



THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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SUMMER/FALL 2012

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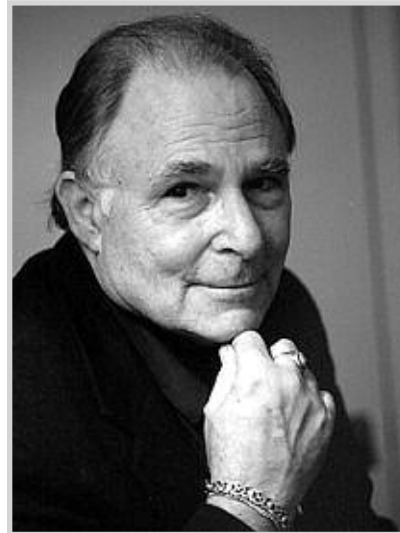
I N T E R V I E W

Paul Ekman

Interviewed by John Gottman

For this month's **Interview**, Jeff Zeig arranged for John Gottman to interview Paul Ekman at the end of the Couple's Conference in April. Present in the room were Jeff Zeig, Lillian Borges Zeig and Helen Fisher. Here's a short bio on our special interview subject:

Paul Ekman, Ph.D., is a pioneering psychologist known for his study of emotions and their relationship to facial expression and body movement. For the past 30 years, he also has studied deceit and greatly contributed to the study of the social aspects of lying. The television series "Lie to Me" was based on his real-life scientific discoveries. In 2000, he was named by the American Psychological Association, one of the most influential psychologists of the 20th Century and named one of *TIME* magazine's Top 100 most influential people of 2009. He is the author of more than 100 articles, as



well as co-author of *Emotion in the Human Face*, *Unmasking the Face*, *Facial Action Coding System*, editor of *Darwin and Facial Expression*, co-editor of *Handbook of Methods in Non-verbal Behavior Research*, *Approaches to Emotion*, *The Nature of Emotion*, *What the Face Reveals*, and author of *Face of Man*, *Telling Lies*, *Why Kids Lie*, *Emotions Revealed*, *Telling Lies*,

Dalai Lama-Emotional Awareness. He is also the editor of the third edition (1998) and the fourth edition (2009) of Charles Darwin's, *The Expression of the Emotions in Man and Animals* (1998). Paul Ekman's work has shown that, contrary to the belief of some anthropologists (including Margaret Mead), facial expressions of emotion are not culturally determined, but are universal across human cultures and thus biological in origin. He developed the Facial Action Coding System (FACS) to taxonomize every human facial expression, and conducted and published research on a wide variety of topics in the area of non-verbal behavior. His contributions include the interpretation of scientific research into the roots of compassion, altruism, and peaceful human relationships. Ekman has appeared on 48 Hours, Dateline and 20/20 and spoken on numerous radio and talk shows. Currently, he is the manager of the Paul Ekman Group, LLC (PEG), a small company that produces training devices relevant to emotional skills, and is initiating new research for national security and law enforcement.

See INTERVIEW on page 26

Brief Therapy: Lasting Solutions San Francisco - December 2012

www.BriefTherapyConference.com

The 2012 Brief Therapy Conference will be held December 5-9 (Wednesday-Sunday), at the Hilton Union Square, San Francisco, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. and co-sponsored by the Clinical Psychology Program at San Francisco State University. A Pre-Conference Law & Ethics Workshop will be held Wednesday, December 5. A Post-Conference Master Class Workshop with Erving Polster and Jeffrey Zeig is available on Monday, December 10.

New Pre-Conference Workshop Added! Paul Ekman, Ph.D. will present a Microexpressions Workshop on Wednesday, December 5 from 1-3PM. In 2009, *TIME* magazine included him in the Top 100 most influential people. Dr. Ekman will discuss his work and research on facial expression, FACS, and non-verbal behavior. To register for this workshop visit our online registration page. *If you are already registered, you must call our registration company to add this to your registration schedule.*

See BRIEF THERAPY on page 10

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EDITOR'S COMMENTS

In 1987, when I was the associate director of the Brief Therapy Clinic held in Anaheim, California, we flew Dick Fisch and John Weakland down to Southern California to help us fine-tune our models and applications. Whenever any of us were in Northern California, we would stop by to visit and let John and Dick know how we were doing and compare notes. It was a heady time, filled with intensity, laughter, excitement, and fun. And, we were on the cutting edge of brief therapy as we blended Ericksonian methods with those of the MRI (Mental Research Institute).

We lost John in 1995 and last year, Dick also passed away. There has been great sadness, memories and oh so much has been learned.

Standing on the shoulders of giants, the world of brief therapy has continued to grow and expand in all of the directions. This December, the Erickson Foundation is presenting its 11th *Brief Therapy: Lasting Solutions Conference* in San Francisco. This is the only comprehensive multidisciplinary conference on brief therapy in the world. In honor of this achievement, this special newsletter is dedicated to the many aspects and elements in the field of brief therapy.

We begin with our *Featured Interview* with two heavy hitters in the field of interpersonal communications--Paul Ekman interviewed by John Gottman. This interview is like eavesdropping on a personal conversation between old friends.

Carol Kershaw and William Wade provide such an unusual combination of talents and humanity that we needed three separate articles to hint at what lies beneath their brilliance. In Roxanna Erickson-Klein's *Power of Two*, Kershaw and Wade not only talk about the "trance-dance" of marriage, they practice it in delightful ways. You will enjoy the article. To complement the article, C. Alexander Simpkins and Annellen Simpkins, our dynamic and overworked review editors, review Kershaw and Wade's new book, *Brain Change Therapy: Clinical Interventions for Self-Transformation*. It is a fascinating combination of science and heart--a perfect fit for the Simpkins. Rounding out our appreciation of this dynamic duo, Roxanna Erickson-Klein also presents the brainchild of Kershaw and Wade, *The Milton H. Erickson Institute of Houston* in her, *Introducing the Institute's* column.



John Lentz's interview of the ever-youthful Sidney Rosen in *The Spirit of Therapy* section is a complete joy. This is followed by Marta Campillo's *Case Report of The Heart: A Unique And Irreplaceable Place In The Universe*. This case report offers some delicious ideas for heart-centered metaphors and trance work. Erik Greenleaf, the *Case Reports* editor, always finds wonderful examples filled with clinical nuggets of gold. This is a warm example of one of them. To expand the case report model, in our *Theoretically Speaking* column we invited Teresa Garcia-Sanchez, the Director Instituto Erickson Madrid (Translation by Claudio Vanini), to talk about the nature and function of metaphor in brief therapy. Her piece is brilliant and clear. The book review by Roxanna Erickson-Klein of Francine Shapiro's *Getting Past Your Past* would also fit wonderfully in the *Theoretically Speaking* format. In her book, Shapiro presents a model of how trauma and upsetting events can overwhelm our internal dynamic homeostasis. Erickson-Klein reveals how the book gives understanding and direction. On any map, one needs to know two points: where you are and where you need to be. Shapiro's book does the job well.

The format of the case report is continued in Rubin Battino's review of the four-DVD set of *Learning Solutions in Counselling* by Robert McNeilly. You will enjoy McNeilly's "minimalist and concentrated approach," which contain more golden nuggets. In Sue Johnson's DVD set, *Emotionally Focused Therapy in Action*, also reviewed by Battino, the case report format features a military couple. Johnson's focus on the "dance of attachment" using her "unre-

lenting empathy" gives a compassionate and energetic flavor to the brief case studies. *When One Hour Is All You Have*, edited by Arnold Slive and Monte Bobele, is a bridge between case reports, how-to and, how do-you-set-it-up. Stephen Willis reviews this fascinating book that applies to both individual clinicians and clinics. It's an interesting presentation of the nuts-and-bolts in tailoring the approach to the client.

Another bridge is John Lentz's *Trance Altering Epiphanies You Can Create*. C. Alexander Simpkins and Annellen Simpkins show that bridge to be between case reports and a history that brings clarity and meaning to the approaches. Too often, brief therapy is seen as a simple set of techniques to be applied as a recipe--do this and you get that. Soon we discover wisdom and genius in not found in the "how-to" but in the "when to" apply the intervention based on subtle patterns often discovered only through that time and experience. Lentz's journey gives both life and insight to his "how-to." Other historical elements that support elegant "when to" concepts are found in Ruben Battino's review of Thomas Szasz's *Suicide Prohibition: The Shame of Medicine*--which is a serious and provocative book. On the lighter side is John Lentz's (he is another pillar of the newsletter that we mercilessly overwork) review of Howard Fink and Ruben Battino's *Howie and Ruby Conversations 2000-2007*. Listening to these old friends makes for compelling reading. Everyone I spoke to who has

read this book cannot put it down. There are insights and subtle, though profound, nuggets throughout. The capstones of the historical offerings are Alan Erickson's continuing series of *About Milton Erickson: Time With My Father* and Marilia Baker's *Facets and Reflections* column on Elizabeth Moore Erickson: *Materfamilias*. Here you also will find insight, warmth, and connections.

Both concepts and techniques enhance brief therapies. Kay Colbert's concise review of Margaret Wehrenberg's book/CD combination, *The 10 Best-Ever Anxiety Management Techniques Workbook* introduces us to a handy adjunct for "how-to." *Ten Commandments For Couples: For Every Aspect of Your Relationship Journey*, edited by Jeffrey Zeig and Tami Kulbatski, focuses more on the "what to" than the "how to." John Lentz provides us with yet another excellent review.

All the articles in this newsletter relate to the many tributaries that feed the flowing river of brief therapy. Please join me this December 5-9, 2012 in San Francisco for the *Brief Therapy: Lasting Solutions Conference* where some amazing therapists bring it all together. And, (yes, this is a shameless plug) please join me on Sunday, December 9 at 1 pm for my special course on *Simple Question Lasting Impact*. I promise fun for everyone.

Rick Landis
Orange, California

The Milton H. Erickson Foundation NEWSLETTER

Executive Editor: Richard Landis, Ph.D.

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

Institutes: Marilia Baker, M.S.W., Cecilia Fabre, M.A.

Guest Editors: Betty Alice Erickson, M.S., LPC, LMFT
Eric Greenleaf, Ph.D. (Case Reviews)

Power of Two: Roxanna Erickson Klein, R.N., Ph.D.

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

Guest Reviewers: Rubin Battino, M.S.; Kay Colbert, LCSW; Roxanna Erickson Klein, RN, LCDC, Ph.D.; Maria Escalante de Smith, M.A.; John D. Lentz, D.Min.; Stephen Willis, MFT

Production Manager: Karen Haviley

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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

THE MILTON H. ERICKSON FOUNDATION

presents the only comprehensive multidisciplinary conference
on brief therapy in the world!



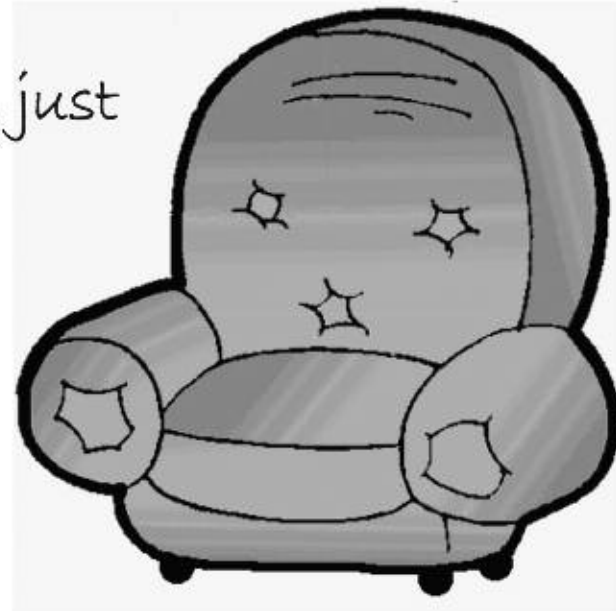
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For discounts, program descriptions, faculty bios and more: BriefTherapyConference.com

Foundation's New Building is Complete: Around the Corner, Yet Miles Away

Up writing this article, the Foundation has not yet moved to its future location at 2632 E. Thomas Rd., Ste. 200 in Phoenix, although the build out is now complete. July has been bustling with the Intensives, so August is our target month for the move. However, by the time readers have this newsletter in hand, we'll be ensconced in our new building -- around the corner, yet miles away.

Yes, our new location is literally right around the corner (less than a mile), but we consider it miles away in terms of space, décor, and architectural grandeur. By the end of June, the construction team from Javcon and talented architects of Pasternack & Associates had wrapped up the job. In the past month, there's been much activity in the new building, basic move preparation such as furniture installation, security set up, signage, etc., but we've also begun aesthetic enhancement.

A striking sculpture has been installed, entitled "The Dance of Life," Ribbon in Space, was created and donated by David Herschler in memory of Dr. Milton H. Erickson. Standing in front of it is absolutely mesmerizing. We so pleased and thankful for David's gift and hope all visitors to the Foundation will take the time to appreciate it too.

The Foundation staff greatly looks forward to the move and hopes our new location will become a destination for Ericksonians from around the world. The grand opening reception is targeted for early fall. Look for your invitation in the mail. We look forward to seeing you there!

Better to Shop Around – Foundation Opens New Online Store

The launch of fireworks wasn't the only excitement this past 4th of July. The Foundation was proud to launch its newly-renovated online store at www.ericksonfoundationstore.com or www.erickson-foundation.org. With a cleaner design and better search engine, making it easier to navigate, the new store offers more products, including MP3s. Product categories include: Foundation Press (Collected Works, Audio Recordings, Books, and Books on CD Rom, Erickson Glossary, Posters and Training Videos), Evolution of Psychotherapy Conferences, Brief Therapy Conferences, Couples Conferences, International Congress, and Pioneers of Psychotherapy. The store also has updated account settings where customers can log in to view past purchases and it has a tighter support system.

"It's a work-in-progress," say Christina Khin, IT Specialist and creator of the new online store, "but a huge improvement over the old store." Future plans for the store include customers being able to listen to samples of MP3s and CE Certificate products available for download.



Kristina Erickson, M.D. with Dr. Jeffrey K. Zeig in front of sculpture by David Herschler

Foundation Welcomes New Employees

This summer, the Foundation welcomed two new employees – Rachel Kennedy and Fred Huang.

Warm and genuinely sweet, Rachel serves as Administrative Assistant but has also affectionately been referred to by Dr. Zeig as the Foundation's "muse." She will be graduating from Arizona State University, this December with a BS in Supply Chain Management. Born in Phoenix, raised in Cave Creek, and now living in Tempe, Rachel is an accomplished equestrian who dons traditional dress (top hat and all) to show Arabian show horses at competitions. Her other interests include fashion, decorating, movies, food and cooking and spending time with her adorable dog -- a Schipperke named "Obi Wan Kenobi." Only 22 years old, Rachel already has goals and dreams for her future. "I would like to apply what I've learned about business in the workplace...in a nonprofit or at a big supply chain organization." Of the Foundation she comments, "I like everyone here...and find Jeff particularly soothing."

Fred Huang, the Foundation's new Marketing Assistant, was born in Bethlehem, PA, where his father earned a Ph.D. Fred's family moved to Phoenix in '89 when his father accepted a new position. After living in Tucson for eight years and attending the University of Arizona for several, Fred returned to school and recently graduated from Arizona State University with a BS in Music and Film Production. He is first-generation American; his parents are from Taiwan and most of his extended family lives there, but also in Australia and parts of Europe. Fred's interests are creating music (he's in a band), movies ("I love them") and trying new restaurants. Before coming to the Foundation, he worked in the music industry doing marketing and web and print design. His skills include graphic web design and audio video. He's proud to say he produced a record that charted 30 on the CMJ (College Music Journal) and then had a song placed on MTV. Reserved, focused and intensely creative, Fred enjoys work-



ing at the Foundation. "It's great," he says, "I like the variety of projects and working in a small organization. I've only been here a short time but have learned so much."

To update readers, here's a current list of Foundation employees (alphabetically) and their titles:

Matthew Braman, Multi-media Specialist
Karen Haviley, Production Consultant
Fred Huang, Marketing Assistant
Christina Khin, IT Specialist
Chandra Lakin, Administrative Director
Chuck Lakin, Marketing Director
Marnie McGann, Project Specialist
Stacey Moore, Finance Manager
Rachel Shipwash Wu, Faculty & International Institutes Coordinator
Dr. Jeffrey K. Zeig, "Jefe!"

Check us out on Facebook and Twitter!

Should we hire a spokesperson?



Unfortunately they cost a lot, and we're trying to raise money not throw it away. But still, spokespersons seem to get the word out—even though you might not be able to understand everything they say.

The words we want “gotten out” are that the Milton H. Erickson Foundation is in the middle of a fund drive—

- to support the build-out of our new headquarters
- to complete the documentary film *Wizard of the Desert*
- to create a museum in memory of Dr. Erickson in his Phoenix home
- and to preserve Dr. Erickson's papers and personal memorabilia.

That's why we're asking you to invest in the Foundation's future by making a donation. Even a small one. Because if all our friends gave us a little something we'd have a lot to work with. Call us at 877-212-6678. Or log on to Erickson-Foundation.org and click on “donate” so you can see what we're up to.



THE MILTON H. ERICKSON
FOUNDATION

*The use of the above image is for satirical purposes only and is not intended to imply any reptilian endorsement of the Erickson Foundation or its activities.

Erickson Museum Moves Forward with New Website

The Erickson home, at 1201 E. Hayward Ave. in Phoenix, where Dr. Erickson lived and worked for the last 10 years of his life, has truly become a museum in the making. Already frozen in time, with original furniture and decorative items, the Foundation recently displayed memorabilia donated by the Erickson family and Dr. Jeffrey Zeig (gifted to him over the years by Erickson family members).

Recently, three oak display cases were purchased and placed in the master bedroom. The room is filled with Ironwood sculptures, paintings, jewelry, plaques, art and artifacts, letters, books, pewter and silver serving dishes, and decorative items – all relevant items in the life of the late Dr. Erickson. There is even the rope (still secured in the closet) he used to pull himself up out of bed. In the living room and master bedroom, of the dozens of Ironwood sculptures, 25 items were donated by Dr. Zeig (gifts to him by the Erickson family). The Ironwood sculptures, which Dr. Erickson collected, were significant to him and cherished works of art.

In July, during the week of the Foundation Intensives, Dr. Zeig conducted tours of the museum for the student attendees. “The students wanted to touch and feel the very items Dr. Erickson had touched. It was an emotional experience.” The Foundation has created a new information website for the museum--www.ericksonmuseum.com and clips of Dr. Zeig’s tour with the students can be viewed on it. On the new website a virtual museum is being developed with photographs and descriptions of memorabilia in the museum.



The Foundation continues to seek funding for the creation of the Erickson Museum – for additional display cases, to frame important letters and photographs, and overall, to maintain its integrity in the preservation. If you wish to visit the museum, please call (602) 956-6196 to schedule an appointment. To make a secure donation, visit our website at www.erickson-foundation.org or mail your contribution to Foundation headquarters.



Foundation Seeks Funds for Erickson Film

In case you haven’t heard, filming is proceeding for “Wizard of the Desert,” a riveting documentary about the life and work of the late Dr. Erickson that will appeal to general audiences as well as health science professionals.

Produced by the Milton H. Erickson Foundation, the film is being made by the award-winning filmmaker (and licensed psychotherapist) Alexander Vesely, Chairman of Noetic Films, Inc., Vesely has 20 years of experience producing commercials, documentaries, and short films. His last film, “Victor & I” was the Diamond Award winner for the California Film Awards. For the making of “Wizard of the Desert,” Vesely brings a highly skilled production team to the project

The Foundation greatly anticipates the release of this film; however, production and distribution costs are daunting. We are using all avenues to generate funds

including a search for a grant writer with expertise in grants for documentary films.

We humbly ask our newsletter readers and Friends of the Foundation for any contribution, large or small, for this important project. We sincerely believe that to keep the legacy of the late Dr. Erickson alive we must document his life and work.

To see the trailer; for more information about “Wizard of the Desert;” and to make a secure donation, please visit: <http://erickson-foundation.org/wizard-desert>.

News and Notes:

Nozomu Ozaki has written a report in Japanese on the 11th International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy from December 2011. The website hosts various resources for Japanese clinicians with interactional views and systemic ideas. You can find the report at <http://www.kazoku-shinri.com/for-study/30hit/30-repo1.html>

In the last edition of our newsletter (Spring 2012), we printed the following article. Unfortunately, several errors were made in the editing process and the article was not what the authors had intended. We sincerely apologize to Dr. Michael Hoyt and Dr. Michele Ritterman for this, and in good faith are rerunning their original article.

BRIEF THERAPY IN A TAXI

Michael Hoyt, Ph.D. &
Michele Ritterman, Ph.D.

During the December 2011 Congress, we took a taxi to visit the Erickson home. On the way, we got to talking with the driver. At first pleasant chit-chat, but then Michele initiated a more personal connection, asking him about how he had come to live in Phoenix. As she engaged with him on a more human level, he told us about his unhappy divorce. Several years earlier his wife, who he had thought was the love of his life, had abandoned him without follow-up in order to take a job in another state. He felt puzzled and sucker-punched. The mood in the taxi became tense and quiet.

Michele asked if he knew who Lenny Bruce was, and told a story in which a waiter in a Chinese restaurant who had served Lenny and a girlfriend for years asked one night, "Where's momma?" and raved about how great she was. When Lenny said she had left him, the waiter said, "Oh, well. You're better off without momma." The driver didn't know Lenny Bruce, but he chuckled a bit. And then he told us more about how deeply he felt the loss and that he was still grieving.

Looking out the window, we saw Squaw Peak in the distance. We asked the name and the driver confirmed it and also pointed out Camelback Mountain. Michele asked if the driver had ever been on Squaw Peak. He said, "No," and Michele, knowing full well that he would never do it, recommended that he climb it for the vista—an idea which he strongly rejected. (Always a good idea to offer a suggestion first that can be rejected.)

We drove on a bit, getting closer to our freeway exit.

"Have you heard the one about the taxi driver?" Michael asked, getting his attention and taking advantage of this moment to make an alternative suggestion that our driver could possibly accept.

"Well, he was driving along when the red lights went on behind him and

a cop pulled him over. [The cabbie glanced over his shoulder at the mention of a policeman coming up behind him.] The driver begged the cop, 'Please don't give me a ticket.'"

"The cop said, 'I'll tell you what. If you can tell me a good story, I'll let you go.'"

"The taxi driver replied: 'My wife ran off with a cop. When I saw you, I got scared you were him and you were bringing her back!'"

Our driver now laughed wholeheartedly. Rejection had switched to escape. When we got to the house and Michael was paying him, the driver said, "I'm going to remember that story" and laughed again. In this moment, despite the past, he might not really want her back. Michael smiled and gave him a \$10 tip to help anchor it. As Erickson taught, context and sequence are important for a brief intervention to have maximal chance to take hold.

The visit to the house was lovely.

New Book on James Hillman Released this Fall

James Hillman, Ph.D. an American psychologist nominated for the Pulitzer Prize in literature, died at his home in Connecticut, October 27, 2011. Hillman was an enduring and welcome presence at The Evolution of Psychotherapy Conferences where he spoke six times, 1990-2009. He was known for his efforts to revitalize the world of psychology by restoring the soul or psyche to therapeutic treatment. His 1997 book, *The Soul's Code: In Search of Character and Calling*, was on The New York Times Best Seller list. Hillman also believed that dreams were not random and but should not be analyzed. He once said, "Dreams tell us where we are, not what to do."

The Life and Ideas of James Hillman, the authorized biography by Dick Russell, is scheduled for publication by Skyhorse Publishing this October/November. It will be published simultaneously in hardcover and e-book editions. The hardcover is 640 pages and Volume One of a two-volume set.

"And my voice goes everywhere with you and changes into the voice of your parents, and your teachers, your playmates, and the voices of the wind and the rain..."

Wizard of the Desert

A film by Alexander Vesely



Completion funds are needed for Alex Vesely's documentary on the life and achievements of Dr. Milton H. Erickson.

These funds are necessary to recreate moments in Dr. Erickson's life.



Be a production angel...!

Donate to the project by going online to the Foundation website Erickson-Foundation.org and clicking on "Donate."



Or send a check to the Foundation and mark it: *WIZARD OF THE DESERT*.

See a brief clip from the film at
www.youtube.com/user/CLIPWERKCREATIVE

T H E P O W E R O F T W O

**Carol Kershaw and
William Wade**

Written by Roxanna Erickson-Klein

Carol Kershaw, Ed.D. and William (Bill) Wade, Ph.D. work together; they share professional interests, a private practice, an office, and a family and a life together. Co-directors of the Milton Erickson Institute of Houston, they are each marriage and family therapists with broad-based practices: Kershaw is a licensed psychologist and Wade is an LPC and LMFT. Their common interest in the use of therapeutic hypnosis has provided an area where mutual intrigue invites opportunity for daily exploration far beyond the ordinary. Cooperative effort and scaffolding of their ideas has given rise to an extraordinary cooperative work that makes their practice distinctly different from others.

An ordained minister, Wade's spirituality and his experience with meditative states complements Kershaw's technological bent in their mutual exploration of the mind and states of consciousness. They have long explored the effects of biofeedback, neurofeedback, deep hypnotic states, and music therapy on alpha and theta brain waves.

They are both clinically oriented, reaching out to a broad variety of clients in their shared practice. Their work space also is shared with side-by-side offices that facilitates the integrated practice of the work they do together. While they typically see clients individually, they sometimes come together for couples work and cover for each other in neurofeedback work.

Kershaw sees herself as good at working with young professional women, performers, and adolescent of both sexes. She notes that as individuals warm up to her, she can evoke a curiosity about what they can do with their minds in hypnosis. Likewise, with couples, her interest in hypnosis and the "trance-dance" within a marriage provides an avenue for effective work. Kershaw says that when couples become stuck in trance dance, she can describe it in such a way, often with humor, that helps interrupt it and create new patterns.

Wade's approach is different. He

tells of his own learning over the years to listen carefully to what people say and observe minute bits of behavior. He has developed the ability to help people take painful and often jumbled experiences, make sense of them, and then find ways to create change. "I am good at communicating compassionate understanding with a sense that the person can change." Both Kershaw and Wade enjoy using hypnosis in therapy, to teach clients ways to explore trance phenomena, and to use it in the change process.

The Institute's shared group area offers opportunity for teaching, workshops and supervision, which Kershaw and Wade have done together during many years. They have sponsored a long series of workshops in which they offer experientially-based teaching about deep trance work. They also individually offer supervision services in various capacities, and frequently this leads to joint work. With a growing emphasis on teaching, at times they now travel and work separately. Though Kershaw is more disciplined in her writing, Wade has done more audio recordings. Together they wrote their recent book *Brain Change Therapy* (2012) as well as articles including *Optimal Leadership*, which appeared in the *Biofeedback Journal* and *Neurocoaching: The Leading Edge of Leadership Training*, published in Australia in the *Neuroleadership Journal*. They also share recent appointment to the *American Journal of Clinical Hypnosis* as book review editors.

Both in their mid-sixties, the couple continue to have fun exploring new horizons and professional experiences that facilitate meeting people from around the world. Working together they are able to stimulate a mutually generative creative process. In so doing, something fresh emerges from the process that would not be there otherwise. Their own words express it most beautifully: "We cannot say enough about truly knowing, understanding, and loving the person with whom you most closely work with. Ironically, the deeper we know each other, the more interesting we find one other. We can look at each other, and volumes of information are communicated in a moment. And, we still put each other in a very pleasant trance."



B O O K R E V I E W

***Brain Change Therapy: Clinical
Interventions for Self-Transformation***

Carol J. Kershaw & J. William Wade

W. W. Norton & Company
2011

ISBN: 978-0-393-70586-7
354 pages

Reviewed by C. Alexander Simpkins, Ph.D. and Annellen M. Simpkins, Ph.D.

Brain Change Therapy presents an explicit therapeutic system (BCT), combining communications theory with recent neuroscience findings. The practices arise out of a fundamental premise: The human brain emits fields of information as measurable frequencies that communicate within our body and within the bodies of others. These frequency patterns bring about different brain states governing how well our information system functions. By working on the brain state using BCT, one can elicit stability, healing, and well-being.

The book is organized into 12 chapters. Chapter 1 explains the BCT model. Research offers evidence that the mind can change the brain, based on the brain's quality of neuroplasticity in response to what we think, feel, and experience. But sometimes we carry a negative bias, consisting of brain states associated with maladaptive behaviors. Brain states involve a complex combination of arousal, actuation of the autonomic nervous system, the sleep-wake cycle, mood, blood flow, and more. Effective therapy shifts the brain state toward a neurochemistry of well-being. BCT helps people identify their state and move toward a target state. The neurobiological basis of the theory is described in Chapter 2, which includes biological rhythms and the role of the autonomic nervous system. Chapter 3 explains how to do a neuro assessment of clients, with specific diagnostic questions to clarify a therapist's diagnosis.

See *BRAIN CHANGE* on next page

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Houston

Written by Roxanna Erickson-Klein

Carol Kershaw and Bill Wade each started private practice in 1980; three years later they chose to merge their practices. At that time, The Milton H. Erickson Foundation in Phoenix had begun to actively license Institutes across the nation and around the world. As Kershaw and Wade evaluated aspects of their own work, they decided that founding an Erickson Institute would offer opportunities for networking, participation in what was then a new movement toward brief therapy, and most importantly, provide a framework to pursue their own work in interactional communications and mind-body healing. Early on, The Erickson Institute of Houston joined with the Erickson Institute in Austin, and with two Erickson sisters, Betty Alice and Roxanna, both residents of Dallas, to coordinate educational efforts. While over time, individual efforts prevailed, the generative and cooperative energy gave a lasting momentum to both Institutes.

Kershaw and Wade had been introduced to Erickson's work by the study of family therapy and Jay Haley's *Strategies of Psychotherapy*. Wade describes Haley's book as having one of the more intriguing explanations of hypnosis from an interactional point of view. Once familiar with Haley's viewpoint, other work about Erickson became easier to understand. The couple began to broaden their studies, looking at *Uncommon Therapy*, strategic work done at MRI, and Erickson and Rossi's writings. They then studied with Stephen and Carol Lankton, and afterward, Wade went to Phoenix for training at The Milton H. Erickson Foundation.

Wade states, "What fascinated us was Erickson's highly pragmatic, flexible, and individualized approach to helping people move beyond their learned limitations and developmental gaps. While not ignoring the realities of psychopathology, we were fascinated that Erickson did not become stuck arguing over diagnoses. This

strategy allowed him to see possibilities for growth in ways that others missed. We model our work after this perspective."

Kershaw and Wade teach the interactional aspects of hypnosis, a direction often overlooked in hypnosis courses. Described in Kershaw's 1992 work, *The Couple's Hypnotic Dance*, their teaching of hypnosis emphasizes multi-level communication and how subtleties, including touch and voice tone can create therapeutic double binds, and invite dissociative states. The couple says, "We do not think of Erickson's style as merely a set of techniques or linguistic maneuvers but a whole philosophy of flexibility, close observation, and open-ended possibilities."

Kershaw and Wade's therapy practice is quite diverse. It includes working with couples, children, and individuals who have anxiety, depression, phobias, and trauma. Additionally, they invite professionals—musicians, athletes and executives—to work in therapy to enhance performance. The couple's work integrates deep hypnosis with a variety of other technological and naturalistic strategies, including meditation, neurofeedback, biofeedback, and brain music therapy.

Workshops have always been part of the couple's Institute. Several format variations have been offered, including weekly, monthly, and supervision series. During the last 27 years, they have brought to Houston to teach, many of Erickson's students, as well as others in related fields. While sponsoring others was an important part of their educational commitment, their focus has now shifted to their own teaching, and inviting other Ericksonians to be part of the training they offer.

Kershaw and Wade have evolved a therapeutic direction from Erickson they call Brain Change Therapy, which includes meditation practices, and the neuroscience research. Fully described in their most recent book, *Brain Change Therapy: Clinical Interventions for Self Transformation* (2012, WW Norton), their approach suggests mental states precede everything: perspective, emotions, attitudes, and behavior. They maintain that by learning

They maintain that by learning to shift and condition mental states one can stay in states of thriving for longer periods of time.

to shift and condition mental states one can stay in states of thriving for longer periods of time. The couple is currently engaged in a series of workshops and presentations teaching Brain Change Therapy around the country. Co-presenting at the International Tele-conference on Ericksonian Approaches, they describe their work with its Ericksonian roots, in the context of modern neuroscience.

As part of an Erickson Hypnosis Series at Esalen, they are invited to teach a workshop called *The Heart of Forgiveness: Brain Change Therapy from Trauma to Thriving*. They describe the five-day workshop as a "deep dive" that invites people into the alpha/theta states where they can gently release and resolve old wounds.

Their latest endeavor is to begin a series of videotaped interviews with

other Ericksonian professionals to explore the process by which their own thinking has evolved and matured. This exciting series is envisioned as an opportunity for both professionals and the general public to learn more about the depth with which Erickson was able to stimulate the change process, as well as the long lasting effect his teaching has had on others. The series will address specific therapeutic techniques and specific problems, and examine the ways that interventions cascade into a healthier state of being. Targeted to be online sometime in 2012, Kershaw and Wade invite Ericksonian therapists who would like to be part of this exciting project to contact them for further discussion.

To learn more about The Erickson Institute of Houston and the training offered visit: www.mhehouston.com.

BRAIN CHANGE *continued from page 8*

Chapters 4-7 give interventions and strategies for applying BCT to shift client's brain states. Chapter 4 deals with stress, an underlying marker of emotional distress. Chapter 5 explains how hypnosis affects the brain, and covers the honed Ericksonian methods to elicit brain-state change. Brain technology equipment is described in Chapter 6, and includes meditation (a technology that does not require equipment), biofeedback, neurofeedback, light technologies, sound therapy, and the DAVID PAL device that combines flashes of light and tone pulses to affect brainwaves. Deep state work is explained in Chapter 7, combining alpha-theta training with hypnosis. Alpha-theta states promote healing, and the authors provide research and practice for guiding people into these curative states.

Chapters 8-10 cover applications to specific problems. Resolving fear and anxiety (Chapter 8) can occur by shifting out of these fixed brain states, cleverly named the "Eeyore syndrome," (page 198) drawn from the *Winnie the Pooh* character that always saw the worst in things. Weight problems (Chapter 9) involve mind, brain, and body, and BCT can address all of these levels to foster better eating habits. When people have life-threatening and chronic illnesses (Chapter 10), they can lessen their suffering and enhance healing using these techniques.

The final two chapters provide positive psychology applications, with performance enhancement in Chapter 11 and thriving in Chapter 12. Overcoming negativity and accessing states for peak performance are some of the techniques covered. We agree with the author's concluding remarks—that by embracing the open potentials of the mind-brain relationship, people can create a positive destiny. We also appreciate the clarity of the writing in *Brain Change Therapy*, which provides theory, research, and techniques for altering the mind and brain therapeutically. As practitioners who often encourage therapists and clients to "think brain," we believe that there is benefit from including the nervous system in treatment. We recommend this book to anyone who would like to learn more about the mind-brain connections and gain techniques for working with them.

I N T H E S P I R I T O F T H E R A P Y

Sidney Rosen, M.D.

Sidney Rosen, M.D., is certified as a psychoanalyst by the American Institute for Psychoanalysis. He was formerly Psychiatrist-in-Charge for the Institute for Rehabilitation Medicine (now, Rusk Institute) at the New York University Medical Center. Rosen worked directly with Milton Erickson from 1970 until 1979, wrote forewords for "Hypnotherapy" and "The February Man," and was an invited faculty member for all of the 11 International Congresses. He is the editor (actually co-author, with Erickson) of "My Voice Will Go With You: The Teaching Tales of Milton Erickson." Dr. Sidney Rosen is now 85 years old.

John Lentz: In watching your interactions with students and what you say in between the lines you seem to have a love of life that is so healthy that it becomes infectious. It even outshines your intellect and wisdom. Would you share how you have come to embody that zest for living?

Sidney Rosen: I was always curious intellectually. In high school I was interested in mathematics because it gave definitive answers of right and wrong, correct and incorrect. I won a scholarship in physics and chemistry which paid full tuition for my pre-med year in college. (At that time, only \$125!!). As I have matured, I realize the search for certainty is fruitless and that truth lies in accepting uncertainty. Like Erickson, my position toward other people was largely that of an observer. In one of my last sessions with Milton he asked what I would like help with, and I said I would like to be able to *experience* more. I felt that I intellectualized too much. His response was, "Your behavior indicates otherwise, you prefer to understand rather than experience....and you can continue to intellectualize...and you can intellectualize in a different way." Since that session I have often found myself observing nature and people, and as usual, trying to understand, but with an element of experiencing something like "awe." I am intellectualizing, but in a different way. Whether it is awe or wonder, it's definitely an emotional experience. Is that something that you would classify as spiritual?

JL: Absolutely, and, you gave Erickson credit for helping you to get there, thus honoring him at the same time. That too is spiritual. And, how you told the story will give the gift to anyone who reads it. Can you say a little more about Erickson?

SR: When I was walking and thinking about Yalom's book, "The Spinoza Problem," I recalled that Milton Erickson said that he had a traditional Protestant upbringing, but when he was older and thought about the concept of God, he couldn't understand it, so he stopped thinking about it. Fortunately or unfortunately, I have not been able to follow Erickson's example. I haven't spent a lot of time thinking about God but, as Erickson suggested, I can still intellectualize about God, about where we came from and so on, and I can do it in a different way. That way will require some more emotional connection with what we call 'religion.'

JL: You seem to have a lot of connection with religion. Are you willing to discuss that?

SR: Recently, in conjunction with this interview, I was thinking about my spirituality. I had a moving dream in which I returned to my home town in Ontario and I met with my rabbi who gave me the only religious training that I had up to the age of 13. What stood out in my dream was that we were embracing each other and both crying--weeping copiously. In trying to understand this dream, I realize that I am really much more connected with religion than I believed I had thought. For example, I am not a member of any synagogue but still enjoy attending services on high holidays, when it is convenient. My idea of God is very much the way that I understand Spinoza's to be-- to include all of nature and all of being. I do not believe in any personal God that would care for me and to whom I could pray. My God is like Spinoza's and Einstein's. (Incidentally, Einstein thought very highly of Spinoza.) I recognize that there is great value in religion, dealing with people's need to meet in groups, to share 'spiritual' and transcendental yearnings, and to provide language and metaphors to describe those yearnings. Having explored and studied other religions, especially Buddhism for many

years, I recognize myself moving closer to my own religious background, feeling more connected physically, intellectually, and in memories, with Judaism, or more importantly with the other people who practice Judaism.. I am curious to see where it will lead. My son asked me if this belief will or has led to my becoming more involved with a religious community. So far it hasn't happened, but that may be the next step.

JL: You seem to want a deeper connection. Is that how you would think of it?

SR: I told my son that when I was young I observed older people often seemed to become more religious. They reacted more emotionally in the synagogue. For example, they might cry when praying. Later, in medical school, I interpreted the crying as an

emotional liability, which goes along with gradual loss of brain cells. As I get older I find myself prone to crying easily, apparently supporting that explanation. As for experiencing the feeling and conviction of faith, like Freud, I have always wished I had it because it offers comfort to so many. Underlying my musings and ramblings, as well as testing and examining psychotherapeutic approaches, lays my continuing search for truth. Like a child I still ponder the unanswerable (for myself) questions: What was there before the beginning? Who made God(?)...and other similar questions.

JL: Hearing you has caused me to want you to receive that deeper conviction of faith. Your work has helped so many in such diverse ways. Thank you for giving your time so that people can get to know you better.

BRIEF THERAPY *continued from page 1*

At Brief Therapy 2012 you will expand your knowledge base, learn how to utilize brief therapy techniques in specific situations, improve observational skills and clinical methods, and discover the uses of multi-level therapeutic communication. Earn up to 43 continuing education hours.

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For complete information including online registration, hotel accommodation and reservations, Volunteer information, faculty bios, accreditation information and more, visit the Conference Web site: www.BriefTherapyConference.com. To receive a 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

The Hilton Union Square is offering special rates for attendees of the Brief Therapy Conference that will be valid three days before and three days after the Conference. Make your reservations from the Brief Therapy Conference Web site.

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CASE REPORT

The Heart: a unique and irreplaceable place in the universe

By Marta Campillo, MA

Instituto Milton H. Erickson of Xalapa
(IMHE-X), México

A concerned father brought his 7-year-old daughter to psychotherapy because she had recently started to have tantrums, was very unhappy and moody, and answered badly when spoken to. She was not sleeping well and she refused to go to school. During the first play therapy session she told me that before she had always liked school where she sang, laughed, and enjoyed playing with her friends. Now she felt sad and scared. She said, "My father would not love me anymore." She feared she would no longer be her father's "princess." Her brother was born last month and now she felt her family was not the same.

The present story used a metaphor about "The Heart" and it was narrated during that first session. I ask her to close her eyes while she listened to a story.

"I am going to tell you a story that comes from old legends about life. This is a story about how each one of us, in that place where life is created, was given a heart, and life with it." I asked her to place her hands together, palm to palm, and softly I opened them and told her: "This is your heart: a unique and irreplaceable place in the universe"...living for you, loving you, creating, and enjoying all you that do and want. And as you imagine your heart, you can feel it beating within your hands and can softly place it in your chest. This heart represents your vital essence, that which allows you to live, it creates all the possibilities to learn, to love, to imagine, to be all that you can become, to suffer and overcome hardships, to learn and to create alternatives to improve your life and what you want to be."

The story continued on, narrating in detail many of the possibilities of that unique journey that is life, using indirect language, "yes sets," truisms, and presuppositions. It included embedded suggestions about the unique-

ness of her life/heart so that she can make her life grow, enjoying it, and she can teach her heart all the good things that she needs to be strong and independent. I emphasized that her heart occupies a unique and irreplaceable place that only can be occupied by her own heart. I also said, "You are the keeper of this heart that is life within you, to care for, to protect it and make it grow."

The story explains that we are born and continue to grow, and even though we do not remember that moment where we were given life, the strength of the love for life can be felt in everything we enjoy. At the same time, the young girl was asked to imagine all the things she has learned to enjoy and to feel the love generated when discovering relationships with other family members and children, school, play or nature. Also described with indirect language are other steps to take to be able to learn ways of overcoming pain or problems, including embedded suggestions of knowing how to care for our heart, and the joy associated and felt when feeling safe and happy.

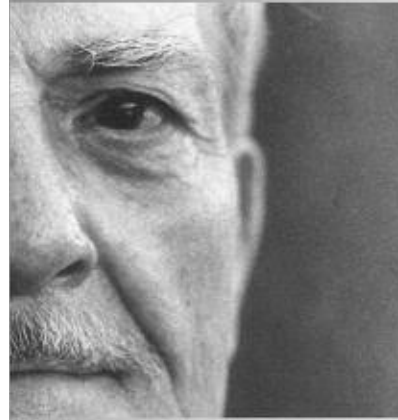
The story places the listener as the "Keeper of the Safety of the Heartlife." It describes the experiences of caring for oneself, the patience and the strength to learn from mistakes, and the kindness to forgive others as part of the richness of the experiences and joy of the heart as life in an inner-self life process which we own by the fact of being alive.

While the child was listening to the story she was asked to imagine, remember, and identify the feelings of life experiences she had had in the past, in which she learned new things, and to enjoy that experience. Before concluding, she was asked to imagine the shape her heart would have, to picture its details in her imagination. Then she opened her eyes and was given the option to draw it or make it with play dough. She chose to draw it.

The next session her father said, "We came to tell you everything is fine, my princess is going to school, sleeping well, and playing and caring for her brother at home."

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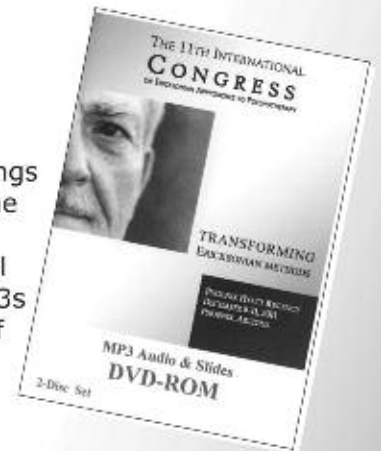
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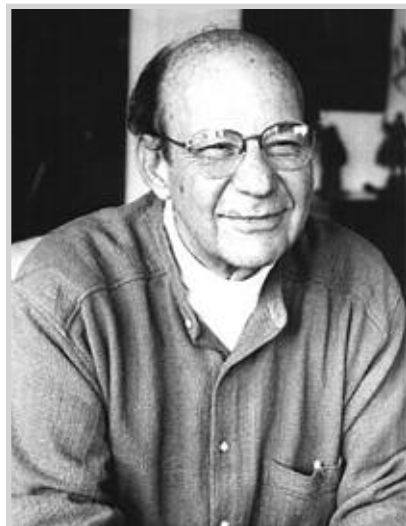
RICHARD FISCH, M.D.

REMEMBERING A FOUNDING FATHER OF BRIEF THERAPY

The phone rang early Sunday evening, October 23, 2011. It was Amy, Richard ("Dick") Fisch's daughter who said earlier that day, after enjoying breakfast and with a gentle smile on his face, her father laid down for a nap and died peacefully in his sleep. In accord with Dick's wishes, no public ceremony was held and his ashes were dispersed in the Pacific Ocean in a private family gathering. Just shy of his 85th birthday, his death followed that of his two closest colleagues and co-creators of the MRI Brief Therapy approach--John Weakland, who passed away in 1995, and Paul Watzlawick, in 2007. A central figure in the work of a group that began in early 1950s with Gregory Bateson and Don D. Jackson's Palo Alto Research Group, the death of Richard Fisch marks the end of one of the most productive eras in the history of psychotherapy.

Fisch was born in December, 1926 in Brooklyn, New York. From 1945-46 he served as a medic in the U. S. Navy. Returning to civilian life, he graduated from Colby College, then spent a year studying at Columbia University School of Anthropology before entering New York Medical College where he graduated in 1954. He also completed a year of rotating internship at the Brookdale Hospital in Brooklyn, New York. In 1958, he completed a Psychiatric Residency at the Sheppard Pratt Health System, Brookdale University Hospital Medical Center where Harry Stack Sullivan's *Interpersonal Theory of Behavior* was still central in the teaching of faculty.

That same year, Dick moved to California, where he became Assistant Director for the San Mateo County Hospital. He also held a number of other positions in traditional hospitals in the San Francisco Bay Area, but was disillusioned with the traditional medical treatment that dominated psychiatry, so he began exploring alternatives. He found Don Jackson, Founding Director of the Mental Research Institute (MRI), and in 1959 joined the family therapy research and training then



being pioneered at MRI in Palo Alto.

Six years of interaction with other MRI research associates culminated with the publication of Dick's first significant contribution to the literature -- *Resistance to Change in the Psychiatric Community*. In this work, he outlined some of the rationales used then (and now) to justify retaining the status quo in psychiatric orientations that place almost exclusive emphasis on the individual in isolation from the relationships of which they are a part. That same year, in a memo to Don Jackson, dated September 15, 1965, Dick proposed the creation of a research project focused specifically on how to make therapy more effective and efficient. As he recalled, "The idea and planning of a clinical research project in brief therapy began at MRI in 1965. The climate of therapy at that time had reached the highpoint of psychoanalysis and it, or variations of it, influenced much, if not most of therapy activity. At the same time, family therapy was beginning to develop but had little recognition in the therapy world." (Fisch, 2005) With this proposal and creation of the MRI Brief Therapy Center, Richard Fisch triggered the emergence of brief therapy approaches that have radically improved the practice of therapy:

"The major, and almost sole, effort expended in outpatient treatment today is in long-term psychotherapy. This is not only among private therapists, but also among most outpatient clinics. Thus, there is a need for a facility that will consistently provide imaginative, well planned, brief therapy, and at the same time permit a more thorough study if the effectiveness of this approach in general, and of particular tech-

niques more specifically." (Fisch, September 15, 1965)

Dick's proposal launched the brief therapy movement and in so doing radically changed how emotional and behavioral difficulties are conceptualized and constructive change set in motion. The brief therapy approach, set forth by the BTC Team (Fisch, Weakland, Watzlawick, & Bodin, 1972; Fisch, Weakland, & Segal, 1982; Fisch & Schlanger, 1999; Fisch & Ray, 2006; Weakland, Watzlawick, Fisch, Bodin, 1974; Watzlawick, Weakland, & Fisch, 1974; Fisch, Ray, & Schlanger, 2009), is one of, if not the first and most influential brief therapy approaches in use today. Forerunner to post-modern, social constructivist approaches, the MRI Brief Therapy model evolved in direct lineage out of the cybernetic/communication theory of human behavior set forth by Gregory Bateson and his team during the 1950s. Conceptually simple, the orientation takes seriously the idea that it is not so much the difficulties in living that bring people into therapy, but ineffective efforts being made to resolve those difficulties that inadvertently exacerbate and perpetuate the problem into irresolvable vicious cycles. Interrupt efforts being made to resolve the problem, and the problem often dissipates on its own. (Ray & Schlanger, 2008)

Richard Fisch was a brilliantly effective therapist and among the best teachers and supervisors I have ever had the privilege from which to learn. Unassuming and completely dedicated to his craft, he was one of the most influential pioneers of brief therapy. He was more interested in finding ways to make therapy more effective than seeking personal notoriety. Even so, the effectiveness of the model was such that for more than half a century, legions of mental health professionals journey to the MRI and the Brief Therapy Center--the mecca for training.

I miss my friend...his wit, irreverent sense of humor, uncanny clinical acumen, and kind and generous heart. Dr. Richard Fisch's legacy is alive in the MRI Brief Therapy Center, which continues under the directorship of Karin Schlanger. In his published writings, and in the hosts of brief therapists he trained, many have themselves established brief therapy at institutes around the globe.

Wendel A. Ray, Ph.D.

Senior Research Fellow and former Director, Mental Research Institute (MRI), and former member of The MRI Brief Therapy Center, Palo Alto, CA. Professor of Family System Theory, Marriage & Family Therapy Program (s), The University of Louisiana -- Monroe (ULM), Email: ray@ulm.edu; Phone: (318) 547-4539

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THEORETICALLY SPEAKING

Metaphors and metaphors

A Core Communication Element in Ericksonian Brief Therapies

There are metaphors and then there are Metaphors. The truth is, any symbolic reference to a fact could be catalogued as a metaphor. In this article, however, we'll talk about metaphoric communication.

What kind of communication can qualify as metaphoric? Is it one that doesn't talk about what's happened but substitutes it with a parallel account that may leave enough room to imagine what we really intend to tell? This may be so, but when I talk about metaphoric communication, I'm referring to an improvement in communication. The use of metaphors must go beyond the sheer display of flourished rhetoric or the listening pleasure of a well-written speech. The power of a well-chosen and sustained metaphor must be the vehicle that allows for a much deeper communication. Emotions, memories, and ideas are elicited and brought up in the listener. Thus, it leaves a longer lasting impression in the memory, stronger than if no metaphor had been used at all.

Metaphoric communication: The difference between "message" and "interactive communication"

A fact or an opinion being conveyed may not reach the listener, especially if the message received is not associated with a feeling or interest that the listener can consider his own. The listener may understand what he hears, but he will keep it at a conscious level. At this conscious level, it could be that all he retains is that the message was logical and intelligent. If later he wants to access that information, he will have to make a specific mnemonic effort to search the content through a single, linear, and logical channel.

The use of metaphors in discourse increases the number of channels through which the content may be recovered. Furthermore, it allows communication to be interactive, providing for involvement with the process. Although possibly silent, it elicits a re-

sponse to what is being heard. It also allows participants to resonate actively to what is being heard, from their own personality, in regard to their own experiences; level of intelligence; and motivation.

How is it possible to get such a variety of responses from the use of metaphors?

A metaphor makes an abstraction of the message and elevates it to an expression, which is less constrained by the logic of descriptive language. This abstraction forces the listener to decipher, sort out, and understand its meaning, using his/her own tools.

By having to utilize multiple tools, such as previous experiences, a variety of memories, reasoning, intelligence, sensitivity, imagination, and creativity, traces of what is being heard, will be kept in different fields of the brain's filing system.

Preparing the listener to "receive" a metaphor

He needs to switch from a digital and linear logic mode to a much more "elastic" and nimble mode of listening, allowing for a greater combination of different skills and ideas.

The preparation of a metaphor may include what, in the frame of Ericksonian Psychotherapy and Hypnosis is known as "seeding," which consists in making prior mention of the images or situations to be included in the metaphor. In this manner, the listener will have already "located" the symbols even before the metaphor is delivered.

Delivery of the metaphor or "half-a-message"

The contents of the metaphor must be kept at a midpoint. It needn't be too obscure or too obvious. The metaphor has to be "half-a-message" that incites and makes it possible for the receiver to place the correct piece of the jigsaw puzzle in order to solve it. If the piece belongs to different jigsaw puzzle or if it's too easy to locate, the game will cease to be fun.

The satisfaction of deciphering a metaphor, consciously or unconsciously

The listener has received the information and activated many areas of his brain (visual, affective, memory, de-

The metaphor has to be "half-a-message" that incites and makes it possible for the receiver to place the correct piece of the jigsaw puzzle in order to solve it

ductive, associations, etc.). He also has accompanied this process with a sense of satisfaction for having been able to decipher the message—the final message will be his. For this reason, if the message is too complicated, the listener may lose interest and decide not to participate, disqualifying the message because he is not able to "see the relationship between what is being said and the images or anecdotes that are being presented."

Metaphors have been the support of all oral communication since the emergence of language

The metaphor is an excellent vehicle for communication, precisely due

to its flexibility, that it reaches everyone to the degree in which each person is able to "respond." It adapts to all ages and all cultures, so it is no coincidence that it has been used throughout time.

And finally, there are many types of metaphors. One can use objects, anecdotes, tales, scientific references, and more, etc., but we shall leave these examples for later.

Teresa Garcia-Sanchez
Director Instituto Erickson Madrid
Translation Claudio Vanini

The Newsletter Interview -- Next Up: Harriet Lerner, Ph.D.

In our next newsletter, Dr. Harriet Lerner, Ph.D., will be the featured Interview. She will be interviewed by Dr. Ellyn Bader. Here's a short bio on Dr. Lerner. We look forward to her interview and hope you will too.

Dr. Harriet Lerner, Ph.D. is one of our nation's most respected voices on the psychology of women and marriage and family relationships. For three decades, she was a staff psychologist and psychotherapist at The Menninger Clinic in Topeka Kansas and a faculty member and supervisor in the Karl Menninger School of Psychiatry. Currently in private practice in Lawrence Kansas, Lerner is the author of numerous scholarly articles and eleven books, including the *New York Times* bestseller, *The Dance of Anger*; *Women in Therapy*; *The Dance of Connection*, and *The Dance of Fear*. Lerner has been a guest on The Oprah Winfrey Show, CNN, NPR and numerous other media. Along with her sister, she also is an award-winning children's book author, and she hosts a blog for *Psychology Today* and *The Huffington Post*. Lerner's most recent book is *Marriage Rules: A Manual for the Married and The Coupled Up*, available on Amazon.com.

ERRATA

In the last edition of our newsletter (Spring 2012), in the article, "Amazing Growth for Capital Campaign," we thanked Founding Members for their contributions of \$500 or more. Unfortunately, we did not mention **Norma and Phil Barretta** who generously donated to the Capital Campaign. Thank you from the bottom of hearts, Norma and Phil Barretta. Your support is much appreciated.

In the last issue of the Newsletter (Spring 2012) in the article "Power of Two: C. Alexander Simpkins, Ph.D. and Annellen Simpkins, Ph.D.," the Web site address for more information and a complete bibliography was incorrect. The correct Web address is www.simpkins.radiantdolphinpress.com/

The Milton Erickson Foundation Newsletter regrets the errors.

About Milton Erickson: Time with My Father

By Alan Erickson

As part of their therapy, my father would often give his patients “jobs” to do. The jobs were highly varied. Often one could easily see how the assigned job was a necessary first step for a patient to take in order to heal his or her problem. For example, over the years, my father had several women patients who believed they were so homely no man would ever want to marry them. My father had one woman go to the bus station (at the time, the major port of entry into Phoenix) and for three days meet all the arriving buses. She was instructed to watch for people more homely than herself and observe if they had a husband either greeting them or traveling with them. Of course, she found many and was very happy at her next appointment.

Other times, it was not as clear why the patient was assigned a particular task. Because our living room was also my father’s waiting room, I often became aware of the job given to the patient. I remember once, a woman who had just come out of the office, was

complaining that she had to walk to her residence. I told her I would walk her to the bus stop (which was only about 150 feet away) and show her where she could catch the bus. She told me Dr. Erickson had ordered her to walk and not take the bus. I then found out she lived closer than my grade school, which I walked to every day, and thus, I lost any sympathy I had for her.

Sometimes the jobs were very simple. For example, I remember one’s person’s job was just to walk to the bus stop. Sometimes the job was to do something very unusual, like the time a patient was assigned to sit in our front yard and count how many shades of green he could find in the grass.

Other times, the patient would have to work up to their job. I clearly remember Mister F’s job. He was a thin person bent over at a 90 degree angle at the waist. He wanted an operation to straighten his back, but the doctors would not operate until he gained weight and had better muscle tone. His job was to walk home from our house. I remember him walking farther each day. I also recall when he first made it all the way to his house. He was so proud of his accomplishment that he engaged me and told me all about it. He even told me his address to show

me how far it was (about two miles). He encouraged me to ride my bike to his house to measure the distance. (This was before I could drive.) I actually was impressed at how far he had walked bent over and most likely told him so.

Sometimes the product of a patient’s job would suddenly appear in our house. One day, a life-size anatomically correct plastic skull made from a kit appeared on a small table in the dining room. It had two holes in it about one and half inches in diameter; one at the top and one at the bottom. Additionally, there was a wooden dowel just the right size to fit through holes. Of course, I asked my mother what on earth this was. She said that it was a model of what had happened to Phineas Gage, a railroad worker who had had a “tamping iron” (a rod to tamp down explosives into a hole) blown through his skull in 1848. He never lost consciousness and immediately spoke. He then rode upright in a carriage to his boarding house three fourths of a mile away. Gage lived for 12 years after his accident. It took my sister and me many years to figure out that this was most likely the job given

the patient who was to undergo a radical new (cutting edge for that time, which was the early 1950s) surgery on his brain to cure his epilepsy.

My mother’s and my favorite job that Dad gave his patients was the following. First, some background is necessary. My mother and I loved (and I still do) Lewis Carroll’s nonsense poem, “The Hunting of the Snark.” The last line is: “For the Snark was a Boojum you see.” One day when an Englishman was exploring Baja California he looked through his binoculars and said, “That is a Boojum, by jove!” He had just viewed and named the Boojum tree (which looks like nonsense—a large gray upside down turnip is the best description). So my father’s patient’s job was to go the Phoenix Desert Botanical Gardens, and without asking anyone or reading any signs, to correctly identify the Boojum tree. When the task was first given to the patient, it sounded impossible, but every patient who tried, correctly and easily did so. It does not take a genius to see how this could be a first step in healing—give the patient a job that sounds impossible but turns out to be simply accomplished.

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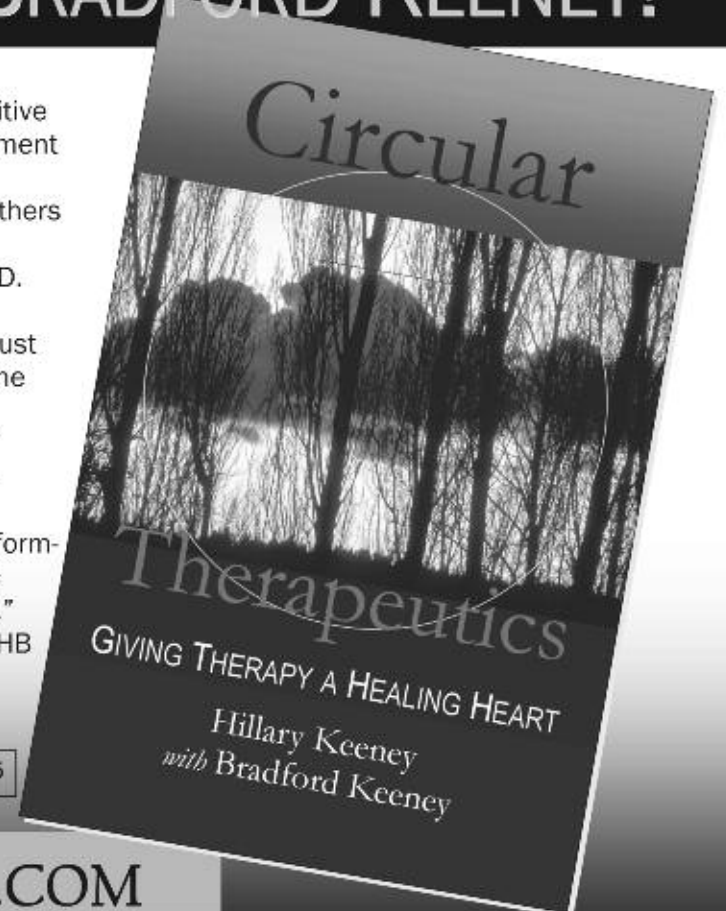
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FACETS AND REFLECTIONS

Elizabeth Moore Erickson: *Materfamilias*

By Marilia Baker

The diverse, influential roles Elizabeth Moore Erickson performed throughout her lifetime continues to intrigue and fascinate. For the Ericksonian marriage and family therapist in me, every aspect of Elizabeth's life is significant, *utilizable* therapeutically, and imbued with meaning. Reflecting recently on the ever-unfolding complexity of her everyday life experiences, I was drawn toward the all-encompassing concept of *materfamilias*.¹ This term surfaced into my awareness as I appraised two substantial roles she played as cherished matriarch: attentive grandmother and gracious hostess to friends and strangers alike.

I had described and honored other roles before: colleague extraordinaire, wife, mother, companion, and caregiver. Certainly for each of the larger categories mentioned, one could unfold and expand those roles into many others. Elizabeth's professional scope included skilled, competent, well-trained experimental psychologist; laboratory assistant; fellow researcher; innovator; collaborator; and hypnotic subject, as well as scientific author; editor; proofreader; civil rights advocate; and international speaker.²

Nevertheless, to learn from family members and longtime friends new angles of Elizabeth's multidimensional roles is simply entrancing and fulfilling. *Materfamilias* fits this dimension well, as she is "the mother of the household," the respected "guardian of animals and nature," and the cherished matriarch.

Last December at the 11th Ericksonian Congress in Phoenix, we had a Conversation Hour on Elizabeth Erickson where family and friends gathered to reminisce. Present were five of her eight children: Lance, Betty Alice, Robert, Roxanna, and Kristina, two daughters-in-law: Helen, married to Lance, and Kathy, married to Robert, and four granddaughters: Margaret, Christel, Becky, and Laurel. There also were longtime friends of the family:

Madeleine Richeport-Haley, John Behrs, Marjorie Soroka, and Margie Porter. Many esteemed friends, students, and therapists all came to listen, to learn, and to pay homage.³

Granddaughter: Becky, 35, Robert's daughter, offered a touching appreciation of her grandmother's enduring influence on her life. She brought many pictures, objects, and two vintage cloth dolls with bonnets and aprons. The bigger one, whose embroidered name – Elizabeth -- indicated grandma, and a smaller one, embroidered as Becky, indicating the granddaughter. As I observed the vintage dolls and listened to Becky's moving recollections playing with Grandma Erickson as a 5-year-old, I reflected on the fundamental role-modeling a grandmother performs. She is a teacher, an experienced mother, a friend, a carefree playmate, a keeper of traditions, and a transmitter of culture. In essence, a grandmother is a *safe harbor for the child*.

Elizabeth was all that and more for Becky, the one granddaughter who lived in closest contact nearby, up the street, throughout Grandpa and Grandma Erickson's lifetime. Elizabeth, so true to her own nature, also made sure of being present in the lives of all her 34 grandchildren through letters, birthday cards, encouragement cards, visits, and family gatherings.

Margaret, Lance's daughter, spoke lovingly of her grandma as an environmentalist ahead of her time, a pioneer for environmental causes and for the rights and well-being of animals. She was, concluded Margaret, a guardian and an advocate for these causes. In one word: "Grandma was an ambassador for Mother Nature." All agreed it was fitting that Earth Day was designated to fall on her birthday, April 22nd.

The "Invisible Sign:" Elizabeth's presence was pervasive in other ways as well. Roxanna, the seventh of eight children, shared with us a frequent routine in the Erickson household. At the time, the family lived at 32 Cypress Street in Phoenix, near the Heard Museum of American Indian Art and History. The house was many blocks south of Indian School Road, where Native-American children boarded during the

school year. As Roxanna described, whole families – mothers, fathers, and siblings -- would walk many miles north from the downtown Greyhound bus station while making the trip from the reservation to the school to visit their children. They frequently would stop by the Erickson home, four houses west of Central Avenue. "The families passed three others homes on the north side of the street and four on the south side of the street to arrive at our doorstep. Our home was no different in terms of the shade, the porch, or anything else that was visible. What made them choose ours?" The families would sit and remain on the porch, resting, *as if* waiting for some respite. Unfailingly, Mrs. Erickson would graciously greet them with lemonade and sandwiches, bringing along Roxanna and Kristina as hostess helpers.

The girls would ask their mother, "How did the Indian families find our house, our porch, down the street, so far away from Central Avenue where they had been steadily walking north?" Invariably Elizabeth would answer: "I guess it is the *invisible sign* that says they are welcome in our home any time." Roxanna considers this welcoming spirit and gracious hospitality one of the most important values she inherited from her mother, which she hopes she has joyfully and dutifully transmitted to her own daughters.

My reflections on this *materfamilias* will go on maturing and evolving as the Erickson family and friends unveil the yet unknown facets of their mother and friend. My hope is that Er-



icksonians from all over the world, marriage and family therapists, their clients, scholars, students, and all interested families will learn from Elizabeth's extraordinary life and example. Her enduring legacy is essential for individuals and professionals in the 21st Century who want to experience a joyful, well-lived, meaningful, and ethical life. She left, indeed, *a trail of happiness*.

"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." - Marcel Proust

¹ The term *materfamilias* was introduced by English & German anthropologists in the 1700s; it is the female equivalent to *paterfamilias* from Roman Empire times, over 2,500 years ago. *Materfamilias* referred to the ancient, pre Hellenic matriarchal cultures.

² For complete reference, consult further: Marilia Baker (2004) *A Tribute to Elizabeth Moore Erickson. Colleague Extraordinaire, Wife, Mother, and Companion*. Mexico City: Alom Editores.

³ Conversation Hour – CH 4: *Elizabeth Moore Erickson, Colleague Extraordinaire*. The 11th International Congress on Ericksonian Approaches to Psychotherapy. December 10, 2011; Phoenix, Arizona.

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CONFERENCE NOTES

Brief Therapy – China will be held October 2-7, 2012, in Beijing, China. The Conference includes a large international faculty including Jeffrey Zeig, Stephen Gilligan, Waiyung Lee, Xudong Zhao, John Banmen, Esther Perel, Reid Wilson, Valent Lee, Maria Gomori, Arthur Freeman, Tucker Feller, Vasu Hancock, Tsungchin Lee, Xijuan Wu, Xin Fang, James Ye, Jianjun Zhu, Lifeng Zheng, Li Li, and many more. For information visit the Conference web site www.ChinaBFC.net

The Society of Clinical and Experimental Hypnosis (SCEH) will hold the 63rd Annual Workshops and Scientific Program – *Hypnosis: The Mind, the Body, and Words*, October 10-14, 2012 at the Delta Chelsea Hotel, Toronto, Ontario, Canada. This is a joint workshop with the Canadian Society for Clinical Hypnosis – Ontario Division. For information and to register visit www.SCEH.us or contact: The Society for Clinical and Experimental Hypnosis, PO Box 252, Southborough, MA 01772; Tel, 508-598-5553; Fax, 866-397-1839; Email, info@sceh.us

The 19th International Hypnosis Congress of the International Society of Hypnosis (ISH) will be held October 17-21, 2012 in Bremen, Germany at the Congress Center of Bremen. The Congress includes a large international faculty representing a wide range of hypnotic skills, theoretical orientations and research interests. Organizer for the Congress is Bernhard Trenkle, director of the Milton Erickson Institute Rottweil (Germany). For complete information visit the Congress Web site: www.hypnosis-congress.com ; Email, kontakt@trenkle-organisation.de

Celebrating the 30 years, the German Society for Hypnosis and Hypnotherapy (DGH) will hold their 2012 Congress entitled, *Hypnose – das Tor zum Unbewussten*, November 15-18, 2012. The Congress will be held at the Best Western Park Hotel, Bad Lippspringe, Germany. For more information visit their web site: www.dgh-hypnose.de . Office contact: Deutsche Gesellschaft für Hypnose und Hypnotherapie e.V., Daruper Str. 14, 48653 Coesfeld, Germany; Tel, 02541-88 07 60; Email, DGH-Geschaeftsstelle@t-online.de.

The *Brief Therapy Conference: Lasting Solutions* will be held December 5-9, 2012 at the Hilton Union Square, San Francisco, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. Faculty include: Steve Andreas, Ellyn Bader, Jon Carlson, Patrick Carnes, Frank Dattilio, Robert Dilts, Paul Ekman, Roxanna Erickson-Klein, Steven Frankel, Brent Geary, Stephen Gilligan, Robert Greenberg, Kenneth Hardy, Michael Hoyt, Jeffrey Kottler, Harriet Lerner, Peter Levine, Camillo Loriedo, Lynn Lyons, Scott Miller, John Norcross, Bill O'Hanlon, Christine Padesky, Esther Perel, Erving Polster, Wendel Ray, Ernest Rossi, Kathryn Rossi, Janis Abrams Spring, Casey Truffo, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig. Keynotes will be presented by Patrick Carnes, Paul Ekman, Robert Greenberg, and Harriet Lerner. For complete information including online registration, hotel accommodation and reservations, Volunteer information, faculty bios, accreditation information and more, visit the Conference Web site: www.BriefTherapyConference.com. To receive a 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

The Couples Conference will be held April 18-21, 2013 at the Manhattan Beach Marriott in Manhattan Beach, California. The Conference is sponsored by The Milton H. Erickson Foundation, Inc. with organizational assistance provided by The Couples Institute, Menlo Park. Faculty will include Lonnie Barbach, Stephanie Brown, Paul Ekman, Marty Klein, Bill O'Hanlon, Esther Perel, Stephen Porges, Terry Real, Janis Abrahms Spring, Michele Weiner-Davis, and Jeffrey Zeig. Preliminary information will be available in October on the Conference Web site: www.CouplesConference.com



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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
9/9	ASCH Approved Advanced Training: Using Hypnosis to Treat Pain (7 CEUs) / Los Angeles, Calif. / Dyan Haspel-Johnson, Ph.D.	1.
9/10-14	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent Geary, Ph.D., Jeffrey Zeig, Ph.D. and Invited Presenters	2.
9/13-16	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
9/17-21	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, and Invited Presenters	2.
9/27-30	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Taipei, Taiwan / Zeig	4.
10/2-5	Brief Therapy Conference: China / Beijing, CHINA / Invited Faculty	5.
10/15-20	Language in Action: Action in Language / Anchorage, Alaska / Christina Hall, Ph.D.	6.
10/17-21	International Society of Hypnosis (ISH) Conference / Bremen, Germany / Invited Faculty	7.
10/19-24	Ericksonian Psychotherapy / Graz, Austria / Zeig	8.
10/27-28	Trilogue – Ericksonian Hypnosis and Psychotherapy / Arezzo, Italy / Zeig	9.
11/4	ASCH Approved Advanced Training: Neuro-Linguistic Programming: The Basis for Effective Hypnotically Enhanced Therapy / (7 CEUs) / Los Angeles, Calif. / Norma Barretta, Ph.D. and Phil Barretta, MFT	1.
12/5-9	Brief Therapy Conference: Lasting Solutions / San Francisco, Calif. / Invited Faculty	2.
12/14-18	NLP Practitioner Certification / Goa, India / David Lincoln and Arpana Doris Greenwood	6.
12/19-23	Hypnotic Patterns / Beijing, China / Zeig	10.
12/28-1/3	NLP Practitioner Certification / Goa, India / Lincoln, Greenwood	6.
2013		
1/5-18	NLP Master Certification / Goa, India / Lincoln, Greenwood	6.
1/24-27	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
1/25-27	ASCH Approved Basic Hypnosis Training / (20 CEUs) / Los Angeles, Calif. / N. Barretta, P. Barretta, David Gordon, Ph.D., Haspel-Johnson, Eleanor Haspel-Portner, Ph.D., Cyé Hoffman, Ph.D., Ben Pomerantz, Ph.D.	1.
2/7-10	Ericksonian Methods Demystified / Potsdam, Germany / Zeig	11.
2/18-22	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Zeig and Invited Presenters	2.
2/25-3/1	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, and Invited Presenters	2.

3/2-5	Brief Psychotherapy Master Class / Phoenix, Ariz. / Lilian Borges Zeig, LPC; Zeig	12.
3/7-10	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
4/19-21	Couples Conference / Manhattan Beach, Calif. / Invited Presenters	2.

Contact Information:

1. Southern California Society for Clinical Hypnosis (SCSCH): Web, www.scsch.camp7.org; Email, administrator@sesch.org; Tel, 1-888-32-SCSCH/(888) 327-2724
2. 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; Brief Therapy Conference, www.BriefTherapyConference.com; Couples Conference, www.CouplesConference.com
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12. The Milton H. Erickson Foundation. Web, www.erickson-foundation.org click on 'Training' from the top menu; Tel, 602-956-6196; Fax, 602-956-0519; Email, registration@erickson-foundation.org

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 \$25 fee per listing is required. Deadline for the 2012 Winter Issue (mailed December) is October 1, 2012. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact Karen Haviley – karen@erickson-foundation.org or mhreg@aol.com

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B O O K R E V I E W

Getting Past Your Past: Take Control of Your life with Self-Help Techniques from EMDR Therapy

By Francine Shapiro, Ph.D.

2012
Rodale Books
New York
344 pages

Reviewed by Roxanna Erickson Klein, Ph.D., Dallas Texas

Getting Past Your Past is written for both professionals and lay readers. It is an easy-to-read resource that brings Eye Movement Desensitization and Reprocessing (EMDR) a giant step closer to serving the multitude of clients who may benefit from these techniques. The EMDR approach, founded by Shapiro in the late 1980s, is now broadly accepted as one of the more effective short-term strategies for overcoming PTSD. Since the introduction of EMDR, Shapiro has encouraged scrutiny of her model in order to validate her work. Today, you can find hundreds of studies that support the efficacy of this approach.

The goals are clearly expressed: "This book is about understanding why we are who we are, and learning what we can do about pain and negative reactions that don't serve us. It is also about identifying and opening the blocks to feelings of happiness and well-being." (p 15-16). The 11 chapters facilitate EMDR's application by carrying the reader from recognition of suffering to seeking help, and then covering the hope and expectation of resolution. Case illustrations bring concepts to life and are effective in reaching out to clients and professionals.

Shapiro's thesis is that major trauma and upsetting events can overwhelm the system and get stored in an "unprocessed" manner. The unprocessed information can be triggered into automatic responses that interfere with the individual's life experience. Shapiro explores the individuality of responses, noting that severity of the trauma is only one factor that contributes to the degree to which responses induce pain and suffering. Beginning with a cognitive platform of identifying one's responses to stimuli and automatic thoughts, Shapiro then develops a separation of symptoms from causes of disturbances. She describes a systematic way to evaluate subjective distress and find a sense of safety within, and how to construct a bridge to the sense of safety.

What sets this work distinctly apart from mainstream cognitive behavioral approaches is Shapiro's concept of bilateral stimulation being an avenue by which unprocessed emotions can be accessed. The technique of repetitive lateral eye movements, initially pioneered by Shapiro and at the heart of EMDR, is now expanded to include a broader range of stimulation techniques. Tapping or other bimanual movements have been taught in EMDR workshops and used for a number of years. In the clinical setting, counselors can create an association between feelings of safety and one or more of the bilateral techniques that accelerates healing and adaptive response.

This self-help guide is not intended to replace counseling or therapy. The reader will appreciate the power and value of a well-trained clinician; Shapiro does a beautiful job of clarifying the role of skilled professionals in providing safe, effective directions for treatment. I am more inclined to refer to a trained EMDR therapist after reading this work than I may have been before reading it. The resources include an index, glossary, guide for choosing a clinician, trauma research findings, and selected references, which speak to Shapiro's style. Hope, commitment to her findings, respect for her fellow man, and pragmatic ways of teaching are all hallmarks of Shapiro's work. She offers a strong message to readers: "It is never too late." To that, I would add, "The time is now." Thank you, Dr. Shapiro, for work well done.

B O O K R E V I E W

Ten Commandments For Couples: For Every Aspect of Your Relationship Journey

Edited by Jeffrey K. Zeig Ph.D. and Tami Kulbatski, Psy.D.

Published by Zeig Tucker and Theisen
Phoenix
ISBN 978-1-934442-42-5
2012

Reviewed by John Lentz D.Min., Shepherdsville, Kentucky

Reading *Ten Commandments for Couples* brought tears of joy to my eyes. The idea and substance of this book is so good that I was overwhelmed. The book includes 70 experts in the field of relationship therapy each providing 10 commandments about some aspect of the relationship journey. You can sense the distilling of years of clinical practice that went into the writing. The book features a virtual who's who in the world of psychotherapy and covers such topics as non-

"Replace all criticism with requests and gratitude. Behind every criticism, blame or judgment is a desire. Cut to the chase; express the desire then verbalize gratitude."

sexual intimacy, forgiveness, building trust, marriage, communication, sex, passion, strengthening the bond of intimacy, getting along, taking care of one's self, work, money, and psychological health. Almost every subject you could hope for is dealt with, and including infidelity, divorce, and multicultural couples, and the loss of a spouse. There are even 10 commandments for what straight couples can learn from gay male couples.

Part of what was so powerful for me was how profound the short commandments were in delivering such amazing wisdom, insight, and practical advice. Like the Bible that it mimics, many of the short pithy sayings can be understood on many different levels to continue enlivening one's understanding of life and being in a relationship. For example, one commandment of non-sexual intimacy is "Trust each other as if your lives depend upon it, because they do." How wonderful and true this is and how laden it is with multi-meaning. Another about marriage says, "Replace all criticism with requests and gratitude. Behind every criticism, blame or judgment is a desire. Cut to the chase; express the desire then verbalize gratitude." There is a world of wisdom in that short statement, written as one of the commandments of marriage. I love the one on gratitude which reads, "Leave nothing positive unsaid." Another that I admire is, "Focus on what is right rather than what is wrong."

I could easily find favorites among every entry. The wealth and generosity of talent found in the writing is astounding. Of course, the therapists who contributed to this project did so because of their generosity. They offered their fame and talent because they believe in the importance of relationships. If for no other reason than seeing in print such kindness demonstrated to the reader by world-renowned experts, this volume will remain a favorite. However, it also is destined to become a classic. Not only will it become something that readers will return to because of the wisdom it imparts, it has something more. The pithy sayings evoke in readers an understanding to evolve. I have already recommended this book to students. I recommend it because it gives readers a smorgasbord of exposure to some of the world's most effective therapists. Actually, I plan to give copies of this book to my grown children as presents. Yes, it is *that* good and timeless.

BOOK REVIEW

Trance Altering Epiphanies You Can Create

John D. Lentz, D.Min.

201

Healing Words Press
Jeffersonville, Indiana
ISBN: 978-0-9836755-0-1
209 pages

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

Trance Altering Epiphanies You Can Create provides an extraordinary application of hypnotic principles to transform female prisoners who, like Erickson's patients, could be viewed as "impossible cases." John Lentz draws on 22 years of experience as Chief Counselor and Minister at the Kentucky Correctional Institute for Women. The inmates he worked with had committed serious crimes, including murder, and were diagnosed with

the full range of mental disorders. With the unique combination of being both a professional therapist and spiritual man of God, Lentz artfully applies his innovative therapeutic method with deep caring and profound compassion.

Lentz's method is built on the firm foundation of Ericksonian hypnosis. Like Erickson, Lentz found himself in an environment where hypnosis was not permitted, so he creatively devised powerful indirect techniques without using formal trance. Lentz states that mental disturbance involves being in a negative trance without knowing it. The negative trance usually arises out of a trauma. When a woman commits a crime, it is often an attempt to respond to the wrong that was done to her. But Lentz astutely points out that a crime such as murder is rarely committed against the original perpetrator of the trauma. More often, an innocent person is killed, condemning the killer to live with anguish, anger, guilt, and self-loathing. Lentz's work involves helping his clients awaken their potential

by going into a positive trance. From this new perspective, they can reinterpret their crime, believe in themselves again, and discover how to do good in the world. While also providing deep insights about the female criminal population through his moving portrayals, Lentz explicitly spells out a method the reader can use.

The book includes 14 chapters. The first few chapters carefully disclose the evolution of this method, born out of Lentz's own troubled early years and how he used his experiences, plus encounters with the inmates, to think outside the box. He is guided by two principles: 1.) The method should be different enough to make a difference; and 2.) It must imply something positive about the client and her future. He defines a negative trance as a habitual way of thinking that limits options. It has an especially debilitating effect when spawned by feelings of anger, guilt, and shame resulting from abuse and neglect.

Trance altering is the general topic of Chapters 3-8. There are instructions for implementing many different tools,

such as delivering a compliment couched in what sounds like a criticism, and cutting through resistance by making a pivotal one-line intervention from one's own positive trance. Chapters 9-11 apply these principles and methods for couples and families. Chapter 12 discusses addictions and compulsions. Chapter 13 on self-care guides in overcoming one's own negative trance, which can easily spring up outside awareness, and offers ways to elicit positive, spiritual resources. The final chapter integrates Lentz's unique perspective as both therapist and minister for dealing with temptation.

Trance Altering Epiphanies shares deep insight into what motivates criminal behavior. We found this book to be a wellspring of wisdom--engrossing, sensitive, and worth detailed study. We learned to enhance our own work from his enlightened approach and highly recommend it to anyone who has difficult clients. This book will teach valuable methods while subtly and indirectly stimulating one to discover their own positive resources for working with trance without trance!

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B O O K R E V I E W

Engaging Men in Couples Therapy

Mark S. Kiselica, Editor

Routledge Taylor & Francis Group
2012ISBN: 978-0-415-87588-2 (Paperback)
324 pagesReviewed by Maria Escalante de Smith,
M.A., Cedar Rapids, IA

Engaging Men in Couples Therapy is an interesting book that includes a wide number of contributors who give their points of view about how men experience psychotherapy and how oftentimes they are blamed for the problems occurring within a couples' relationship. The foreword, written by the editor, emphasizes: "how different men might react to couples therapy if counselors looked for the good in them, sought and affirmed their positive intentions, and tapped men's strengths." (p. xii).

Chapter 1 states how men often feel underappreciated for their contribution to the relationship while women feel their partner does not understand their feelings. "Empathic connection" (p. 3) then, may be an antidote for this problem. Chapter 2 helps clinicians understand when therapy can go awry if an approach sensitive to males is not utilized. Clinician must show empathy for both partners. Chapter 3 points out how upbringing affects men's relationships. For example, being intimate can be a challenge for men because since childhood they are reinforced for their rough and tumble play as opposed to girls who are often reinforced for their interpersonal and verbal skills.

Section Two covers a broad range of theoretical models. Chapter 4 is a real treasure because it addresses how "early memories are not autobiographical truths, not even 'memories,' instead they are 'inventions' developed to express psychological truths."

Chapter 5 points out how Adlerian therapy puts an emphasis on committed relationships—how we need at least one meaningful relationship in our lives. Once a relationship of empathy and understanding has been built, the identification of both internal and ex-

ternal resources is encouraged. Chapter 6, which focuses on Imago Relationship Therapy, explores how the partners we choose reflect both positive and negative characteristics of our early childhood caretakers. In Chapter 7, on Emotionally Focused Therapy (EFT), we learn how men and women differ in their expression of emotion. Behavior therapy in Chapter 8 points out how complimentary differences between partners that served as initial sources of attraction frequently become sources of distress. Steps for treating couples are described: Assessment, Acceptance-Based Strategies, and Change-Focused Strategies. The Gottman Method deals with divorce in Chapter 9 with the main summarized findings of research dealing with marital dissatisfaction. The "Four Horsemen" corrosive for a marriage are: criticism, defensiveness, contempt, and stonewalling.

Chapter 10 provides a psycho-educational tool, "The PAIRS Program," as a nonthreatening way to treat conditions without providing a diagnosis. Sex therapy in Chapter 11 is a good reminder that male sexual dysfunction should be addressed comprehensively by including psychological, biological, and social factors. Chapter 12 discusses infidelity and its treatment with the three types: the emotional, sexual, and mixed affair.

Racial issues are explored in Chapter 13. People of color, for example, are often negatively stereotyped as being overly aggressive. A chart that shows concepts such as discrimination demonstrates how these issues can be relevant to practice.

Returning veterans have special problems, and Chapter 14 shows how military situations contribute "to a tendency for men to develop a suspicious and distrustful approach to others" (p. 283). Chapter 15 points out that men typically do not initiate therapy, but when they participate in couples therapy, they also can work on their issues as fathers.

The combination of topics included in this book is excellent. I highly recommend it.

B O O K R E V I E W

Practical Social Skills for Autism Spectrum Disorders: Designing Child-Specific Interventions

Kathleen Koenig, MSN

Foreword by Dr. Fred R. Volkmar

W.W. Norton & Company, Inc.
2012978-0-393-70698-7
hardback, 204 pageswww.wwnorton.com

Reviewed by Kay Colbert, LCSW, Dallas, Texas

Autism spectrum disorders (ASD) are frequently in current news. According to the Centers for Disease Control, the number of children diagnosed with autism has doubled in the last decade. In 2007, the rate was 1 in 150 children. Now it is 1 in 88, and for boys, 1 in 54. (CDC, *Autism Spectrum Disorders*, March 2012)

Kathleen Koenig has produced a comprehensive manual on designing successful social interventions for children with ASD. It is a welcome and timely addition to the literature in this field. Koenig is an Associate Research Scientist at the Yale Child Study Center, which has been at the forefront of research on autism.

No matter where children are on the autism spectrum, the most critical interventions include promoting social development. Research indicates that difficulties in social interactions, social development, and non-verbal communication are their central vulnerability. According to Koenig, in the past, emphasis was put on addressing language impairment and maladaptive behaviors, but teaching healthy interaction with peers was given a lower priority. Koenig explains that early social deficits can set the stage for a broad range of learning problems later, and that social impairments are some of the strongest predictors of diagnosis and prognosis.

This book has a helpful chapter describing social development and common social disabilities. The author gives a good overview of current evidence-based and best practices for developing social competency. She points out that many of the interventions for children with autism are not always science-based, so parents and professionals should proceed with caution. Koenig presents an excellent review of the importance of understanding each child's unique learning profile and current functioning. This overview includes obtaining a comprehensive picture of the child's adaptive and social functioning, as well as a cognitive and language assessment. Thus, interventions will be highly individualized and tailored to the child's ability to learn.

Koenig stresses that ASD children may have impairments in understanding and using language far greater than their teachers or parents anticipated. Children may seem more capable than they really are because they can perform tasks in a familiar context, but may not be able to generalize to a new situation. The child is often unable to process new information, in even a slightly unfamiliar situation. This ability to generalize responses is key to teaching social skills. The final chapter of the book focuses on maintaining new behaviors through stimulus discrimination and response generalization.

Koenig gives precise instructions on how to target a specific behavior and how to plan a successful social skill intervention that can be taught and practiced in multiple settings. She suggests a variety of techniques, including Applied Behavioral Analysis, visual strategies, and supports, scripts and role plays, Integrated Play Groups, adult modeling, Prelinguistic Mileau Teaching, video modeling, self-monitoring, cognitive behavioral treatment, and parent training. Of particular interest are her discussions of implementing peer tutors and using creative social stories and narratives (as a written story or as a video) to promote appropriate social interactions. Each method is clearly explained and helpful case examples are given. The efficient use of technology to aid in learning is considered, including an intriguing reminder App for children called iPrompts.

Koenig's advice is well researched and her clinical insight is invaluable. This text is an excellent and much-needed resource for any professional working with children with an autism spectrum disorder.

D V D R E V I E W

**Learning Solutions
in Counselling**

Robert McNeilly, M.D.

Crown House Publishing,
Carmarthen, UK,
2005

4 DVDs (3 hours)

ISBN 9781935810063

www.crownhouse.co.uk or
www.chpus.comReviewed by Ruben Battino, M.S.
Yellow Springs, OH

Learning Solutions in Counselling is a four-DVD set with each disc presenting a case demonstration preceded by a 15-minute introduction by Robert McNeilly. He emphasizes the use of the solution-focused approach in working with this diverse group.

Case 1, entitled "Introduction to Overcoming Anxiety," features a young Asian woman who worries about the welfare of family members, particularly her mother. McNeilly is sensitive to the cultural issues involved. He explores what has worked for the woman when dealing with her worries and the findings are expanded and elaborated upon. One concern is her major worry about her mother dying. McNeilly seamlessly segues into wondering when the young woman will marry and what that would be like, especially with her considering having family. He indicated that she had control over her own experience. At the end of the first session, the woman was relaxed and had learned coping skills. These skills continued to be available to her in the second session. The critical intervention was to ask her to imagine being married--what it would be like to be a mother, and a grandmother of a girl. This girl would ask if grandma will die. The woman handled this thought comfortably and easily and was no longer worried about her issues with her mother.

"Fear of Heights" was the subject of the second case. Again, McNeilly had the client access when he was comfortable with heights, for example,

having a window seat in an airplane and enjoying it. There also was an excellent reframe with thinking about visual impacts while being on the roof of a tall building.

A 17-minute interview in Case 3 was with a woman who described herself as being depressed. The emphasis was on getting the client to talk about what life would be like if she were not depressed. She said she would be tall and feel in control; and she could be seen sitting taller and being more affirmative! Finally, she was asked to imagine that she just received a diploma stating she was tall, in control, and not invisible.

Case 4 was on "Resolving Trauma" for a father whose son's dangerous operation when he was only 2 years old was a traumatic experience for the father. Now, at age 12, the son is going to have another major operation. McNeilly explored what the father did 10 years ago that helped him get through that time. He asks the father, "What do you think will be different this time?" and, "What is the first thing you will notice that will tell you are getting through it okay?" The father's resources were accessed and reinforced throughout this session, and he left comfortable and satisfied that he would be able to handle his son's upcoming operation.

Much has been written about the *therapeutic alliance* being of central importance in working with clients. These four cases are a prime example of the effectiveness of establishing good rapport, paying exquisite attention, using humor when appropriate, and cementing the relationship with relevant personal disclosure. McNeilly also tells a few stories along the way. His minimalist and concentrated approach gets right to the point of each session. I found his compassion and humanity to be central in working with these clients. I trust the reader will be as delighted as I was in watching McNeilly in action, and sharing time with him.

D V D R E V I E W

**Emotionally
Focused Therapy
in Action**

Sue Johnson, EHD

www.psychotherapy.net (2011)

DVD1 (101 min)

DVD2 (115 min)

ISBN 9781601242648

Reviewed by Ruben Battino, M.S.
Yellow Springs, OH

I requested reviewing this two DVD set of almost four hours because I had heard a great deal about Emotionally Focused Therapy (EFT) from a colleague who uses this approach and is also a trainer. Sue Johnson is incredibly talented. Watching her work on the second DVD with a military couple was like being entranced by a prima ballerina. I chose this analogy because Johnson uses a dance metaphor throughout her work with the couple. Although EFT appears to be mainly designed for working with couples, it is apparent the basic approach also would be effective with individual clients.

On DVD1 there is an introductory interview of Johnson conducted by Victor Yalom, Ph.D., who also does a wrap-ups at the end of both DVDs. Johnson emphasizes that it is important to have grounding in *attachment theory*, i.e., to understand the "dance" of attachment. There are three stages to this work: 1.) de-escalation of the negative dance, which is mostly an assessment; 2.) an active creation of a positive dance; and 3.) consolidation of what has been learned.

Also, on the first DVD Johnson interviews, Joshua Madsen, a trainee, about his work with the military couple he had seen approximately 8 times. This was basically a supervisory session before Johnson worked with the same couple. As part of this supervi-

sion, DVD1 shows scenes with the couple and with Johnson making comments. Madsen offers her many details of his work. Johnson likes to work with couples in separate chairs facing each other, and sitting close enough to them so she can touch them. She wants to validate both people and states, "I'm on the side of the relationship. I'm coming in with relentless empathy."

Most of DVD2 is Johnson working with the couple. Also edited in are comments she occasionally makes about what she is doing. She uses touch empathically and effectively. Johnson also is in control and stops potential escalations. She frequently and respectfully asks for the couples' help. She checks whether they have heard and understood one another. Toward the end of the session, she takes a 10-minute break to check with Madsen and the viewing audience. Then, she gives the couple feedback from these sources to consolidate and reinforce the gains they have made. There is plenty of positive encouragement. Johnson's map is attachment theory so she can help people with their emotions, to have positive bonding interactions, and to learn to "dance" together.

The DVDs are excellent quality, and also provide subtitles. There is a helpful instructor's manual, which contains a verbatim transcript of Johnson's session with the couple.

People talk and write about the "therapeutic alliance," but to see this in action I recommend watching Sue Johnson. Her leitmotif is "unrelenting empathy." I know that if my wife of 52 years and I ever needed couples therapy, I would track down Sue Johnson or one of her experienced trainees. Not only did I learn about EFT from these DVDs, it was an emotionally heartwarming experience. Please consider being "*unrelentingly empathic*."

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BOOK REVIEW

The 10 Best-Ever Anxiety Management Techniques Workbook

Margaret Wehrenberg, Psy.D.
 W.W. Norton & Company, Inc.
 2012
 978-0-393-70743-4
 paperback, 228 pages
 audio CD 66 minutes
www.wwnorton.com

Reviewed by Kay Colbert, LCSW, Dallas, Texas

Anxiety, stress, panic, and excessive worry are conditions that clinicians treat frequently. Whether a client has a primary diagnosis of anxiety or it is a co-occurring symptom of another disorder, it can significantly interfere with healthy daily functioning. This “Best-Ever” anxiety workbook is written for therapists to use with their clients or for individuals for self help. The workbook is intended to be a companion guide to Margaret Wehrenberg’s previous book, *The 10 Best-Ever Anxiety Management Techniques* (Norton, 2008). This is an easy-to-follow, basic workbook that explains different kinds of daily stress that occur and gives the reader many suggestions for alleviating anxiety and improving quality of life. The workbook is divided into four parts: Assess Yourself, Managing the Anxious Body, Managing the Anxious Mind, and Managing Anxious Behavior. There is an accompanying audio CD that provides 10 exercises aimed at encouraging relaxation and reducing stress.

In the first section, Wehrenberg offers various self-assessment questionnaires, worksheets, and charts that walk the reader through the typical range of anxiety disorders. She discusses coexisting conditions that also may cause or intensify anxiety, such as ADD, ADHD, Asperger’s, and addiction. She provides some self-rating tools which, although helpful, should not take the place of a formal evaluation.

Wehrenberg presents four chapters on managing the side effects of stress on the body. Woven into this are suggestions for “demand delays” and anxiety level diaries when cravings for caffeine, alcohol, or nicotine are present. The bulk of the workbook is made up of relaxation tools and strategies that are drawn from meditation and mindfulness practices, with cognitive behavioral approaches mixed in. Some of the suggestions are simple but sensible, such as maintain a healthy diet, get plenty of rest, and develop deep breathing “time outs” and relaxation breaks during the day. Included are methods for decatastrophizing, thought stopping and replacement, what-if thinking, and containing worry. The author gives short examples of progressive muscle relaxation, imagery and easy stretches. Better yet, reader can listen to the audio CD included with the book. On the CD, the author narrates short exercises on diaphragmatic breath work, guided imagery, distress tolerance, and mindfulness awareness. A 17- minute track of progressive stretching is aimed at soothing the person who has a hard time slowing down.

Self-explanatory worksheets inspired by cognitive behavioral therapy work are useful instruments to assess and change negative self-talk. The final sections of the workbook address managing behavior for personalities that are highly driven and agitated and have what the author calls TMA (Too Much Activity). She suggests taking an inventory of one’s goals, values, and daily activities which should include a balance of fun and purpose. Details are given on how to implement an anxiety reduction plan by building skills, practicing, identifying achievable steps, and evaluating progress along the way.

BOOK REVIEW

Howie and Ruby Conversations 2000-2007

By Howard H. Fink, Ph.D. and Rubin Battino, Ph.D.

Published by www.Lulu.com
 ISBN: 978-1-257-65474-1
 2011
 272 pages

Reviewed by John D. Lentz, D.Min.
 Shepherdsville, Kentucky

I found this book so compelling that I read the 272-page volume in two sittings. The book is based on conversations that occurred between Howard H. Fink Ph. D. and Rubin Battino. Rubin interviewed Howard about Fink’s life during a seven-year period. They met weekly and recorded the process. The book is conversations in an interview format. Part of the genius of this book is that they also chronicled the history of psychotherapy following WWII in a readable form that stimulates one’s experiences and teaches indirectly. I didn’t learn new techniques, however, the experience of reading this book taught me invaluable lessons about the field and about life, and caused me to re-examine my own thinking in positive ways. Their conversations give the reader a living history through the eyes and experiences of one of the pioneers in the field. The experiences, observations, and learnings of Howard Fink take you on a rich journey that will leave you thinking differently about the field and your own journey.

I found myself asking the question of why I would find the book so compelling. Part of the magic is that Howard is very open, and so as you read his words, you also are encouraged to feel more open. That openness is simply a byproduct, and yet it assists the reader in thinking about their own life with a positive assessment. Another part of the magic is that “Howie” and “Ruby” like each other, as indicated by the title using their boyhood

Lessons and experiences that Howard offers the reader will identify with because of the universality of the human experience.

nicknames. Conversations between two people who really like one another helps the reader to like the experience as well. Also, reading a conversation between two people whose affection for one another is so obvious, the reader can recall positive memories of times when they have been with someone they liked and had a similarly close conversation. This book is an invitation to nostalgia that evokes powerful positive memories and feelings. Lessons and experiences that Howard offers the reader will identify with because of the universality of the human experience. Even though the history only occurred once, it humanizes and demythologizes the history of psychotherapy in U.S. from the 1950s until now, and it does that by relating events that are universal, yet unique. Battino does such a good job of interviewing his longtime friend that one can feel the positive respect and eagerness to learn about Fink’s life. And, it makes the reader want to learn as well. Knowing Battino’s ability as a therapist and his respect for Fink, it wouldn’t surprise me to discover that both wanted the book to also intentionally offer embedded positive messages to the reader.

This is one of those books that vicariously give the reader experiences they might not have realized they wanted, but once they had them, they will be forever glad. I highly recommend *Howie and Ruby Conversations 2000-2007*.

B O O K R E V I E W

When One Hour Is All You Have: Effective Therapy for Walk-in Clients

Edited by Arnold Slive, Ph.D. and Monte Bobele, Ph.D.

Zeig, Tucker and Theisen, Inc.

Phoenix, Arizona

2011

224 pages

ISBN 978-1-934442-37-1

Reviewed by Stephen Willis M.MFT, Abilene, Texas

There was a time during the heyday of psychoanalysis when those who completed therapy in less than two years were labeled as having a “flight into health.” They were escaping from the necessary pain involved in getting to the root of their problems. This view has often been rejected by modern psychology because more efficient approaches to helping people have emerged. In recent years, solution-focused and brief therapies have challenged the assumption that a client’s problem may take weeks or months to resolve.

Since approximately 50 percent of clients are satisfied with what they receive from one meeting with a therapist, it helps these clinics to deal with long waiting lists.

When One Hour Is All You Have is a well-documented argument for the utilization of short-term therapy with clients in walk-in clinics. Statistics show 50 percent of those who schedule a mental health outpatient session will never even make it to the intake. This may be because the problem resolves itself or the individuals lose motivation to work on their issues by the time the appointment time arrives. Walk-in therapy fits the reality that commitment to change can fade if people are required to wait too long for assistance.

The editors incorporate 14 experienced clinicians and administrators of walk-in clinics to explain the research case for short-term counseling sessions, the therapy models to employ, and examples of successful cases of single-session therapy. The last five chapters are devoted to specific clinics in Canada and the U. S., and how they structure and utilize brief therapy for walk-in clients.

Some of the clinics incorporate both short-term and long-term therapy in the same setting, employing walk-in days to screen clients, if necessary, for further therapy. Many of the clinics utilize an initial brief intake questionnaire that is filled out by the client before they see a therapist. Since approximately 50 percent of clients are satisfied with what they receive from one meeting with a therapist, it helps these clinics to deal with long waiting lists. Taking into consideration that 50 percent of clients cancel or are a no-show to their first session, these clinics often find that they see more clients over the long term. Those clients who are suited for long-term therapy can then complete a more detailed intake and set up regular appointments. In this kind of setting, the first relationship is with a person instead of a stack of paperwork, giving them greater motivation to continue in therapy. How many therapy offices have first-time clients who left half-finished paperwork and never even attended the first session? In other words, they became “walk-out clients.”

I was impressed with this book and drawn to its strong rationales for this form of therapy, even though I had approached it with skepticism concerning the practicality of the concept. I can now see that it is a model that could work well in both for-profit and nonprofit settings benefiting the clients and the counseling offices.

B O O K R E V I E W

Suicide Prohibition: The Shame of Medicine

Thomas Szasz

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Reviewed by Rubin Battino, M.S.

Yellow Springs, OH

Thomas Szasz makes an erudite and convincing case concerning the evolution of the psychiatrist’s role and legal authority concerning suicide. Psychiatrists are able to incarcerate people against their will who have unsuccessfully attempted suicide or who have “suicidal ideation.” In almost all states, the law empowers medical, psychotherapy, and law enforcement professionals to legally incarcerate anyone who attempts suicide or has suicidal ideation. How does one determine what is “suicidal ideation?” There is no exact answer to this question.

Szasz simply states, “We are born involuntarily. Religion, psychiatry, and the state insist that we die the same way. Reason tells us that we have as much right and responsibility to regulate how we die as how we live” (p. 3). A few pages later he writes, “The transformation of self-killing from a deliberate act into the unintended consequence of a disease (of the brain) is an integral part of the pseudoscience of psychiatry and the vastly influential institutions of social control that rest on its claims called ‘theories’ and coercions called ‘treatments’” (pp. 10-11). How much stronger can one say these things!?

Citing the Constitution, Szasz claims that even though the regulation of suicide is not an enumerated power of Congress, dying voluntarily is considered one of the government’s main public health problems. Thus, suicide prevention has become a major government-funded industry. He believes that the diagnosis, dangerous to oneself and others, is used to justify hospital-

izing people involuntarily and forms the basis for commitment to mental institutions. And here is one last quotation: “The treatment of medical patients requires their consent, whereas the prevention of suicide entails their coercion” (p. 36).

Institutions describe what they do as suicide *prevention*; Szasz describes their actions more accurately as suicide *prohibition* (hence the book title). That is, no one has ever been able to prevent suicide, while the law and its implementers, primarily psychiatrists, prohibit it via involuntary incarceration. Remember, it has been shown that prohibition never worked for enforcing the abstinence of alcohol.

Finally, you will probably find disturbing (as I did) Szasz’s evaluation of Viktor Frankl’s actions and beliefs as a psychiatrist, both before and after Frankl’s concentration camp experiences (pp. 57-62). Quoting from p. 62, “Frankl’s account of life in the camp is obscene. His amorphous-amoral focus on ‘meaning’ is of a piece with his obsession with sadistic suicide prevention: he celebrates the concentration camp for allowing Jews to find meaning in ‘spiritual freedom,’ ignoring that it also allowed the Nazis to find meaning in making the world free of Jews.” Szasz does not take into account several things: 1.) Frankl lived and functioned ethically within the normal medical practices of his time; 2.) within that framework and his own beliefs, suicide in and outside the camps was not the conscious adult choice that Szasz propounds from his perspective in 2011and; 3.) Frankl’s messages of hope and finding meaning in life have resonated with millions of readers and given them reasons to live. An incredible accomplishment!

If you are at all concerned about suicide with respect to yourself, your clients, your loved ones, or the general public, then this book must be read. From my perspective as an octogenarian and a mental health professional, Szasz makes a serious and well thought out case for rethinking our society’s attitudes about suicide.

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Paul Ekman: I wanted to tell you what I've been trying to do for the last 10 years. I retired eight years ago; NIMH had supported me for such a long time.—46 years in total. When I was a graduate student I applied for a fellowship because I wanted to study nonverbal behavior in during psychotherapy. I didn't know that that a 20-year-old kid shouldn't be applying for a grant. They didn't have a bio form in those days so they didn't know who or what I was. They sent Jerome Frank as a site visitor. He said, "It's interesting research; we'll give you a fellowship; we just don't give grants to first-year graduate students."

Since I left the university (I don't say retired because I am working just as hard) I've been trying to do is to take what I've learned that could be practically used and translate it into tools that are accessible to people that can show them how to improve their emotional life. And today, the way people learn skills, which I separate from knowledge, is on the Internet. If you want to learn how to play tennis, you need to know the rules. You can't even watch tennis if you don't have knowledge of the game. But just having the knowledge won't help you get a ball over the net. You need a coach and to learn the skill. That takes feedback. And you can do that on the Internet.

John Gottman: So you're taking what you learned from the university to the general public?

Paul: Yes.

John: And what's that been like for you?

Paul: Well, it's the sure end of your career in academia. The unwritten rule in psychology is if it's useful, it's unimportant. The only books of mine that have never been reviewed by a psychology journal are *Telling Lies*, which never has gone out of print, *Unmasking the Face*, which is in print again, and *Emotions Revealed*. None of them have been reviewed because they're not full of tables of numbers. They're written so people can easily understand them.

John: Well, in Darwin's time it was the job of every scientist to give public talks.

Paul: But he never gave a lecture in his life.

John: Yes, he was very shy.

Paul: He never had a student; he

never gave a lecture; and he never had a paying job--the secrets of success. He was shy but not with his kids. Francis, his oldest son, wrote a lot about him. He was a very affectionate dad. That's what life is about, isn't it?

John: Right. You've emerged into the general public in a big way. You've been training the Mossad, the Secret Service, and people on how to detect lying and how to interrogate. What has this experience been like?

Paul: Well, There's a lot of drudgery in research, so I don't do anything that isn't a lot of fun. And these people I've been working with don't take anything on authority. They want me to show them, and want to know if they can't use it tomorrow.

John: You have to be very practical.

Paul: That's right. I also found what people liked the most was learning about micro-expressions--very fast facial expressions that if you can seem them reveal concealed emotions. For the learner it's exciting because you can see things you never saw before, but for the teacher, it's unbelievably dull to teach. That's why I developed the interactive tool. So I wouldn't have to teach it. They can learn it themselves.

When my to-the-left academic friends say, "Why do you want to help cops?" I reply, "Do you want to see innocent people go to jail? Do you want to see rapists and murderers go free? Don't you want the police to do a better job?" Because the police, like most people, want to do, a better job. I was reading in today's *New York Times*: The Oakland police are preparing for May 1st – there's going to be big protests, but they don't have the training on how to deal with crowds. They want and need training to do a better job. We often put the police in difficult situations and haven't given them the necessary skills, particularly if they're interpersonal skills.

John: You're getting criticized by academic colleagues for taking this to the hoi polloi?

Paul: That's right. And for helping the 'wrong people.' The bad guys are actually not the people trying to catch the bad guys. Most of my work's been in counter terror for the last five or six years. And yet, I still can't get inside the head of a terrorist although I keep

trying. I don't get how anyone can think it's worth it to kill children and old people. Those people aren't making policies. I can understand why you'd go after a president, but innocent people?

John: Well you never were a fanatical Jew.

Paul: No, I'm not.

John: Maybe that's why you don't understand the terrorists?

Paul: It doesn't seem to matter what your religion is, you can be fanatical.

John: Amos Oz wrote a book called *How to Cure a Fanatic*. It's wonderful.

Paul: Have you read his autobiography?

John: Yes

Paul: Stunning

John: Really a wonderful, smart guy. Back to your life, I'm curious what the show *Lie to Me* was like for you. I know it ran for three seasons and was a successful show. And you were the role model for that show--you and you wife, Mary Ann.

Paul: Yes.

John: Mary Ann wasn't really represented much.

Paul: No, she wasn't. Thank God, because Tim Roth got into a fight with a woman who played his wife. When I signed the contract I asked that the person who played the scientist not be the same age as me, not be the same nationality, not be married; not be Jewish and not have two children.

John: Why?

Paul: I like my privacy. I also didn't want to hear, "Oh, you got that wrong, I do it like this." The creator of the show, Sam Baum, who wrote most of the shows in the first season, was concerned with the social issues involved in deception--trust, lying, and false accusations. Even though it was a spectacular first season, he was gone afterward. In part because they wanted him out—in part because his fiancée said, "If I don't ever see you, what's the point?" He was working 16 hour days, seven days a week. The person they brought in for the second season was Shawn Ryan, head writer on The Shield and show-runner for The Unit. They fired all the writers from the first season because a new show-runner wants his own writers.

Sam had gotten these people to read *Telling Lies*. I had spent a lot of time working with the writers in the

first season. We lost all of that when we had to start from scratch in the second season. There's a wonderful show on TV now called *Smash*. It's about bringing a Broadway musical to Broadway. It's interesting because it's successful, but I just read they're getting rid of the show-runner for next season. That seems to be the story.

John: So in the first year you were teaching the general public how to read faces, how to look at deception.

Paul: Well, they make it too easy. The opening statement of the commentary that I wrote on each show said that I never solved a problem so quickly or with such certainty. But remember, this is entertainment and the character's only got 45 minutes. It's very difficult to evaluate whether someone is lying or being truthful, especially if they're highly motivated to deceive you. But, you can learn it. It takes us four days to teach someone what we think they need to know. That's a lot of time and practice.

John: Yes, you can't do it in 45 minutes.

Paul: No. Particularly if you did it the way Tim Roth did. And he did atrocious things. He would lie to people in order to get the truth. In my commentary I said if I ever did that no one would ever talk to me again. Serious law enforcement people are zealots for the truth. You lie to them once they'll never talk to you again. If they see you lying to someone else, they'll never talk to you again. On the other hand, our Supreme Court says you can lie to a suspect. You can say, "We have your prints all over the gun," when you don't and if they then confess it can be introduced as evidence. You can't do that in England. It's strange that interrogators in this country can lie and our courts uphold it. I'm totally opposed to that. The means to the end is the end. The means are what really matters.

John: So in a lot of ways your standards as a scientist were violated by that show?

Paul: Yes. And that's what happens in entertainment.

John: But you educated people by the show as well.

Paul: It opened doors that I had been knocking on for a long time and no one was answering.

John: For example?

Paul: Well, it was at some of the highest levels of government and

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partly it's because some people on top liked the first season. So they were interested in talking to me. Before that, they weren't interested in talking to me. Who are you? You publish in science magazines? I don't read science magazines. But aha, a great TV show...my daughter likes that TV show and so do my wife and I find the show interesting. And so suddenly the door opens. A lot of what goes on in Washington is "cover your ass." So when someone asks, "Why did you bring in Ekman to train these people?" they're told, "There's a show about him." So you've covered your ass. That show opened up doors and gave me opportunities that I haven't had in the real world--the non-academic world.

John: But the academic world has moved away from observation, hasn't it?

Paul: It's such a tragedy. Do you remember the first *Handbook of Social Psychology*? It was published in 1954 and Weick had a chapter on observational methods. If you actually look at what people do it is quite different from asking them what they think about what they do and the asking, the questionnaires rather than observation that dominates social psychology.

John: That's what it is--pretending.

Paul: The stories we tell ourselves about how we behave are interesting if you can compare them to how we actually behave. But if you can't, then it's sad.

John: When you look back on all these years of studying the face and emotions and the painstaking work you've done and how you've influenced many researchers, what do you think your contribution has been?

Paul: We'll know 50 years from now what survives. Psychology is a field that's lost its history and doesn't much pay attention to its history. So I don't know what will survive. I think FACS [the Facial Action Coding System] will survive. It's a method. Psychology likes method, and it's just about to be functionally automated in real-time. I'm involved with a company called Machine Perception Technology and within a year we'll have something as good as FACS about 80 percent of the time. It will give a continuous readout on what the face is doing. So that will survive even though there's an article just published by

PNAS saying there are no universals. I think the universals will survive including the idea that emotions are modular as Darwin suggested. All the neuroscience work is suggesting different circuitry for different emotions and they're discontinuous, discrete events. I think that will survive. And some of the general theory about why people lie; why they succeed; and why they fail, may survive in law enforcement and counter-terrorism because that's being used. *Telling Lies* is now in 18 languages. Everyone who's interested in law enforcement uses it. I didn't set about to influence a field, I did it to get answers to questions I was interested in.

John: You started off with the question: How one can you tell if someone will commit suicide if they get a release from a mental hospital?

Paul: I gave a talk at a medical school about my career and what had determined my career. I entitled it, in order of importance: Serendipity, Perseverance, Timing, and Aim. Take any one of those away it would have been a total failure. So if something falls into your lap, pick it up, look at it, and do something with it.

John: Like the anatomically-based idea?

Paul: Correct. And it wasn't my idea to base FACS on the anatomy of facial expression.

John: Martin Orne?

Paul: Yes, Martin Orne. Although he had a terrible reputation, he was an awfully nice guy. I remember on the site visit after the first hour, they sent me out of the room, came back in 15 minutes and said, "We're going to give you the money. Let's spend the rest of the time seeing how we can help you as consultants." Those were the days.

But the universals work started before. And actually, it was Silvan Tomkins who convinced me to look at the face. I said, "How can I deal with the face? No one can deal with the face." But he said, "No, let me show you, there are things there." He didn't know how to measure it, but he could show you where he was getting the information. And I thought if Silvan can show me, then I should be able to develop a tool so that anyone can be a Silvan Tomkins. And that was the inspiration for doing FACS. It was DOD, what was then called ARPA, which supported the cross-cultural research

on expression and gesture. I was studying threats part-time at Stanford in the Poly Sci department. I looked at what kinds of threats are effective and what kinds are counterproductive. When I went back to Washington D. C. after a year and showed the guy who was supporting that work, he said, "We're not going to support that kind of work anymore. What else are you doing?" When I told him about studying facial expressions he said, "Ah, I like that. I'm married to a woman from Thailand. How would you like basic research money to settle a question about whether expressions and gestures are universal or culture-specific?" And then he gave me more money than I could spend in five years. At the end of five years I gave some of it back because I'd done everything I could think of doing.

John: Who was this guy?

Paul: Lee Hough. He's not alive anymore but I thanked him in one of my books.

John: And he was with the Army?

Paul: Advanced Research Projects Agency (ARPA). But there is a story as to why he gave me that money. He had been caught by Senator Church using Michigan State University social survey research as a cover for counterinsurgency work in order to find the supporters of Allende in Chile. And Church blew the whistle on him and suddenly he had all this money to get rid of and I walked in the door. He said "It's got to be basic research, no obligation to the military. You got to do it yourself, you can't contract it out. You have to be out of the country at least half of the year every year."

John: Wow. And that was the New Guinea research?

Paul: Yes. I actually ended up working in Brasilia, Brazil in 1965 when the streets were still dirt and the buildings weren't finished.

John: Did you study facial expressions in Brazil?

Paul: Yes. I was showing them facial expressions. I also went to Korea, Buenos Aires, and Japan. And then it was clear to me all these people have been watching Western movies, so it was possible that they didn't recognize the same expressions because of their evolutionary heritage. They could have learned from John Wayne and Charlie

Chaplin. So then I knew I had to get an isolated culture, and that's why I went to New Guinea. The deception research wasn't my idea either. I was teaching a group of young psychiatrists and telling them all about what I was finding in expression and they said, "What we need to know is how can we tell when a patient is lying about whether they still intend to commit suicide so we know whether we can give them a weekend pass." I thought that's a really good question. It took me 25 years to get an answer.

John: What's the answer?

Paul: It's complex, but there are a number of signs for high-stake lies. The single best predictor is the face; the second predictor is gestural slips, the equivalent of slips of the tongue; and the third best predictor are things you may do with your hands. Overall this sometimes gives you 90 percent accuracy. If the stakes are really high and the threat of punishment is high, or the excitement of putting something over on the other person (what I called duping delight) is high, then there are the same changes in demeanor. This is because you're producing an emotional and cognitive overload and that produces leakage.

I get criticized these days by ACLU because they say my work is helping to catch rapists, murderers, and money smugglers and I'm only supposed to catch terrorists. They say I'm invading their privacy. But nature didn't design a terrorist-specific sign of concealed malintent. It designed signs of overload. As long as the stakes are high and you produce the overloads you'll see the same things in demeanor. We published that in JPSP.

John: So you think the functional MRI method of detecting lying detects is the same thing--cognitive overload?

Paul: Well, it may be. It's such a crude measure. But I think in the next 20 years it may be possible to distinguish between invention and lying with a brain measure, or between when someone is making it up and they come to believe it and they know that they're lying. They are different mental activities, so they are enabled by different brain activity. The question is when will we have brain measurements sensitive enough to detect such

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differences?

John: That would be really important.

Paul: It's critical. But right now I don't think there's any hope of catching serious liars with brain measures. As a taxpayer I object to spending money under the guise it's going to help catch liars. It's not going to catch liars in the foreseeable future and even if it did, can you imagine everyone in the airport having to go through an fMRI machine? You need observation. That's why we train NYPD counter-terror department. They're doing surveillance; they're looking for people with malintent. Social psychologists may have given up, but the cops know that observation is the key.

I'll tell you the biggest question that I don't know the answer to--what are the synonyms and what are the unique messages that faces give off? We know we can distinguish over 200 different angry expressions that are visually different when you score them with FACS. Did nature design 200 syn-

onyms? Which ones signal a person is being sullen? Which ones are for being passive aggressive? Which ones are for incipient violence? And how many of them are actually synonyms? We don't know the answer for any emotion. The methods are around and you could get the answers but it would take 10 or 20 years. Want to see me destroy all of my scientific credibility in one fell swoop?

John: Sure.

Paul: Are you ready?

John: I'm ready.

Paul: In the last 10 years I've gotten to know the Dalai Lama quite well. I spent more time talking with him about a single set of issues than I have with anyone in the world. We're up to 60 hours of one-on-one, serious conversations. Think of how many people you've spent 60 hours talking to about what you're most interested in intellectually. There probably aren't many. Before the Dalai Lama there were none for me. If you've got an hour or two of serious talk with a colleague you

thought that was a lot. An hour or two is just a beginning. You've really got to explore matters. The Dalai Lama takes nothing for granted that I assume. I take nothing for granted that he assumes. So we're always challenging each other's assumptions and we both love challenge. It's not toxic, it's fun. It's the most fun I can think of.

John: A meaningful interaction and relationship.

Paul: Life-changing. It's my second great adventure. The first adventure was living in the Stone Age culture in New Guinea. Living as human beings lived most of the time they were on this planet. I got a chance to do that. And the second great adventure is getting to become friends with the Dalai Lama. I'm not being a namedropper here.

John: He's an amazing human being.

Paul: He is and he thinks that I'm his brother from a previous incarnation. I feel he's the brother I never had. And I can't explain it. But that's not

what's going to ruin my reputation.

John: What is it?

Paul: When you're in his presence, he sometimes exudes goodness. Now that's not a 20th or 21st Century term--goodness--but it's palpable. Many people want to be around him because it feels good. Even if you don't say a word to him or he doesn't say a word to you. If I was in my middle 30s, I would try to do research on this.

Up until my time with the Dalai Lama, there was never a week that went by when I didn't have two or three episodes of anger in which I thought afterwards I either got too angry or I shouldn't have got angry about that at all. This is Aristotle's mark of the intemperate man. I was always struggling and failing for 50 years. And then after my first meeting with him, I didn't have an angry impulse for seven months. Can you imagine that?

Back to exuding goodness...that goodness has an impact on people. I got so far as to study eight people who had life-changing experiences.

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