



# THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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## INTERVIEW

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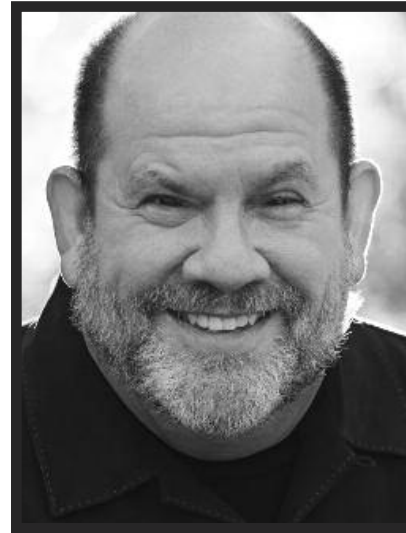
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### STAN TATKIN

Interviewed by Ellyn Bader

**Ellyn Bader:** Stan, I'm happy to be interviewing you. You've been such a good friend and a valued presenter at the Couples Conferences. You've also made an important contribution with the PACT model and have had impact in the world of couples' therapy. Due to your understanding of attachment and neuroscience, your presentations are always well received. You have often said that there's nothing more difficult than a relationship with another person. Since readers may not be familiar with your work, could you please explain this?

**Stan Tatkin:** The interaction that goes on between two people -- especially those in a romantic relationship -- is highly complex, and moves at



lightning speed. Therefore, we can plan how we want to be with someone, but when we "go live" (actually in the interaction) all bets are off. In the moment, we are victims of our automatic brains. We're always hobbled by fundamental problems involving memory, perception, and communication. Things get crazy when we interact because we don't understand that real time is too fast and we're forced into a position to act reflexively and automatically according to memory. And while automation is good for day-to-

day operations, it gets us into trouble when we're in distress and dealing with each other.

Another person is always much harder to deal with than just dealing with our things, tasks, pets, or other nonhuman objects.

**EB: Or our work.**

**ST:** Yes, even our work. Between work and love, love is by far more complex. I often say that pets are easy; partners are hard. In a way, kids are hard, but partners are still harder. In our relationship with our primary attachment -- and I consider romantic relationships as a primary attachment situation -- we become dependent on one another and therefore become deep family. The relationship is mostly governed by procedural memory, and that memory includes everyone and everything of emotional importance in our life.

**EB: Could you please explain the PACT model? And, what does PACT stand for?**

**ST:** PACT stands for A Psychobiological Approach to Couples Therapy.

*INTERVIEW continued on page 18*

## Couples Conference Coming Up

The 2017 Couples Conference ([www.couplesconference.com](http://www.couplesconference.com)) is just around the corner. It will be held March 31-April 2 at the beautiful Manhattan Beach Marriott, California. The theme of the conference is: *Affairs, Addictions, and Deception: Challenging Issues in Couples Therapy.*

"This conference addresses complex issues, such as infidelity, addiction, and pornography," says faculty member, Ellyn Bader. "So often, 'betrayed' partners want quick solutions to complex problems. They pressure the therapist to create rapid behavior change, when what is needed is deeper emotional growth and developmental change. This conference will enable therapists to hold steady in the face of unrealistic pressures from clients."

The 2017 faculty for the conference includes: Janis Abrams-Spring, Daniel Amen, Ellyn Bader, Alex Katchakis, Martha Kauppi, Marty Klein, Rick Miller, Sue Diamond Potts, Stan Tatkin, and Jeff Zeig.

We hope to see you there.

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## EDITOR'S COMMENTS

### Remembering Annellen Simpkins

The human mind, brain, and body are amazing. Most of the time I can't remember where I left my keys, but sometimes, due to psychic shock, buried memories rush forward unbidden. A few months ago, I had such an experience.

Totally unexpected, I learned that on August 9, 2016, Annellen Simpkins passed away. I was shocked, numbed, and confused. Then, a flood of memories swept in.

Years ago, I was sitting in the Erickson suite of the Hyatt Regency Hotel in Phoenix talking with Elizabeth Erickson, Milton Erickson's wife. It was during an International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy and we were reminiscing about Dr. Erickson. Mrs. Erickson was telling me how much he appreciated it when he discovered students who could look at the world unencumbered, as if they were seeing through the eyes of a child. I remember her saying that Phil Barretta was near the top of this list, and that Dr. Erickson saw Alex and Annellen Simpkins as up-and-comers – evolving a contemporary vision as their wisdom matured. I did not know then who the Simpkins were, but I was intrigued, and their names stuck with me.

It was not until many years later, at the 9th International Congress in 2004, that I could see the Simpkins in action. By that time, they were the book review editors for *The Milton H. Erickson Newsletter*, but we had not spent any real time together before that Congress. Out of curiosity, I attended their workshop: *Meditation: From Ancient Traditions to Modern Practice*, and I found it magical. In working together, the couple flowed seamlessly in a beautiful dance -- like Fred Astaire and Ginger Rogers. Each reflected the other's energy to produce a dynamic, exciting presentation. And, it was clear that they were having fun.

These memories fast-forwarded to the 12th International Congress in December, 2015, when I attended their standing-room-only workshop: *Transformation through Neuroscience*:



*Alex and Annellen Simpkins*

*Brain Change for Psychotherapy.* While the topic was heavy on science, the presenters seemed filled with a joy that made the learning playful. Together, Alex and Annellen were a manifestation of hope, healing, and happiness for anyone who connected with them.

During those intervening years, I was fortunate to also experience this dynamic duo as individuals. In reacting to Annellen's death (a tragic loss), my memories turned toward her. She was an amazing person. And although I was aware of her underlying genius and love of learning, I was particularly inspired by her omnipresent "Oh, wow!" factor: that ability to look at the ordinary and see the extraordinary within. It was in those moments that she reminded me so much of Erickson. I remember him being mesmerized by something as simple as a fallen leaf, seeing the wonder and miracle of it. Erickson also firmly believed that there is something of value in people that deserves our full attention and compassion, and he truly wanted to make a difference. So it was with Annellen Simpkins.

In addition to decades of formal education, she was an autodidact – and a gem of the first order, motivated by an unquenchable thirst to understand life from as many different perspectives as possible. And yet, despite her impressive knowledge and therapeutic competency, she did not just *do* therapy, she *was* therapy. Sometimes it even appeared that the techniques she used

might have been distractions for the conscious mind, so that the client's unconscious and spirit could receive from her what it needed. And from my experiences with Annellen, I would have to say that this was her calling. Therapeutic goodness flowed out of her. It was not just something she did; it was a part of who she was.

In my spiritual tradition, I believe as therapists we should abide by this commandment: "Heal the World." And

although we know that this task is impossible for any one person to accomplish, it does not free us of the obligation to try. Annellen Simpkins did her part -- with honor, grace, and joy. The world is a far better place because she joined us on the journey.

She will be greatly missed by us all.

**Rick Landis**  
Orange, CA

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# IN THE SPIRIT OF THERAPY

## Interview with Lynn Lyons, PhD

Lynn Lyons is a psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. She is the author of *Using Hypnosis with Children: Creating and Delivering Effective Interventions*, which describes treatment approaches for children with anxiety, depression, and sleep issues. She is also coauthor with Reid Wilson of *Anxious Kids, Anxious Parents*, and the companion book for kids, *Playing with Anxiety: Casey's Guide for Teens and Kids*. For 26 years, Lyons has maintained a private practice in Concord, New Hampshire.

**John Lentz:** You often work with those whose emotions run high. How do you spiritually help both your clients and yourself?

**Lynn Lyons:** I work with anxious families who come to me to address anxiety, and they often arrive exhausted, afraid, and even ashamed about what they can't seem to fix. Both the children and the parents are typically worried and even fearful about what I'm going to say or do. Anxiety hates uncertainty, and yet we sit together throughout an intensely emotional and uncertain meeting.

Spirituality is about connection. Frequently, as I'm going from client to client during a packed day, I will pause before I walk into the waiting room to meet someone new and say to myself something like, 'This appointment is a regular part of your day, but this family is probably nervous and apprehensive. They have been waiting for this appointment and this time together. It is not a part of their normal day. Pay attention to that.'

How I connect in those first moments and how I convey my understanding of things to them is vital. It's about being genuine, warm, and real, without some professional aura that creates distance. I'm about to step into the most personal areas of these families' lives and I want to do that as a connected human being who is also a parent.

A few months ago, my father had



surgery, and it was his first medical issue as an adult. I went with my parents to the hospital and I noticed the contrast between my nervousness and my parents' nervousness. I also noticed the casual way in which the hospital staff moved about doing their duties. For them, it was just another day at work; for us, it was new territory and a scary situation. I noticed who connected to us and who didn't -- and how they didn't. It was interesting to observe this...and such a good reminder about the value of connection between us.

**JL:** You have an uncanny ability to utilize whatever is offered, so much so that your ability can be seen as being deeply spiritual. Is that the way you think of it?

**LL:** Honestly, I haven't thought of it in that way. But, I do think utilization comes from connection -- listening to what children offer, and then using it to move them forward in a way that pulls them in. Parents and children may feel quite vulnerable when they come into therapy, especially at first. In those moments, my job is to connect with them so that they can be honest, not defensive. If a child tells me that he has a dog named Batman, I can then

use a metaphor or tell a story that includes Batman or a dog, and this sends a message that I was listening and paying attention.

**JL:** What are some moments that



*Lynn on top of Mt Lafayette in the White Mountains of New Hampshire*

you've had working with those you would describe as spiritual?

**LL:** When I felt deeply connected, I immediately think about specific experiences with people, and as I examine them, the irony is that these experiences are also times when I felt disconnected from my skills as a therapist -- times of deep loss and grief when we are crying or laughing together.

**JL:** You mentioned earlier how you spiritually refresh yourself before seeing clients. How do you become refreshed in your personal life?

**LL:** Being still and quiet have never been relaxing or refreshing for me. My energy, creativity, and ability to connect are fueled by being active in

beautiful places with people that I truly enjoy.

On most days, I get up early and do some sort of exercise or activity. In the winter, I have a group that I work out with consistently. I've known some of them for years. All winter we wait for the warm weather so that we can ride bikes as the sun comes up. Where I live in New Hampshire is such a beautiful place, and even though I live about a mile from downtown and the capital, within minutes we are out in beautiful, green country. I love the early morning because it's cool and peaceful. We almost always see wildlife -- turkeys, deer, coyotes, and the occasional bear. At that time of day, there is also little traffic. The interesting thing is that I almost always would rather go with my friends than alone because we talk and talk. I have some incredibly funny friends. Laughing is a constant.

I also love hiking with my husband or friends. Within in one hour of leaving my house, we can be at the base of the spectacular

*SPIRIT*  
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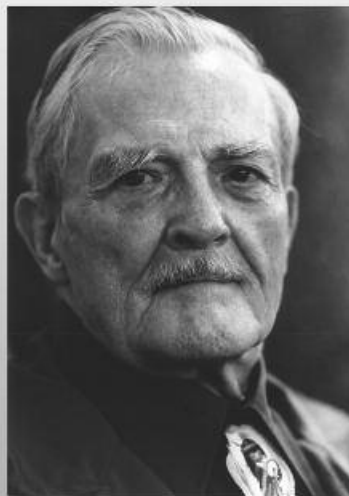
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# INTRODUCING THE INSTITUTES

## The Milton H. Erickson Institute of Cancún, Mexico

By Marilia Baker

The MHE Institute of Cancún was established in 2016, as part of a growing number of Erickson Institutes in Mexico, the majority of which are affiliated with Centro Ericksoniano de México ([www.grupocem.edu.mx](http://www.grupocem.edu.mx)), founded in 1998 by Teresa Robles. Facing the Caribbean Sea, Cancún is located in the easternmost tip of the Yucatán Peninsula. The entire Peninsula was once part of the sophisticated, highly advanced, Mayan civilization. The descendants of this ancient 3,000-year-old civilization are now the heirs to an exceptionally rich culture, which includes awe-inspiring archaeological sites, the arts, architecture, and astronomical systems, exemplified by the Mayan Calendar and Chichén Itzá. With its infinite possibilities for personal growth and change, this historic region expands and amplifies our vision of the world and of ourselves.

Keenly aware of the healing impact of the arts, nature, and anthropology, Milton Erickson would often prescribe “action metaphors,” giving patients therapeutic tasks to be performed in Phoenix or the surrounding area, such as climbing Squaw Peak (now known as Piestewa Peak), visiting the Desert Botanical Garden, making a trip the Heard Museum, which features Native-American arts and culture, or going to bird sanctuaries, canyons, and so on. The MHE Institute of Cancún is utilizing this approach in the Yucatán Peninsula.

The Board of Directors of the Cancún Institute is comprised of Teresa Robles, PhD, Cecilia Fabre, MA, and Susana Uribe, MA. Robles is a licensed family therapist with a master’s degree in social anthropology and a doctorate in clinical psychology. She is member of the Mexican Association of Family Therapy and of the International Society of Hypnosis (ISH). She also serves as President/Chair of the Board for Grupo Centro Ericksoniano de México (CEM). In 2011, in recognition of nearly 40 years of outstand-

ing contributions to Ericksonian clinical hypnosis and psychotherapy, Robles received The Milton H. Erickson Foundation Lifetime Achievement Award. In 2013, Robles was also granted the Lifetime Achievement Award from the Mexican Society of Psychology, and in 2014, she received an equivalent award from the French association, *Émergences*. At the 20th Congress of the International Society of Hypnosis in Paris/2015, Robles was awarded the Prix Pierre Janet for Clinical Excellence. She has authored more than 10 books, written textbooks, and contributed to many audio/DVD materials, which have been published in Spanish, French, Portuguese, Italian, German, and English. Robles lectures and conducts training workshops in Mexico, Latin America, Europe, and the U.S. One of her major contributions to Ericksonian approaches, is the creation of a hypnotic language specifically tailored to the Latin European and Latin American cultures and their languages (French, Italian, Spanish, and Portuguese).

Fabre is a licensed psychologist with master’s degrees in family therapy from the Latin American Institute of Family Studies (2000), and Ericksonian psychotherapy from Centro Ericksoniano de México (2002). She is a certified clinical practitioner in Family Constellations (Bert Hellinger). Fabre was a member of the Mexican Society of Hypnosis, and since 1995, has been a member of the International Society of Hypnosis. Currently, she serves as Director General of Grupo Centro Ericksoniano de México. Fabre conducts lectures, training, and workshops throughout Mexico, Latin America, and Europe. She has also organized national and international congresses, including the Fourth Encounter of Latin American Ericksonians in Cuernavaca (2003), and the XVII International Congress of Hypnosis in Acapulco (2006). Fabre has been a clinician and



Cancún Institute Board of Directors: Teresa Robles, PhD; Cecilia Fabre, MA; Susana Uribe, MA

instructor for 26 years, serves as Executive Director of the Cancún Institute, and is in charge of the Intensive Master’s Program in Ericksonian Therapy at the Institute. Her work has been published in Spanish, Italian, and Portuguese. Among other contributions to the field, Fabre has created two models of therapeutic work. The first is the *Ericksonian Family Constellations*, an integrative framework combining Bert Hellinger’s techniques, Erickson’s methodologies, and Ericksonian psychotherapy, based on Teresa Robles’ concept of Universal Wisdom. The second is *Holiday Retreats for the Soul*, which is based on Erickson’s “action metaphors,” and utilizes the Mayan culture heritage and sacred sites. (An illustration of this model is presented under Major Programs.)

With a master’s degree in Ericksonian Psychotherapy from Centro Ericksoniano de México, Uribe brings impressive credentials to the Board, which is essential in the challenging, traumatic times in which we live. She is Vice-President and on the Board of Directors of EMDR México; EMDRIBA (EMDR Ibero-America) Trainer of Trainers, and is an Approved Consultant for the Latin America and Caribbean Advisory Councils and Mexican Association for Assistance in Mental Health Crises. Uribe also serves as an international consultant and lecturer/facilitator in trauma, loss, and grief. She conducts research for the Latin American & Caribbean Foundation for Psychological Trauma Research, and is an instructor at the Cancún Institute Master Program Intensives.

### Mission and Vision:

The MHE Institute of Cancún and Centro Ericksoniano de México both share the mission of disseminating scientifically-based Ericksonian methodologies -- through research, training, and clinical practice. This objective is achieved through the rigorous training of professionals who are committed to “building a better world” (as Robles describes), and working with Ericksonian epistemology and techniques. The Institute’s Board of Directors’ vision is to be leaders in training psychotherapists and health professionals, congruent with the philosophy and clinical approaches of Milton H. Erickson, and further developed by Robles. In essence, Fabre states: “This phenomenology refers to what we call ‘amplified states of consciousness’ or, ‘natural hypnosis,’ as practiced by Dr. Erickson and expanded by Teresa Robles.” As Robles suggests: “Your natural state is to be well.”

### Major Programs:

In addition to providing training and clinical services, the Cancún Institute promotes three innovative programs:

1.) In conjunction with Centro Ericksoniano de México ([www.grupocem.edu.mx](http://www.grupocem.edu.mx)), the Cancún Institute offers a master’s degree in Ericksonian psychotherapy. Ministered in Spanish (excellent command of the Spanish language is required), the intensive clinical program draws foreign students and professionals throughout Mexico to Cancún twice a year for two weeks in January and July. (Following this program, online classes are re-

*INSTITUTES continued on next page*

## INSTITUTES

Continued from page 6

quired.) Recognized by the Mexican Secretary of Education and the National Council for Science and Technology (CONACYT), the program is designed to be completed in two years; other possibilities are considered, case by case. If the student has been trained by the Erickson Foundation in Phoenix or by other recognized Institutes, some credits are validated. (For detailed information contact: [cancun@grupocem.edu.mx](mailto:cancun@grupocem.edu.mx).)

2.) Clinical services to the Mayans and to the underprivileged population. Through supervised practicum, students are required to dispense clinical services to underprivileged individuals, couples, and families, as well as to the Mayan inhabitants of the Yucatán. With this latter population, the objective is to achieve preservation of what is most valuable to the Mayan culture. For each individual, the goal is to learn how to integrate harmoniously within the larger community, so as to *effectively and healthily* live well with other cultures and populations (including tourists) that are foreign to them.

And last but not least...

3.) Fabre has created and implemented an integrative model utilizing several techniques aimed at eliciting *amplified states of consciousness*. The client experiences these states while in contact with nature and the sacred sites of the Yucatán. The client learns to appreciate a more intimate contact with native ancestral wisdom, eliciting his or her own symbols, metaphors, and associations. Fabre named this model "Holiday Retreats for the Soul" (English for *Vacaciones para el Alma*). This model is designed to uncover, discover, and recover skills, abilities, and resources that will lead to spiritual growth and transformation (which the Mayans called *Iluminación*, or enlightenment), inducing healing insight, inner peace, and harmony ([www.facebook.com/venavacacionesparaelalma/](http://www.facebook.com/venavacacionesparaelalma/)). This model bears conceptual similarities to Erickson's "action metaphors," which he vastly utilized in his clinical practice with excellent results.

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For further information about the Cancún Institute & Centro Ericksoniano de México please visit:

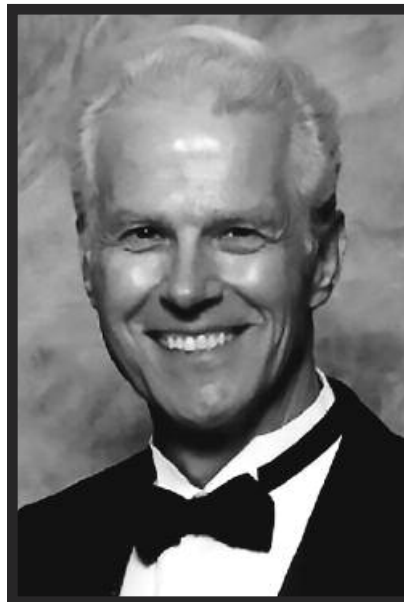
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# I N M E M O R I A M

## The Passing of Lance Erickson

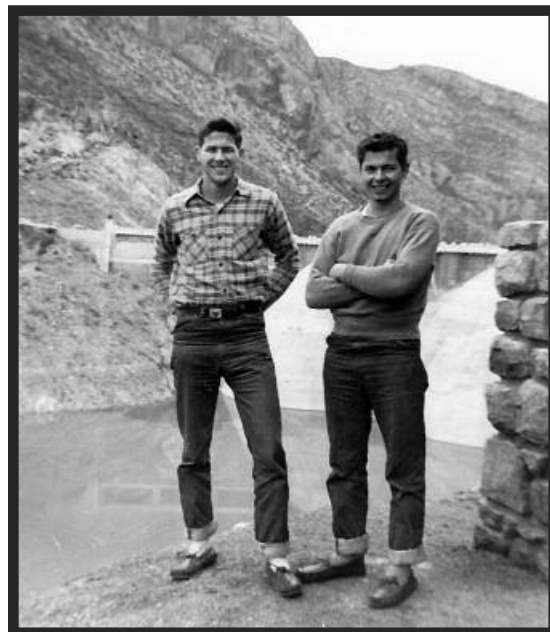
By Christel Lynn Erickson-Collins

Lance Erickson, Milton Erickson's second son, was born in Worchester, MA, March 24, 1931. On September 13, 2016, Lance passed away quietly with family around him at his home in Cedar Park, Texas. While growing up in Michigan, Lance was loved and nurtured by his parents, Dr. and Elizabeth Erickson. He earned his BS, MS, and PhD from The University of Michigan. He was employed by AMOCO as a geologist in Midland TX, and at InterAmerican University, San German Puerto Rico as faculty; and from 1966 to 1986 at the Admissions Office of The University of Michigan, Ann Arbor where he retired as Associate Director of Admissions. He was especially proud of his work facilitating an articulation model between the community colleges and the university.



Lance Erickson 1935

After retirement, Lance volunteered as a high school counselor and also volunteered with Meals on Wheels, Society for the Advancement of Modeling and



Lance Erickson and Bert Erickson 1952



Helen Erickson, Jeff Zeig, and Lance Erickson

Role-Modeling, and the American Holistic Nurses Credentialing Corporation. He loved the environment, trees, rocks, sports, craftsmanship, celebrating holidays, and time with friends and family.

Lance is survived by his wife, Helen Erickson, their children Margaret Erickson, Christel Erickson-Collins, Lance M. Erickson, and Joel Erickson, eight grandchildren, and his seven siblings. Those who wish to make a contribution in Lance Erickson's name are invited to plant a tree and upload a picture to his memorial website at: [www.forevermissed.com/lance-erickson](http://www.forevermissed.com/lance-erickson). The pictures will be combined to create a Lance Erickson Forest of Beauty.

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## C A S E R E P O R T

**Pain Control**

By Steve Andreas, MA

A year ago, while on vacation on Kauai, I picked up a hitchhiker—a young man in his mid-20s who had a full arm cast (palm to shoulder) on his left arm. As we drove along it seemed natural to ask how he was injured. He explained that he worked in construction, and a couple of weeks prior, had fallen toward a window. He broke through the glass, and glass shards badly sliced his arm. When he pulled his arm out of the window, the triangles of glass that were still stuck in the frame sliced his arm even more. After telling me this, he glanced down at his arm and said, “It still hurts a lot.”

One of the many things I learned from Milton Erickson was that physical pain can have three components, only one of which is the actual pain in the moment. There can also be components of remembered pain and anticipated pain.

The next time you have pain, try to get a sense of how the past contributes to the present pain by asking yourself, “If I knew this pain started only five seconds ago, how would that change my experience?” You can also get a sense of how anticipated pain contributes to present pain by asking yourself, “If I knew this pain would be gone in five seconds, how would that change my experience?”

Erickson taught that even severe present pain is often ignored in the context of great danger – when all attention is focused on other urgent tasks, such as pulling a loved one from a burning car. Seeing yourself at a distance can also eliminate feelings of pain. As an outside observer, your body will be “over there,” and although you may see grimaces and other expressions of pain, you will not experience pain. This was the basis for Erickson’s “crystal ball technique,” in which he would suggest that a client

*This was the basis for Erickson’s “crystal ball technique,” in which he would suggest that a client imagine seeing a “rainbow arc” of images of different times in his/her life in separate crystal balls, to review his/her past life dispassionately, or to envision steps to a better future.*

imagine seeing a “rainbow arc” of images of different times in his/her life in separate crystal balls, to review his/her past life dispassionately, or to envision steps to a better future. Erickson used this method most often in trance, but with sufficient rapport, it can be just as effective without a formal trance induction. “Rainbow arc” implies something beautiful and pleasant, and the crystal balls could be seen at the same distance that you would see a rainbow.

I thought that the hitchhiker’s pain was primarily due to his memory of the accident, and that if he could learn how to distance himself from that memory, his experience of pain would be significantly reduced.

Since he had glanced down at his arm when saying that it still hurt, I was certain that he was remembering the accident from his own perspective...as if it were happening to him again, which is common for people who are still suffering from past horrors, such as in PTSD “flashbacks.” But to be sure about my theory, I asked him, “When you remember falling into that window, what is your point of view?” Again, he glanced down at his arm, and said, “I see my arm going through the window.”

Then, as I gestured beyond the car to his right, I asked: “What would it be like if you viewed that accident from 30 feet away -- off to your right?” Besides the overt suggestion, there are covert elements that supported my question. Saying “that accident” (in contrast to “this accident”) implies seeing it at some distance. And, gesturing

to his right was a nonverbal instruction to look to his right, which is where most people creatively visualize.

The hitchhiker briefly glanced to his right out the car window, and then, with a surprised look, said, “The pain is gone!”

He was understandably puzzled and curious about what had happened, so I offered my understanding of how it worked, and that it could be used for emotions, as well as for physical pain. I also pointed out that he had discovered he had a skill he hadn’t realized, and that from now on he could choose to use this for other painful memories. Throughout this discussion, his eyes were mostly defocused, indicating that he was actively processing the information internally—what could be described as a spontaneous trance.

When I dropped him off at his destination, he thanked me, and followed up with, “My arm still feels fine,” his face still expressing a bit of puzzled amazement at the change, which for me was better compensation than if he had been a paying client.

**Commentary**

By Eric Greenleaf, PhD

Milton Erickson once so thoroughly pleased a difficult patient with a rapid solution to a problem that she called the other attending doctors, saying, “People, this man really knows what he’s doing.”

So it’s a pleasure to watch Steve Andreas work, as he crisply observes,

succinctly helps, and educates his traveling companion -- extending the trance and encouraging the young man to take it further in his own life.

In an introduction to one of the first NLP texts, Erickson wrote that the authors “...have understood some part of what I do.” In integrating the development of NLP with Erickson’s teaching and example, Andreas not only understands all aspects of what the patient needs to heal, but provides a natural, conversational trance in which the patient can learn.

People, this man really knows what he’s doing.

**SPIRIT***continued from page 4*

6,000-foot Mount Lafayette in the White Mountains. The Falling Water Trail in the early summer is something to see. However one defines it, spirituality certainly lives on the top of a mountain.

And, I must say, there are few things that replenish me more than whacking a tennis ball --something that I’ve been doing since I was very young. A perfect forehand down the line is a little piece of heaven!

**JL: What may not come through to readers is how easy you have made this interviewing process. Thank you. It definitely reflects your genuine kindness and warmth.**

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**NEWS**

**New Staff Joins the Foundation**

By Marnie McGann

In October, the Foundation welcomed several new staff members – Chris Moshier and Brad Weisman. Chris serves as the Foundation’s new IT Specialist and Brad’s position is in Web Marketing.

Chris Moshier was born and raised in Western New York, but in 2016, he and his wife sold their house and nearly 20 years of possessions and moved from Rochester to Phoenix. “We wanted to get away from the winters and high taxes, and seek better career opportunities,” say Chris. “I’ll be quite happy to never again shovel another driveway or mow another lawn.”

Years ago, Chris worked as videographer for a wedding business “when VHS was all the rage.” But since the Commodore 64, he says he’s been



*Chris Moshier*

latch keyed to one computer or another learning a variety of software for both employers and his own personal enjoyment. “Writing, video production, and Web design,” Chris explains, “became the niche of my interests.”

In addition to being a self-taught and self-proclaimed “Webhead,” Chris has been involved in independent film with bit parts in ultra-low budget productions. I have also written and pub-

lished a handful of comic books and currently write for an online comedy Web series called *The Church*. I’m hoping to get involved in productions here in Phoenix.”

When applying for work in the Phoenix area, Chris was seeking a job where he could enjoy everyday challenges, but keep his “sanity.” “I’m fortunate to have found the Erickson Foundation,” he says, “to use all the internet skills I’ve learned over the years to help grow the organization. It seemed like the right fit at the right time. Perhaps it was fate or luck or a combination of the two.”

Brad Weisman has spent the majority of his career in corporate marketing jobs, several of which were for Fortune 500 companies. After living in Chicago for most of his life, he moved to Scottsdale nine years ago. “I’m glad to have left the snow and come to the Valley of the Sun,” he says.

Brad holds an undergraduate degree in business from Ohio State University and an MBA from Lake Forest College. “I look forward to using my



*Brad Weisman*

skills and experience in digital marketing to help the Foundation achieve its goals,” he says. “It seems like a wonderful team of people and good learning experience.” In his spare time, Brad enjoys spending time with his family and watching hockey “as often as possible!”

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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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## Ericksonian Therapy and Evidence-Based Practice

By Dan Short, PhD

During the past 20 years, we have been hearing more and more about the evidence-based practice movement, which has now become an important feature of health care systems and health care policy. In essence, evidence-based practice (EBP) is an attempt to integrate science and practice. With an ever-increasing number of alternative therapies flooding into the healthcare market, questions have been asked: “Which of these are nothing more than snake oil medicine?” “Which therapies have causal effects beyond the placebo effect?” and “Which therapies might be dangerous?” The hope for evidence-based practice is that it will better inform information policy makers, professional associations, and graduate training programs, as they seek to advocate for improved patient outcomes by informing clinical practice with relevant research.

Thus, evidence-based practice is important for any person or organization interested in participating in the healthcare arena. It is not just another buzzword or fad, but rather an expected standard of ensuring safe patient care. Without this special designation, it is automatically assumed that a given therapy is either ineffective or inferior to those treatments that have empirical support. To achieve the status of evidence-based practice (EBP), a given therapy must have been tested with a specific population in at least two controlled studies with randomized controlled trials (RCTs), and implemented using a formal set of core competencies that have been outlined in a treatment manual. This is how researchers establish that the approach tested is at least equivalent to other established treatments, or better than no treatment.

Although the term “manual” brings to mind images of rigid protocols and cookie cutter approaches to treatment, the general intent is merely to ensure that a person who claims to practice Therapy “A” is actually practicing Therapy “A,” and not some other form of therapy that has yet to be researched and validated.

This brings us to an important new effort led by Scott Miller, the founder of the International Center for Clinical

Excellence -- an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavioral health services. Miller is currently advising the Erickson Foundation about using his research model to demonstrate that Ericksonian therapy is an empirically validated treatment, and therefore suitable for healthcare consumers and for students in graduate degree programs.

To help achieve this end, an impressive list of leaders in Ericksonian therapy have come together to help produce a list of core competencies and key principles of practice that distinguish Ericksonian therapy from other forms of therapy. This effort has been led by Jeff Zeig, Director of the Erickson Foundation, and supported by other members of the Foundation’s Board of Directors, including Roxanne Erickson Klein, Helen Erickson, Bernhard Trenkle, and Camillo Loriedo. Other major contributors include: Betty Alice Erickson, Steven Gilligan, Steve Lankton, Bill O’Hanlon, Ernest Rossi, Michael Yapko, and myself...and this list continues to grow.

There is a popular saying known amongst behavioral researchers: “If you cannot measure it, it does not exist.” In other words, if you want to prove that something is real and not just a theory or superstitious belief, then you need to find a way to measure it. As Director of the Milton H. Erickson Institute of Phoenix, that is a task I have taken on as I am currently testing a behavioral checklist that will be used to code videos of practitioners who seek to provide Ericksonian therapy. Along with this measurement device, which is designed to produce a numerical score that measures competent use of Ericksonian Therapy, I am also creating a manual that will provide rationale for the different areas of competency and instructions from using the core competencies checklist (CCC), and will also explain the theory of change, model of health, and other core principles that give Ericksonian therapy its unique identity.

Because Ericksonian therapy has historically been classified as a theory of change that has no distinct theory, and a collection of techniques that includes anything that works, arriving at a universally agreed upon definition

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*There is a popular saying known amongst behavioral researchers: “If you cannot measure it, it does not exist.” In other words, if you want to prove that something is real and not just a theory or superstitious belief, then you need to find a way to measure it.*

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and classification of Ericksonian therapy has been challenging, to say the least. However, Ericksonian therapy certainly exists for the thousands of its practitioners around the world and the even larger number of people whose lives they have helped improve. And because it is different from other forms of therapy, it can therefore be identified and measured.

Fortunately, the treatment outcome measures that will be used in this study have already been developed and validated by research on Miller’s model of feedback informed treatment. The scales that patients will be asked to complete during the course of treatment are quick and easy to use. The scales have the additional benefit of helping clinicians immediately improve their treatment choices.

After the development phase of the project is complete, core members of the research team will assemble a pool of approximately 15 therapists who will record sessions with clients and document progress using the outcome measures. The core competencies checklist will be used to ensure that

each of the patients received a standard of care that is in line with the competent practice of Ericksonian therapy. Another group of patients will be chosen at random to complete measurement scales, while remaining on a wait list. Assuming the treatment outcomes are positive, this study will enable us to formally document the benefits produced by Ericksonian therapy.

Additional benefits from this project include the creation of new resources that can facilitate ongoing research and training programs. The manual and core competencies checklist will enable teachers to conduct an objective analysis of their students, and to identify areas of weakness for targeted teaching. Furthermore, seasoned practitioners who wish to increase their own competency can record their own work and use the numerical scoring to challenge themselves in their continuing professional development. Once we have created these resources, the plan is to share them with accredited Ericksonian Institutes around the world for training and research purposes.

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## UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
<b>2016</b>		
11/19-20	Utilization Approaches to Therapy / Bad Lipp Springs, GERMANY / Jeffrey K. Zeig, Ph.D.	1.
12/8-11	Brief Therapy Conference / San Diego, CA / Invited Faculty	2.
<b>2017</b>		
1/19-22	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
1/25-28	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Boston, MA / Zeig	4.
2/24-26	Master Class and International Hypnosis Workshop / Mexico City, MEXICO / Zeig	5.
3/6-10	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Brent Geary, Ph.D.; Zeig, Lilian Borges, M.A., LPC	2.
3/13-17	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	2.
3/18-21	ASCH 59th Annual Scientific Meetings and Workshop / Phoenix, AZ / Invited Faculty	6.
3/31-4/2	Couples Conference / Manhattan Beach, CA / Invited Faculty	2.
4/6-9	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	3.
4/16-19	Coaching / Guangzhou, CHINA / Zeig	7.
4/26-30	Coaching / Beijing, CHINA / Zeig	8.
7/2-9	Master Class and International Hypnosis Workshop / Mexico City, MEXICO / Zeig	5.
7/10-14	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Geary, Zeig, Borges	2.
7/17-21	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	2.
7/24-28	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, AZ / Geary, Zeig, Borges	2.

### Contact Information:

- 1) For information: Email, [www.hypnose-dgh.de](http://www.hypnose-dgh.de)
- 2) The Milton H. Erickson Foundation: 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016 6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, [support@erickson-foundation.org](mailto:support@erickson-foundation.org); Web, [www.erickson-foundation.org](http://www.erickson-foundation.org); Intensive Training Program & Master Class: [www.erickson-foundation.org/training](http://www.erickson-foundation.org/training)  
Brief Therapy Conference: [www.BriefTherapyConference.com](http://www.BriefTherapyConference.com)  
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- 3) For information: Email, Stacey Moore: [sjmtjm@msn.com](mailto:sjmtjm@msn.com)
- 4) For information: Email, [rick@rickmiller.biz](mailto:rick@rickmiller.biz)
- 5) For information: Email, [sandrafreedom\\_3000@hotmail.com](mailto:sandrafreedom_3000@hotmail.com)
- 6) American Society of Clinical Hypnosis (ASCH): [www.ASCH.net](http://www.ASCH.net)  
Conference site: <http://www.asch.net/Education/2017AnnualMeeting.aspx>; Email, [info@asch.net](mailto:info@asch.net); Tel, 630-980-4740; Fax, 630-351-8490
- 7) For information: Email, [gracenlp@163.com](mailto:gracenlp@163.com)
- 8) For Information: Email, [wangsuqinbj@163.com](mailto:wangsuqinbj@163.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 April 2017 issue (mailed mid-April) is February 3, 2017. All workshop submissions are subject to approval by the Erickson Foundation. For more information, please contact Karen Haviley: [karen@erickson-foundation.org](mailto:karen@erickson-foundation.org) Online Ad Rates/Specifications at: [www.erickson-foundation.org](http://www.erickson-foundation.org)



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# CONFERENCE NOTES

The *Brief Therapy Conference*, sponsored by The Milton H. Erickson Foundation, will be held December 8-11, 2016 in San Diego, California. Current faculty include: Connirae Andreas, Steven Frankel, Stephen Gilligan, John Gottman, Harriet Lerner, Lynn Lyons, Cloe Madanes, John Norcross, Scott Miller, Bill O'Hanlon, Christine Padesky, Erving Polster, Wendel Ray, Ernest Rossi, Kathryn Rossi, Ronald Siegel, Stan Tatkin, Michele Weiner-Davis, Reid Wilson, Michael Yapko, and Jeffrey Zeig. For information including online registration go to [www.BriefTherapyConference.com](http://www.BriefTherapyConference.com) or contact the Erickson Foundation, Email, [support@erickson-foundation.org](mailto:support@erickson-foundation.org); Tel, 602-956-6196; Fax, 602-956-0519; or by mail, 2632 E Thomas Road, Suite 200, Phoenix, AZ 85016.

The American Counseling Association (ACA) 2017 Conference and Exposition will be held March 16-19, 2017 at the Moscone West Convention Center in San Francisco, Calif. The conference consists of education sessions organized into 36 Tracks on a variety of topics and offers continuing education for the conference and also the Pre-Conference Learning Institutes. For information and to register online: <https://www.counseling.org/conference/sanfrancisco2017> or contact ACA by Tel, 800-347-6647 or 703-823-9800; Fax, 703-823-0252; Address, 6101 Stevenson Ave., Alexandria, VA 22304.

The American Society of Clinical Hypnosis (ASCH) will hold its Annual Scientific Meeting and Workshops, March 18-21, 2017, at the Hyatt Regency Phoenix, Phoenix, Ariz. Information will be available in coming months online: [www.asch.net](http://www.asch.net) For information and questions contact ASCH: Tel, (630) 980-4740; Fax, (630) 351-8490; Email, [info@asch.net](mailto:info@asch.net)

The *Couples Conference*, sponsored by The Milton H. Erickson Foundation, Inc. with organizational assistance by The Couples Institute, will be held March 31-April 2, 2017 in Manhattan Beach, Calif. Information and registration will be available this fall: [www.CouplesConference.com](http://www.CouplesConference.com) To add your name to a list to receive more information contact the Erickson Foundation: Email, [support@erickson-foundation.org](mailto:support@erickson-foundation.org); Tel, 602-956-6196. Or sign up for the Erickson Foundation Email list and receive information as soon as it is available: [www.Erickson-Foundation.org](http://www.Erickson-Foundation.org)

The American Psychological Association Annual Convention will be held August 3-6, 2017 in Washington, D.C. The convention will include Collaborative Programs, CE Workshops, Film Festival and Media Program, and more. For information contact APA, 750 First St. NE, Washington, D.C. 20002-4242; Tel, 800-374-2721; 202-336-6123; TDD/TTY: 202-336-6123

The XIV European Society of Hypnosis (ESH) Congress will be held August 23-26, 2017 in Manchester, United Kingdom. Hosted by the British Society of Clinical and Academic Hypnosis (BSCAH). Information about the Congress is available on the Congress website: [www.esh-hypnosis.eu](http://www.esh-hypnosis.eu)



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# BOOK REVIEW

## ***Mind: A Journey to the Heart of Being Human***

Daniel Siegel, MD

W.W. Norton & Company

2016

ISBN 10: 039371053X

ISBN 13: 978-0393710533

400 pages

Reviewed by Jeffrey K. Zeig, PhD

There are many ambiguous concepts in the field of mental health that may be intuitively understood by psychotherapists, but nevertheless remain ill-defined. Yet, without more precise definitions, these concepts can create mental shackles, which inadvertently limit progress.

Fortunately, Daniel Siegel, MD, is an exemplary expert, who in his most recent book, *Mind: A Journey to the*

*Heart of Being Human*, explores and illuminates concepts that have previously been defined with vague metaphors, thereby unlocking past restraints and freeing clinicians so that they can act more sensitively and sensibly.

This book is an outgrowth of the author's prolific writings. Siegel takes concepts from neuroscience, psychology, literature, and philosophy and forges them into an engaging, easy read. *Mind* is an experiential journey - an evocative read, stimulating into play clearly elucidated concepts that inform and delight. Numerous mnemonic devices and photographs kindle the reader's journey. It is not a book *of*...it is a book *about*...

Siegel believes that the mind is the essence of our fundamental nature; our deepest sense of being alive, here, right now, in this moment. He also explores integration -- deemed a cornerstone of

*It could be said that Mind is a compelling emotional, social, scientific "strip tease" in which we learn by following an expert's personal process of growth development openly and honestly revealed, devoid of cloaking in collectively acceptable generalities.*

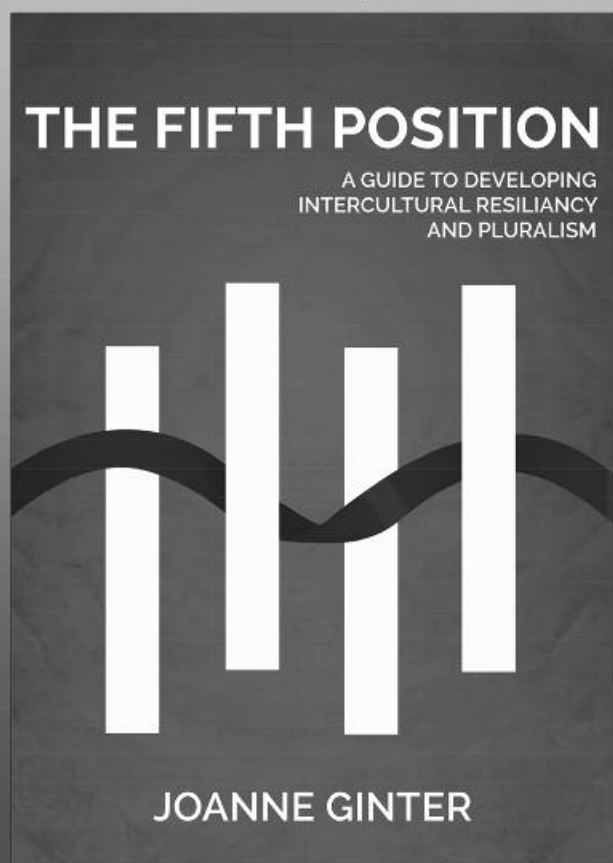
mental health. Readers will learn about the author's evolution as both a scientist and clinician, as he integrates the work of many of his renowned teachers/mentors. It could be said that *Mind* is a compelling emotional, social, scientific "strip tease" in which we learn by following an expert's personal process of growth development openly and honestly revealed, devoid of cloaking in collectively acceptable generalities.

Dan Siegel has a brilliant mind. He is empathic and caring, filled with

goodwill and reverence for the human condition. He is also a great teacher and speaker – and one of the most popular to grace the podium at Erickson Foundation events.

My work is better because I study his contributions. My world is better because I know him. And your mind, world, and clinical practice will also improve when you read, *Mind: A Journey to the Heart of Being Human*.

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Prof., Hebrew and Hebrew Scriptures, School of Religion  
Queen's University, Kingston ON

ISBN: 978-1-934442-55-5 Estimated publication: December 2016

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## BOOK REVIEW

### *Healing from Infidelity*

Available from:  
Michele Weiner-Davis Training  
Corporation  
PO Box 1053  
Woodstock, Illinois 60098  
[Healingfrominfidelity.com](http://Healingfrominfidelity.com)

Reviewed by Jeffrey K. Zeig, PhD

Infidelity can have devastating effects on families. Because of its ubiquitous occurrence, therapists need tools to help couples mend broken relationships and forge a more vibrant life together.

*Healing from Infidelity* is a clear exposition of practical solution-based steps to facilitate the healing process after a revealed affair. It is a welcome addition to the self-help literature on infidelity. This is a no-nonsense guide to help couples who have suffered be-

trayed. The book can be used as a standalone for couples, as well as an adjunct to therapy. Its even-handed orientation will appeal to both the unfaithful partner and the injured spouse. It is book of “how to;” not a book about “why.”

This primer about healing after an affair was authored by Michele Weiner-Davis, one of the leading practitioners in couples counseling and a prolific writer. Weiner-Davis is an internationally renowned solution-focused therapist who emerged into popular culture in 1992 with her landmark book, *Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again*. Other important self-help books followed, including: *Change Your Life and Everyone in It*; *Getting Through to the Man You Love*; *Divorce Remedy: The Proven 7-Step Program for Saving Your Marriage*; *The Sex-Starved Marriage*; *Boosting Your Marriage Libido*; and

*In this book, a wealth of clinical cases clarify each step, and resources are provided for those who need additional help. In the author's even-tempered tone of writing, the message to readers is personalized so that they feel both counseled and comforted.*

*The Sex-Starved Wife: What to Do When He's Lost Desire*. In addition to her clinical practice, writing, Ted talks, media appearances, and work training professionals, Weiner-Davis is a frequent faculty member at Erickson Foundation events, including the Couples Conference and the Evolution of Psychotherapy Conference.

*Healing from Infidelity* offers readers practical advice on all aspects of the healing process, including what to do if a partner refuses to discontinue an

affair. In this book, a wealth of clinical cases clarify each step, and resources are provided for those who need additional help. In the author's even-tempered tone of writing, the message to readers is personalized so that they feel both counseled and comforted.

There is a path to success, and as a tireless advocate of marriage, Michele Weiner-Davis provides a roadmap to recovery in *Healing from Infidelity*.

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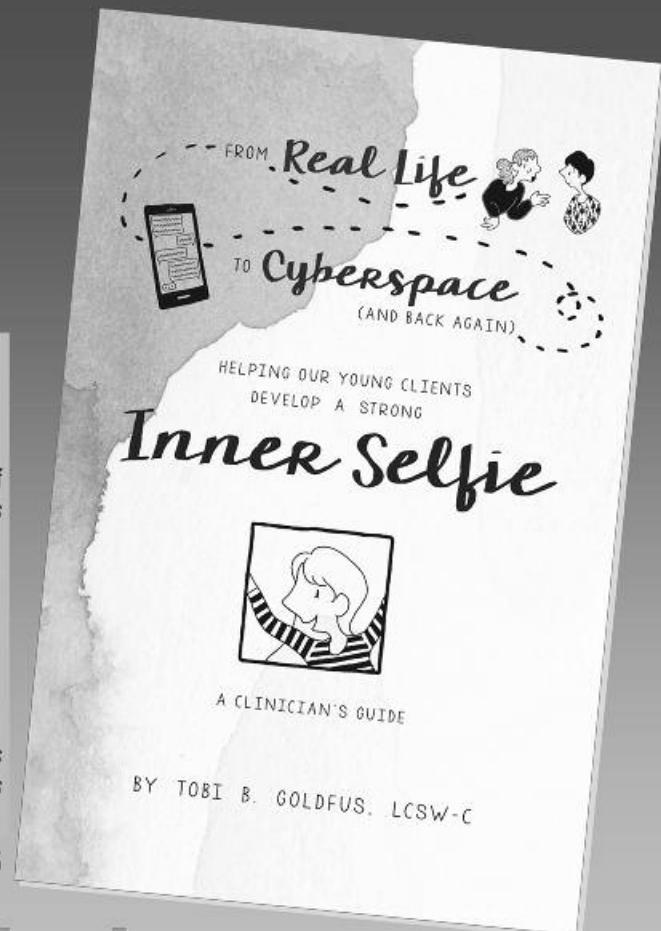
Tobi Goldfus, LCSW-C, has bravely taken on one of the toughest challenges therapists treating young people can face: restoring common sense and a sense of humanism to those who are spending (too) much of their lives living in an untamed cyberspace....Put down your smartphone for a while and read this book!

—Michael D. Yapko, Ph.D., clinical psychologist and author of *The Discriminating Therapist* and *Depression is Contagious*

With the same empathy and encouragement that she offers adolescents and young adults in her practice, Tobi Goldfus helps therapists to value and utilize the ever-influential cyberworld of our younger clients. This book is rich with concrete ideas that help us combine all we know about connection, boundaries, intimacy, and development with the complexities and benefits of the digital world. If you want to better understand how to use experiential and hypnotic approaches to teach young adults the need for balance and authenticity, then this is the book to read.

—Lynn Lyons, LICSW, author of *Anxious Kids, Anxious Parents* and *Using Hypnosis with Children: Creating and Delivering Effective Interventions*

November 2016 / 176 pages / 6 x 9 / Illustrated / ISBN 978-1-934442-54-8 / \$24.95



ZeigTucker.com

# BOOK REVIEW

## Combating Cult Mind Control

Steven Hassan

Freedom of Mind Press Newton, MA  
(1988, 1990, 2015)  
ISBN 978-0-9670688-2-4  
256 pages

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

*Combating Cult Mind Control*, by Steven Hassan, has changed my thinking and will hopefully change yours. I have recommended this book to so many people, that I can barely keep track. In fact, just yesterday I men-

Hassan offers a clear insider view into several cults and into cult-like behavior in religious organizations. He does this by sharing his personal experiences and recounting the firsthand experiences of others. He also includes what it's like being a part of a cult, ways in which to help people who have been manipulated, and a formula to determine whether a group is using mind control. The details included about mind control will awaken readers and may even shock some.

This book illustrates how hypnotic techniques can be used intentionally to solicit, groom, and manipulate people, making them vulnerable for exploitation. I'll admit though, that I found it a

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*While being controlled by a cult, a person often has no idea what they are doing or saying and/or recognize how they have become manipulative, because they are just doing what was done to them.*

---

tioned it to the partner of a traumatized young woman who was involved with a local cult-like church. His girlfriend feels horrible shame and believes she is a bad person because she has broken from the group. Her boyfriend wants desperately to help her and now I'm confident he can because he agreed to read this book.

Hasan has written a marvelous text that details how cult mind control works. What may surprise readers is how close it is to home for many religious people. It isn't just cults that use mind control, some religious organizations do as well, whether their actions are intentional or not. The author details how cult mind control works, which offers readers easy ways to protect themselves and loved ones. While being controlled by a cult, a person often has no idea what they are doing or saying and/or recognize how they have become manipulative, because they are just doing what was done to them.

A renowned cult expert in the U.S.,

bit disconcerting the author does not include how hypnotic techniques can reverse mind control, or offer examples of people using hypnosis to heal those traumatized by cults. So, I wrote to Hassan and asked him about this. He agreed that the current version of this book contains no such references to using hypnosis to help those traumatized by cults, but he promised that a future version would.

This 390-page book contains 12 chapters, an appendix, endnotes, bibliography, and index. The author writes in such a readable fashion that readers will feel compelled to keep turning pages. Hassan clearly understands how important it is to be open and vulnerable when communicating with others. He also recognizes the importance of this work, because he has devoted his life to understanding and fighting against mind control.

I not only recommend this book, I've been promoting it because it is both timely and informative.

# BOOK REVIEW

## The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students

Daniel Rechtschaffen

W. W. Norton & Company, Inc.  
2016  
ISBN: 978-0-393-71046-5  
274 Pages (softcover)

Reviewed by C. Alex Simpkins Jr., Ph.D., San Diego, CA

*The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students* is a smooth flowing workbook for educators and others wanting to integrate, teach, and benefit from mindfulness. It eases readers into each topic, helping them to absorb the material and apply the introduced techniques. The author's deeper focus, however, is that the power of mindfulness can help everyone live more free of burden.

The book consists of four parts. Part I: "Beginning with Ourselves," provides training techniques for mindfulness, and offers an overview of how educators can personally incorporate mindfulness into their lives before teaching it. Like coming back to the present moment, each section ends with a conclusion and summary that provides insights about the topic discussed. The section on techniques includes a preface, practice, and self-assessment for readers to gauge their progress and provide feedback.

Part II: "Introducing Mindfulness: Resources and Recommendations," explores applying the strategies developed in Part I to a classroom situation and provides recommendations for doing so effectively. It can be particularly challenging to engage a student audience – those who normally have a wide variety of interests. Therefore, Rechtschaffen explores, from several perspectives, the broad impact mindfulness can have on many fields and offers techniques to optimize openness in students. Some tools for educators are: showing up mindfully, being adaptive, being genuine, treating students with compassion, inviting them to engage, and respecting the beginner's mind. In fact, engaging a student audience takes up an entire section. A few strategies for doing this include: explaining the neuroscience behind mindfulness, sharing with students how individuals have successfully applied mindfulness, discussing how it can reduce test anxiety and improve scores (both of which are major concerns for students at all levels), and how it can overall greatly reduce stress. There are also sections on a developmental mindfulness model, the issue of diversity, and working with traumatized students.

Part III: "Mindfulness Lessons for Students: Classroom Activities, Practices, and Techniques," offers a framework for enhancing the more open-ended mindfulness methodology. It also provides the "five literacies of mindful teaching," which are physical, mental, emotional, social, and global literacy. This part is useful for educators because it offers specific objectives in teaching mindfulness. It is the longest part of the book, because, as the title suggests, it explores many specifics of mindfulness teaching.

In Part IV: "Recommendations for Integration," the author discusses how to integrate mindfulness into teaching, rather than introducing it as a separate topic. Rechtschaffen addresses how to avoid alienating students while seamlessly incorporating these methods. He mentions specific organizations, such as the Holistic Life Foundation, Flourish Foundation, Talk about Wellness Foundation. This last part concludes with a summary of the workbook, and is then followed by the Bibliography and Appendix.

*The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students* is filled with useful insights for the educator, and takes the reader from an introduction to mindfulness through a practical application that can be used in the classroom. This workbook is a powerful tool for improving student success at all levels, regardless of a student's background. I recommend it to anyone wishing to expand their strategies for teaching mindfulness, and for those seeking to discover the joy of incorporating mindfulness into daily life.



# BOOK REVIEW

## **Restoring Resilience: Discovering Your Clients' Capacity for Healing**

Eileen Russell

Forewords by Diana Fosha and Daniel A. Hughes

W. W. Norton & Company  
2015

ISBN 978-0-393-70571-3  
384 pages

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

*Restoring Resilience: Discovering Your Clients' Capacity for Healing* is a beautiful book because it addresses the concept that "the best way to help with what's going wrong in people's lives is to build from the foundation of what's going right." This is similar to Erickson's idea of utilizing our inner resources.

As Diana Fosha states in her Foreword: "Eileen Russell takes on resilience as that quality of the human spirit through which she will explore this quest to not only not be undone by adversity, but to use it as a spur to growth and thriving."

Each chapter of this book explores a different aspect of resilience, and the following quote particularly caught my attention: "Resistance involves all the forces that works against moving forward, being open, experiencing new things, being in genuine contact with oneself or another." (p. 34)

One of the real treasures in this book is the concept of "Accelerated Experiential Dynamic Psychotherapy." (p. 88) It is defined as a "healing-oriented psychodynamically-informed, experiential model of healing as much as psychopathology." (p. 88) "It looks for the glimmer of possibility, growth, development, openness, or curiosity that is both an expression of health and engenders the healing process." (p. 89)

The chart, "Emotional Experience Processed to Completion," (p. 91) summarizes the transformational process. This begins when stress and distress are experienced. One either goes through a maladaptive core affective experience where pathogenic effects, such as hopelessness and despair may occur, or through an adaptive experience, where categorical emotions -- intersubjective experiences of pleasure and embodied ego states and their associated emotions -- often happen. (p. 91)

I always enjoy discovering diagrams that can make concepts clearer, and in this book, there's one called "The Triangle of Conflict" (p. 45). In the diagram, the author shows the self in transition, which is a vulnerable and fluctuating state where there is a vacillation between the rigidity and compromise of the self at its worst, in contrast to the suppleness of the self at its best, and where there are the revelations of the resilience potential, waiting for a place to emerge from behind the blinders of the habitually defended and compromised self. (p. 45)

Chapter 4, "Connection and Coordination in Softening Defenses and Quieting Anxiety," offers a sense of hope because it's an invitation to a promising future where "there is a stance of responsiveness, welcome, elaboration, delighting and highlighting the changes that are underway." (p. 43-44) This chapter includes references about the Polyvagal Theory by Steven Porges, which studies the "evolution of the autonomic nervous system and the importance of its ventral-vagal complex in the regulation of emotion." (p. 145) The ventral-vagal system is important because it "helps people self-regulate and seek and use the help of another to dyadically regulate in nonthreatening moments." (p. 145) If this cannot happen, the sympathetic nervous system activates the fight or flight response. The chapter also addresses how early interactions with parents become expectations for future relationships.

This rich text is a fascinating journey that reminds us of the importance of early attachment. A quote by Alan Schore sums it up: "The optimal development of the right hemisphere of the brain, which is growing rapidly in the first 18 months of life, is literally experience dependent." (p. 184) The beauty and importance of gaze

and touch to facilitate psychobiological attunement rounds out early development.

This book contains data about experiential therapies as common facilitators of change. These therapies include: emotion-focused therapy, coherence therapy, and eye movement desensitization therapy. Hans Welling postulates that all four therapies rely on the principle that "the activation of the negative problematic emotional state" is "followed by the activation of a positive adaptive emotional state(s)." (2012) And, as Eugene Gendlin stated, "Nothing that is bad is ever the last step." (1981, p. 26) In his view, change seems to follow a sequence of maladaptive states being paired in a short period of time with adaptive emotional states.

In Part 4, "Resilience as Transformance and Flourishing," readers learn about how freedom is frightening -- that when people regain their resilience, the unknown can be scary. A case study with a man named Dennis serves to exemplify how a depth-oriented resilience approach is when two complete minds struggle to come in contact with one another -- one in need of recognition (the client) and the other (the therapist) -- a transformational other -- needing "to trust what is authentically coming from the patient, even as it is difficult or amorphous." (p. 227)

*Restoring Resilience: Discovering Your Clients' Capacity for Healing* is a delightful book, where readers can enjoy, "The Hero's Journey from Mourning to Dancing." One quote that touched my heart: "I think the positive changes that occur in the self that occur in the wake of or perhaps as a result of enduring hardship, adversity are a human phenomenon that has to be acknowledged in a book about resilience and particularly on the subject of healing and transformance." (p. 284)

This is an outstanding book and I highly recommend it. Congratulations Eileen Russell!

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**INTERVIEW***continued from page 1*

Psychobiology simply means brain and body. We study the brain, including its development and social emotional function. PACT is a capacity model not a conflict model. We pay attention to what people can and cannot do well in the social emotional arena. We pay special attention to nervous system, or arousal, regulation. We have to have a good working knowledge of the neuro-endocrine system, the autonomic nervous system, cranial nerves, and various memory systems. Also, if we're working psychobiologically as part of the PACT model, we must know about medicines and have some understanding of the medical maladies that affect how a person operates in their interactions with their primary.

PACT is a nonlinear, polytheoretical approach that draws on neuroscience, family systems, psychoanalytic theory, psychodramatic techniques, social justice theory, and attachment theory...and that's just to name a few.

We're pulling multiple disciplines together in a way that focuses our work as we try to move couples toward something we call "secure functioning." Secure functioning is like being in a foxhole together. It means that the couple is fully mutual and collaborative, and they operate in a way that is, for the most part, fair, just, and sensitive. In other words, it's a two-person psychological system. Basically, PACT involves three domains or pillars: developmental neuroscience, attachment (we largely focus on infant attachment), and arousal regulation theory. We particularly pay special attention to moment-by-moment changes and shifts in partners as observed through micro-expressions, micro-movements, and changes in the voice, and body. This is a highly somatic, phenomenological-based approach.

**EB: A lot of what you do is experiential. You often have couples moving about in the room so that you can**

*Basically, PACT involves three domains or pillars: developmental neuroscience, attachment (we largely focus on infant attachment), and arousal regulation theory.*

**see what's live – happening in the moment. Could you talk more about this?**

**ST:** This is based on some neurobiological principles, one of which I alluded to earlier -- that real time is too fast. In real time, we mostly don't know what we're doing or why we are doing it. Therefore, we're put into a position to make things up. And because of this, we understand that narratives are not accurate and mostly unreliable. So we must look at other means to find people, to understand them, and to know what they want and what they're up to in therapy. We put couples under pressure and catch partners in the act of being themselves. Narratives may lie, but the body doesn't.

**EB: Can you give an example so that readers can get a picture of what you're describing?**

**ST:** People come into therapy with all sorts of complaints, for example, money, and say things that sound like they have meaning. But, when we diligently try to find out what they're talking about and we're watching them and how they interact with each other, we find that the content areas are rarely the problem. And, if we only listen to narratives and believe what people are telling us, then the therapist is in danger of going down the rabbit hole and misunderstanding what's in front of them. So we're big on evidence and

*INTERVIEW continued on next page*

*New!*

DAVID KEITH-

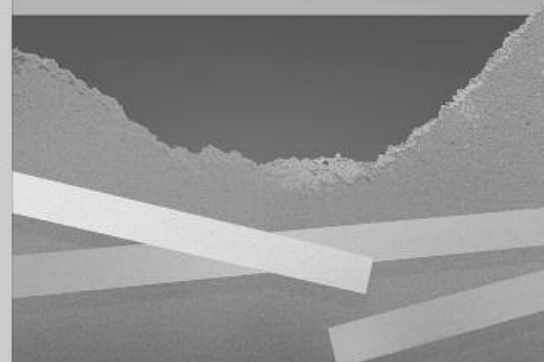


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**INTERVIEW***continued from page 18*

proof.

We put a lot of evidence on continually answering the questions: What is this? What are we really seeing? And we assume that patients are not going to tell us, because either they don't know, or they don't want the truth to come out. Therefore, it's our job to become sleuths. With this principle in mind, we can put them under a certain amount of stress, so that we track somatic reactions. That way we can align what they say to what is happening in their bodies – and this gets us closer to the issue at hand. If we aren't clear about our assessments, then our interventions will not be helpful. In PACT, our exploration is on a granular level. We want to get as close to the truth as possible by employing strategic techniques.

**EB: It makes sense to me, because I am familiar with your work. But for those who aren't, could you please further describe.**

**ST:** A partner comes in and says

the problem is that the couple is not communicating properly. The therapist must understand that this could mean anything and everything. It's the therapist's job to find out precisely – on a micro level – what the client means. And the only way we can do that is to flesh out what it means to not communicate by not only hearing their report, but by watching them -- and even stressing them so that we can see the minute shifts and changes their bodies are demonstrating, which often reveals the real problem. This drilling down is harder than people think because it's not just going back and forth verbally. That's insufficient because people often lie, they don't know what they're talking about, or they make up things because they are protecting their own interests, which believe it or not, often conflicts with therapeutic goals.

If people didn't do this, if people didn't hold information back, or if they knew what they were doing, they wouldn't need a therapist. It's our job

*We must create an experience that puts the information out on the table, so that the therapist doesn't have to interrupt something already obvious.*

to find out what they mean. That takes a lot of work by cross checking, corroborating, and being open to being wrong. PACT is proof-centered; we look for evidence. And, we try to bring that evidence into the foreground so that instead of simply reporting it, everyone sees it, hears it, and feels it at the same time. We must create an experience that puts the information out on the table, so that the therapist doesn't have to interrupt something already obvious. It's a bit more work for the therapist, but it is important work.

Here's another example: Someone comes in and says that they don't know whether they want to remain in their relationship. It's our job to find out

what's true and what's not true because people say all sorts of things. As psychobiologists, if we understand that people don't know, then we need to structure something for them to find out. A therapist can stage scenes, events, or put people under certain stressful situations so that the therapist will be able to understand how the client feels and what they want by observing the client's body, their voice, and reactions.

**EB: Let's say a couple comes in and one partner says they want to make the relationship better and want to stay together, and the other partner is ambivalent and says**

*INTERVIEW continued on next page*

## Psychoaerobics

AN EXPERIENTIAL METHOD TO EMPOWER THERAPIST EXCELLENCE



Jeffrey K. Zeig



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"Welcome to the worlds of conceptual communication and experiential learning," the last line in the Preface of this book, prepares readers for the Psychoaerobics Exercises. The exercises are designed to elicit in therapists generative states, from which both therapist and client can benefit. Composed of four sections – Fundamental Perspectives, Warm-up Exercises, Psychoaerobic Exercises, and Concluding Remarks – this book begins with a discussion on conceptual realization; Zeig proposes that therapists should approach therapy as artists, not as scientists. "Facts inform; art impacts," he writes, explaining that the situation of therapy is one of uncertainty and ambiguity, both of which elicit emotion. Zeig credits his mentor, Milton H. Erickson, MD, who "communicated concepts experientially and minimized facts," thereby becoming one of the world's greatest communicators.

2015 / 240 pages / Paperbound / Illustrated  
ISBN 978-1-932248-70-8 / \$27.95

Erickson-Foundation.org

**INTERVIEW***continued from page 19*

they're not sure if they want to stay together -- what might be an experiential stress enactment that you'd do to figure out the situation?

**ST:** One technique that we use is something called "bending metal," which borrows strategic methods from Peggy Papp and Jay Haley, where we go with resistance and we push it all the way. For instance, for the person who is ambivalent, we might have them look into their partner's eyes and give them a declaration such as, "I want to divorce." In PACT, we pay extremely close attention to somatic reactions in both partners. We may then direct the same partner to make an opposite declaration such as, "Marry me." Other forms of bending metal would be to push partners directly in one direction, such as breaking up, and look for explicit or implicit pushback.

**EB: What will you be emphasizing at The Couples Conference?**

**ST:** This time around, I'm going to focus more on deception, but not simply lying. As I've said before, people don't deceive to be evil. There are, of

course, some who lie with malicious intent, but that's not going to be my primary focus. Instead, I will talk about the average person who behaves in a deceptive manner, perhaps not knowing that they are doing this, or even knowing why. Most people deceive because they are protecting their interests and they may tell themselves that they are also trying to protect their partner's interests. Others are deceptive because they're specifically afraid that if they are themselves and say what they truly feel, think, or want, their partner will leave them.

One of our jobs as couple therapist is to get partners to clarify themselves, and make themselves fully visible to one another. For instance, insecure partners commonly fear that their next move is their last, so they hide, withhold information, deflect, or distract by setting meaningless fires elsewhere so as not to clarify who they are and their position. As therapists, we should not be upset or disturbed by deceptive behavior. After all, if partners could be straightforward with one another and

## *Couples Conference exposes both audience members and presenters to the vanguard for cutting-edge research and clinical skills.*

deal with reality, they probably wouldn't need us. So how do we get people to come forward and clarify themselves? That's what I'm going to teach and demonstrate at the next Couples Conference.

**EB: Are you working on any new projects?**

**ST:** I just completed a presentation for TEDx ([www.youtube.com/watch?v=2xKXLPuju8U](http://www.youtube.com/watch?v=2xKXLPuju8U)). We are working to set up an outcome study to demonstrate the effectiveness of PACT. I am expecting three more books to come out in 2017.

**EB: What do you value about presenting at the Couples Conference?**

**ST:** The Couples Conference represents what is best about the conferences offered by the Erickson

Foundation. Both the Couples Conference and Evolution of Psychotherapy remain two of the most important and influential training events where students of psychotherapy can get an in-depth feel of the work produced by some of their favorite clinicians and theoreticians, as well as being exposed to unfamiliar leaders in the field. Audience members can see how presenters interact with one another and how they clarify their ideas in contrast with other presenters. I believe that the Couples Conference exposes both audience members and presenters to the vanguard for cutting-edge research and clinical skills. Having been an audience member myself, I am proud and honored to be one of those in the position to nurture the advancement of our field.

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