan Tatkin was about attachment. Both presenters agreed that attachment theory is a “bottom

up” process that gives the therapist a map to interpret the relationship. Attachment organization gets into the nervous system. It affects whether or not people move toward or away from each other, and posits that these movements are predictable. Once this movement is understood, the couple can do reparative work for and with each other. Mindfulness helps because it teaches couples to self-regulate and calm down. Attachment theory offers experiential methods that bypass hostilities and form a secure, loving bond.

The second dialogue, between Bader and Perel, was about differentiation. Differentiation has been misunderstood, often being confused with individuation and separation. Perel defined differentiation as “the ability for two separate individuals to be in the same space without needing to forgo larger parts of themselves for the sake of togetherness.” Differentiation therapy helps couples learn how they are responsible for bringing out the very behavior in the other that they don’t want. We have many uncivilized emotions roaming within. By admitting to having such feelings, healing begins.

The third dialogue was a discussion of key concepts from neuroscience that can influence the practitioner’s work with couples. Peter Pearson, Lou Cozolino, and Tatkin encouraged the audience to be patient about understanding the brain.

Neuroscience can give couples a rationale for what is happening without pathologizing them. When couples hurt each other, certain brain areas trigger pain responses, much like being physically struck. Couples want relief from the pain, but they proceed ineffectively. The pain pathway through the limbic system happens fast. When therapists understand, for example, that touch can counteract pain responses, they can guide couples in how to regulate their arousal and respond from the higher brain regions to self-soothe, regulate, and talk about difficult topics.

These dialogues inspired as they informed. Couples therapy is still in its infancy. Presenters encouraged the audience to experiment and keep the new neuroscience in perspective. Bader, the moderator, ended by say-

NEWS & NOTES

In the May 2008 edition of *Psychotherapy in Australia* (Vol.14, no.3, PsychOz Publications), Jeffrey K. Zeig, director of The Milton H. Erickson Foundation, lists the books that have most influenced his approach to his psychotherapy practice and personal life in the special section entitled *Best Books*. A few of the books include *Uncommon Therapy*, *The Seven Principles for Making Marriage Work* (Gottman), and *The Collected Papers of Milton H. Erickson*.

Also included in this issue, Dr. Zeig contributes two articles: *Positive Addictions: Choosing your habits wisely* (p.66-70), offering thirty-one ways to use addiction rather than letting it use you (see www.positiveaddictions.com); and *Depression: A phenomenological approach to assessment and treatment* (p.28-35), an appeal to clinicians to add new ‘maps’ to their practice that can lead to quick, effective treatment.

For subscription information or to purchase the current and past issues contact PsychOz Publications, P.O. Box 124, Kew VIC 3101, Australia; Tel, 03 9855 2220; Fax, 03 9855 2225; Email, psychoz@psychotherapy.com.au; Web, www.psychotherapy.com.au

ing, “It’s not just the brain, but what’s in your heart.”

Review of a Selection from the Workshops

Workshop 1: Assessment of Couples by Otto Kernberg

Kernberg’s workshops showed how he carefully conceptualizes his patients within a psychoanalytic framework. The listener gets the opportunity to learn from a truly experienced master who readily shares his insights. Kernberg is careful to evaluate his couples, seeing them together as well as separately for six weeks in order to put together a complete diagnosis. He offered some of his own personal methods for improving the process of assessment that will then lead to ways to enhance therapy. For example, he described how he asks each partner in a couple to describe the other person and themselves to give him clues as to whether there was a distorted or realistic, felt experience of the other. The workshop was illustrated with special cases such as chronic triangulation and severe sexual problems. Therapists should have an image of what a normal couple will be, and recognize that living as a couple can be a worthwhile source of enormous happiness. With tips, detailed case descriptions and careful attention to the audience’s questions, Kernberg’s workshops offer a psychoanalytic perspective on human personality and disorders in couples, a valuable addition to the conference training repertoire.

Workshop 2: The Effects of Stress and Trauma on Relation-

ships by Bessel van der Kolk

In his workshops, van der Kolk taught the general principles of traumatic stress and offered guidelines for a holistic treatment approach. He spoke with sympathy and serious concern for the suffering of his traumatized patients. Van der Kolk explained the importance of rhythm in life, beginning with rhythmical sounds from the mother in the earliest stages of development. Then he described the therapeutic use of rhythm, dance and community-oriented interpersonal processes by Bishop Tutu to relieve the effects of stress and trauma. He gave a general outline of how to use rhythm to help the patient to end the effects of traumatic experience and heal. Mindfulness, breathing awareness, and mutual disclosure are part of the techniques that he uses with patients, interspersed with rhythmical movement and bodywork. Re-association of the dissociated responses becomes possible from these therapeutic interactions. Then affect can be regulated and normalized after the trauma patient reconnects, to reintegrate and heal from the effects of trauma. Van der Kolk often encouraged the patient to imaginatively revisit the trauma and then, through EMDR, let it go.

Workshop 5: A Developmental Approach to Couples Therapy: An introduction to attachment and differentiation in couples therapy by Ellyn Bader

Bader’s workshop taught how to think developmentally as a means to

See COUPLES on next page

COUPLES *continued from page 14*

help clinicians intervene incisively with couples. Bader presented her developmental theory with reference to early object relationship theorists. Couples go through normal stages of development that parallel early childhood development. By engaging in a healthy relationship, both partners progress through the stages, changing and growing. There may be traumas from the past or from the present acting on the relationship. People can learn to use their natural developmental resources. Relationships fail when daily interaction interferes with each partner's development.

The attachment styles partners bring from the family of origin will determine what type of attachment they will form. The three attachment possibilities are secure, insecure and avoidant. Then the relationship goes through developmental stages: The initial beginnings, like birth, forming the stages of attachment, separation and individuation, rapprochement.

There is a reconnecting stage for more intimacy and sexual contact. A synergy of mutual interdependence is built as the couple successfully navigates through these stages together.

Workshop 3: Attachment as a Guide to Couples Therapy by Sue Johnson

Johnson's workshops taught the concepts of attachment theory as a framework for organizing the couple's interactions into categories that therapists can use when formulating interventions. By looking directly at the quality of the couple's bond, the therapist can determine the relationship problems. Attachment theory offers clear principles to help steer therapeutic work in productive directions. Johnson's presentation included many clinical vignettes to help recognize attachment issues. Then, when working with couples, the therapist can notice these aspects and help partners to recognize when and how they turn away from their secure attachment. What shines through in

Johnson's presentations is her warmth, sincerity, and clarity, expressed in an organized well thought-out theory.

Workshop 9: Mating in Captivity: Unlocking Erotic Intelligence by Esther Perel

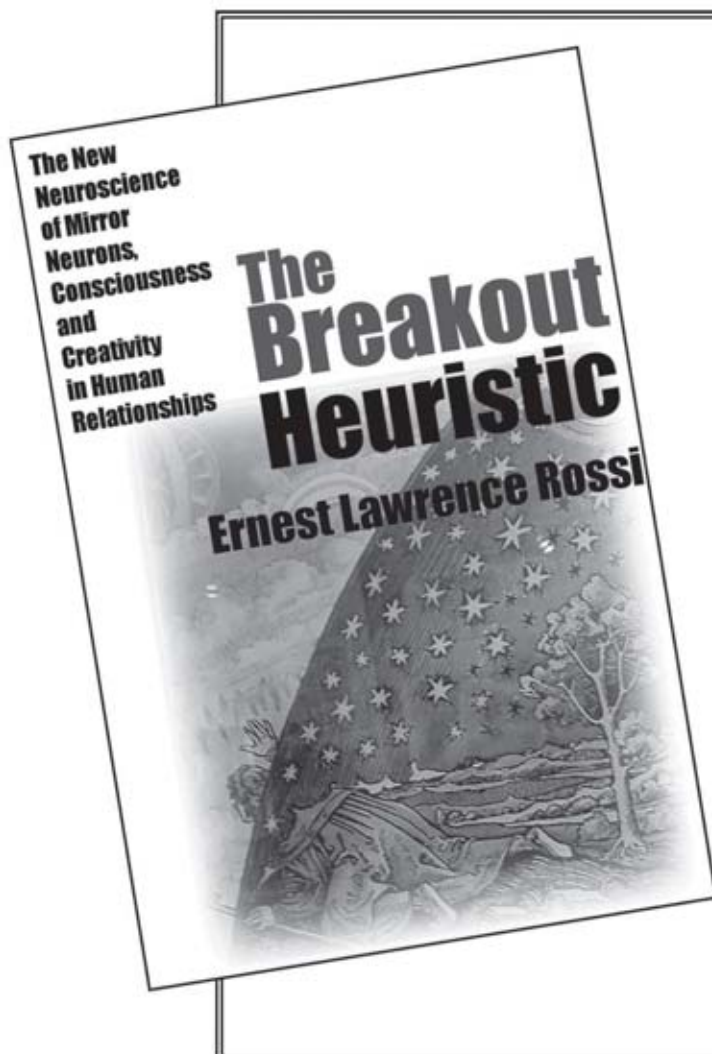
Perel worked with couples from the differentiation perspective. Her presentations were remarkably flowing and responsive to the audience. Her way of understanding is rooted in a broad-based, conceptual framework that is sensitive to the way couples are influenced by individual, cultural, racial and gender differences. Whatever the ethnicity, religion, national identity, sexual orientation or personality of each partner, she seeks the optimum balanced recipe relative to them as a couple. She considers the background context of each individual, then accepts and encourages healthy interaction expressed in passion from creative eroticism and sexuality in the relationship. Openness and tolerance of variations is impor-

tant for the therapist to foster the client's best adjustment to their individual sexual needs, so that the couple can thrive. Perel believes that mystery and distance are intriguing in a relationship. She thinks that habitual, warm intimacy eventually becomes dull and boring, leading to a loss of desire. Reinventing the partner in relationship as a hidden unknown "other" can be an exciting and erotic existential experience, rekindling passion. Perel explained how to use creative techniques of disclosure and communication for couples to find new interest and excitement in each other. Then, desire can be reunited with love.

Workshop 11: Breakthroughs with High Conflict Couples by Peter Pearson

Pearson began with what he has found to be effective in working with high distress couples. Pearson modeled how to disarm even the most

See COUPLES on page 17



PREPARE TO GET YOUR MIND ALTERED

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

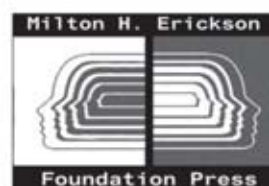
How do significant life experiences update the neural networks of our physical brain every day?

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

C D R E V I E W S

Cardio in the Zone:
Positive imaging and music for a focused
and enjoyable workout

9:24 minutes introductory material; 31:16 minutes voice with background music, tempo of 105 beats per minute

ISBN: 0-9771008-4-7

and

Walking in the Zone:
Positive imaging and music for a focused
and enjoyable workout

9:49 minutes introductory material; 29:00 minutes of voice plus background music, tempo of 80 beats per minute

ISBN: 0-9771008-3-9

By Albina Tamalonis, Ph.D.

Original music by Thomas Tamalonis-Olafsson

TherapySolutionsForChange.com

2007

Walking in the Zone and Cardio in the Zone are two audio CDs designed to help people enjoy exercise with less effort and more pleasure. Albina Tamalonis has created a helpful aid for clients who are working on weight reduction and/or trying to maintain a healthy lifestyle. She uses a creative combination of mindfulness, hypnosis, and positive visualizations to guide listeners into a healthy and happy routine. She states that her influences are Milton Erickson, Jeffrey Zeig, Michel Yapko, Eva Banyai, and the Buddhist monk, Thich Nhat Hanh. Clearly all of these approaches are utilized to harmonize with the carefully constructed suggestions on the CDs.

These CDs are enhanced by original music created by Tamalonis' husband, Thomas Tamalonis-Olafsson. We always are happy to see a husband and wife team, and these CDs are truly enhanced by the collaboration.

Each CD has two parts: an introductory track, and a longer exercise track. In the introduction, Tamalonis presents an explanation of why regular exercise is necessary for health. Then she lists the mental health benefits such as reducing depression, decreasing pain, and increasing overall happiness. Next, she offers persuasive facts such as 95% of those who succeed in weight loss, engage in regular exercise. Finally, she presents the benefits of the particular type of exercise addressed.

Tamalonis defines "being in the zone" as an active alert place where people feel good; when time slows down or speeds up; and movement is effortless. She points out the benefits of exercising to music, and the science behind focusing the mind with positive imaging, a technique used to effect changes.

The exercise tracks begin with music and simple mindfulness directions including turning attention to the body, noticing the posture, and "Feel the beat and generate some heat." Then she directs listeners to her voice and directs attention inwards. With her voice effectively pacing with the beat, she gives direct and indirect suggestions that address several levels. The person who finds exercise difficult or unpleasant will utilize the suggestions to feel enjoyment in the movement, and benefit from suggestions for time to pass quickly. She offers support and encouragement, and encourages self-supporting attitudes with positive affirmations, such as, "Our bodies wanting it, enjoying it, easily, steadily enjoyably restored by the movement." A dream technique suggests that while moving to the music listeners will have wonderful dreams of the future, about how they will look and feel following exercise. Indirect therapeutic suggestions are interwoven with metaphorical imagery from nature such as fish swimming upstream laying

eggs for the future. She suggests that the mind is freed by moving and evolves on all levels, physically, mentally, emotionally, spiritually. She deals with resistance such as overeating or missing workouts as well. Toward the end, post-hypnotic suggestions are offered that good feelings can grow from the feeling of accomplishment for a good day, good night, and deep night's sleep. A surprise treat at the end is the cardio CD is the cheerful laughter of a young baby. We recommend *Walking in the Zone and Cardio in the Zone* as helpful tools to give to clients!

Reviewed by

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

C D R E V I E W

Meaning: The life
of Viktor Frankl
An Illustrated
Solo Reading

By Rubin Battino, MS

From The Tenth International Congress
 on Ericksonian Approaches to Hypnosis
 and Psychotherapy
 Recorded December 8, 2007

CD# ch-07

Those who know Rubin Battino know how his chemistry professor identity can display itself no matter how far he moves into his second career as a psychotherapist. His ability to be exact and accurate in what he does lingers in very useful ways. He is the author of the teaching standards that were adopted for the Erickson Institutes. They are well written and set a very high level of expectation for teaching and learning about Ericksonian Hypnosis. The guidelines reflect his organized scientific mindset, and give unity to the Institutes around the world. With that level of expertise in mind, he outdid himself in writing a play about Victor Frankl's life. What is more he read selected readings from the play for this CD, and did so with the passion and stage presence of the Renaissance Man that he is.

Primarily using Frankl's own words from *Man's Search for Meaning*, Battino has rearranged those words to create a play that captures your interest; encourages you to be a better person; and teaches you helpful life lessons. Beginning with Frankl's own questions about how Frankl could speak for anyone else who was in the concentration camps, Battino provides a paradox. How can Battino speak for Frankl even if he is using many of Frankl's own words?

He answers both questions well by capturing the essence of Frankl's classic book with drama and creativity. And although Frankl's own words answer the question, Battino also answers the question by allowing the listener to feel understood and have an easy time identifying with the characters, even while feeling moved by the emotions evoked in the play.

Battino has captured Frankl's sensitivity and deep wisdom gleaned from the concentration camp experiences, and powerfully presented it. Moving from one selected scene to another, Battino's performance enhances the experience through his use of his own emotions. It is thought-provoking and emotional, and yet teaches some important life lessons about the human spirit, love, life, death, and the unknown. It evokes a spiritual sense through the timeless lessons and the themes addressed. I found it so moving that I have spoken about it often, telling people about the wonderful spiritual experience I had at the conference while listening to this reading.

Fortunately, *Meaning: The Life of Viktor Frankl, an Illustrated Solo Reading* was preserved on a CD, and can be purchased like any of the other workshops at the conference. Unfortunately, it is only a CD and not a DVD. In person Rubin's wife accompanied the reading by projecting pictures on a screen from Frankl's life as well as from concentration camps. The pictures helped, but were not indispensable. Having now listened to this performance three times, I still find it gripping, and provocative. The second two times were without the benefit of the pictures.

Reviewed by

John D. Lentz, D.Min
 Shepherdsville, KY

hostile couples with humor and a friendly manner. High-distress couples require active direction from the therapist. Couples come in angry expecting that the therapist will fix their partner. He explains: "They want what they don't need; they need what they don't want' and they don't know the difference." This mind set makes for a challenging system.

Pearson described three important variables for therapists: their theory, their technique, and who they are as therapists. This interactive workshop used role-playing with the audience, along with disclosures of how Pearson works, to show therapists ways to address all three of these variables. Through the process, the therapist helps couples begin a more collaborative process. Success is the progressive realization of worthwhile goals such as learning new skills, improving the quantity and quality of affection, and learning to act from the higher self.

Workshop 12: The Loving/Warring Brain: How the Brain, Mind and Body Interacts and

Reacts to Intimacy by Stan Tatkin

Tatkin has developed an approach that integrates attachment theory, interpersonal neurobiology, and developmental psychology. He creates a synthesis that seeks to establish a stable, mutually dependent and supportive relationship for the couple. He has a broad background in study and treatment of personality disorders, and has integrated his insights with attachment theory for a new and applicable therapy paradigm. He described dysfunctional couples and their maladaptive methods of arousal regulation, such as narcissism or schizoid withdrawal. Then he discussed how to teach couples positive mutual regulation of the other's arousal state. Using this integrative approach to therapy problematic couples interactions can be turned into functional mature ones.

Workshop 15: Evolutionary Necessity of Couples Therapy by Louis Cozolino

Cozolino explained the general anatomy of the brain's evolutionary development and subsequent use in

Using this integrative approach to therapy problematic couples interactions can be turned into functional mature ones.

the service of survival and social functioning. The complexity is made up from a process of a non-teleological natural selection. Cozolino gave an overall neurobiological context in which we can locate the strategies and techniques that we use in psychotherapy. By appealing to the evolution of the brain's organization as a metaphor, therapists will find a rich context for creating techniques He illustrated this idea with examples. Presented with a warm wit, Cozolino communicated an innovative approach to creating effective therapeutic techniques by addressing our evolutionary brain.

The conference was filled with stimulating concepts and presenta-

tions of the main views in this field. This CD ROM extends clinical wisdom and broadens the conceptual framework of practitioners who work with couples, an inevitable part of professional practice at times. We recommend the close study of this CD ROM for all who want to enhance their work with clients in this challenging and life-enhancing aspect of clinical work..

Reviewed by

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

PAID ADVERTISEMENT

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 / Hypernesia • 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

V I D E O R E V I E W

“Dance and Trance of Balinese Children”

Jay Haley and Madeleine Richeport-Haley

Triangle Productions, P.O. Box 8094,
La Jolla, CA 92038

45 min., 1995

“Dance and Trance in Balinese Children” gives us a taste of Bali’s millennium-old tradition of expressing through dance their mix of animism and Hinduism. Children begin learning the dances as early as five years old, and dance plays important parts in many rituals.

The video was filmed by Madeleine Richeport-Haley and the program was written by Richeport-Haley and Jay Haley, who also narrates. We get to watch bits of performances in full costume – some in concert settings, others in daily-life religious festivals – as well as peeking in on teaching sessions and rehearsals. The Balinese take a hands-on approach: the teacher stands behind the young student dancer and actively manipulates the student’s arms, hands, shoulders, and head.

The famous Margaret Mead - Gregory Bateson films of Balinese trance dances appear in fragmentary form. For a moment, we hear Milton H. Erickson commenting on the characteristics of the trances displayed by these dancers.

Viewer encounter many forms of trance in Bali. Sometimes the dancers are in trance as they execute precise and complex choreography; sometimes they dance awake. We see young girls who stand unaided on the shoulders of walking men, dancing with astonishing balance. Betty Alice Erickson witnessed these dancers live and said that they exhibited some of

the most profound trance states she had ever seen.

Non-dancers in rituals sometimes fall into spontaneous trance, erupting into weeping, laughter, and uninhibited movement. Considered especially able to be possessed by the gods, children are trained in specific trance forms used in religious rites. While dancing the famous kris dancers dig the sharp points of daggers into their chests without so much as a scratch, even when they fall backward onto the ground. Mead remarked that if injury occurs, the Balinese say that the trance was not genuine.

The film has limitations. Sometimes only the torso and face of the dancer are in-frame, leaving the viewer unable to see the hand and leg movements so crucial to Balinese dance itself. However, there are wonderful shots of the amazing, exaggerated facial expressions and eye movements. The fragments of dance are sometimes painfully brief, and I longed to see more of their context. Of course, Balinese dance is a profound subject, and a 45-minute film can provide only a tantalizing taste.

The Haleys provide an excellent introduction to Balinese rituals. The child and adult dancers – many of whom are interviewed – demonstrate a living tradition that stretches back for centuries. The tradition is not static; it continues to grow. We also see a dance choreographed by two young girls who blend Javanese, Balinese, and Indian dance – with just a touch of disco thrown in. “Dance and Trance in Balinese Children” provides a lovely glimpse into a world in which children, dance, and trance play crucial roles.

Reviewed by
Will Handy, MSSW
Dallas, Texas

D V D R E V I E W

Pioneers of Psychotherapy

Supervision of Psychodynamic Psychotherapy

Otto Kernberg, MD

The Milton H Erickson Foundation, Inc.

60-minute DVD PP-EP95-CP-V3

It is rare to observe a masterful supervision session. Although Kernberg has laryngitis, his meaning and direction are not lost. A brief listing of characters is needed to keep references clear: Kernberg is in the role of supervisor, the volunteer therapist is in the role of consultant, a primary patient is under discussion, the two women in the patient’s life are Susan, with whom he lives, and the “weekend woman.” There are children associated with each of the women, including the patient’s son who was conceived with the weekend woman years ago.

The consultant has requested assistance with possible countertransference issues. Kernberg briefly outlines his approach to supervision, describes how he can be useful, and encourages the consultant to maintain his privacy.

Kernberg moves quickly to a working presumption of Narcissistic Personality Disorder (NPD). A dramatic and potentially useful reconceptualization of therapy is developed for this patient, whether or not one accepts the diagnosis. A fascinating differential offered by Kernberg in considering NPD – how would the patient describe Susan? An NPD patient would have extreme difficulty describing her in a way that allows her to come alive. The relationship with Susan is explored in depth through themes of love versus comfortable, even though the consultant does not know if the patient really “loves” Susan. Kernberg observes that NPDs cannot fall in love.

In addition, the NPD usually has some history of antisocial behavior, and the bigger the history the poorer the prognosis. This patient does not have much of an antisocial history other than drug use and a drug-related

psychosis in the distant past. Kernberg offers that NPD adapts to social trends, and drugs were very fashionable in the 1980’s.

The patient’s stated concern in therapy is that he is missing something from life. Kernberg responds with, “You are missing something in your life; you are missing the glaring problems in your life such as, you are not working!” When the audience burst into applause, he instructs them to not idealize what he’s saying but instead to use their own critical judgment. He warns not to become part of mass psychology. Therapists should form their own theory about what is right or wrong with their patients.

A pervasive theme of self-destructive behavior is identified whereby both the patient and the consultant are “sitting on the fence” as a “slow tragedy” unfolds. An active redirection of treatment is outlined. The consultant acknowledges a pattern of competitiveness with the patient as they cleverly and look for cognitively insight. Kernberg shifts the emphasis by stating that he would want someone “to treat my personality instead of helping me adjust to a sick personality.” In response to this belief, the consultant is challenged to engage the client in a far more confrontational dialogue surrounding the patient’s pervasive indifference and self-destructive behavior. The consultant is to make requirements for the patient to follow. These requirements include finding a job and to begin paying for private therapy twice a week, instead of continuing to “sponge off the system.” Another requirement is to try to keep the patient’s life as normal as possible while engaging in psychotherapy, in order to ameliorate acting out.

Declaring, “Time can be used for destructive purposes as well as constructive ones,” Kernberg provides a remarkable format for supervision complete with rich direction and meaning.

Reviewed by
Deborah Beckman, MS
Dallas, Texas

JOIN THE FOUNDATION E-MAIL MAILING LIST!

Be the first to receive Conference announcements and registration specials; information on audiotape/vidiotape, 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.*

Hypnosis as a Context for Self-Discovery

Presented during the Tenth International Congress
on Ericksonian Hypnosis and Psychotherapy

By Michael Yapko Ph.D.

Published by The Milton H. Erickson Foundation

December 9, 2007

For information on the DVD see www.ericksonfoundationstore.com

Michael Yapko presented a warm and illustrative workshop at the Ericksonian Congress. I have had the opportunity to attend some of Yapko's presentations during several congresses. One of the things I have always liked is the way he creates an atmosphere that encourages clients to trust him so they can explore and elicit their own resources. As Yapko states "The therapist is like the weather that provides the climate for self-discovery, and helps the client to explore and discover resources within herself." He also explains that hypnosis is not curative; what makes it valuable is that it stimulates associations and encourages focus.

The DVD is a one-hour live demonstration that begins with an informal but ice-breaking conversation that helps a subject named Mayra to open up and start talking about a crucial stage of her life involving relocating from New York to Las Vegas. At the beginning, the subject explains that her goal is "to have more freedom to pursue things that give me pleasure." She refers to a voice that keeps her from doing them by saying, "I do not want to" and "Why bother." There is also reference to her loneliness and the fact that she feels foreign, living on her own. Yapko starts to move the client toward a future solution by asking her about her relationships with others: "What would happen that would allow people to become your friends?"

As a good Ericksonian, Yapko utilizes reframing techniques while he converses about the freedom to make mistakes. He simultaneously protects the client by saying, "What happens here stays here." Learners can observe how the therapist allows Mayra to find her own resources by telling her, "What matters more is that you develop a good answer to 'why bother.'" He once more helps her gain the freedom to find the solution by herself.

Other sections demonstrate how hypnosis can be used for helping people to recover previous resources. The DVD also addresses how to introduce new elements into the system. Yapko does this by encouraging the subject to realize that "There is something new that you can discover ... rediscover, over and over again."

I really liked a story Yapko related about a woman who described herself as lonely. Clearly the aim of this parallel was to help the client find a solution to her own problem.

One of the things I appreciated the most was how Yapko always took care of Mayra. He not only paced her, he also made sure that the process was complete by allowing her enough time to accomplish her goal.

Yapko utilized humor and ended the exercise very pleasantly by saying, "You can bring this experience to a very comfortable close." The subject responded by saying: "I feel really good. It was really deep. I was more engaged."

As I was reviewing the DVD, I realized how much I was enjoying the experience. *Hypnosis as a Context for Self-Discovery* can help us to create moments for self-discovery: And why not do so in an enjoyable way? I recommend it.

Reviewed by

Maria Escalante de Smith. MA.
Cedar Rapids, IA.

B O O K R E V I E W

If Only I Had Known...: Avoiding Common Mistakes in Couples Therapy

Gerald R. Weeks, Ph.D.

Mark Odell, Ph.D.

Susanne Methven, M.S.

2005

W.W. Norton and Company

New York

258 pages

ISBN 0-393-70445-9

Weeks, Odell, and Methven have created a book that points out common mistakes in couple's therapy. There are two types of mistakes: philosophical/conceptual mistakes and applied mistakes. Philosophical mistakes are based on ignoring some aspect of reality, such as the difference in power between the therapist and the client. Therapy is not a collaborative exercise of equals. Conceptual or applied mistakes are made when a therapist misunderstands a theory, misapplies it or doesn't use one at all.

Overall, this book is one that every young therapist should read in order to avoid problems that inevitably come up in practice. The authors have crisply and evenly addressed common problems that all therapists will see, or have seen. By addressing them in such a non-threatening way, the authors provide the reader with more than examples; they also provide a mindset and a structure that will allow easy recognition of problems and mistakes.

The book addresses such topics as the battle for structure, traps of confidentiality, alliances, and coalitions. All of these issues are raised without blaming the clients. The authors view problems as the responsibility of the therapist and they do not blame clients for offering traps of confidentiality, battling for structure, etc.

In the chapter "Lapses in Careful Listening," the authors take the position that it is our responsibility to listen especially to what isn't said and to anticipate this as a part of clinical practice. They address such things as why some couples don't bring up problems, how problems are revealed, hidden affairs, and addictions. They also address the consequences of not paying attention and the importance of noticing what isn't said.

The chapter "Anger and Conflict" should be read by every novice therapist. It addresses many of the common issues that will present themselves in therapy, those that "therapy school" didn't address either due to lack of time or oversight. The section on managing conflict is well thought out, and offers practical help.

Dialogues that most therapists have seen, and participated in, at some time during their practice, illustrate how certain issues can develop or be resolved. The use of these dialogs makes the material come alive and instantly recognizable. It also brings mistakes home, because few of us haven't made some of these mistakes.

I suspect the authors subscribe to my favorite definition of an expert: An expert is someone who has made every possible mistake within a narrow field. These folks are willing to share their collected wisdom from the mistakes they made and offer the solutions they have gleaned over time. *If Only I Had Known...Avoiding Common Mistakes in Couples Therapy* offers an easier path for those disposed to learn from someone else's mistakes.

Reviewed by

John D. Lentz D. Min
Shepherdsville, KY

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

B O O K R E V I E W

*Hold Me Tight: Seven Conversations
for a Lifetime of Love*

Sue Johnson, Ph.D.

2008

Little, Brown and Company
New York
300 pages

ISBN 13: 978-0-316-11300-7

Hold Me Tight presents the ideas of Emotionally Focused Couple Therapy (EFT) to a popular audience. The book is organized in three parts: Part One provides the evolution of EFT along with its fundamental principles. EFT, with its roots in the attachment theory of John Bowlby, is based on one primary discovery: Loving contact is a fundamental need, hardwired into the human being and essential for survival. Love had previously been construed as impossible to define. But Johnson argues that love can, and must, be understood. Scientific research shows that people handle life better and are happier and healthier when they can offer and receive love. Paradoxically, the more people can rely on a partner, the more independent they become!

But if having a strong and loving relationship is wired in, why do so many couples have problems? Johnson's answer is that they are not attuned to each other. They carry memories of past formative relationships with them, imposing the patterns on the present relationship. The longer they are disconnected, the more negative they become. The real problem is not specific conflicts; EFT teaches couples need to dig deep down to rediscover their natural capacity for closeness and love.

Part Two, the longest section, offers seven transforming conversations. Together, they showcase the method, a shared journey through a well-orchestrated set of steps that take the couple beyond their hostilities and back to their loving bond. The last part of each conversation chapter, "Play and Practice," includes instructional exercises for applying the concepts in the chapter.

Conversation 1 shows how to recognize the Demon Dialogue. Johnson points out that each is trying to win, but ultimately, both will lose. Withdrawal to a comfortable distance leads to loss of intimacy as closeness is sacrificed. Conversation 2 explains how to find raw spots, and recognize that a raw spot has been scratched. The progression is: The receiver has a characteristic emotional response, accompanied by a feeling in the body; interpretation follows; and consequently there is a readiness to act on it, by moving toward, away from, or against the other person. Conversation 3 is about revisiting rocky moments that happen when couples change patterns. One method used is to imagine replaying a scene of the conflict to observe it and then try another way of relating. Conversation 4 explains how to deeply engage and connect. Conversation 5 demonstrates how to forgive injustices. Conversation 6 deals with bonding through sex and touch. Conversation 7 encourages keeping love alive, creating a narrative together that begins in the past and extends into the future. Life ever flows, so mutual love must be continuously rediscovered; then change stabilizes.

Part Three, "The Power of Hold me Tight," points out how we are all living in the midst of traumatic stress. Only by learning to nurture the bonds of love can we overcome problems. The final chapter of the book shows how to widen the circle from a loving partner to a loving family and outward to a loving community.

Through the exercises, questions, and therapeutic vignettes, this book offers inspiration as well as methods for clients. Therapists looking for a clear, well thought-out method will find it here. We highly recommend this book!

Reviewed byC. Alexander Simpkins, Ph.D. & Annellen M. Simpkins, Ph.D.
San Diego, California*Affect-Regulation Toolbox: Practical and
Effective Hypnotic Interventions for the
Over-reactive Client*

By Carolyn Daitch, Ph.D.

Norton Professional Books,
March 2007, 0-393-70495-5;
320 pages.www.anxiety-treatment.com

Carolyn Daitch has made an invaluable contribution to the field of psychotherapy in general, and to hypnosis in particular, with her new book, *Affect-Regulation Toolbox: Practical and Effective Hypnotic Interventions for the Over-reactive Client*. She has amassed the most comprehensive and user-friendly collection of hypnotic tools for affect regulation available, and she has presented them in a well-articulated theoretical framework discussing both the challenges and psychophysiology of this problem.

"Over-reactivity" is the term Daitch adopted to describe the common affective style seen in clients who experience conflicted interpersonal relationships, anxiety, stress, and an inability to self-soothe. She discusses three identifying characteristics of this population (p. 16):

- 1) "... the distorted and unnecessarily intense qualitative appraisal of routine stimuli and interpersonal contact."
- 2) "The accompanying psychophysiological arousal... frequently including... the internal experience of being flooded or overwhelmed with emotion and feeling out of control"
- 3) "...emotional, cognitive and/or behavioral manifestation of affect dysregulation."

One of the hallmarks of the over-reactive client is a diminished sense of self-agency. Often, a diminished sense of self-agency is then induced in the therapist when working with such clients. Daitch has designed her book to assist both the therapist and clients with this issue.

Affect Regulation Tool Box offers a selection of techniques with clear, simple instructions on how to teach each technique; structure a session; and use post-hypnotic suggestions and rehearsal to prepare the client to interrupt his or her reactive patterns outside the office. There is an emphasis on training clients to identify and interrupt the start of an over-reactive response, recognize somatic, cognitive or emotional cues and then initiate a "time out" period for self-soothing. Daitch incorporates six therapeutic objectives in her "toolbox." They include: mindfulness, sensory awareness, impulse control, toleration of coexisting affective states, resource utilization (including parts of self), and positive affect development.

In my years of teaching hypnosis one of the most repeated questions I hear, is "How do I know when and how to chose a hypnotic approach, and how do I adapt it to best help my particular client?" Daitch is an effective teacher and takes to heart the need to clarify these issues for her readers. She has carefully described more than thirty tools, and has explained them in several ways, both in terms of goals and use, and in terms of the issues and disorders where they can be integrated into treatment. In addition, she offers rich case examples of how these tools can be adapted to a great variety of clinical situations.

By presenting such a comprehensive format in her book, Daitch has opened up these tools to a wide audience. Although she emphasizes that hypnosis is effective in helping clients learn to self-regulate, she also explains how therapists with little or no hypnotic training can apply these tools. Carolyn Daitch has written an extraordinary book, one that will surely become a classic in the fields of hypnosis and psychotherapy. *Affect Regulation Toolbox* is an essential reference book for all mental health professionals.

Reviewed bySusan Dowell, LCSW
New York City, New York

FOREIGN BOOK REVIEW

Qu'est-ce que l'hypnose?

(French)

What is Hypnosis?

by François Roustang

Editions de Minuit

Paris, France

1994, reissued 2003,

ISBN 2-7073-1814-0

What is Hypnosis? by François Roustang, is a reissue of a foundational book that was first published in 1994. Roustang stands beside Léon Chertok and Milton H. Erickson, having developed a philosophical approach to hypnosis. This book is not a manual: It questions misconceptions about hypnosis and goes back to

its basis in perception. Hypnosis is defined as an intense waking state in which we can access our power to create our world.

Five main sections are the doorways to the questioning: precondition, anticipation, posture, modification, and action. Roustang defines the "unconscious" as what is asleep during our limited waking state and invites us to pay attention and open ourselves to the other side of the frontier through what he calls "paradoxical waking."

The precondition section shows the different types of empowering resources people have: the ability to dream, to create their world, and to imagine. "In paradoxical sleep, we are submitted to dreams; in paradoxical waking, we introduce ourselves in

them and we wait to see if they are to be continued or transformed." (p. 30).

The author shows how the therapist opens an opportunity for the patient to anticipate by making an internal representation of what he intends. He then anticipates how to create possibilities, quite often through experimenting with different perspectives.

Posture is the internal position, the availability of the patient to take on a new attitude or a different mood. The art of the therapist is to "train" the patient in doing hypnosis, to listen to all the physical and subconscious signs, and to notice how the symptoms have appeared in connection with the patient's environment. This posture widens the five senses for both the therapist and the patient, and

opens a world of freedom and harmony in relation to the greater world. When Erickson offered absurd tasks to his patients, he did far more than create a state of confusion: He was offering the patient an opportunity to explore a new path to discover freedom and personal power.

The modification section helps us to understand how hypnotic induction also can be described as a lack of anything to do, a time of not worrying, of forgetting and unlearning. We give up one way to relate to the world for another; we move from confusion and emptiness to lightness, mobility, and strength. These are the conditions of change. The therapist can be an active and involved participant in the process.

The action section explores fears of losing control during paradoxical

See HYPNOSIS? on next page

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**.

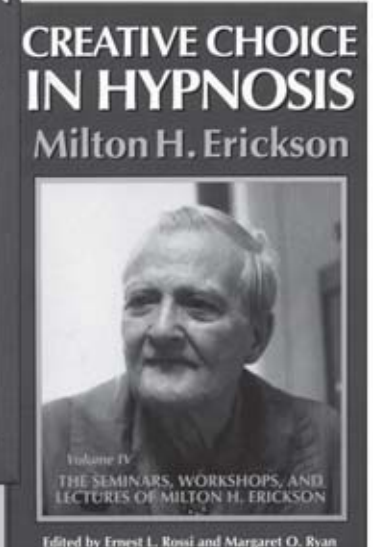
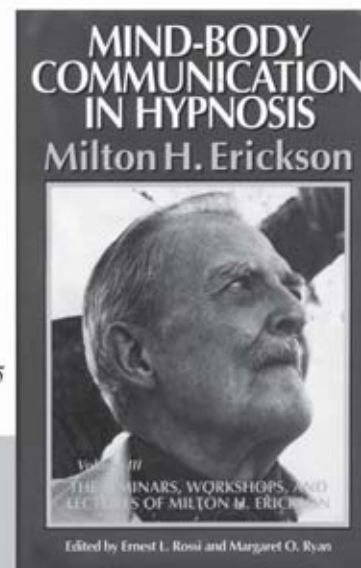
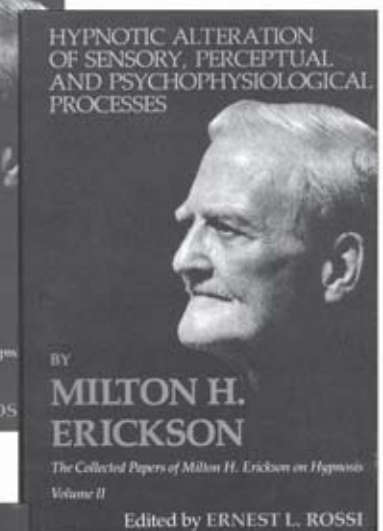
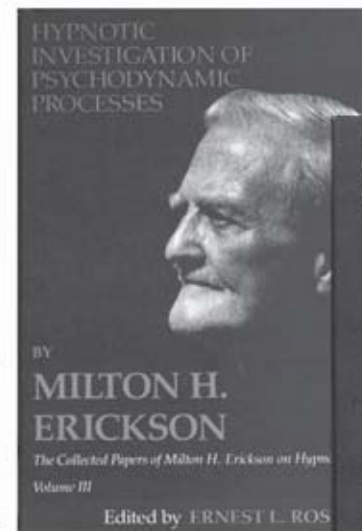
While supplies last, and with a minimum donation of \$50, we will recognize our supporters who request it with a copy of one of these four books, autographed by Dr. Ernest Rossi, or a special commemorative edition of Dr. Erickson's bookplate.

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
www.erickson-foundation.org

Don't want to donate right now, but you're interested in purchasing any of these rare volumes? Call, write or email us at sales@erickson-foundation.org for details.



FOREIGN BOOK REVIEW

Le pouvoir des histoires thérapeutiques

(French)

The Power of Therapeutic Stories

By Evelynne Josse

La Méridienne/Desclée de Brouwer,
Paris, 2007

ISBN : 978-2-904299-42-1
& 978-2-220-05876-4
281 pages

The core of this book, *The Power of Therapeutic Stories*, is the use of analogies, allegories, and metaphors. The reader will get to know about the distinctive characteristics of these methods and learn how to apply them.

Eight stories are presented as eight cases. They are used to exemplify methods to treat serious traumatic disorders that have appeared after natural disasters, attacks, abuse, accidents, and grief. Following the presentation of each story, an analysis

is provided. The analytical section shows how to help the client dissect and revise the interpretation. The authors <Only one author is listed> do so by stimulating creativity, and offer knowledge of how to incorporate subtleties of language. With their elegant invitation to enter into the metaphorical realm, the authors show therapists how to use metaphor to help the client.

The use of metaphors affords therapists the opportunity to utilize the material that the patient gives them—it is grist for the mill. Indirect methods work with the fertile ground of possibility that the patient brings in, to dig, to seed suggestions, to water, and to fertilize, helping constructive associations grow. The therapeutic metaphors that the author offer are useful and inspirational. The approach provides better ways to creatively work with stories.

One typical example is the metaphor of a forest and the changes of the seasons. These cycles can

become a symbol for creating new destinies. Similar to how the oak tree can be used to represent all trees, this book utilizes examples from nature to give us the opportunity to expand the range of the client's capacities. Nature's ways can become an inspiration that may, for example, help to turn an age regression into an age progression, so that the client learns to be present and aware in this moment, directed to a constructive future.

The tree that loses its leaves doesn't try to hold them. It knows it needs to be able to let go of old things from the past. It accepts the withering and dropping of leaves in order to become green again. The many metaphors in this helpful book can be used to promote growth and transformation so that renewal can occur.

Reviewed by
Christine Guilloux, Ph.D.
Paris, France

HYPNOSIS?

continued from page 21

waking. In fact, this fear is the fear of being confronted with new experiences. For example, we can learn by attending to the simple experiences of life: "Relearning how to walk with the attention of a child when taking his first steps is not only a way to relax and get rid of worries. It gives us the opportunity to rediscover the ground which doesn't miss us, to fully enjoy the movements." (p. 168) Therapists should practice paradoxical waking as well.

This book is complex and rich with subtlety. But the language and style are filled with delicate and elegant flavors. Here in France, Roustang has gained renown with Ericksonian hypnosis. *Qu'est-ce que l'hypnose?* deserves your attention, and should be read again and again to obtain a better understanding of the depth of practice of hypnotherapy.

Reviewed by
Christine Guilloux, Ph.D.
Paris, France

INTERVIEW

continued from page 1

Esther Perel's innovative therapeutic and community intervention strategies and models for leadership have earned her international respect and acclaim from a diverse clientele such as The Soros Foundation Open Society Institute; the Psycho-Social Center for Refugees at the University of Oslo, Norway, as well as community groups and private corporations. In New York, Ms. Perel hosts the Downtown Salon, a forum on zeitgeist issues ("spirit of the times or epoch") that came to light out of the Ideas Café she had set in motion at the Skirball Center in the weeks after 9/11. Perel has had a most welcome reception in the local and international media having appeared on numerous programs, as CBS This Morning, the Today Show, and the Oprah Winfrey Show.

A prodigious writer and frequent keynote speaker, Perel has written articles and book chapters in multiple languages on intermarriage, sexuality, cross-cultural couples, and families of Holocaust survivors.

Accordingly one of the most respected voices on erotic intelligence, her recently launched book (2006) "Mating in Captivity: Reconciling the Erotic and the Domestic" has already been published in 25 languages (with a few more in press). Welcomed with enthusiasm by experts, colleagues, and the public, the book is rapidly capturing the imagination - and, so it is hoped - unlocking the erotic intelligence of both lay and professional audiences all over the world.

Marilia Baker (MB): Congratulations, Esther, on a well-deserved, thunderous acclaim of your book, your lectures and presentations, and your success at our Couples Conference in California (April 25-27, 2008). Much praise as well on your sui-generis ideas about the core dilemmas modern couples face. The word is out and people are abuzz with hope and excitement: they all want to find out "what is she really talking about?"

Esther Perel (EP): Couples therapists, sex therapists, and other experts all have traditionally struggled with the exceedingly complex

issue of how to reconcile sexuality (besides its reproductive function) and domesticity. On the one hand, we all share a fundamental need for security, safety, and predictability which propels us into committed relationships, but we have an equally strong need for novelty, for adventure, for excitement, for the unknown, and the mysterious. We seek a steady and reliable partner, but at the same time we want our relationship to offer us a transcendent experience, to allow us to soar beyond our ordinary lives. It can be hard to generate excitement and anticipation with the same person we turn to for comfort and stability. The challenge for modern couples is to negotiate these dual needs of security and adventure, autonomy and togetherness, the comfort and the edge.

As a multicultural clinician, I have long been a participant observer in these complex issues at several levels and cultural meanings. But contrary to the established norms of a statistical approach to sex (i.e., how much, how long, how often, how many orgasms), as well as the traditional focus of sex therapy on sexual

dysfunction, I wanted to address the questions that don't have easy answers. This is because they pertain to our existential predicaments. Much of my work is an inquiry into the Erotic, the poetics of sex, and the erotic imagination. I wanted to probe the nature of erotic desire and its fate over the long haul, by tackling the Gordian knot of sexuality and intimacy.

I wanted to examine the intricacies of desire and offer some atypical suggestions to encourage erotic intelligence in committed couples. Ultimately, I wanted to propose that reconciling the erotic and the domestic is a paradox that you learn to manage in your everyday life, and not a problem that you solve. Thus the book takes a very non-American approach.

MB: You dedicate the book to your parents, Sala Ferlegier and Icek Perel. You write: "Their vitality lives on in me." I am moved and intrigued by that dedication. Would you please elaborate further on what you mean by your parents'

See INTERVIEW on next page

vitality living on in you?

EP: With pleasure! While I was writing “Mating in Captivity,” I noticed that I was focusing on the larger questions elicited by the multiple meanings of eroticism, and not the strictly sexual meaning that modernity has assigned to it. I kept asking myself why am I so interested in eroticism, mostly from its existential, poetic, and mystical aspects? I wanted to know what it is that significantly maintains a sense of aliveness, vibrancy, vitality, and exuberance in couples? That was when I started making the connection; I actually started thinking about the community in Belgium in which I grew up. This insight also brings more meaning onto the deeper motivations fueling my passion for the theme of “unlocking erotic intelligence”.

MB: So you inherited this exuberant posture, this radical aliveness, in one word: this *joie-de-vivre* from them?

EP: Both my parents were survivors of the Nazi concentration camps. Their respective families of origin were exterminated. After the war, their community in Antwerp was of 99% Holocaust survivors. There were basically two groups of survivors: those who did not die, but remained emotional prisoners, tethered to the ground, and those who came back to life. My parents belonged to these latter. They emerged from their years of internment - in which they faced horrific annihilation daily - with an endless lust for life, with a fierce determination to live this unique gift, Life, to its fullest, making the most of each moment. They pursued and cultivated pleasure, thriving on exuberant experiences. In retrospect, even though I am quite sure they never used this term I sense they had a profound understanding of eroticism in its mystic, poetic meaning of being fully alive. Meaning, they understood it as a *pathway to freedom*.

This led me to listen to the complaints of my patients with a different ear. When they complain about the listlessness of their sex lives, they sometimes want more sex. But they always want better sex. They want to reconnect with the sense of aliveness, vibrancy, playfulness and renewal, in short with the erotic. The main erotic ingredients include curiosity, mys-

tery, playfulness, anticipation, seduction, and playfulness. The central agent of the erotic is our imagination. We can understand the breakdown of desire as a failure of our imagination.

MB: I am also intrigued by what I sense in you as your passion, your vibrancy, and your “exuberant defiance” of the status quo in couples therapy.

EP: As couples therapists we are taught that sexual problems are the result of relational problems, that sex is a metaphor for the relation. Hence, fix the relation and the sex will follow. Over the years, I have seen many couples who continued to love each other as much as ever, had a caring, open relationship but still complained that their sex lives were nonexistent or devoid of eroticism. Time and again would tell me the same story. It was not always the lack of closeness that stifled desire, but sometimes too much closeness.

Fire needs air and many couples don't leave each other enough air. As one patient once said, a spark needs a gap. If you cross the gap, you get a sizzle. If there is no gap you get a cuddle. What nurtures love isn't necessarily what fuels desire. Desire needs space to thrive. Thus, I pondered again, contrary to what I been taught, why doesn't good intimacy guarantee hot sex? Why is the forbidden so erotic? Can we want what we already have? Therefore, I wanted to probe into the nature of erotic desire in long-term relationships, and began to explore how love and desire relate, but also conflict. Love flourishes in an atmosphere of mutuality and reciprocity. Yet, sometimes the very ingredients that nurture love - the care, the sense of responsibility, and the protectiveness, clash with the unself-consciousness and freedom that desire needs.

MB: Your work elicits a wealth of questions which modern couples and therapists in our society struggle with and attempt to solve in earnest. You also make a clear distinction - as well as a call to deep pondering and responsible action - on how we have dealt with the concepts of intimacy and particularly, infidelity in America. Could give us a brief tour of the central ideas you pose?

EP: Certainly. Here too I sought to question some of the assumptions that proliferate in the field of couples therapy. “Affairs are always a symptom of a relationship gone awry”;

“the rebuilding of trust must pass through the revelation of all details of the affair”; “the core meaning of an affair is betrayal”; “sexual betrayal tops all others, and honesty equates truth-telling”. What underlies the current notions of transparency and truth-telling seem to come from the fact that today we ask one person to give us what once an entire village used to provide: belonging, meaning, and continuity. We expect intimacy to be the sovereign antidote to lives of increasing isolation. The marital partnership is supposed to contain it all: children, economic support, companionship, respectability; our mate is our best friend, respected confidante, passionate lover. No wonder so many relations crumble under the weight of so many expectations. Affairs in our society also can be seen as a direct expression of the frustrations engendered by the romantic ideal.

Where I seem to depart from many of my colleagues is that I don't see all affairs as a symptom of problems in the relationship. I am willing to consider that some affairs can balance a marriage, provide equilibrium. Affairs always include betrayal and a violation of trust, but they are also about loss and yearning. They can kill a dying relation, but they can also invigorate it and jolt partners out of a state of complacency and dullness, in a way that is difficult to match otherwise.

MB: Regarding this complex arena of conceptualizing fidelity and infidelity in American society, you discuss your views at length in your book and in the CDs. Would you say more about that for us?

EP: I began my project at the time of the Clinton-Lewinsky scandal (1996). What intrigued me was to witness the intransigence of America towards infidelity, while multiple divorces are accepted quite normatively. Now, much of the rest of the world goes at it the other way: less tolerant of divorce and more accepting of infidelity. I invite my colleagues to ponder on my observations of European societies where the *idea* of infidelity is more elastic (statistically Americans cheat no less than their counterparts elsewhere) while the *idea* of preserving the family intact is the prevalent norm. In the US we tolerate more easily serial divorce, serial remarriage, and the break-up of intact families - with grave conse-

quences for the children - than the idea or actuality of infidelity. I do not condone either. I am posing the facts for couples therapist to reflect. I am also proposing that we view monogamy as a conscious choice and a negotiated decision to be revisited at several junctures in your life cycle. Nowadays monogamy needs to be negotiated and not assumed.

MB: Could you elaborate further on how you view intimacy?

EP: To further understand the conundrum of sexuality versus domesticity I examined the enshrinement of intimacy in modern coupledom. While intimacy has become paramount, the way we define it has narrowed. Today, in the West, we face lives of increased isolation, which further raise our expectations from our committed relations. Collectivist societies where people's sense of self is embedded in a community they expect much less from marriage. More and more we turn to one person to assuage all our insecurities. Intimacy has shifted from a lifelong companionship to a communicative experience in which I reveal to you my innermost self and you reflect back in an empathic validating way. In this experience I feel that I matter and I can momentarily transcend my existential aloneness.

MB: Would you please define what you mean by “feminization of intimacy”?

EP: Another aspect of the modern definition of intimacy is the “feminization of intimacy,” which values the spoken word, as the primary language for connection. It suits women in particular for whom centuries of submission and denial of the body made them equate closeness with talking. “Talk intimacy” leaves men out of the equation. I see the language of the body as no less an avenue to closeness than talk intimacy. Both languages are equally valid. The language of the body is more represented in men. Men are more likely to express love, desire for closeness, tenderness, and vulnerability through their body (also through centuries of adaptation to acculturation). As of yet, it is not legitimized enough, by the therapeutic community.

We therapists would do better to encourage our patients to be bilingual. In our romantic relationships,

See INTERVIEW on next page

INTERVIEW

continued from page 23

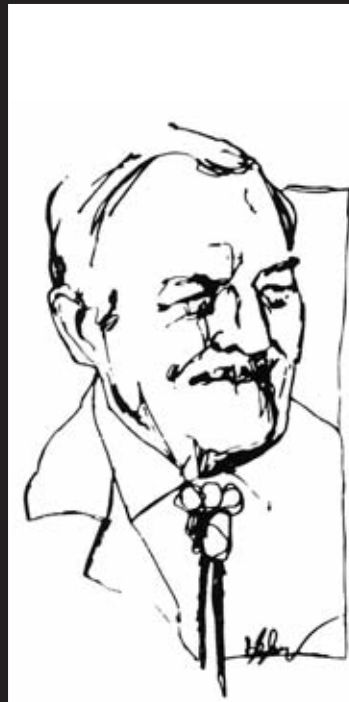
security, togetherness, and closeness walk alongside with uncertainty, mystery, separateness, autonomy, and the *otherness* of the partner.

My suggestion to couples, whether heterosexual or same-sex, is to truly seek to cultivate a dual kind of intimacy that respects boundaries, that is *know* your partner while remaining aware of his persistent mystery, of his/her uniqueness and otherness; all this while simultaneously co-creating the foundation for enduring love, safety, and security. Mine are not rigid prescriptions but a work in progress. Each couple designs their own script. My wish is that perhaps we can even design an innovative "art of loving" for the twenty-first century.

MB: Thanks, Esther Perel, for a most lively and refreshing conversation. Much success to you!

For further information please go to: www.estherperel.com

For CDs and other information regarding Perel's Couples Conference workshops go to: www.couplesconference.com



*The Newsletter
is available Online!*

*View the current
and previous issues:*

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.*

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 mailed 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
Phone, 602/956-6196 ♦ Fax, 602/956-0519 ♦ E-Mail, office@erickson-foundation.org