



THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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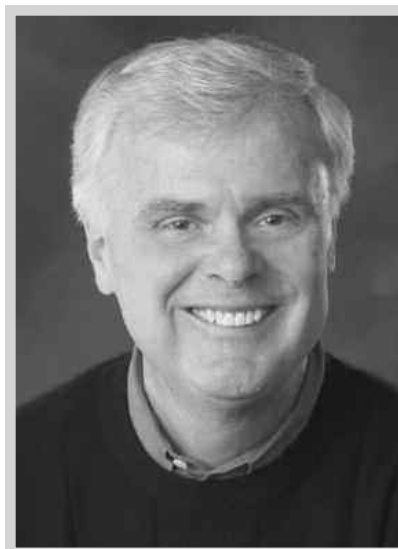
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David Burns

Interviewed by Michael Yapko

David Burns received his medical degree from Stanford University School of Medicine and completed his psychiatry residency at the University of Pennsylvania School of Medicine. He is currently Adjunct Clinical Professor Emeritus of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine where he is involved in research and teaching. He was named Teacher of the Year three times by the class of graduating residents at Stanford University School of Medicine, and feels especially proud of this award. His best-selling book, Feeling Good: The New Mood Therapy, has sold more than 4 million copies in the U.S., and been popular worldwide.

This interview with David Burns and Michael Yapko is excellent, but too long to fit in the Newsletter, so readers are encouraged to view the entire



video interview on the Erickson Foundation's YouTube channel (<http://youtu.be/3NRhRMdGipk>) — Ed.

Michael Yapko: Can you provide some biographical background and talk about the developmental forces that shaped your interest in becoming a psychiatrist? Also, not a lot of people know that early in your career you were a drug researcher, but eventually abandoned pharmaceuticals in favor of psychotherapy. Could you please talk about that transition as well?

David Burns: Maybe we could start with why I left -- although not entirely, but for the most part -- psychopharmacology. After my residency in psychiatry at University of Pennsylvania medical school, I completed three years of research as a post-doctoral fellow. I did both clinical and basic research. During that time, I addressed the theory that depression and anxiety are the result of a chemical imbalance in the brain, specifically that patients with depression have a serotonin deficiency, and patients with mania have an excess. Yet, I couldn't find evidence that any psychiatric disorder resulted from a chemical imbalance in the brain.

I was given the prestigious A. E. Bennett Award for my research on brain serotonin metabolism. The award was based on a worldwide competition and I only mention it to say that I wasn't an outsider; I actually was an insider in the psychopharmacology world.

At our depression research unit at the VA hospital, we did a direct double-blind research study on this theory. We split a group of depressed veterans into two groups. Both were given supplementary milkshakes every day, but half got milkshakes laced with 20 grams of L-tryptophan. Now, that's a massive dose of an amino acid that goes directly from the stomach into the blood and into the brain and is synthesized into serotonin. Subsequently, half of the depressed veterans showed a massive increase in brain serotonin.

Every day we measured the depression levels of both groups with the Hamilton Depression Test. After a few weeks, we broke the code to look at the changes in depression levels in the two groups. There were absolutely no differences. The results were inconsistent with the theory that depression results from a deficiency in brain serotonin.

In 1975, that study was published in a leading psychiatric journal -- *Archives of General Psychiatry* -- but it largely went unnoticed until recent years. I went on to write chapters for psychopharmacology textbooks on brain serotonin and depression and other psychiatric disorders. I reviewed the entire world literature, and again came to the conclusion that it's not clear why people are proposing this theory.

Finally, I asked my advisor, who at the time was one of the world's top three psychopharmacologists, why we were putting all this energy into a theory about brain serotonin when I could

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EDITOR'S COMMENTS

While it's often been said that being a humanistic scientist is something of an oxymoron, humanistic characteristics seem to be exhibited more frequently in today's master therapists. Therapy is more than just knowing which technique to use with a client, for whatever symptom the client is manifesting. To *be* a therapist, rather than just *do* therapy, a therapist has to appreciate and respect all that makes one human. It is the many dimensions of human interaction that transform therapeutic techniques into successful therapy. The first humanistic scientist I ever met was Milton Erickson. Therefore, I have chosen this issue to highlight the humanistic influence Erickson has had on the field of brief therapy.

Erickson understood that brief therapy is not about finding a miracle technique that will magically resolve a problem. In fact, Scott Miller*, one of the faculty at the Brief Therapy Conference this December, has listed a series of qualities that have the highest factor-loadings in therapy outcomes. I was fascinated to discover that technique, in and of itself, comes in fourth place.

Our featured interview with David Burns* is a brilliant example of applying the multidimensional, humanistic/scientific aspects of brief therapy to the world of cognitive therapy. Michael Yapko's* intimate interview with Burns is so fascinating, instead of just editing it down to fit our limited space, we made the original interview available on the Erickson Foundation's YouTube channel (<http://youtu.be/3NRhRMdGipk>). The story of Burns' journey, from psychopharmacology researcher to cutting-edge cognitive therapist, is captivating.

In this issue, Richard Hill* introduces his new series, *The Beginner's Mind*, a continuing annotated review of each volume of *The Collected Works of Milton H. Erickson*, edited by Ernest Rossi*, Roxanna Erickson-Klein, and Kathryn Rossi. As Hill says in his opening paragraph, "The Collected Works of Milton H. Erickson is not just a typical chronology, it is a journey." Hill references classic examples of Erickson lore, including the epic story of how Erickson "...paddled the lakes and rivers of Wisconsin to regain strength after a serious bout with



polio." Later in this issue, Marilia Baker, our resident muse and master clinician, poetically recounts that journey in *Facets and Reflections*.

Baker extends the Erickson flame in her Power of One article on Joyce Mills' StoryPlay® concept, in which Baker writes: "...Mills has picked up his [Erickson] torch as her guiding light". While Mills says, "Play is the language of children, and Story is the language of play," Baker reveals that StoryPlay® is for more than just children; it is for all of us. And, tantalizes readers with a brief listing of Mills' *Six Roots of StoryPlay®*. This article is well worth the read.

In Case Reports, Annette Poizner reviews an obscure case report found in Milton Erickson and Lawrence Kubie's 1938 *Psychoanalytic Quarterly* article. (Yes, it is also in *Collected Works*.) Poizner uses the story to demonstrate "the nuanced way people first hide, then later reclaim, knowledge that is difficult to bear." An important article with many messages.

Erickson's influence on this issue would not be complete without CD reviews, in which rare, archival audiotapes of Erickson are featured. Roxanna Erickson-Klein complements Mills' StoryPlay® concept with a review of Milton Erickson and Irving Selter speaking in Chicago in 1958 on the subject of *Hypnosis with Children*. David Hargis follows with his review of *Milton H. Erickson, MD Discusses*, in which Erickson shares his therapeutic perspectives, and approaches to

multiple personality disorder. Annellen Simpkins and Alexander Simpkins introduce us to two of John Lentz' audio CDs: *Relaxation Techniques for Reclaiming Natural Sleep* and *Relaxation Techniques for Healing Allergies*. The Simpkins write about how Lentz expertly weaves his skills as an accomplished therapist, a master Ericksonian hypnotist, and an ordained minister into his CDs "to help people heal body problems by enlisting mind and spirit." They also say: "Lentz incorporates scientific research along with sacred teachings, to gently guide listeners in how to utilize the best of both worlds for therapeutic healing."

John Lentz* writes something similar in his favorable review of Judith Pearson's highly practical book, *Improve Your Writing with NLP*. He describes how Pearson utilizes techniques from the highly acclaimed Ericksonian and master NLP practitioner, Steve Andreas, but then adds her own unique touch. This book is useful for those of us who have found writing to be a challenge.

Lentz further contributes to this issue with his interview with Erving Polster for *In The Spirit of Therapy*. Lentz and Polster join in a spirited discussion on whether the concept of spir-

itality fits as a description of the therapeutic process. I found this interview to be engaging and delightful.

A central theme in Ericksonian psychotherapy has been its emphasis on solution-focused outcomes. Rubin Battino's review of *The Therapist's Treasure Chest: Solution-Oriented Tips and Tricks for Everyday Practice* by Andreas Caby and Filip Caby fits beautifully with this theme. Handy hints for a clinician's toolbox are provided.

At the other end of the spectrum, Maria Escalante de Smith* reviews an excellent handbook for students embarking on their journey to become therapists. *The Portable Mentor: Expert Guide to a Successful Career in Psychology*, edited by Mitchell Prinstein and Marcus Patterson, offers many tips I would have found valuable at the start of my own journey 50 plus years ago. (Yes, I was there when they invented dirt.) Given the aphorism, "The nature of the journey is defined by the nature of its beginning," this book might have made my journey much easier.

In John Lentz' DVD review of *Engaging the Ambivalent OCD Client With Reid Wilson, PhD*, in which Vic-

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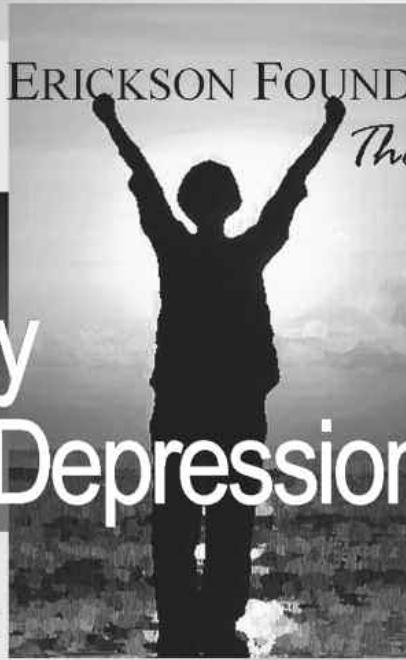
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POWER OF ONE

The Power of One: The StoryPlay® Concept

By Marilia Baker

Stories, metaphors, tales, and symbols hold a special power -- a therapeutic power to engage human imagination for creativity, play, problem-solving, and healing. Since ancient times, stories and metaphors have been known to be particularly beneficial to children and adolescents who are striving or struggling to understand and cope with the world around them.

Author Joyce Mills, Ph.D., states, "Play is the language of children, and Story is the language of play." Her new therapeutic model, StoryPlay®, evolved with her implementation of this principle. For more than three decades she has been offering the professional community creative tools in storytelling. They are hypnotherapeutic and play therapy approaches for working efficiently with children, adolescents, families, and communities utilizing the unfailing power of stories and storytelling. Milton Erickson knew this so well and Mills has picked up his torch as her guiding light (www.storyplayglobal.com). The result has been a *sui-generis* contribution to the field -- a therapeutic model unique in its characteristics, which Mills has named StoryPlay®.

The 1986 publication of the groundbreaking, *Therapeutic Metaphors for Children and the Child Within*, "opened up new ways of thinking, being, and intervening in the healing process with children," as stated by psychologist, David A. Crenshaw, Ph.D.¹ Such was the innovative impact of this book that authors Joyce Mills and J. Crowley were given the 1988 Clark Vincent Award for "outstanding contribution to the profession through a literary work." Another significant recognition followed in 1997 when Mills received the Play Therapy International Award for her "outstanding contributions to the field of Play Therapy and Child Psychology."

Her books for children, including *Sammy the Elephant and Mr. Camel*; *Gentle Willow*, and *Little Tree*, are read worldwide. In early 2014, Mills was honored with a lifetime achievement award bestowed by the French-based international *Association des Thérapies d' Ici et d' Ailleurs*. President, Isabelle Célestin-Lhopiteau, praised Mills' "great work and extremely valuable contribution to multicultural approaches in hypnotherapy."² The multicultural element in Mills' work is also illustrated in *Reconnecting to the Magic of Life*³. This work has been enriched through wisdom and teachings gleaned from Native American, Hawaiian, and other indigenous cultures⁴.

Thus, a labor of love, 30 years in the making, leads the therapist to the StoryPlay® concept. What is StoryPlay®, and for whom is it intended? According to Mills, this is a resiliency-focused, Ericksonian *indirective* model of play therapy, which provides client-generated solutions to problems, facilitating healing, personal growth, and professional development. As an example of the *indirective* approach, compare and contrast the following:

- In a **directive** model the play therapist might offer: "Jill, let's take the doll to the outdoors and see where it goes."
- In a **non-directive**, child-centered model, the play therapist might offer: "Jill, you have chosen a doll from the box."
- In an **indirective** model, the play therapist will say: "Jill, it looks like *you know how to choose* just the right doll for you."

As you can see, the implications for healing are multidimensional and far-reaching.

The unfailing, never-ending power of stories and storytelling: the Six Roots of StoryPlay®⁵

Mills' concept for effective work with "children of all ages," as characterized by Stephen Gilligan, is solidly anchored in six roots (see Fig. 1.):

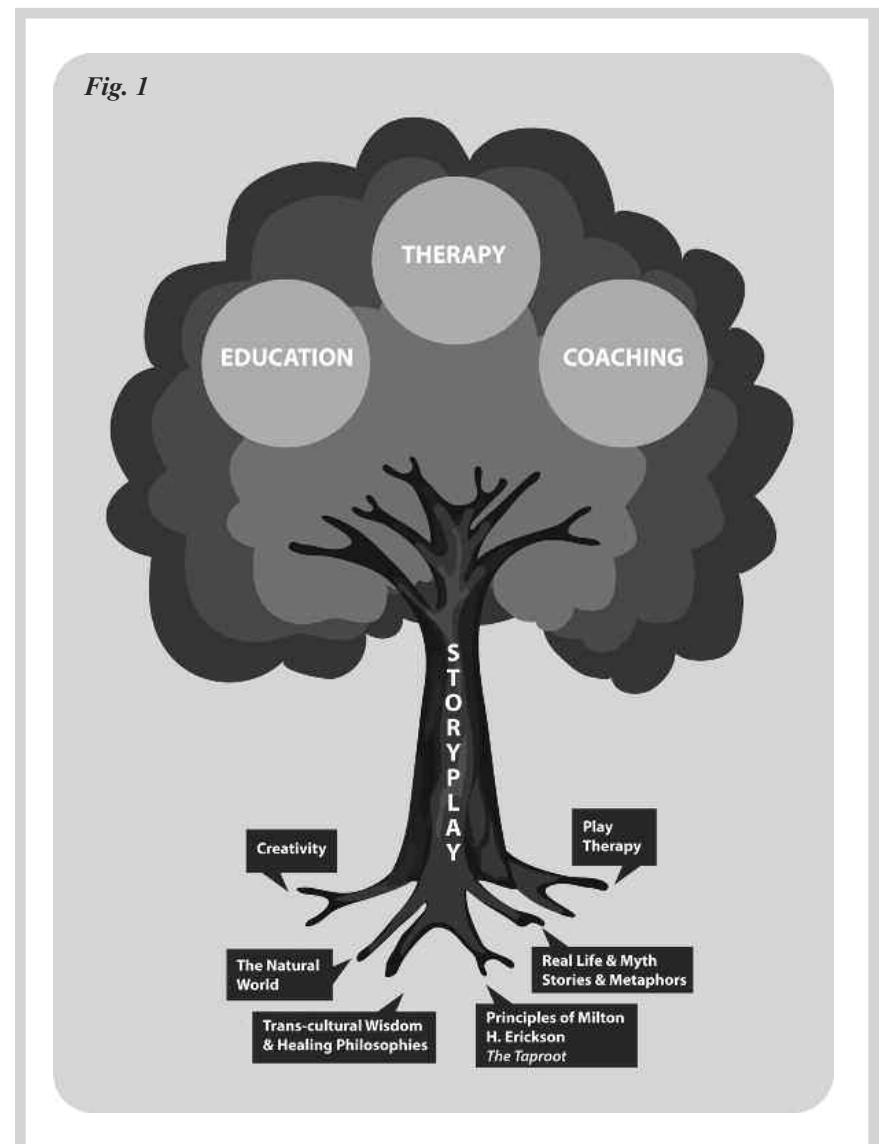
- The cornerstone principles of Ericksonian methods, which Mills defines as its **taproot**, the anchor that ensures the healthy growth of new roots.



Joyce Mills, Ph.D.

- The transcultural wisdom and healing philosophies of Native Americans, Hawaiians, and other indigenous groups from whom Mills has heedfully and respectfully learned in her 30 years of research.
- The utilization of real life personal stories, cultural myths, folk stories, symbols, and metaphors -- all emanating from Ericksonian teachings. They bypass resistance and open the portals to creative associations and receptive communication.

POWER OF ONE continued on next page



CASE REPORT

Rock, Paper, Scissors: Learning from Erickson's Use of Pen and Paper in Therapy

by Annette Poizner, MSW, Ed.D., RSW

I'm remembering recess in the schoolyard. We are in the process of deciding who gets to go first and we play the game of Rock-paper-scissors. Each child assumes a hand posture resembling either a rock, piece of paper, or scissors. According to the rules of the game, each of these items "can defeat" one of the other items and the remaining one is the winner. For example, scissors "beat" paper; rock "beats" scissors. These relationships make perfect sense, given that scissors cut paper and rocks can smash scissors. Yet, one of the relationships spelled out in this childhood game is counterintuitive: paper rules over rock. But doesn't a heavy rock rule paper? An anonymous comment on the Internet sheds light on this issue: Paper rules rock because paper represents the realm of higher knowledge. We master the world of physicality symbolized by the rock, by using principles of higher knowledge. Ah yes, paper does, in fact, rule rock!

Given the importance of paper, we shouldn't be surprised that pen and paper are useful in the therapeutic endeavor, despite the fact that most therapists limit its use to process notes. In fact, Erickson frequently brought pen and paper into the therapy process. At times, he would have his patients journal their life story, or he would give homework assignments, having a bed wetter woken up early in order to practice handwriting. Other times, Erickson would utilize automatic writing, wherein hypnotic subjects would respond to hypnotic suggestions to produce meaningful writing or drawings, all outside of conscious awareness. One fascinating case bears reviewing.

Erickson and Kubie (1938)¹ reported the case of a 24-year-old woman who volunteered to be a hypnosis subject. She explained that in recent months she had been overcome with feelings of agitation, and simultaneously found herself mindlessly drawing pictures and doodling whenever she was studying or sitting in class. She was puzzled by this new habit, and by her agitated state, and she wished to find meaning in her illustrations.

In a subsequent interview, she recounted her history. She was raised as an only child in a happy home with two loving parents. She reflected that the only problems on her mind of late were feelings of resentment about the growing emotional distance between her and her best friend from childhood. Throughout the interview, the woman nervously doodled.

Erickson scheduled a follow-up appointment and gave her specific hypnotic suggestions: that her unconscious mind would organize the material she hoped to access, while her conscious mind would be busy with school and social activities. She would report on her conscious activities when she attended her next appointment. Feeling incredibly well at the next appointment, the woman described the storyline of a novel she had been reading. While giving a verbal report of the book, she picked up a pen and doodled, first penning the usual scattering of lines and shapes, but ultimately making a singular, unified drawing that integrated all the elements that she had been randomly drawing. Yet, she was not able to interpret the picture for Erickson. In response to questioning, she gave Erickson a pack of matches from her pocket, then left abruptly. Of note, these matches advertised a local hotel.

Over the next several weeks, the young woman dropped by for a series of visits. Erickson recounts the gradual process by which the woman retrieved awareness of the meaning of the drawing, ultimately leading to a revelation: Her father was having an affair with her girlfriend. Father had been bringing matches home from the hotel where he had frequent encounters with his mistress and all this was ultimately confirmed by the girlfriend, who was eventually brought to a meeting with Erickson!

The case report documents the nuanced way people first hide, then later reclaim knowledge that is difficult to bear. In this particular case, the revelation brought an end to the young woman's agitation. The case also demonstrates the use

Clients can spontaneously draw or write material, which can then be analyzed to better access material that has been, for one reason or other, hidden from consciousness.

of pen and paper in therapy. Clients can spontaneously draw or write material, which can then be analyzed to better access material that has been, for one reason or other, hidden from consciousness.

In the end, we may learn a thing or two from the game of Rock-paper-scissors. It can be a reminder that the seemingly innocuous sheet of paper is more powerful than it looks. It can serve as a proverbial blank slate, and much can be achieved if we will bring it into the clinical context.

Annette Poizner, MSW, Ed.D., RSW serves on the Board of Directors of the Milton H Erickson Institute of Toronto and is the author of "Clinical Graphology: An Interpretive Manual for Mental Health Practitioners" published by Charles C Thomas Publishers.

¹ Erickson, Milton & Kubie, Lawrence (1938). *Psychoanalytic Quarterly*, 7, pp. 443-466.

POWER OF ONE *continued from page 4*

- The inclusion of play in the therapeutic setting. Recognizing that play is fundamental for healthy development of children to utilize their experiences, thoughts, desires, and emotions.
- The inclusion and utilization of the natural world within a child's range of experiences, enabling him or her to live deeply in all the elements; to touch, see, smell, and feel animals, insects, flowers, stones, trees, grass, etc. The possibilities are infinite.
- Last but not the least, at the core of all is creativity -- the ability to use the power of imagination -- vision, inventiveness, originality, ingenuity -- in order to unfold one's full potential.

In conclusion, Joyce Mills writes: "StoryPlay® draws on the innate resources, skills, and strengths of each individual, group, or organization to create therapeutic growth and change." StoryPlay® is for children, adolescents, families, and communities who are seeking solutions to problems in life. And, it is applicable to healthcare professionals and educators. It is also relevant to business executives and employees who seek new approaches to wellness and stress reduction in the work place.

For further, detailed information please visit: www.storyplayglobal.com

¹ Dr. Crenshaw, Past President of the New York Association for Play Therapy, wrote the Foreword for the new edition of this classic book. See Mills, Joyce C. & Crowley, Richard J. (1986, 2014) *Therapeutic Metaphors for Children and the Child Within*. (2nd. Edition, 2014). New York: Routledge.

² For French-language developments see: Mills, Joyce C. & Crowley, Richard J. (2013) *Métaphores thérapeutiques pour les enfants et l'enfant intérieur*. Bruxelles: SATAS.

³ Mills, Joyce C. (1999) *Reconnecting to the Magic of Life*. Phoenix, AZ: Imaginal Press. Also in French and Portuguese.

⁴ Please consult: www.storyplayglobal.com

⁵ Please consult: *Therapeutic Metaphors for Children and the Child Within*, 2014 edition, Chapter 10, pp. 1-12

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

Interview with Erving Polster, PhD

By John D. Lentz D. Min

Erving Polster, PhD, is the Director of the Gestalt Institute of San Diego. In addition to being a prominent member of the faculty of the Foundation's conferences, he is also the author of several important books, including Gestalt Therapy Integrated, Every Person's Life is Worth a Novel, and From the Radical Center: The Heart of Gestalt Therapy. He has written dozens of articles and chapters, and through it all, has remained an extremely likable person.

John Lentz JL: Hello Dr. Polster.

Erving Polster EP: Hello John. Call me Erv.

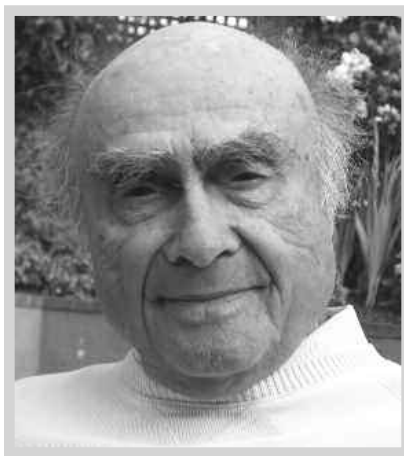
JL: Okay, Erv, I appreciate your willingness to do this interview about the spiritual aspect of psychotherapy. A lot of people think of your work as spiritual. Do you have any feelings about this?

EP: Well, I don't quite know why they say that. I have written and talked about some of those things that are of the human spirit, but I have had little to say about the things we usually think of as spiritual -- life after death, extra-sensory perception, premonition, or other such phenomena that are commonly seen as spiritual concerns. I certainly think there are things in our lives that are not clear. I am friendly to the search, but am pretty much devoted to ambiguity when I feel ambiguity. What does it add to call something "spiritual?"

JL: I don't know the answer to that.

EP: My impression of what it adds is that it raises people beyond a sense of the elusive -- an unwillingness to surrender to it. For me, the use of the term takes remarkable experiences outside the realm of the ordinary human engagement. It upstages the beauty of ordinary engagement. People are ordinarily exceptional, if you don't mind such paradoxical language.

JL: I agree. Those things are also so seldom seen, and so elusive that folks call it "spiritual," in order to give it more of a special quality because it's intimate and important to



them. The experience, the learning, the walking into the ambiguity, and the process of discovery, make your work powerfully intimate.

EP: What's wrong with just calling it powerfully intimate? What bothers me about the designation of something being "spiritual" is when it takes that powerful intimacy out of the realm of ordinary human engagement. I realize that is not always what spiritual implies, but it seems it's too often the case.

JL: It sounds like the word has a different meaning for us.

EP: For me, the idea of the spiritual often serves to assign to the supernatural that which is surprisingly and beautifully human. It is giving the supernatural credit for what is human reality.

JL: I guess we disagree because to me being spiritual is the height of human relations. When we are doing what you are talking about -- that is when we are being spiritual, it isn't just supernatural.

EP: Are you and I being spiritual as we speak?

JL: Yes, and I would like for us to be even more so. Part of sacredness is an intimate connection, a depth of connection. Would you agree?

EP: Yes, I agree.

JL: If people believed that you were seeking to create intimate contact and experiences that were understood as sacred, they would be more able to discover their own strengths and abilities. If folks see you that way, would they be correct?

EP: "Sacred" is a key word and it isn't easy to understand. Sacred creates

the sense that when I am in a therapy situation I have opened my mind to that other person in whatever way they want to speak to me. And, I am totally absorbed with the person.

That is possible because we are in a situation where the ordinary complications of life do not interfere. And, I am blessed with that opportunity when I am in therapy because, as a sacred experience, it is set apart. It is set apart from everyday life; it is a place and time where we can operate in a fresh way, because this situation doesn't raise questions about whether we are going to be fired, or ostracized, or criticized, or abandoned, or whatever. We are free from the fears of what could happen if we don't pay attention to the implications of what we say. So, we are free to absorb whatever is going on in a way that is comparable to the concentration of meditation.

The difference between that and meditation is that the focus is more on the broader range of the person's life, than it is on a mantra.

JL: Yes, and I would say that your focus is the reason that people have referred to your work as spiritual, because they want to compliment you. In shorthand, they would be willing to have that encounter -- that sacredness of intimacy -- and provide safety for another person. How you do that is so elegant and poetic that for some people the highest way they can refer to it, is spiritual. But I deeply understand that from your perspective, sacred is as good a word, or even a better one.

EP: I like the term "sacred" as a way of paying special homage to the experience, special homage to the patients, and to the experience of safety. I like the idea of a special energy. However, I have no need to call it something other than the simple humanity of deep experience.

JL: I especially like your reference that the special connection we have in therapy is sacred. And, I think this resonates with a lot of people. That is really the purpose of this interview. It is to highlight an aspect of who you are, so that you are even more liked and appreciated.

EP: (laughter) Thank you. Whatever it is you are describing about me is actually just folks being folks, but

being that way in a special setting with special purposes and opportunities -- all of it is just part of living. If it helps for people to accent that special quality by seeing it in terms of spirituality, I don't object to people using that word, when they use it in a particular way. I do object when they use it as a kind of insistent knowledge about what is actually unknown. I honor beliefs that go beyond evidence, but they are, after all, beliefs, not knowledge. I would certainly hate to be limited to only what I know, without any adventure of belief. But, I also am quite at home with ambiguity.

JL: I couldn't agree more.

EP: Okay. (laughter again)

COMMENTS

continued from page 2

tor Yalom interviews Reid Wilson*, it becomes evident that Wilson is an excellent example of someone who *is* therapy rather than just someone who *does* therapy. Wilson's classic amalgam of technique and laser insight into a patient's humanity truly makes him a humanistic scientist. Continuing the humanistic scientist theme, Lentz reviews *Loving With The Brain In Mind: Neurobiology and Couples Therapy*, written by Mona DeKoven Fishbane, and *The Yoga and Mindfulness Therapy Workbook for Clinicians and Clients*, written by quintessential humanistic scientists, Alexander Simpkins and Annellen Simpkins. Both books are good reads and highly informative.

In this issue, we also include more reviews from Evolution 2013. There were just too many excellent workshops and presentation reviews to fit in only one issue. This second set of reviews, selected by the Simpkins, include faculty who will also present at the Brief Therapy Conference, December 11-14, in Orange County, California. This Conference is an opportunity to hear the best of the best. I hope to see you there in my own "backyard."

Rick Landis
Orange, California

* Brief Therapy Conference faculty

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Milton Erickson & Jean Lassner - Hôpital Cochin
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F A C E T S A N D R E F L E C T I O N S

Seventy-Four Days:**Reflections on the journey that chiseled young Milton Erickson's character and paved the way for his therapeutic strategies**

By Marilia Baker

Life is a quarry, out of which we are to mold and chisel, and complete a character - Samuel Butler

The narrative that follows is a summary of my reflections on the seventy-four day, 1,200 mile-long canoe trip undertaken by a young man, through the lakes and rivers of Wisconsin and Illinois. He had an explicit medical recommendation to improve his physical health, expand his upper body, and recover his muscle strength. By all accounts he was still partly disabled. He had been gravely stricken at 17 - in the prime of youth - with a severe episode of infantile paralysis (poliomyelitis), which left him bedridden for a year. So, in the summer of 1922, when he was 20 years old, nearly twenty-four months after recovering mobility from the paralysis but still barely able to walk steadily without crutches, Milton Hyland Erickson undertook a real-life voyage into manhood.

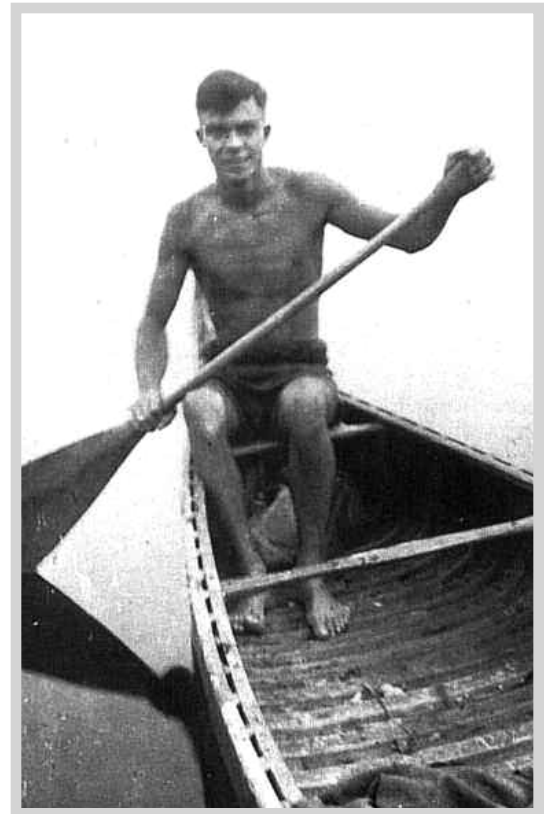
Ancient stories, universal myths, and sagas describe human developmental passages, including the transition from youth into adulthood, through heroic, epic myths like *The Odyssey*. All cultures, from the dawn of civilization to our days, have patterns in common, which Joseph Campbell described as a *monomyth* or "the hero's journey."¹ Young man Erickson's solo canoe trip contains many elements of these patterns, which are characteristic of the hero's journey. Some of these are: "a call to adventure" -- a *visionquest* -- to which the protagonist responds; separation from home or the familiar; and *departure* into the unknown. Then, a transition to the new reality with daily challenges, hardships, and obstacles to overcome. Erickson's journal entries² reveal an indomitable spirit, determined to accomplish his goals. He answers the call to adventure by plunging full-body into the unknown. He proceeds to travel alone after his roommate backs out at the last minute (a "refusal to answer the call," as per the *monomyth*). Erickson does not tell his parents about traveling alone. He navigates solo, paddling through Lakes Men-

Confronting dangers and ordeals transform the hero-protagonist, who grows as a person, gaining in wisdom, transcending his human limitations.

dota, Monona, Waubesa, and Kengosa -- many miles downstream, all the way to the Mighty Mississippi, a few miles from Saint Louis.³ Then, he turns upstream, through the Illinois River, crossing back to the Rock River through the Hennepin Canal, all the way home through the Yahara River and the four lakes, back to the familiar shores of his *alma mater* in Madison, Wisconsin. He reaches his *Ithaca*.

Along his 1,200-mile journey, young Erickson, like the mythical Odysseus, encounters mentors, friendly helpers, and anonymous guides with summons for acquisition of new skills and knowledge. His journal entries describe, in a sincere and disciplined manner, his outer experiences and his inner truths. He writes every day to his mother, and to a young woman back home. He takes German and psychology books to study; he reads Tolstoy; he takes little clothing, and scant provisions: "I started out in the 17-foot canoe with a small bag of beans, and a small bag of rice, tin pails, a canteen, a skillet, a knife and fork, a hatchet, and two blankets. I picked up my living along the rivers, fishing, eating wild plants."³ He helped fishermen, day workers, and farmers with their chores (such as milking cows!) in

exchange for meals, a bed, and provisions, he also got paid for his work. Confronting dangers and ordeals transform the hero-protagonist, who grows as a person, gaining in wisdom, transcending his human limitations. As a young man with handicaps, Erickson paddles many hours each day, camps ashore, crosses dams and canals. He gains mastery of canoeing and portaging under considerable hardship. He overcomes each challenge, mastering skills, freeing his spirit to soar. He experiences freedom to imagine, to experiment, to do, and to be, which he will carry with him throughout life. He will share with the world his highest values: he will be a medical doctor, a researcher, a scientist, a mentor to many, and a healer to all who seek his wisdom.



The return home -- transitioning into adulthood. Finally, the hero returns home with a prize or reward, empowered by a new identity -- he is a master of two worlds. The protagonist retains mastery of lessons lived and learned throughout the journey, as he retrieves domain over the mundane world of everyday life at home. Milton Hyland Erickson returns with his prize, firmly secured in his autonomy, self-mastery, self-reliance, and adult, ethical posture. He quotes J. K. Jerome: *Make a home, lad, for the woman who loves you; gather one or two friends about you. Work, think, and play. That will bring you happiness.*

The last entry of his journal on August 27th,⁴ reads: "The end of a 1,200 mile canoe trip: 1,000 miles paddled; 200 miles ridden on steamers; worked my way [throughout]; studied hard; had a good time; improved about 500% physically; 1,200 miles and I did it alone, despite doleful predictions -- I am proud of my trip."

He quotes Longfellow: *Something attempted, something done, has earned a night's repose.* Then, he closes: "May each night's repose be earned!"⁵

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¹ Joseph Campbell (2008, 3rd edition). *The Hero With a Thousand Faces*. Bolligen Series XVII. Novato, CA: New World Library.

² B.A. Erickson and B. Keeney (2006). *Milton H. Erickson, M.D. An American Healer*. Sedona, AZ: Ringing Rocks Press; pp. 150-177.

³ If interested in locating these lakes and rivers to have an idea of the extent of young Erickson's journey, in addition to his journal, please look up your atlases, maps, and history of each lake or river. You can then travel each mile in your imagination with him, eliciting associations with your own experiences...

⁴ Rubin Battino (2008). *That's Right, Is it Not? A Play About the Life of Milton H. Erickson, MD*. Phoenix, AZ: The Milton H. Erickson Foundation.

⁵ B. A. Erickson and B. Keeney (2006). *Milton H. Erickson, M.D. An American Healer*. Sedona, AZ: Ringing Rocks Press; p. 177.

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Each volume in *The Collected Works of Milton H. Erickson, M.D.* is a deluxe, limited edition of only 500 copies. The series represents a major and ongoing commitment to gather and assemble the wealth of material created by Dr. Erickson during five decades of work. Beyond preserving a great man's legacy, the purpose of the series is to make his knowledge, insight, techniques, and discoveries accessible to students, researchers, clinicians and educators in the behavioral and health sciences, including neuroscience. Though he died in 1980, Dr. Erickson remains a seminal force in hypnosis and psychotherapy. He added more cases to psychiatric literature than any therapist in history. This series presents his groundbreaking studies in therapeutic hypnosis, psychotherapy, rehabilitation, and research.

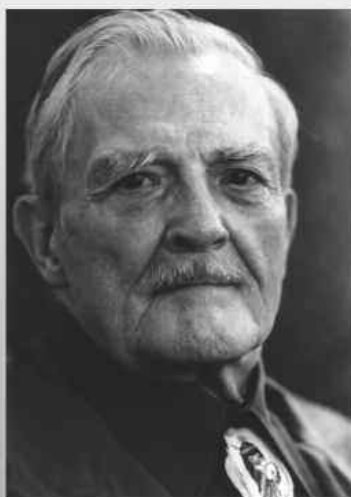
The original editions of Volumes 12-16 included audio cassettes. All of these recordings of Dr. Erickson have been digitized and are available to purchasers of these new volumes as MP3 downloads in the Erickson-Foundation.org online store. You may download them any time for no charge by using the special code printed on your copy of each volume.

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Foundation Summer News

By Marnie McGann

From Evolution 2013 through summer 2014, the Foundation has continued to expand its reach to professionals, offering meaningful educational experiences.

Evolution Conference audio and video sales have been brisk, and Jeff Zeig's book, *The Induction of Hypnosis* (available as an eBook or hardcopy) has been a best-seller. Currently, Dr. Zeig is wrapping up another book – *Psychoaerobics: An Experiential Method of Therapist Development* – on experiential exercises for training therapists. It will be available later this year.

July Intensives were fully booked with attendees from 15 countries, including Australia, Brazil, Denmark, Czech Republic, China, France, Germany, Italy, Mexico, Poland, Singapore, Sweden, U.K., U.S. and Zimbabwe. Fundamentals was the largest group (35 attendees), and lasting friendships and bonds were made. Dr. Geary asked students to introduce themselves and one attendee said later, "It was so nice to become familiar with peers and listen to meaningful introductions from a variety of



backgrounds." It is such a wonderful experience for students from around the world to come together," says Kayleigh Vaccaro, Meeting and Faculty Coordinator, "because they share the same passion and interest in Milton Erickson."

The Foundation is in the process of deciding on a platform to support online education. "I'm excited about the development of an online education presence," says Chandra Lakin, Archive and CME Coordinator. "We have so much information to contribute to the field of mental health. We hope to have a platform up and running by next year."

The Foundation Archives will be the supporting force behind a biography of Dr. Erickson (to be written by Dr. Zeig). Additionally, the Milton and Elizabeth Erickson Museum has had some exciting recent developments. A new display case complements the existing three, and closets and cabinets were converted to showcase items with a rich history, including clothing worn by Milton and Elizabeth Erickson, now displayed in what was the master bedroom. Also, the Foundation and Erickson family are in the process of finalizing a new xeriscape design for the Museum. Desert landscape will not only cut maintenance costs, it also provides the opportunity to recreate the cactus garden that was originally on the west side. Original shrubs, cactus, and plants will also be added, including a passion vine. Elizabeth Erickson would often place the purple passion vine flowers in a green bowl on Dr. Erickson's office desk. He not only enjoyed the flowers, but sometimes utilized

them metaphorically for therapy.

In June, construction for the Foundation elevator was completed. The Foundation thanks all who generously donated to make elevator possible. We believe that Dr. Erickson would have been proud as the Erickson Building is now fully accessible for the handicap.



Director Jeffrey Zeig and Foundation staff: (left to right) Christina Khin, Chandra Lakin, Matt Braman, Marnie McGann, and Kayleigh Vaccaro

The Foundation Press has published in Spanish three books from *The Collected Works of Milton H. Erickson*, including *Hypnotic Reality*, *Hypnotherapy and Exploratory Casebook*, and *Experiencing Hypnosis*. Also, volumes 11-16 of the *Collected Works* are now available in English through the Foundation Press.

Foundation staff looks forward to the 2014 New Brief Therapy Conference – Treating Anxiety, Depression & Trauma, December 11-14 at the Hyatt Regency Hotel in Orange County, CA. Keynote Faculty includes David Burns, Sue Johnson, Donald Meichenbaum, Esther Perel, Francine Shapiro, Bessel Van Der Kolk, and Philip Zimbardo. Primary Faculty includes Steve Andreas, Steven Frankel, Stephen Gilligan, Pat Love, Lynn Lyons, Scott Miller, Bill O'Hanlon, Christine Padesky, Ernest Rossi, Ron Siegel, Reid Wilson, Michael Yapko, and Jeff Zeig.

It should be an amazing conference. We hope to see you there.

See: www.erickson-foundation.org for information

Milton Erickson Biography

One of the most exciting bits of news for the Foundation in 2014 is that the Institute for the Advancement of Human Behavior has awarded a grant to Jeff Zeig to write an Erickson biography. Although Dr. Zeig has plenty of stories to tell about Dr. Erickson, he is soliciting all Newsletter readers for their personal stories. If you have a story to tell, please contact Dr. Zeig at the Foundation, or email him at: jkzphd@aol.com.

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
9/2-3	Experiential Approaches to Therapy / Cologne, Germany / Jeffrey K. Zeig, Ph.D.	1.
9/4-7	Master Class in Brief Psychotherapy / Denmark / Zeig	2.
9/9-16	Resilience & Master Class in Brief Psychotherapy / Graz, Austria / Zeig	3.
9/13-20	Mindfulness, Meditation and Neuroscience for Clinicians: Activate Pathways for Therapeutic Change (12 CE) / Alaskan Cruise / Annellen Simpkins, Ph.D. and C. Alexander Simpkins, Ph.D.	4.
10/6-10	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Brent B. Geary, Ph.D., Zeig, Lilian Borges, M.A., LPC	5.
10/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	5.
12/11-14	Brief Therapy Conference / Garden Grove, Calif. / Invited Faculty	5.
2015		
1/22-25	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	6.
1/29-2/11	Ericksonian Brief Therapy / Sao Paulo, BRAZIL	7.
2/26-3/1	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	6.
2/27-3/10	Mindfulness, Meditation and Neuroscience for Clinicians: Active Pathways for Therapeutic Change / Panama Canal CE Cruise for Clinicians / Alexander Simpkins, Ph.D., Annellen M. Simpkins, Ph.D.	8.
3/2-6	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, Ariz. / Geary, Zeig, Borges	5.
3/9-13	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, Ariz. / Geary, Zeig, Borges	5.
3/26-29	The Growth and Development of the Clinician/Coach / Istanbul, Turkey / Zeig	9.
4/24-26	Couples Conference / Manhattan Beach, Calif. / Invited Faculty	5

Free Download

Ericksons on Erickson is now available for free download at: www.louiscauffman.com. Or, you can view directly on YouTube (Ericksons on Erickson documentary). Producers, Betty Alice Erickson, Allan Erickson, and Louis Cauffman believe the documentary to be of historical value and therefore have decided not to sell it as a DVD, but to offer a free download – proving that sometimes in life, the best things really are free!

CONTACT INFORMATION

- 1) Email, info@familie-luetz.de
- 2) Email, grethe.bruun@dbmail.dk
- 3) Email, dpst@ikjf.at
- 4) Workshop Sponsored by PESI/CMI (www.pesi.com). Course registration, Web: <http://www.pesi.com/search/detail/index.asp?eventid=23793>
- 5) The Milton H. Erickson Foundation: 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016 6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org ; Web, www.erickson-foundation.org;
Brief Therapy Conference: www.BriefTherapyConference.com
Intensive Training Program: <https://erickson-foundation.org/training/intensives/>
Couples Conference: www.CouplesConference.com
- 6) For information: Email, Stacey Moore: sjmtjm@msn.com
- 7) For information: Web, www.elsever.org
- 8) Workshop Sponsored by PESI/CMI (www.pesi.com). Course registration, Web: <https://www.pesi.com/search/detail/index.aspx?eventid=29505>
- 9) For information: Email, tamerdvc@yahoo.com

To submit a listing for Upcoming Trainings please send dates, title of workshop, venue (city/state/country), list of presenters, and complete contact information ONLY. Information must be sent in the format above. A \$25 fee per listing is required. Deadline for the 2014 Winter Issue (mailed December) is October 3, 2014. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact Karen Haviley – karen@erickson-foundation.org **Online Ad Rates/Specs, Reservations, and Payment at:** <http://erickson-foundation.org/newsletters/advertising/>



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CONFERENCE NOTES

The 65th Annual Workshops and Scientific Session of the Society of Clinical and Experimental Hypnosis (SCEH) will be held October 8-12, 2014 at The St. Anthony Riverwalk – A Wyndam Hotel, in downtown San Antonio, Texas. The meeting is entitled, *Hypnosis in the Era of Evidence-Based Medicine and Psychosocial Treatments*. For information contact SCEH: PO Box 252 Southborough, MA 01772; Tel, 508-598-5553; Fax, 866-397-1839; Email, info@sceh.us ; Web, <http://www.sceh.us/2014-san-antonio>.

The American Association for Marriage and Family Therapy (AAMFT) Annual Conference will be held October 16-19, 2014 in Milwaukee, Wisconsin. Keynote presenters include Michele Weiner-Davis, Michael Durrant, Frank N. Thomas, and Cynthia K. Hansen. On Friday of the conference AAMFT will host a Tribute to Steve de Shazer, Insoo Kim Berg and the Brief Family Therapy Center. For information visit the website: www.aamft.org or contact AAMFT, 112 South Alfred Street, Alexandria, VA 22314-3061; Tel, 703-838-9808; Fax, 703-838-9805; Email, Central@aamft.org.

The European Society of Hypnosis (ESH) in collaboration with the Italian Society of Hypnosis (SII) will hold the 13th International Congress entitled, *Hypnosis and Resilience: From Trauma and Stress to Resources and Healing*, October 22-25, 2014 in Sorrento, Italy (Amalfi Coast). For more information contact Societa Italiana di Ipnosi, Viale Regina Margherita, 296, 00198 Rome, Italy; Tel and Fax: +39.06.8548205; Email: ipnosii@libero.it; Web, <http://esh-hypnosis.eu>

The renamed Institut Milton H. Erickson Ile-de-France will hold an inaugural Symposium in Paris on December 6th, 2014. The theme is *Réhumaniser le soin / Restoring the Human Touch to Patient Care*. For information, visit the website: www.IMHEIDF.wordpress.com or Email: imheidf@gmail.com & Ch.Guilloux et Ch.Martens 01 40 36 04 94.

The new *Brief Therapy Conference: Treating Anxiety, Depression and Trauma*, sponsored by The Milton H. Erickson Foundation will be held December 11-14, 2014 at the Hyatt Regency Orange County, near Anaheim, California. Keynote faculty include Burns, Johnson, Meichenbaum, Shapiro, van der Kolk, and Zimbardo; Primary faculty include Andreas, Frankel, Gilligan, Love, Lyons, Miller, O'Hanlon, Padesky, Rossi, Siegel, Wilson, Yapko, and Zeig. For information visit the conference website at www.BriefTherapyConference.com or contact the Erickson Foundation: Email, office@erickson-foundation.org; Tel, 602-956-6196; Fax, 602-956-0519.

The Milton H. Erickson Foundation and The Couples Institute will sponsor the next *Couples Conference*, April 24-26, 2015 at the Manhattan Beach Marriott, Manhattan Beach, California. Confirmed faculty include Ellyn Bader and Peter Pearson, William Doherty, Harville Hendrix, Bill O'Hanlon, Daniel Siegel, and Stan Tatkin. For more information sign up for updates at www.CouplesConference.com or contact The Milton H. Erickson Foundation, 2632 E. Thomas Road, Ste. 200, Phoenix, AZ 85016; Tel, 602-956-6196; Fax, 602-956-0519; Email, office@erickson-foundation.org

The International Society of Hypnosis (ISH) and the Confédération Francophone d'Hypnose et Thérapies Brèves (CFHTB) will hold the 20th International Congress, *Hypnosis: Roots and Future of Consciousness*, August 26-29, 2015, in Paris, France. Call for Papers deadline is September 15, 2014. For information visit the website: www.CFHTB.org



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P R E S E N T A T I O N R E V I E W S

From the Evolution of Psychotherapy Conference, December 2013

Although Evolution 2013 is behind us, the fascinating presentations continue to inspire and invite new perspectives. The following are more Evolution reviews from our perceptive review team, which cover presentations by faculty who will also be teaching at the Brief Therapy Conference in December.

Reviews Editors: Annellen M. Simpkins, PhD & C. Alexander Simpkins, PhD

Clinical Demonstration 1: Jeffrey Zeig, PhD Experiential Therapy Live

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

This was a classic demonstration. Zeig's presentation of his style of therapy was masterful. He invited a volunteer into a trance, and then guided her so that he could offer the rest of the demonstration. The interventions that followed healed the volunteer of past memories about her relationship with her father. Zeig creatively utilized the fact that Disneyland is located next door to the Anaheim Convention Center. It was a magnificent display of how creative healing can take place through trance. Zeig's expertly encouraged the volunteer to resolve the issue she presented by using her own strengths and abilities. I didn't wonder about the effectiveness of the experience, because I saw the volunteer's tears, which were initially prominent but later transformed into her resilience, positive perspective, and recognition of her own ability. It could take hours to explain and unpack the different techniques demonstrated in this presentation. It was art presented by a master.

Workshop 1: Francine Shapiro, PhD

Clinical Advances in EMDR (Eye Movement Desensitization and Reprocessing) Therapy

Reviewed by Roxanna Erickson-Klein, PhD, LPC, Dallas, Texas

Francine Shapiro presented to a large audience, some new to EMDR and others who were advanced EMDR clinicians. For those new to the field, anecdotes and films were offered as a useful introduction to treatment methodology for a broad variety of maladies. Those already grounded in EMDR came for reinforcement of their learning and the privilege of seeing Shapiro. What is perhaps most remarkable about Shapiro is the calm, approachable demeanor she maintains, despite her huge following. Shapiro has made a monumental contribution to the field of psychotherapy. Her ideas were harshly criticized when they were first introduced decades ago, yet she effectively kept energy flowing in a direction that invited research of the effectiveness of her methodology. Her efforts resulted in the amassing of a large body of scientific evidence in support of EMDR. One gratifying aspect was to see how effectively Shapiro responded to questions and comments; her ability to remain steadfast and unruffled provides a tremendous model for professional therapists. Overall, this workshop was valuable, both in content and in the manner in which it was conducted.

Workshop 7: Sue Johnson, EDD.

Necessary and Sufficient: The Key Elements of Lasting Change in Couples Therapy

Reviewed by Ruben Battino, MS, Yellow Springs, OH

Sue Johnson is the founder of EFT (Emotional Focused Couples Therapy) and her presentation was a primer on the subject. Johnson cited six key emotions: anger, sadness, surprise (excitement), disgust/shame, fear, and joy. She stated that an essential element for couples is to plug into the basic longing for connections. Part of what EFT therapists do is to change fundamental organizing elements.

Second-order change (outside the system) is needed, and this is done via providing safety in the session, along with new levels of engagement. There are novel ways to engage with a partner. She describes this as a new "dance." Curiosity helps with emotional engagement. Johnson pointed out that repression of emotion is incredibly hard work. There are typically 6-20 sessions with the couple, involving five basic moves. The couple has to feel the emotions in order to change them.

Johnson is an excellent and well-organized teacher, and I felt that I had learned quite a bit by the end of this workshop since it was packed full of practical advice.

Workshop 14: Donald Meichenbaum, PhD

Treatment of Individuals with PTSD and Co-morbid Psychiatric Disorders: A Constructive Narrative Perspective.

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

In his characteristic style, Donald Meichenbaum made his thoughts memorable, and illuminated a different perspective about alternative treatments to PTSD. Meichenbaum believes in the resilience of people to overcome and to transcend PTSD. He was at his best -- being both his provocative self, and demonstrating how deeply he cares. He showed how caring and the willingness to discover in the moment makes a powerful difference. His clients clearly find hope, healing, and change because of his belief in them and his deep compassion.

Workshop 30: Bill O'Hanlon, MS

Out of the Blue: Six Non-Medication Ways to Relieve Depression

Reviewed by Ruben Battino, MS, Yellow Springs, OH

Bill O'Hanlon is a master presenter whose carefully organized slide presentation was a teaching method par excellence. It offered a history of the subject, which was linked to many research references, so that you could continue to study on your own. O'Hanlon's six "ways" are based on solid science.

Briefly, the six ways, which were presented in detail, are: (1) walking out of depression-land; (2) undoing depression; (3) shifting the relationship to depression; (4) challenging isolation; (5) a future with possibilities; and (6) restarting brain growth -- a neurogenic/neuro-atrophy hypothesis. O'Hanlon's most recent book, *Out of the Blue: Six Non-Medication Ways to Relieve Depression* (Norton Professional Books, 2014), covers this subject. One thing that specifically helps people recover from depression is regular aerobic exercise. At the beginning of his presentation, O'Hanlon pointed out that there is no evidence that depressed clients have imbalances in brain biochemistry that can be corrected by medication. Many others have made this point as well, including Michael Yapko and Nick Cummings.

O'Hanlon's straightforward and uncomplicated way of teaching how to be more effective with depressed clients is to be treasured.

Clinical Demonstration 11: Ernest Rossi, PhD and Katherine Rossi, PhD

Mind-Body Healing Experience

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

In this demonstration, Ernest Rossi was even better than his usual self. Attendees were ready to have a healing experience prompted by him. He offered his typical trance to those who wanted to participate, demonstrating how to use his 4-Stage Creative Process to facilitate problem-solving. When I came out of the trance, I noticed many of us had tears on our cheeks. It was a memorable experience, guided by a master who also taught how to utilize the same techniques with others.

BOOK REVIEW

The Beginner's Mind **Reviews of The Collected Works** **of Milton H. Erickson**

Edited by Ernest Rossi, Roxanna Erickson-Klein and Kathryn Rossi

Milton H. Erickson Foundation Press
 Phoenix, Arizona, 2008-2014
 17 Volumes

Reviewed by Richard Hill -- MBMSc, MEd, MA, DPC, Gordon, Australia

The Collected Works of Milton H. Erickson is not just a typical chronology, it is a journey. Each of these volumes brings the reader along with the master as he expresses a theme or shift in perception. Beginning with his earliest research in the 1920s through to his final years, we witness Erickson tease apart the nature of the process, practice, and benefits of therapeutic hypnosis.

Sometimes it's like reading an adventure novel. Drama, mystery, and suspense are created through case studies. We literally feel along with him, as he tunes into his patients to help them discover their own unique healing. At times I was breathless, poised at the end of a page, eager to turn to the next. But, where fiction is organized as an intentional fabrication of reality, for Erickson and his patients, this was reality -- brazen, brash, unpredictable -- yet all the while conducted within the safe containment field of therapeutic hypnosis. Published papers, conference presentations, transcriptions of recordings of actual sessions, interviews and conversations, anecdotes, fragments of notes, and comments all come together to reveal the intention of each volume.

Erickson proposed many original ideas, including the possibility of the mind's influence on biological functions to generate healing processes. Early on, he exemplified this idea firsthand when at 17 he paddled the lakes and rivers of Wisconsin to regain strength after a serious bout with polio (Vol 1, p. xi). In later life, due to post-polio syndrome, he would distract, displace, and reinterpret pain that often wracked his body (Vol 1, pp. 201-208). His prescient thinking is being validated by modern scientific research and the editors have wisely included some of this current material.

Rossi developed an understanding of the deeper biology of how these changes might come about. The science of Psychosocial Genomics (Rossi, 2002; Hill, 2012) emerged to explain the nature of activity-dependent gene expression as a response to non-invasive treatments, such as psychotherapy and therapeutic hypnosis. It is fitting that *Volume 1* begins with a paper from Rossi describing the neuroscience of therapeutic hypnosis and the propositions of psychosocial genomics. The reader receives the necessary background to appreciate the forethought in Erickson's writing.

This overview begins a series where each volume will be reviewed, and recent breakthroughs in neuroscience, biology, epigenetics, and psychosocial genomics are incorporated to further highlight the prescience of Erickson's original works. Future reviews will offer more detailed insights and highlights as they appear to this beginner's mind. Following are the volume titles with one or two defining elements.

Vol 1: The Nature of Therapeutic Hypnosis engages us in the early process and ongoing progress of Erickson's investigations into therapeutic hypnosis. We are introduced to his "beginner's mind."

Vol 2: Basic Hypnotic Induction and Therapeutic Suggestion includes a detailed transcript of a trance induction with commentary and discussion by Haley and Weakland.

Vol 3: Opening the Mind: Innovative Psychotherapy. Erickson, Rossi, and Moore (Erickson's personal physician) answer Rossi's question in his last meeting with Erickson: "How can I have an open mind?"

Vol 4: Advanced Approaches to Therapeutic Hypnosis covers creative, adaptive processes utilized by Erickson. The confusion technique and the use of psychological shock to "facilitate new identity creation" are among the many intriguing approaches and case studies described.

Vol 5: Classical Hypnotic Phenomena, Part 1: Psychodynamics teaches fundamentals of hypnosis from papers published in the 1930s and '40s, interestingly punctuated by a 1973 conversation between Erickson and Rossi and a 1962 paper co-written with Allan Erickson.

Vol 6: Classical Hypnotic Phenomena, Part 2: Memory and Hallucination expands Erickson's work with other researchers, including Erickson's wife, Elizabeth, Stephen Lankton, and Ernest Rossi, who provides a description of the Psychosocial Genomic Healing Response he developed.

Vol 7: Mind-Body Healing and Rehabilitation reveals Erickson's pioneering approach to biological dysfunction, pain, rehabilitation, and healing. Rossi describes the current scientific foundation of mind-body healing and rehabilitation, including brain plasticity, gene expression, and the facilitation of natural internal healing processes, supporting Erickson's intuitive genius, prescience, and continuing relevance.

Vol 8: General and Historical Surveys of Hypnosis offer a historical exposition of therapeutic hypnosis. Erickson's book reviews from the '60s are truly fascinating, showing his capacity to compliment and praise, as well as his erudite ability to be scathing.

Vol 9: The February Man describes this famous case study. The explanations and discussions between Erickson and Rossi as they review the transcribed recordings of the sessions are riveting and informative.

Vol 10: Hypnotic Realities: The Induction of Clinical Hypnosis of Indirect Suggestion is another previously published case. *Hypnotic Realities* is reproduced in its original font and form. Also included is a valuable introduction from the editors and a concluding chapter by Ernest and Kathryn Rossi, updating the science of suggestion as an implicit processing heuristic.

Vol 11: Hypnotherapy: An Exploratory Casebook is the third of four books written by Erickson and Rossi. It's like attending a private master class with Erickson -- preserved in time on the written page. Transcripts of more than 20 cases offer readers a direct experience with Erickson's therapeutic practices.

Vol 12: Experiencing Hypnosis: Therapeutic Approaches to Altered States is the fourth book by Erickson and Rossi, where Erickson trains Rossi in clinical hypnosis. Transcripts of Erickson's casework are discussed and annotated by Rossi throughout. As Rossi learned then, we can learn now.

Vol 13: Healing in Hypnosis is the first of four volumes that bring together Erickson's seminars, workshops and lectures. Florence Sharp began collecting audio and written records in the '60s, which resulted in these fascinating transcripts of Erickson "live." The opening chapter is biographical, not only describing Erickson's upbringing, but also his emergence as a therapist.

Vol 14: Life Reframing in Hypnosis demonstrates how Erickson's naturalistic and utilization approaches directly engage reframing, which is an important mark of his work. Erickson developed an extraordinary sensitivity and observant capacity to know what was available to be utilized. This volume prepares the reader for developing his/her own observant sensitivity.

Vol 15: Mind-Body Communication in Hypnosis provides an understanding of the connections between mind, brain, and body, and how they can affect each other. Erickson is the classic Wounded Healer, and truly understands how the mind can generate healing through our physiology.

Vol 16: Creative Choice in Hypnosis is probably my favorite volume because it deals with the creative interplay within Ericksonian therapeutic hypnosis. Understanding how to be aware, responsible, and yet improvising and non-directive is the gift of this wonderful volume.

Vol 17: The Wit and Wisdom of Milton H. Erickson is not yet completed, but I consider this to be the perfect conclusion. Erickson was well known for his wit and wisdom and the retelling of Ericksonian stories is always a joyful and

C D R E V I E W

Milton H. Erickson, MD Discusses: The Therapeutic Perspective and Multiple Personality

Audio CD with transcript

A SCSEPH Archives Teaching Audio CD
From the Archives of The Southern California Society
for Ericksonian Psychotherapy and Hypnosis
1440 E. Chapman
Orange, CA 92866
949-495-1164 FAX 949-249-5681
info@SCSEPH.com www.SCSEPH.org

Reviewed by David L. Hargis, PhD, McKinney, Texas

Track 1, *The Therapeutic Perspective*, is a recording of a training seminar with Erickson in which he responds to a question concerning basic assumptions he made regarding his patients and some of the main elements of his therapeutic perspective. The focus is on the nature of conscious and unconscious levels of functioning. Erickson takes the participants through the developmental steps of learning to walk, focusing vision and hearing, and learning the nuances of language at both conscious and unconscious levels.

I found this CD to be interesting, educational, and enjoyable. The listener will experience what it was like to be in one of Erickson's teaching seminars. The at-

While listening to his description of how he identified when a patient shifted personalities, I wondered what it would take to teach my own students to build their observational skills to this level.

attention to observation and detail that Erickson is noted for is evident. I found it amazing and was challenged to emulate his behavior. In the first part, we hear Erickson's descriptions of what it took for him to consciously learn how to walk (normally an unconscious process) following paralysis from polio.

Track 2, *Multiple Personality*, is a discussion with Erickson concerning his experiences with patients who had multiple personalities. He describes how the behaviors of the personalities played out in the patients' lives. His description of the treatment reveals some of the fascinating insights Erickson had into his patients' issues, as well as some of the difficulties in working with patients with multiple personalities.

Of particular note in the second track is Erickson's ability to recognize major shifts in personalities based on nonverbal behavior, such as the way a person walks down stairs. While listening to his description of how he identified when a patient shifted personalities, I wondered what it would take to teach my own students to build their observational skills to this level. I found it difficult to follow some of Erickson's thought processes and wondered if it was part of his famed confusion technique. Erickson was willing to try different interventions with patients, some of which by today's standards would pose ethical questions. At the same time, the patterns of utilizing what the patient presented to him and the attempts to get the personalities to work together are still relevant in today's practice.

I recommend this CD for several reasons. It is of good quality and the listener can gain a greater appreciation for Erickson's teaching seminars. Also, the exposure to how Erickson paid attention to verbal and nonverbal as well as conscious and unconscious communication and processing are invaluable for practitioners.

C D R E V I E W

Relaxation Techniques for Reclaiming Natural Sleep

40 minutes

Relaxation Techniques for Healing Allergies
27 minutes; plus 26 minutes of music

By John Lentz, D. Min

Crown House Publishing Co., LLD
www.crownhousepublishing.com

Reviewed by Annellen Simpkins, PhD & C. Alexander Simpkins, PhD, San Diego, CA

John Lentz, D. Min has a unique skill set. He is an accomplished therapist, a master hypnotist, and an educated man of God. He expertly weaves his skills throughout his CDs to help people heal body problems by enlisting mind and spirit. As an Ericksonian hypnotherapist, Lentz aptly applies Erickson's mantra: "Your unconscious is a lot smarter than you are." But, what makes Lentz's approach so original and broadly helpful, is how beautifully he integrates learning to allow unconscious wisdom, while also embracing God's love. Lentz incorporates scientific research along with sacred teachings to gently guide listeners in how to utilize the best of both worlds for therapeutic healing.

In *Relaxation Techniques for Reclaiming Natural Sleep*, Lentz begins by touching on many of the reasons why people lose sleep, thereby activating the listener's sense of being understood. He then clarifies that sleep problems often involve an attempt from the unconscious to get our attention in the only way it knows -- by depriving us of a fundamental need like sleep. From the beginning, Lentz teaches how the problem is really a signal from a wiser unconscious that is trying to be helpful in bringing about change. The key to recovery is in learning to set the natural unconscious wisdom to help, and here Lentz artistically links mind, body, and spirit: "You can make the path more easily taken by consciously letting go and trusting the part of you that is moral and honest—your spirit part." Through awareness of God's presence, listeners gain the inner resources they need to hear to their unconscious and resolve the problem.

In *Relaxation Techniques for Healing Allergies*, Lentz begins by sharing his compassion for sufferers, offering his prayers that the listener will be relieved. He explains how scientific findings reveal self-hypnosis to be significantly helpful for allergies. Allergies are the body's over-response, so if your body responds less, it can alleviate symptoms. This is a key benefit of hypnosis, and Lentz gently leads the listener into a deeply relaxed trance. He suggests ways in which little trances can be used throughout the day to lower the body's overreaction. In all these CDs, Lentz encourages listeners to trust themselves, and allow the unconscious to do what it knows how to do naturally. With subtle use of complex suggestions about more and less, Lentz mobilizes multiple modalities in conjunction with God's blessings shining through to help. We can become One with God, and thereby find peace, stillness, and unconscious healing. A second track of soothing music provides listeners with a perfect backdrop for trance, to allow unconscious work to deepen.

Interspersed suggestions reveal Lentz's technical expertise with trance induction and utilization, which is the core of these CDs. His voice is melodic, inviting, and caring as he uses careful spacing of words and inspiring metaphors that convey safety, compassion, and spirituality. These CDs are a wonderful resource for religious clients or anyone with a spiritual feeling about life. We have already recommended these CDs to friends and clients, and are sure you will find them helpful too.

C D R E V I E W

Hypnosis with Children**Featuring Milton H. Erickson, MD & Irving Secter, DDS**

Audiotaped in Chicago in 1958
60-minute audio CD

Available through The Southern California Society for Ericksonian
Psychology and Hypnosis (www.SCSEPH.org)

Catalogue # EY CD1 HC, \$15

Reviewed by Roxanna Erickson-Klein RN, PhD., Dallas, Texas

Hypnosis with Children is a rare archival audiotape of Milton Erickson, MD and Irving Secter, DDS, in which they present an advanced hypnosis seminar at an American Society of Clinical Hypnosis (ASCH) meeting in Chicago in 1958. The audio is a bit difficult to understand, however, the content is fascinating. The recording is in two tracks. The first track is a 20-minute introduction by Erickson about how to work with children, and a description by Secter on how he applies techniques to children in the dental office. In the second track, Secter gives a demonstration using an adult volunteer, followed by Erickson's 10-minute commentary on the demonstration.

Erickson speaks with a force and style not evident in his later years, taking a stance of conviction in his recommendations to engage a child in a particular manner. Justified with reason and logic, Erickson expresses that the most effective way of inducing trance in a child is to set the stage so that the child wishes to "join in" with the hypnotherapist. Erickson explains how a child's experiential needs, propensity for eidetic learning, and involvement with play and imagination naturally facilitates the hypnotic process. Erickson emphasizes to *not* "tell children what to do," but rather "invite" them in a manner in which participation is an ac-

Erickson respectfully comments on some effective elements, and then takes exception to Secter's comment, "Any smart child can learn this."

tive choice. He repeatedly stresses that, "Children do not have the rigid limitations of adults...give them the freedom of doing it their own way." He also underscores the importance of allowing sufficient latitude for children to use their own imagination and memories, as opposed to having the hypnotherapist make specific suggestions that are less likely to fit. Erickson illustrates his style of suggestion to a child: "Can you see the puppy over there? What does it look like? Is it rolling over or wagging its tail? Can you hear it barking?" In this way, the subject is invited to use recollection, and auditory and visual memories to "join in with the *pretense* of seeing the image," which capitalizes on the natural tendency of a child to want to be part of the fun.

Secter uses a distinctly different approach. His substantial clinical experience facilitated the development of his own style, which he describes without addressing how it differs from Erickson's. Often incorporating many of the "mistakes" Erickson advised against, Secter expresses the validity of his own approach. This is illustrated with a volunteer subject to demonstrate delivery of suggestions.

Upon completion of the demonstration, Secter invites Erickson to critique his clinical style. Erickson respectfully comments on some effective elements, and then takes exception to Secter's comment, "Any smart child can learn this." Erickson remarks on how children often present with "a tremendous feeling of inferiority." Using a comment that today would be considered politically incorrect,

Erickson explains, "Any dumb child can learn this, even some of the smart ones," thus presenting a beautiful double bind.

The give-and-take between these two historical giants offers a chance for reflection on the power of a common desire to bring hypnosis forward at a time when it was scarcely accepted by the medical establishment. The contrast between Secter's direct approach and Erickson's indirect style is fascinating. Overall, I found *Hypnosis with Children* to be enjoyable and useful for its historical value and practical applications. It's well worth the effort to attend to in close detail.

EVOLUTION

continued from page 13

Rossi then offered to help one of those who hadn't been able to resolve the issue they brought to the group experience. The volunteer was perfect, because he explained how he was blocked, yet in the end, he resolved his issue. Watching Ernest and Katherine Rossi work together to help this man was one of those events that made Evolution 2013 wonderful.

Invited Address 5: Scott Miller, Ph.D.

The Evolution of Psychotherapy: An Oxymoron

Reviewed by Ruben Battino, MS, Yellow Springs, OH

Is the *evolution of psychotherapy* an oxymoron? Has it really evolved? In an excellent presentation, illustrated with slides and backed by research, Miller posited that there has not been an increase in effective outcomes, at least since the 1985 Evolution Conference. There are fewer people in therapy now, and income for therapists has dropped. The medicalization of psychotherapy has been a major determinant.

Here are some Miller gems:

Models do not do therapy, therapists do therapy.

We overestimate our effectiveness (all therapists do this).

Practicing therapy outside of sessions improves outcomes.

Spend more time restudying the basics, including mistakes.

Plan and rehearse ways of improving your therapeutic skills.

It is Miller's thesis that continuing practice and constant evaluation of your work will make you more effective. Also, the beginning and end-of-session questionnaires (available at www.scottdmiller.com), enhance effectiveness. An inspiring presentation!

BEGINNER'S

continued from page 14

valuable experience.

There is little doubt that this collection is an excellent history of the research and practice of Milton Erickson. Yet, I found it to be more. *The Collected Works*, for me, are a personal journey. Not only am I informed, but I also had the opportunity to experience the wonder, fascination, and tremendousness that, as Rossi explains, are the necessary elements to facilitate neural plasticity and activate gene expression and protein synthesis. This is how we generate personal growth and development. Jeffrey Zeig states, "He was consistently working, consistently being Milton H. Erickson, which entailed having the most profound experience he could with whomever he was sitting with" (Vol 1, p xi). This spirit, I believe, lives on through these wonderful volumes.

Hill, R. (2012). Psychosocial Genomics: A new vision of the psychotherapeutic arts. *Energy Psychology*, 4(2): 47-58

Rossi E. L. (2002). *The Psychobiology of Gene Expression*. NY: W. W. Norton.

BOOK REVIEW

Improve Your Writing with NLP

By Judith E Pearson, PhD

Published by Crown House Publishing Limited

Copyright 2013

190 pages

ISBN 978-184590861-4

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

Judith Pearson has a lot of people who believe in her and this book, and they are right in doing so. She has produced a book that has found its niche and speaks well to potential writers. Even O'Hanlon, who has written on how to get published, has praised her. Pearson doesn't disagree with O'Hanlon, but she offers a fresh look at the writing process and fills in on subjects he hasn't addressed.

You will find some real surprises in this book. First, how well the author has adapted NLP techniques from Steve Andreas to specifically address the act of writing, so that you can improve your own writing style. She utilizes strengths you already have and improves on what you are doing as you overcome the blocks to good writing.

In the introduction, Pearson discusses how NLP can help you become a better writer, and does so with flair, setting the stage for the rest of the book. In Chapter

1, *How Does it Feel to Be a Writer*, she offers practical advice about what to do, where to do it, and the steps to take before writing. She even addresses the spiritual aspects of writing, in a clear and practical way.

Chapter 2 deals with what you would expect in this type of book, such as organization, previewing, writing, evaluating, and revising, but it does so with a twist, by inviting you to do it in a trance.

Chapter 3 may be worth the price of the whole book. Pearson addresses the mindset for writing, and uses Disney as a model. It is memorable, practical, and useful. This mindset may revolutionize your work because of how easily you will find yourself adapting ideas that assist thinking.

Chapters 4-9 flesh out the day-to-day aspects of the Disney model in practical ways that will most likely become second nature because they prove to be so helpful. Pearson helps you avoid some common writer's blocks that come from not employing practical techniques, and she helps you to keep your reader in mind. Chapter 10 is about how to write hypnotically -- something Pearson has been leading up to throughout the book. Appendix A is more than 30 pages of carefully thought out worksheets, with steps to get you to your goal of writing. Pearson takes the chore out of writing a book and makes it more like following a recipe. Appendix B is a writer's guide to the NLP Metamodel.

Using her NLP skills, Pearson has written a book that demonstrates how to write better using the Metamodel and some additional techniques she picked up along the way. It is well written, useful, and may help readers who are blocked because the task of writing seems too daunting, to get published.

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ZEIG, TUCKER & THEISEN

PUBLISHERS IN THE BEHAVIORAL SCIENCES

WILLIAM
GLASSER
Champion of Choice



Jim Roy

"Roy should be commended for his ability to capture the essence of William Glasser in this eminently readable book."

—Wade Luquet, MSW, PhD

Associate Professor of Human Services, Gwynedd-Mercy College
Author of *Short-Term Couples Therapy: The Imago Model in Action*

WILLIAM GLASSER: Champion of Choice

A biography by Jim Roy

William Glasser did not just have a profession, he had a mission—to empower people through choice, free will, and self-determination. He envisioned a better world, and the weighty issues he tackled reflected that—the definition, diagnosis, and treatment of mental illness; the explosion of psychotropic drugs; addiction and self-medication; failing marriages and the high divorce rate; disconnected families; crime and crowded prisons; underachieving students and marginal schools; and worldwide political oppression and violence.

2014 / 420 Pages / 6 x 9 / Paperbound / Illustrated
ISBN 978-1-934442-47-0 / \$22.95

ZeigTucker.com

BOOK REVIEW

The Therapist's Treasure Chest Solution-Oriented Tips and Tricks for Everyday Practice

Andreas Caby & Filip Caby
Jenny Plening (translator)

W. W. Norton & Company, 2014
345 pages
ISBN 978-0-393-70862-2

Reviewed by Rubin Battino, MS, Yellow Springs, OH

When is a treasure chest a treasure for therapists? Answer: When it is full of endless gems of practical, clearly explained interventions. This is a book that you will read, reread, and consult, not only when you are stuck as to what to do with a given client, but also for its pragmatic and common sense interventions. As you read through Part 2 you will find yourself saying, "Yes, that is going to work with this client. And, I can use a slight variant of that for my other client."

Both of the authors work primarily with children and adolescents. Yet, most of the interventions they describe can be used with clients of any age, and with couples, families, and groups. This is a remarkable achievement.

The book is divided into four parts. Part 1, Opening the Treasure Chest, provides a theoretical framework based on Solution-Focused Therapy. Part 2, The Interventions, is the longest section of the book. Each intervention has five parts to systematically describe how the particular intervention can be used: Idea, Method, Tips, Indication/Contraindication, and Setting. Part 3, Indications: What Works Best When? is arranged alphabetically by disorders and behavioral problems. Part 4, Seemingly Hopeless: Mastering Particularly Tricky Situations, discusses how especially difficult clients may be helped. In each part there are several cases which illustrate how the intervention can be used.

Solution-focused and Narrative Therapy, which are used extensively, rely on asking questions. Here are some questions from p. 160:

Is there anything positive you can take away from your past?

What helped you to survive your past?

How did you manage to overcome all of that?

How did you manage to prevent it turning out much worse than it did?

What aspects of your past might you still need to find a new solution today?
What worked even at the time?

The Cabys use many objects that work from Impact Therapy, by providing kinesthetic anchors, as well as opportunities to reframe situations. An excellent example of this is the myriad uses of chairs described on pp. 145-151.

The Miracle Question and As-If prescriptions are well represented. For the former, clients describe in detail what their life would be like post-miracle, in terms of their own behavior and in relation to what significant others observe. For the latter, acting as if your life has already changed, reifies those changes both mentally and kinesthetically.

The ideas and interventions in this book are solidly based, both on the authors' extensive experience and literature studies; they are not theoretical, but practical and tested.

Why not give yourself a gift -- buy this book, study it, and let it expand your skill set. It's not every day that treasures are so easily obtained!

BOOK REVIEW

The Portable Mentor: Expert Guide to a Successful Career in Psychology

Mitchell J. Prinstein and Marcus D. Patterson: Editors.

Springer, 2013
ISBN 978-1-4614-3993-6
New York

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

The Portable Mentor is a professional development handbook edited by two former chairs of the American Psychological Association of Graduate Students (APAGS) that gives practical guidelines for the first decade of a career in psychology. This book is extremely useful because it provides readers with an enormous amount of information. The following are highlights from the many chapters.

Chapter 2, "Deciding to Apply and Successfully Gaining Admission to Graduate Schools in Psychology," is beneficial because the authors present a thorough description of practical career options from six fields (summarized in a chart): Social Work, School Psychology, Counseling Psychology, Psychiatry, Clinical Psychology, and Industrial and Organizational Psychology. Organizations and websites associated with each field are also included.

Chapter 3, "The Whys and Hows of the Scientific Path in Applied Psychology," caught my attention because I remembered the time I spent in training for my degree as an Ericksonian psychotherapist. Hayes and Berens state, "In most areas of human skill and competence, *know how*, comes in two forms, and psychology is no exception" (p. 47). During my training, my know-how came from practicing hypnotic trances with my classmates, and the knowledge I received was best acquired in part through verbal rules, such as when permissive language is used during the induction.

In Chapter 4, "Advancing Understanding of Cultural Competence, Cultural Sensitivity, and the Effects of Cultural Incompetence," my interest was piqued by the beginning quote by Margaret Mead, who drew attention to the vast differences in cultures around the world.

Chapter 5, "Developing and Practicing Ethics," presents readers with three hypothetical situations, as well as similarities and differences in Ethics Codes.

Chapter 6, "Balancing Career and Family," is useful in providing readers with specific strategies for dealing with obstacles for achieving balance. I enjoyed the examples of these strategies, such as how household responsibilities can be distributed.

Chapter 9, "Presenting Your Research," addresses writing. Since I have attended and presented at conferences sponsored by the Milton H. Erickson Foundation, I am aware of the importance of preparing and conducting presentations. This chapter is an excellent source of ideas regarding what materials to have on hand, as well as the importance of practicing your presentation.

Chapter 10, "Publishing Research," was a pleasant surprise with myriad references regarding standards for publishing, such as those provided by APA and AERA (American Education Research Association).

You may want to highlight much of Chapter 14, "Training to Begin a Private Practice," because it covers topics such as, "Questions to Ask When Considering Joining a Group Practice" (p. 206), and the business side of private practice.

This excellent book also covers topics such as Recommendations for a Post-doctoral Fellowship, The Job Search and Employment, and Trends in Psychology.

In one chapter, Philip G. Zimbardo, PhD. provides a valuable contribution in Public Education of Psychology. How to write a book and arrange a publicity tour are covered. Zimbardo also recommends writing a press release. Reviewing this book has been a wonderful experience. I highly recommend it.

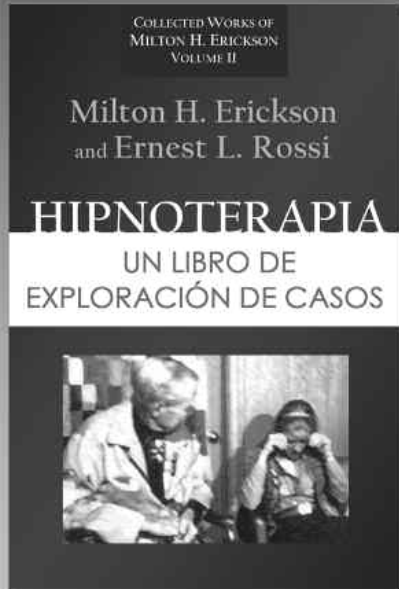
Ahora accesibles en español!

Estas tres obras clásicas de Milton H. Erickson y Ernest L. Rossi han sido recién traducidas al español y ya se encuentran disponibles en nuestra editora, The Milton H. Erickson Foundation Press.

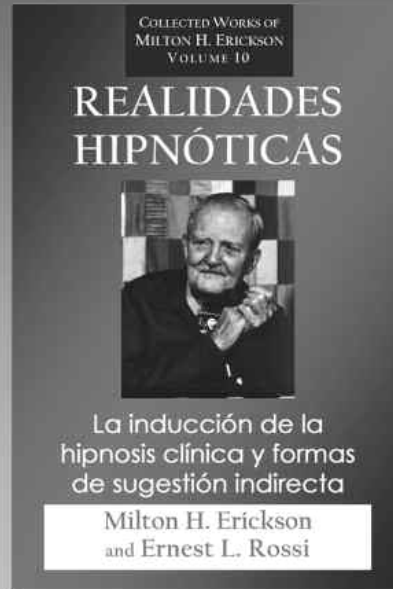
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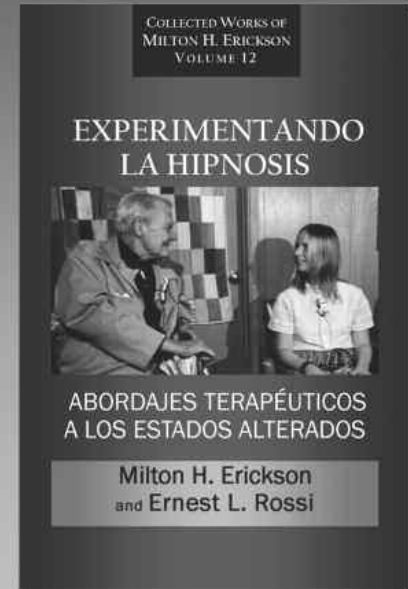
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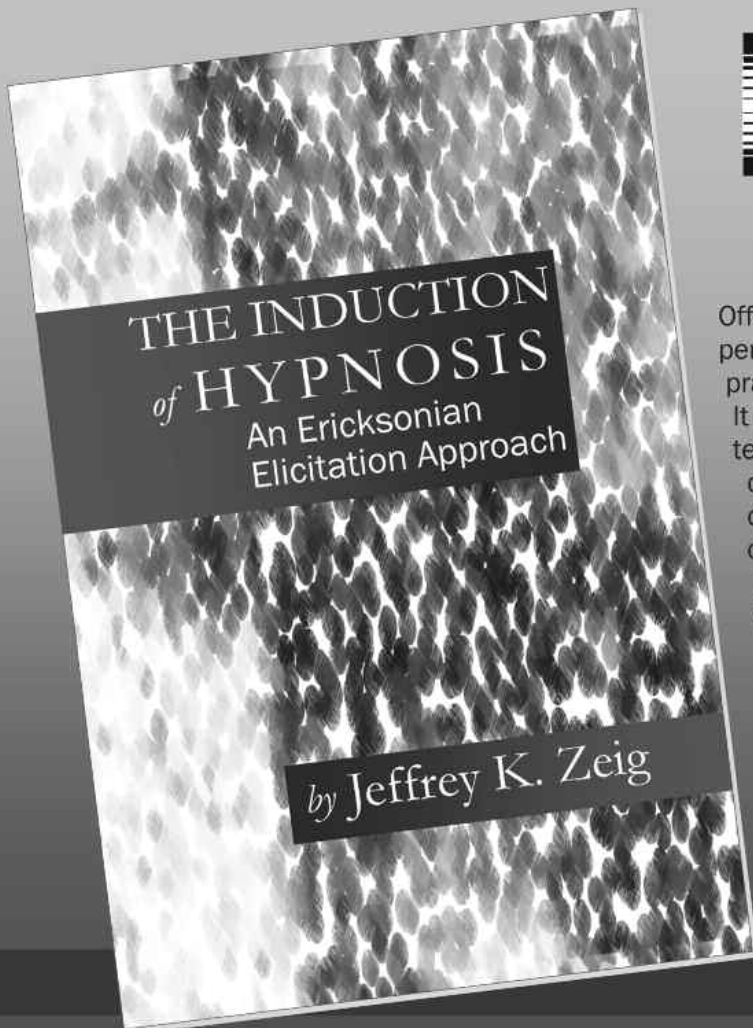
Now Available!!

Offering a new fundamental model of hypnosis from an Ericksonian perspective, this book is valuable to the beginning and intermediate practitioner who wants to add hypnotherapy into clinical practice. It provides a comprehensive genealogy (an Ericksonian family tree), testimony to Dr. Erickson's significant influence; deconstructs the key concepts of hypnosis; presents real-life cases, dispels myths; and demystifies the process of eliciting trance. It also compares and contrasts the traditional model of hypnosis with the Ericksonian model; delves into hypnotic evocative communication, "the language of hypnosis," and the ARE model of hypnotic induction; and distinguishes between the three aspects of human experience: emotion, moods, and "states," with "states" being the most operative in the elicitation of hypnosis, and effecting generative change.

2014 / 285 pages / 6 x 9 / Paperbound
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BOOK REVIEW

The Yoga and Mindfulness Therapy Workbook for Clinicians and Clients

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

Pesi Publishing and Media
Eau Claire, WI, 2014
155 pages
ISBN: 978-1-036128-83-9

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

This may be the best book you never knew you needed, unless you already completely understand the benefits of yoga and mindfulness. If you are aware of these evidence-based practices, then you will easily recognize how helpful this book is because it combines the physical and mental approaches of the East with Western knowledge of neuroscience. Reasons are offered that the described techniques, exercises, and procedures can change lives. This is no simple workbook. This is a step-by-step change-your-life book that provides great instruction, timeless yoga exercises, and profound mindfulness practices, offered in such a way that you are invited to utilize them and become more of who you want to be.

Physically doing things differently is a matter of applying yoga along with mindfulness to rapidly make powerful changes in your brain, mind, body, and spirit.

The Simpkins have used their talent with hypnotic language in writing this book, so that you will feel encouraged to experiment and discover new personal truths. They combined their knowledge of yoga, mindfulness, neuroscience, and learning to create a workbook that will truly touch and change people. It also invites a spiritual revival, no matter what your beliefs. The physical, emotional, and mental dynamics, along with sensitivity, truth, and compassion, invite you to be spiritually renewed. How the Simpkins accomplished all this in 151 pages amazes me.

Part III teaches how to handle stress, lower anxiety, develop inner calm, overcome trauma, and regain confidence, as well as end substance abuse and find fulfillment. I recommend glancing at Chapters 11-15 before reading the introductory material in Part I, or even the practices in Part II, so that you will have more appreciation for the application part. The reason for this is that you will discover how incredibly simple yet sophisticated this book is in offering effective approaches. Physically doing things differently is a matter of applying yoga along with mindfulness to rapidly make powerful changes in your brain, mind, body, and spirit.

This book is priceless. Readers will sense that the authors cared enough to create a book that has patience infused into it along with clinical examples. There are easy to do practices, and mental and physical exercises. It is like having a friend next to you along the path as you make significant changes in your life. Even if you thought you were happy or content, you can become even more so by employing these approaches. You will learn things about yourself that you want to learn.

On the back cover, Bill O'Hanlon recommends this book, obviously recognizing its value. I not only recommend it, but I will be studying it. It is my intention to use the wisdom offered to help others.

BOOK REVIEW

Loving With The Brain In Mind: Neurobiology and Couples Therapy

By Mona DeKoven Fishbane

WW Norton and Company, New York
Copyright 2013
ISBN978-0-393-70653-6

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

You know this book is going to be good when you learn it is part of the Norton Series on Interpersonal Neurobiology and that the Foreword is written by Dan Siegel.

Mona DeKoven Fishbane has created an intelligent classic -- 266-pages packed with useful information, (including 40 pages of references and an index) that will enlighten therapists for years to come.

She does not say her way is the best or only way, but it is a way to explain what is going on with the couple through the neurobiology of the interactions.

As the basis to teach the interface between neurobiology and couples therapy, Fishbane follows a typical couple struggling with relationship issues. Focusing on the behavior of the same couple throughout the book makes it easier for the reader to understand and remember the changes that occur. Fishbane has also created a platform from which to share the latest research on the brain and love, why we argue, and why it is so difficult for some to change.

I found this book to have a wonderful continuity, even though at first the chapter titles did not seem cohesive. Yet after reading the six chapters -- Couples in Distress, Brain 101, and The Emotional Brain, Wired to Connect, Love and It's Discontents, and Gender Matters -- they made perfect sense, seamlessly transitioning from one to the next, which confirms how gifted Fishbane is in writing.

I loved the little facts and bits of wisdom sprinkled throughout the text. For instance, Fishbane writes, "Naming the feeling can help transform an overwhelming sense of emotional arousal into a more manageable state" (p. 137). In this chapter, the author discusses how to lower irritation and hyper-arousal in couples who are fighting, making a case for the benefits of self-observation.

Using examples of how she assists couples, Fishbane comes across with such openness and sincerity that it made me like her and her work. She does not say her way is the best or only way, but it is a way to explain what is going on with the couple through the neurobiology of the interactions.

Fishbane totally won my heart by quoting Martin Buber, as well as prominent neuroscientists. I feel she is a kindred spirit -- as if I now have a friend in couples therapy and neuroscience. When the reader realizes how much effort it took to create this text, they are even more likely to feel awe and appreciation for what Fishbane offers.

I not only recommend this book, I have also quoted from it on numerous occasions. On the backside, there are words of written appreciation from John Gottman, Sue Johnson, Froma Walsh, and Dan Wile. Fishbane has given therapists an extraordinary gift, and after reading this book, I think readers will agree.

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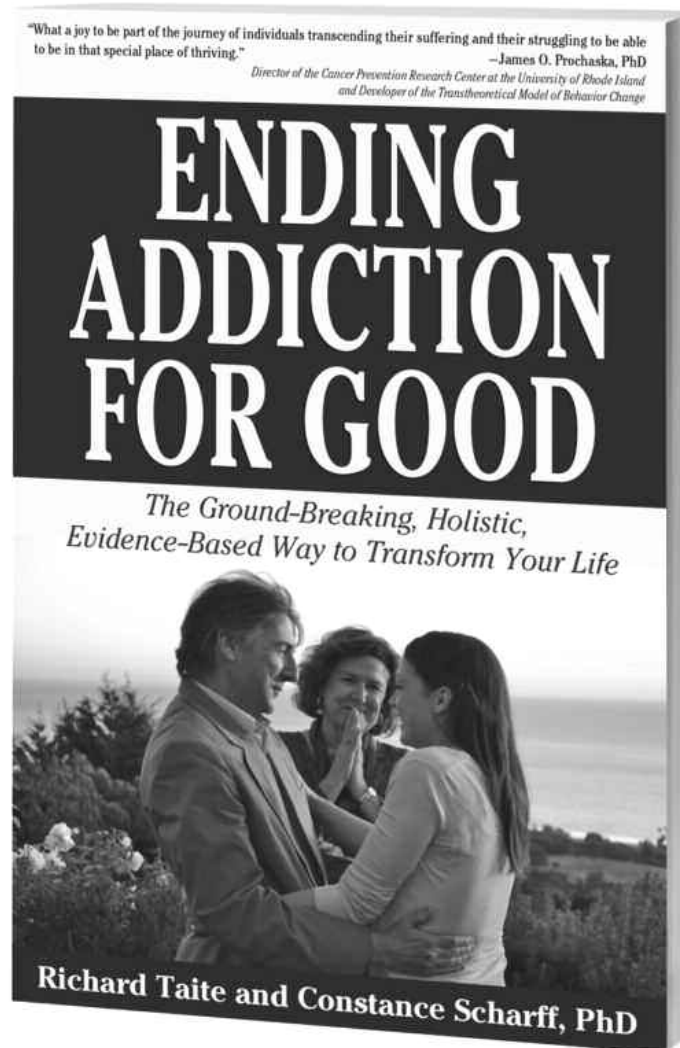
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Ending Addiction for Good may well be the most important book dealing with alcoholism and drug addiction to come along in years. Drawing on their own histories of addiction recovery, authors Richard Taite and Constance Scharff, Ph.D. examine the unique and highly successful treatment protocol practiced at the Cliffside Malibu Treatment Center.

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D V D R E V I E W

Engaging the Ambivalent OCD Client With Reid Wilson, PhD

Psychotherapy.Net
Mill Valley, California
2013
3-Hour DVD
ISBN 9-781601243621

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

In directing and producing this series on strategic treatment of anxiety disorders, Victor Yalom has once again demonstrated that he knows what he is doing. He has set up an excellent demonstration with Reid Wilson by making sure that viewers have the information necessary to appreciate what they are about to witness. Also, he has creatively arranged the video in ways that maximize attention and learning. Yalom has become a master at creating learning DVDs that capture experienced therapists demonstrating their expertise.

Demonstrating his expertise is exactly what Wilson does in this live session with woman with OCD. Since the average OCD client is generally ambivalent about recognizing the disorder, Wilson demonstrates how to work with this mindset and offers a method that can be applied to a whole range of anxiety-related disorders. Recently, I applied the method with two clients struggling with agoraphobia. I am planning on applying Wilson's approach with a ritual hand washer.

At first you might wonder if the client truly fits the OCD diagnosis, but as you watch the video you can easily recognize how much she has hidden it from herself and others, and just how much time this disorder has stolen from her.

Wilson demonstrated his uncanny ability to zero in on what is important and guide his client to purposeful change. It is obvious that he takes his client seriously. Within two sessions he will produce demonstrable results.

The sessions are explained and clarified by Wilson at strategic moments to make the experience clear and helpful. By stopping the video at key times to let Wilson teach what he is doing and why he is doing it, Yalom has well-orchestrated the learning experience. Wilson and Yalom have captured how difficult it is to work with an ambivalent client. At first you might wonder if the client truly fits the OCD diagnosis, but as you watch the video you can easily recognize how much she has hidden it from herself and others, and just how much time this disorder has stolen from her. I felt grateful to Wilson for teaching me valuable lessons, and for Yalom in recognizing the sessions as useful for a broader audience.

Part of what I liked best about this three-hour DVD was the shift from teaching to demonstration. Perhaps what I liked even more was being able to see how much Wilson cared about his client, and how skillful he was in giving assignments that will elicit new ways of thinking and experiencing. The use of these methods can open up healthy ways of relating and being that have been blocked by OCD. Yes, I am a fan of both Wilson and Yalom, but when you watch this video, you will be too. They have done an excellent job. I recommend this DVD. I have and will continue to use what I have learned from it.

INTERVIEW

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not find any evidence for it. He said, "Well David, to tell you the truth, a number of years ago, several of us got together to try to start the field of biological psychiatry. We know there are thousands of substances in the human brain, but the first one we learned how to measure with an assay, was serotonin. So, kind of tongue and cheek, we made up this theory that depression is due to too little serotonin and mania is due to too much. We just wanted to get the field of biological psychiatry going so we could submit grants to NIMH and get funding and start brain research." I said, "That's ridiculous as a basis for a dominant theory in our field. I'm not sure I want to spend my life doing research on something like this." He replied, "Listen David, don't rock the boat. I could get you started testing antidepressants for drug companies. You'll make millions every year. You're already becoming world famous. Don't challenge the system." I told him I don't care about that stuff. I went into psychiatry because I wanted to see people get better, not because I wanted to have millions in grants.

At the American Psychiatric Association meetings I attended, they would say antidepressants cure 85% of patients with depression. I told them, "That is baloney! I treat hundreds of patients -- where are all the cured ones?" Most of my patients were *not* getting better. A few got better; a few got a little better, but many were unchanged and a lot were deteriorating. I decided I had to find some form of psychotherapy to supplement the drug therapy.

MY: I assume that's how you came to cognitive therapy?

DB: At first, I tried several other things. Then, I heard about Aaron Beck and cognitive therapy and the department chairman said, "David, why don't you try this out as a part of your research fellowship?" It wasn't love at first sight, though. Negative thinking causes depression? Change the way people think and you can change the way they feel? I said, "That's like Norman Vincent Peale or Dale Carnegie or some kind of positive thinking stuff. I just know that doesn't work." He said, "Why don't you go to Beck's seminar and try it with a few of your worst patients and just prove to yourself that it

doesn't work." So I began going to a weekly seminar and every couple of days I would present my worst, most suicidal patients. I would get input from the department chairman and I would go back and try it on my patients and they started saying, "Hey, this stuff really helps. This is great. Do you have more techniques?" It was the patients who really sold me on it.

MY: The influence of cognitive therapy is now worldwide. You have been a huge proponent for cognitive therapy for a very long time. In recent years your repertoire has expanded considerably. Has cognitive therapy changed? Have your ideas about treatment changed, and if so, how so?

DB: I don't know if cognitive therapy and cognitive therapists have changed, but my own thinking and that of my colleagues has changed dramatically. First, I want to say I'm deeply indebted to Albert Ellis and Aaron Beck, pioneers who changed the history of psychotherapy. They were brilliant clinicians and they gave us incredible gifts. But, they didn't have all the answers. Cognitive therapy, although it's given us a tremendous amount, hasn't been the entire answer. Not everyone is helped. There are some people who respond quickly, but others seem to just say to therapists, "Yes, but..." So I began gathering data and doing research to try to find out more about the patients who don't respond rapidly. If we could discover what the problem is, then put one, two, or three new dimensions into the treatment to address that, maybe we could develop the psychotherapies of the future.

So along with my colleagues at Stanford and elsewhere, we developed a new approach. We call it "T.E.A.M. therapy," and it's not a school of psychotherapy. Rather, it's an understanding of how psychotherapy works, based on research and clinical experience. What are the ingredients of psychotherapeutic success or failure?

One of the biggest things we've discovered is that motivation and resistance play a great role in our cognitions and perceptions -- in how we think, feel, and behave. I've developed 15-20 powerful techniques to bring resistance to conscious awareness. I use

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these before I use any therapy techniques to melt a patient's resistance. In this way, the patient becomes a powerful collaborator with the therapist. It appears – and we have to get outcome studies to validate this – that we've made an amazing breakthrough in the speed of therapy. This may sound like malarkey, but patients with severe depression and anxiety, many of whom have been depressed for years or decades, are recovering in just one or two therapy sessions, with a complete elimination of their symptoms. We can't do it all the time, but I would say more often than not. It's astonishing and exciting. For us, this motivation revolution is as big and as important as the cognitive revolution was 40 or 50 years ago.

MY: A focus on motivation has been there throughout the history of therapy. People talk about unconscious fears of failure, unconscious fears of success, and secondary gains. People even blame depressed patients for wanting to be depressed because, presumably, they are rewarded. But, you're talking about something different, aren't you?

DB: Yes. Going all the way back to Freud, I want to honor clinicians who have wrestled with issues of resistance and motivation, and tried to develop techniques to deal with it. I think our approach is probably a lot different from what most therapists have previously done. First, we delineated eight different kinds of resistance. We call them "process resistance" and "outcome resistance." And, they're completely different for these four problems: depression, anxiety, relationship issues, and habits or addictions. There is an outcome and process resistance for each of these four targets. Thus, there are eight completely different types of resistance.

Looking at depression, for example, the outcome resistance generally has to do with having to accept something about yourself that you don't want to accept. It might be something as simple as being a perfectionist. You may beat up on yourself every time you make a mistake or fall short of your goals, and you develop relentless self-criticizing and self-blaming behaviors. This creates horrible depression, but often reflects someone's values -- the most beautiful and awe-

some part of that person.

So when we deal with resistance we try to make patients *proud* of their depression, and show them why they possibly should not give it up. This is not a paradoxical trick or an attempt to manipulate the patient. A therapist actually tries to get inside the patient's mind, become that patient's subconscious and discover that perhaps this person should not change -- that this is really a beautiful thing about them. If you can do that in a skillful way, the paradox is that the moment that you sell the patient on the fact that they shouldn't change, suddenly their resistance disappears and they're quite hungry to change. Then, when you swoop in with the techniques...bang! You often hit the ball out of the park right away, rather than struggling and fighting with the patient for months or even years.

MY: Let's use your example of someone who's a perfectionist. You're not labeling the perfectionism as pathology. Rather, you're telling this person that their perfectionism actually has merit.

DB: And it does. And maybe that's something they should be proud of, which accounts for the way they are today. Maybe that's something they would not want to give up.

MY: I assume you're also helping them to develop selectivity, in which perfectionism in this context is okay; it actually makes sense and serves them. But perfectionism in the other context is debilitating.

DB: Absolutely. What we think and the opposite are simultaneously true. There's a healthy and an unhealthy edge to everything. That's why therapists have so much trouble learning to be great therapists, and why patients fall into traps. There's healthy sadness, and neurotic depression. There's healthy anger, and unhealthy anger. There's a healthy pursuit of excellence, and neurotic perfectionism. People get confused about this. Here's an example that might clarify it.

(Note: The case example David provides is wonderful but lengthy. It can be viewed on the video of this interview, available on the Erickson Foundation's YouTube channel

(<http://youtu.be/3NRhRMdGipk>). — MY)

MY: I want to switch topics and ask you about your book, *Feeling Good*. You've contributed something huge and lasting. And, the book is practical. It is brilliantly written, easy to use, and expansive in its ideas. I have to know what your process was in writing it, and how you view the enormous success of this work.

DB: Well, thank you for those kind words. When I went into private practice, at first I had just a few patients and lots of time on my hands. But, I was going to Beck's seminars, and at the start of the seminar I would always present my worst patient. I was getting great input, and I was watching these miracles happen in my practice. I thought, 'Wow, it would be great to share this information with patients.' So, to use my free time, I started writing it up, but also because there's a lot in cognitive therapy that you have to explain to patients, including the basics and the 10 cognitive distortions or self-defeating beliefs like perfectionism. I

thought if I could write the material for handouts to give to my patients, I could then individualize therapy for them. They could do the "grunt work" on their own, reading the handouts, and I could individualize the therapy.

A patient once said to me, "We have all-or-nothing thinking, and 'should' statements, and overgeneralizations, and mental filters. Why don't you give us a one-page list of the 10 distortions?"

So I went home that night and wrote for about 15 minutes, and the next day, handed it to patients. They really loved it. Eventually, one of them said, "You know, you could publish this as a book." That's how *Feeling Good* came into existence.

I think there are a few things about it that made it catch on. The first is that it actually helps those who read it, but I didn't intend it as a self-help book. The other thing is the tone of the book. I have so many depressed patients that I know how they think, so I could speak right to the mind of the reader. That's been a blessing.

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INTERVIEW

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MY: I want to reiterate a couple of key points before we close. It was a really powerful statement on your part to talk about how early on you were challenging the serotonin hypothesis and how much that's made a difference in your view of things. The fact that, here we are all these years later and people are still buying into that hypothesis, despite having no evidence for it, speaks volumes about how glacially slowly this field changes. I also want to highlight what you've done to change your direction, and encourage others to also change direction. With your more recent work in motivation, you've been able to demonstrate what you've added to cognitive therapy by enhancing its value. Is it fair to say that so much of what depresses people, so much of

what makes people anxious, is perspective?

DB: Yes, it's the way we view things. But, also our motivations are just as important because sometimes we want to see things in a particular way. If you *want* to see things in a certain way, you *will* see them that way. And, when you take that into account and develop motivational technology along with powerful techniques to change these distorted thinking patterns, then it's as if one plus one equals 100. There's a kind of a synergistic explosion that we've seen happening, and it's an exciting practical breakthrough in the field.

MY: David, I want to thank you for your time and being so generous in doing this interview.

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