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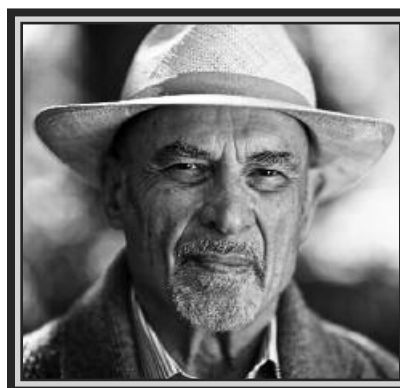
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Irv Yalom

Interview and Book Review
by Jeffrey Zeig

*I have a special affinity for Irv Yalom, who I greatly admire. Now, having read his latest book, *Becoming Myself*, I realize we have a lot in common, including our nonsecular Jewish heritage, playing cards (poker for him; bridge for me), being members of the high school chess team, bike riding, memories of conflict avoidance in adolescence, childhood introversion, a cockroach phobia, feeling shock at a similar age after moving from an apartment to a home, getting poor grades in German, regrettable incidents of petty theft and humiliating others as schoolboys, and a love of literature (although he read Nietzsche, while I read the Cliff Notes).*



Becoming Myself is an exposé, an emotional striptease; Irv does not hide behind a psychotherapeutic mask, but rather unabashedly becomes himself. It is interesting that such a distinguished expert has the courage to personally reveal so much. But more than that, the book is an invitation for readers to become who they were destined to be. It may have been self-therapy for Irv to write, but in turn, it also invites readers to do self-therapy.

*Irv, who is one of history's most important contributors to psychotherapy as well as a renowned novelist, is at his best in *Becoming Myself*. His prose is thoughtful and peerless, and his stories, engaging and wise. He recounts formative events, but the book is more than autobiographical. The nodes in his stories are departure points for growth. While reading *Becoming Myself*, I was pleasantly reminded of similar defining moments in my life, which prompted me to think how I might improve in eliciting defining moments for patients.*

There are those we meet who make us want to better ourselves, and Irv is one of those select few. In my lifetime, Carl Rogers, Rollo May, Milton Erickson, Viktor Frankl, and Virginia Satir also influenced me in this way.

Becoming Myself is The Velveteen

Rabbit for adults. It is the real Irv Yalom, inviting readers to also be real.

Irv Yalom: My new book, *Becoming Myself*, is a memoir and it covers my whole life, so I'm pretty sure it'll be the last book I write. I start the first third of the book with episodes that happened in my day, often in my therapy sessions -- something that triggered a memory of early life -- and I try to give an overview of those times. Following that, I write about when I became an adult and started college and went to medical school, and then became a psychiatrist. I follow the development of my thought in psychiatry and the evolution of that development with my training at Johns Hopkins as a psychiatric resident. Then, I go through how I first became interested in an existential perspective; how I started my own philosophy career and educational career; how I developed my interest in group therapy when I came to Stanford; and the interest I had in developing what I felt was a more effective way to do group therapy, with an in-depth interpersonal approach.

A major academic change that I made was developing interest in existential thought and writing a book on existential psychotherapy. After that, I took a significant year's sabbatical. I decided to write stories that I would use as a narrative, as a way of teaching psychotherapy. Although I'd written stories and novels as well as nonfiction books, all of the books have had the same purpose: they're all meant to educate the young psychotherapist. But gradually, I began to feel that using narrative -- the story or the novel -- was for me, a superior way to teach. I've always been tremendously interested in reading literature and using my skills to teach as effectively as I can.

YALOM continued on page 15

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EDITOR'S COMMENTS

When I think about how the art and science of psychotherapy has evolved over the years, I am reminded of Alfred Korzybski's classic observation that "A map is *not* the territory it represents, but, if correct, it has a *similar structure* to the territory, which accounts for its usefulness."

George Box was more forthcoming, even blunt in his assessment, saying, "All models are wrong, but some of them are useful."

Psychotherapists are continually seeking to refine their maps and models to increase their ability to help clients. As I've said before, it's as if we are peeking in one window of an enormous house that represents the human psyche. Each room has a purpose, full of furniture and belongings, and we need to learn how to navigate around the furniture and belongings to determine the meaning of the objects in the room, and to feel at home. However, there are walls between the rooms, and we can only see so much through a single window.

One of the greatest advantages that the Evolution of Psychotherapy Conference has offered me is that it provides access to many different windows. Since 1985, this revolutionary conference, organized by the Milton H. Erickson Foundation, has run the gamut in theories, philosophies, methodologies, and strategies, offering everything from mindfulness to CBT to epigenetics – and that's just the surface. In addition, the depth and breadth of material provides different levels of insight and edification to support therapists in all stages of development.

When I first began attending the Evolution conference, I was eager to learn all that I could about my chosen "rooms." I sought out those presentations that resonated the most, taking copious notes about what types of problems could be efficiently solved by using *this* or *that* perspective.

Over the years, as I became more confident in my knowledge of specific approaches, I found that what I sought from the Evolution conference



changed as well. Instead of wanting to know more about each of the individual rooms, I became fascinated with the hallways that connect those rooms: What commonalities do the different perspectives share? How can moving some strategies usually associated with the "living room" into the "kitchen" create a synergy that could strengthen the therapeutic impact of the intervention?

For more than five decades, I have been working with clients in different capacities. And in doing so, I have developed a robust internal map of how I imagine the layout of the house. While I don't claim that my perspective is a Universal Truth, there is sufficient internal consistency to it – a "similar structure" to the inferred territory that I have been content to use as a framework when supporting my clients.

And yet, I am still looking forward to this year's Evolution conference with just as much anticipation as I did in my youth. However, these days, I seek new ideas and concepts that can act as catalysts for even deeper understanding. One might think of these catalysts as a newly acquired special lamp, that when moved into a room has the unique ability to illuminate a previously darkened corner in a way that completely transforms the experience.

When it comes down to it, the study of psychology is not a matter of taxonomy, which breaks down hierar-

chal categories into discrete sets. Rather, it's mereology, which looks at the interactions and relationships between the parts and the whole. When we look into the rooms of the house, we understand that they contribute to its existence and functioning. We seek concepts and strategies, and premises and paradigms that can help us address problems and challenges, but at its core, what we are really looking for is

an esoteric understanding of what it truly means to be human, and that is a lifelong endeavor.

And the journey continues this December at the Evolution Conference in Anaheim. Please join me for the adventure.

Richard Landis

Orange, California

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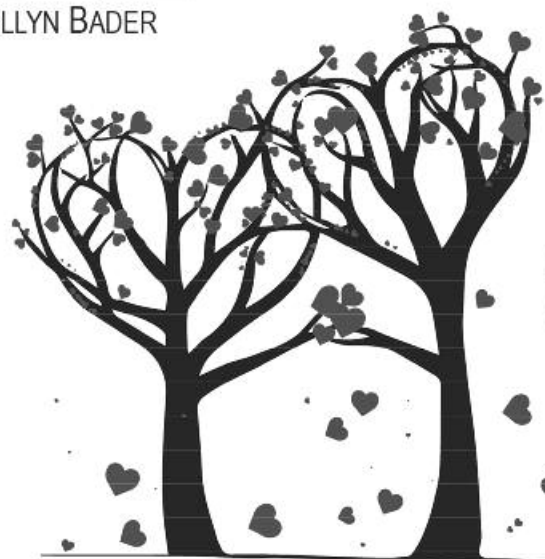
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THE POWER OF TWO

Dan Short, PhD & Aimee E. Short, MEd, LPC

Scottsdale, Arizona

by Marilia Baker

How do I love Thee? Let me count the ways...

Elizabeth Barrett Browning

The intention of this narrative is to recognize a married Ericksonian couple who work together and chose to follow more traditional pathways to professional partnership. As Roxanna Erickson Klein described (*The Milton H. Erickson Newsletter*, Winter 2013), *The Power of Two* “was conceptualized to celebrate the manner in which a partnership generates a synergistic effect,” and how the potential for influence – on each other, on clinical work, in publications, and on the community at large “is compounded synergistically to produce that effect.”

The first *Power of Two* column was dedicated to Elizabeth Moore Erickson, Milton Erickson’s wife (*Newsletter Centennial Issue*, Summer 2001). It recognized her influential role in her partnership with Dr. Erickson, and their collaborative efforts throughout 44 years of marriage – approximately 16,000 intense days of life together.

Dan and Aimee Short’s relationship is evocative, in many ways, of Dr. and Mrs. Erickson’s. Aimee has chosen to remain in the background in a supportive role, raising her family and focusing on significant, far-reaching clinical work with individuals and families, with a particular focus on infancy, early childhood, and pre-adolescent and adolescent issues. Aimee has a master’s degree in education from the University of North Texas, with an emphasis on play therapy and marriage and family counseling. She describes herself as “one of the few therapists in private practice who will make home visits or attend school meetings, when needed”.

In his preface to the French edition of *A Tribute to Elizabeth Moore Erickson* (2006), Claude Virot, MD describes the vital role of Erickson’s wife: “As it usually happens with all the greatest minds and most influential of individuals, the books dedicated to Milton Erickson’s work have multiplied like spring flowers, each one of them bringing in and enlightening a different aspect or facet of his, each one adding a fresh, new dimension to our knowledge of Erickson. Nevertheless, as with the flowers themselves, these influential individuals, even the very greatest, need the *right soil in which to blossom*, the fresh air in order to breathe, and the appropriate equation of light and sunlight under which to properly flourish. Erickson himself reminds us of that relationship, incessantly: *the context* is fundamental for each person’s blossoming, for overcoming obstacles, and for the appropriate process of healing.” Virot continues by asserting that “*the quality of the soil in which Erickson thrived was largely cultivated*” by a remarkable woman: his wife, Elizabeth. “Without this *uncommon* woman, Erickson’s genius might not have flourished to the extent that it did.” Aimee Short is that high quality, rich soil from which her husband, Dan, has flourished and prospered.

Dan and Aimee have known each other since 1988, while both were still in college in Texas. She was in her junior year at Abilene Christian University, studying radio and television communications, journalism, and broadcasting with the goal of becoming a news anchor. Dan had taken a semester off and traveled to Europe with a friend to transverse the continent on bicycle, “to explore the world, to have meaningful experiences, and to learn deeply about people and about myself.” Dan’s experience of growth and transformation is remarkably reminiscent of Er-



ickson’s canoe journey, also embarked upon in his college years. (*The Milton H. Erickson Newsletter*, Summer/Fall 2014) Both young men’s experiences are compelling examples of universal rites of passage, *transitions* which typically happen in late adolescence into early adulthood.

Anthropologist, Joseph Campbell, described these rites under the conceptual metaphor of “the hero’s journey.” Dan Short came back from the bicycle journey transformed: a young adult ready to tackle the world with different ears and eyes, plus well-defined career purposes. Stimulated by his new experiences, he decided to major in psychology. As a meaningful prize for the newly well chiseled self-knowledge, Dan was gifted with meeting “the kind of woman I wanted to invite to sail a lifetime with me, and be the mother of my children.”

This year, Dan and Aimee celebrated their 27th wedding anniversary. Dan says: “Without Aimee I do not think I would have learned to care as much about life and the opportunity to do good for the sake of others.” Their son Trevor, 18, is applying for college soon. Father and his son are now in the process of planning a trip abroad together before Trevor goes to college next year. Their daughter Elise, 15, recently accompanied her father on a teaching trip to Australia, helping him with book sales and other training activities. The family has traveled together throughout the U.S., and to Mexico, Spain, France, and other places where Dan has taught and trained.

Dan Short has had a distinguished career as counseling psychologist, researcher, author, international lecturer, and trainer, specializing in clinical applications of hypnosis and brief therapy. His many areas of scientific interest include clinical hypnosis with chronic or change-resistant problems. A psychologist in private practice in Scottsdale, Arizona, Dan received his doctoral degree from the University of Massachusetts at Amherst in 2000, where he studied with William Matthews, PhD, who was then actively involved in Ericksonian approaches to hypnosis.

Throughout his years of practice, Dan has maintained steady and scientific interest in Milton Erickson. This interest led him to accept the invitation to be Executive Editor of the *The Milton H. Erickson Foundation Newsletter* from 1996 to 2001. Likewise, in addition to his successful clinical applications, his many years of research and analysis of Ericksonian methodologies, led him to serve from 2001 to 2003 as Associate Director of the Erickson Foundation. In that capacity he was responsible, among other duties, for the archival preservation of Erickson’s life-work. Dan recalls the tenure: “I immersed myself in the in-depth study of 1,500 hours of audio recordings by Dr. Erickson.” He continues: “Without Jeff Zeig, it would have been impossible for me to have reached my current level of professional success. He has provided me with one opportunity after another. Similarly to Erickson, he is someone who recognized my strengths and encouraged me to make the most of them.”

One of the results of this initiative was the publication in 2005 of the now classic treatise *Hope & Resiliency: Understanding the Psychotherapeutic Strategies of Milton H. Erickson, MD*, which Dan coauthored with Betty Alice Erickson, MS, and Roxanna Erickson Klein, PhD. The book, which is primarily a textbook, has been translated into Spanish, French, German, Italian, Japanese, and Russian, and is widely used in therapist trainings by Erickson Institutes around the world.

Dan greatly appreciates his professional relationship with coauthors, Betty Alice and Roxanna: “Betty Alice is a cherished friend. All of her actions toward Aimee and me have always been generous and supportive, in a very hypnotic sort of way.” He continues: “I have benefited greatly from Roxanna’s intellectual acumen. There is not a single literary text that I have published without first seeking out Roxanna’s critical feedback, most often resulting in a noteworthy improvement in the final product. As a matter of fact, anytime I am faced with a significant challenge and need reliable advice, Roxanna is the first person I call.”

With his work widely featured in many publications, articles, book chapters, journals, and, his blog, Dan Short is quite a prolific writer. Recently, he has served

TWO continued on next page

TWO

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as the lead author and series editor of *Principles and Core Competencies of Ericksonian Therapy. A Treatment Manual* (2017), an online publication sponsored by The Milton H. Erickson Foundation in conjunction with The Milton H. Erickson Institute of Phoenix. Scott Miller, PhD, cofounder of the International Center for Clinical Excellence (ICCE), is part of the lead team along with Jeff Zeig. Dan says: "I have always admired Scott Miller's groundbreaking work. Recently, Scott has taken time to coach me along, leading me to greater skills as a researcher and teacher. Without Scott's help, I could not have produced the *Ericksonian Core Competencies Treatment Manual*." (For a complete listing of Dan's publications please consult: <http://www.IamDrShort.com/book.htm>.)

Among many other professional activities, Dan currently serves as the Executive Director of the Milton H. Erickson Institute of Phoenix. In addition to offering clinical services and therapist training, he facilitates a monthly Group Consultation Meeting (GCM) with members of the Institute and professionals from the Phoenix area. Aimee is a member of the Institute and actively participates in the meetings.

As symbolic of their "power of two" and role-modeling, Dan and Aimee, in their professional role, both offer their clients co-therapy services, which is often essential and beneficial to clients and their families. Observing Dan and Aimee Short, and learning the ways in which they consciously conduct their home life, their relationship, and their professional life, I am reminded of psychologist Thomas Moore's remarks (*SoulMates*, 1994) on soul-making in marriage and intimate relationships. He writes: "... here we see how soul is *made* -- recall John Keats' phrase 'soul-making' -- and it does not grow on trees. A soulful relationship is not a simple gift; it asks for concentrated cultivation." Dan and Aimee are, si-

multaneously, the garden and the gardeners of their *power of two*.

For further resources consult <http://www.IamDrShort.com>.

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IN THE SPIRIT OF THERAPY

Interview with Stephen Gilligan

By John Lentz

John Lentz: Stephen, you and your work are enormously popular around the world, yet you seem to be humble and able to connect with others. How do you spiritually do that?

SG: Well, I guess the answers depend on what is meant by “spirituality.” I consider myself spiritual but not religious, even though I was raised Irish Catholic and went to Catholic schools, including Jesuit high school. I think of “spirituality” in terms of what Arthur Koestler called “holons”: each part of a system has a self-organizing individuality, while simultaneously being only a fragment of a larger wholeness. We see the aesthetic creativity of this “part/whole” relationship in the best of life: a great sports team, a good meal, an ecosystem, a healthy intimacy, a musical orchestra, and so forth. I have as big an ego as the next person, but on my good days, it is tempered by this ethical and experiential sense of life as an interconnected system of unbroken wholeness.

JL: When you talk about generative change, you frequently say that all of us have brokenness, and you focus on the unbrokenness and the unwoundable part of people -- and that is a powerful image. Do you believe it impacts your trance as you work with people, and if so, how?

SG: Well, I think that prolonged suffering reflects a disconnection of one part of a system from its larger



whole—the lack of human connection with others, or the functional isolation of one ego state from others, or the disconnection of the cognitive social (“conscious”) mind from the somatic field (“creative unconscious”) mind. But at the same time, the deeper underlying connection is always there. So this makes for a “brokenness” embedded in an unbrokenness; a woundedness that’s part of an unwoundable being. When you resonantly connect those two levels, positive changes are much more likely.

JL: When you do trance work with someone in a teaching setting your trance appears to begin almost instantly and continues throughout the session. It seems as if you gather in the energy between you and the person you are working with, and help shape how they think in a positive way. Do you think of that as being spiritual?

SG: In therapy, that creative connection is between the therapist and client, and between the cognitive social mind and the somatic field mind....so I usually start from there, and see how

those systemic connections can become the “generative trance” fields that guide the conversation. I’m not saying that the conscious mind or individual consciousness is unimportant -- they are super important -- but they only become generative when embedded in deeper contexts. And one thing I learned from Erickson: The therapist is a participant-observer who is deeply “a part of, while apart from” the client system.

JL: When you talk about the disconnection of one part of a system from its larger whole, your position seems to cover all types of brokenness; to provoke hope, and invite opportunity as part of the healing. Is that your intention?

SG: As Csikszentmihalyi found, the “creative flow” of the parts/whole experience brings “double happiness.” On one hand, your performance is enhanced and you do better work. On the other hand, it’s intrinsically rewarding; it feels so good that you just hope that people don’t realize that you’d probably do it even if they didn’t pay you.

What a “working trance” helps you to do is feel the resonant connection that potentiates this creative nonviolence. You’ll know when you find it, because everything quiets down and opens up. It’s a good balm for the increasingly hectic nature of everyday life that gives rise to disconnection and all of its attendant pathologies.

JL: How you treat creative trance seems to have a deeply connected, committed, and compassionate feel to it. Would you be willing to say a little more about that?

SG: Yes, definitely. The word “healing” comes from “to make whole.” Again, I think the unbroken wholeness of life is always there. We’re just looking to attune each expression -- the thoughts, words, actions, feelings to that underlying wholeness. This is not as esoteric as it might seem. Again, this synchronizing of the parts within the deeper whole is the basis for all creative performance. So you are not trying to “fix” anything, you’re looking to create a resonant relational space where each “part” can be welcomed as a creative note within the melody of its larger systemic song. This is what I learned from my teach-

ers -- people like Erickson, Jung, Virginia Satir, Gregory Bateson: the systemic thinkers/therapists -- and from aikido, and so forth. I think it became the underlying principle and challenge guiding my work over the years.

JL: Even on your website when you are discussing generative trance you appear to be in a trance so powerful that when watching, I find myself going into a trance with you. While this seems deeply spiritual, I wonder if you also think of it this way.

SG: One of my professors at Stanford was the great neuroscientist, Karl Pribram, who talked about how the brain simultaneously computes quantum and classical realities. I think of the creative unconscious as a sort of “quantum field of infinite possibilities,” with the conscious mind -- through intention, attention, and tension-- “collapsing the wave” into one specific reality. To make big changes, we need to let go of the specific cards we’re holding, and dip back into that great ocean of “infinite possibilities.” To me, that’s what creative trance does, and it starts with the therapist. Call this creative space what you will, but as the saying goes, *please call it.*

JL: Stephen, the reader deserves to know that your unrecorded interactions were all kind and helpful. Thank you so much.



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Substantial changes have been made in Volume 15. Please contact us and we will exchange a new volume for the old one.

These changes include:

A new and expanded introduction; a revised Part IV; and a new Part V, “The Psychosocial Genomics of Mind-Body Healing.” Also, the index has been re-compiled to cover the new and updated material.

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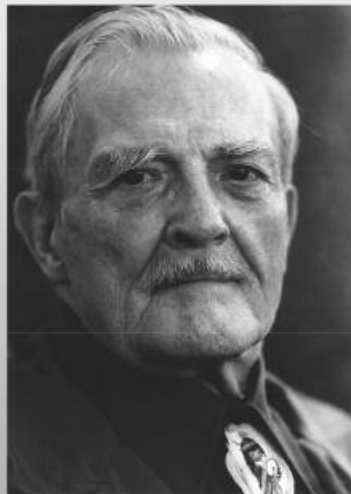
The original editions of Volumes 12-16 included audio cassettes. All of these recordings of Dr. Erickson have been digitized and are available to purchasers of these new volumes as MP3 downloads in the Erickson-Foundation.org online store. You may download them any time for no charge by using the special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

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CASE REPORT

Meeting the Old Friend

By Angela Z. Wu, MFT

Background:

Lisa is a 32-year-old single Chinese woman living in Shanghai who has been seeing me for six months via Zoom (online chat like Skype). Two years ago, she discovered that both of her parents were having affairs. Soon after, her periods ceased and she began to get headaches.

Lisa's parents treated her like a boy, and this angered her, as the little girl inside her yearned to be loved and treated like a girl. In therapy, we did a lot of active imagination so that Lisa could take care of that little girl; love and mother her. She also met a trustworthy man -- her acupuncturist -- who played a role in her recovery.

Lisa plays the guzheng (classical Chinese string instrument) well, and wants to study violin. During therapy, she cut off contact with her parents. She also ended an uncomfortable romantic relationship, quit her data analyst job, and made plans to study violin in Europe.

Lisa reported that although she was not menstruating, she felt more "woman juice" flowing out of her, and felt her body get warm. However, the headaches remained.

Sessions:

Using The Pain Map, (Drs. Eric and Lori Greenleaf, 1997), she drew all of her pain (physical, emotional and spiritual) on one map, and all of her resources on another. Then, in her imagination, she applied a particular resource to a specific pain.

Lisa: My headache became closer, heavier. I see an angry face: a child, but it is my father. Father's angry face is replacing the headache. [pauses] Now the angry face is getting closer and clearer. I don't feel much headache.

Angela Wu: What does the child want -- to be angry, or not? [pauses]

L: He doesn't know what to do; he only knows anger.

AW: Suppose the child gets comfort from someone?

L: I feel my acupuncturist is touching the child's head to calm him. The child is getting quiet and calm. [After a long pause, Lisa begins to cry.]

AW: I see the tears; they are real, and my heart gets tender when I see tears. [pauses] Often tears are sacred; they remind us to grieve or to know joy. It is a strong, real emotion. It shows us real life, with all kinds of feelings. When I see your tears, I feel you are so real.

L: I'm crying as I see the angry boy calm down. He said, "I am sorry" to me.

AW: Very nice hearing, "I am sorry."

L: I see a little girl come out. That was me at 12.

AW: Welcome. How is she?

L: Finally, she can come out. She was so scared by that angry boy.

AW: What does she want? [long pause]

L: She wants to have her period.

AW: That is right. She wants to have her period. Suppose you help her to prepare for her period: read her books, get her sanitary pads, cute underwear, nail polish, or a promise of her favorite ice-cream when the period is over. [Lisa smiles and nods.]

L: The little girl wants to perform music. Her parents always told her that she was not good enough; now she wants to perform. But she is shy, not sure if she can.

AW: Suppose the girl gets dressed in a beautiful Chinese qipao [form-fitting dress]; sets up her guzheng in her room; prepares two seats for her parents. Then she can play and record the saddest melody, and mail it to her parents, as if you are mailing your bad headache to your parents.

L: That is a good idea. I will do that. I am more comfortable playing in my own apartment. And I will mail them my sadness and my bad headache.

AW: One more thing. I do not know about you, but for me, two or three days before my period I often have bad headaches. When I feel that headache, I know I will prepare myself.

Using The Pain Map, (Drs. Eric and Lori Greenleaf, 1997), she drew all of her pain (physical, emotional and spiritual) on one map, and all of her resources on another. Then, in her imagination, she applied a particular resource to a specific pain.

Two weeks later:

Lisa felt overwhelmed when she played the guzheng, and she stopped. She didn't record or send the music to her parents.

Before our next session, she sent me a link to a classical Chinese violin piece called, "So Long." She said, "When I hear it, I feel gentleness, unconditional love, separation, and sadness. I may want to hear it during the session. Let's be prepared."

Session:

L: I don't feel the headache. I started to feel a mother's unconditional love, but it is not my mom.

AW: If now you use your body as the map, where do you feel the love?

L: In my feet, and my hands.

AW: What is the sensation when your feet and hands feel love?

L: It is freedom to move around.

AW: Good. Focus on that freedom -- your feet and hands. Does that feeling stay still or move around?

L: It is moving up, coming to my hands. I feel very gentle and warm, like a baby's skin. Now it's moving to my belly button. [pauses]

AW: What is happening there?

L: The little belly button wants to say something.

AW: Before a baby's born, she is connected with mother through the cord. The baby gets food; feels mother's heartbeat. In this way baby communicates with mom, so of course the belly button wants to say something. [pauses]

L: The belly button feels mom's love. She was held in big hands; warm and gentle. The little belly button feels mom's gentle touch, gentle kisses. [Lisa nods, and begins to cry; long pause.]

Then, the little belly button grew up. Mom starts to say she is not good enough, and is very harsh to her. She didn't want to talk. She is so scared all the time; scared, sad, and hurt. She is afraid of talking; felt something stuck in her throat.

AW: Let's start with a long, deep breath; breathing out first. Really clear out all the fear, all the worries and sadness inside of her. Then breathe in all the fresh air and oxygen that she needs. That's right; just breathe, breath by breath. She is growing up, she is still good. The little belly is still good.

Now she is an adult, and she can open a new file for her life. She is going to put the people she likes and loves; the loving memories, in her new file. She knows she has unconditional love with her; right on her feet, right on her hands. She just needs to feel it. [pauses]

L: The little belly walked to a door. It is oval; a glass door. She is nervous, scared.

AW: Where does the door take her to? [pauses]

L: The other side of the door is the womb.

AW: Does little belly want to go there?

L: She is nervous and scared...even with unconditional love. It is dark over there.

AW: Can little belly put a flashlight in her pocket?

L: Yes, a flashlight will be useful.

AW: If you like, you can take me with you. You can hold my hand.

L: Yes, let's do that. I am shining the flashlight and holding your hand. I'm walking in. [tears; long pause] I saw an old friend.

FRIEND continued on next page

FRIEND*continued from page 8*

AW: What does the old friend look and feel like?

L: It is round, soft, sticky. It is red.

AW: Very good. Say, "Hi" to this old friend. Tell her, "I missed you, and I'm so happy to see you. I know you're here, so today I came. We are old friends. I know I'll always see you."

L: I started to feel warm. I started to feel the blood running through my body. Now it's time to play the music.

AW: [I push the button and music plays.] Yes, you are saying good-bye to the fear, to the worries. Now feel the blood and the freedom. Feel and enjoy the love. [pauses]

Ten days later, Lisa sent me a message saying that her periods resumed.

The session after her period:

Before the session, Lisa sent me another violin solo called, "Raise Me Up," to play as background music for

the session. She still gets a headache from time to time, but isn't bothered by it. She remembered that she often had a headache around her period. She began to remember her grandfather, who loved her very much.

L: I feel that I need to walk home and become a mature woman. I feel lonely. I am scared to be with the old friend; to be a normal woman.

AW: Now you're telling me, so you're not lonely anymore. You're walking towards your home; not a little girl going to her *parents'* home.

L: I feel the love was buried by hate for so long. Now I have to go through the pain to find it. [crying] I haven't been crying like this.

AW: This is good. When the love is opening up and meeting the pain, two strong energies meet, and it can be overwhelming.

L: I see so many things: I see grandfather; I see me on the stage as

These are beautiful things. They are somewhere -- awaiting. And now I know you can go there. You have met your old friend, and you will meet many new friends.

a grown, beautiful woman playing violin; I see a man that I want to love -- only his back, not his face yet.

AW: These are beautiful things. They are somewhere -- awaiting. And now I know you can go there. You have met your old friend, and you will meet many new friends.

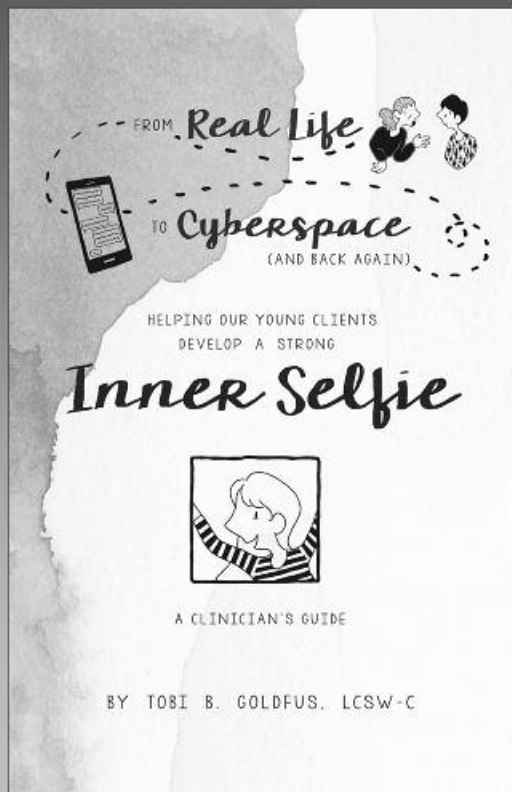
L: [still crying] I know. I am walking home. *My home.*

We decided to do a monthly checkup, and eventually terminate the therapy. Lisa is now looking into studying music in Europe and has started to date men.

Commentary

Eric Greenleaf, PhD

Relationships shape therapy, and the language used represents human experience. The patient often speaks in symptom language: a headache, amenorrhea, or anxiety. Ericksonian therapists speak in image, metaphor, and a common language: "the little girl," "an oval door," "the old friend." Angela Wu's gentle, healing touch and patient inquiry formed a relationship that drew healing from the patient's inner life resources. And, hand-in-hand, both therapist and client shone a light together into the frightening darkness -- and they created beautiful music.

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I N M E M O R I A M

Farewell Salvador Minuchin

I was saddened to learn that Salvador Minuchin passed away on October 29, 2017. He will be greatly missed.

I first met Sal in the early 1970s when I was a student in the master's program in clinical psychology at San Francisco State University. He was teaching a workshop in Berkeley. Since my financial means were meager and I could only attend workshops by being a student volunteer, I volunteered as Sal's cameraman.

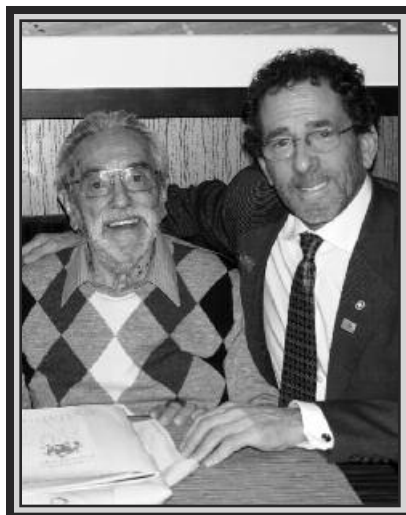
I remember there was a short staff meeting prior to Sal's workshop, and I'll admit I was intimidated. My first impression of Sal was that he was intense and confrontative, and I was afraid he would turn that penetrating force in my direction. As it turned out, he did so years later, but in a most positive way.

Sal is one of the architects of family therapy and I invited him to be faculty at the first Evolution of Psychotherapy Conference in 1985. From that point on, he became a regular faculty member at the Evolution Conferences.

I got to know Sal personally at the first Evolution Conference. He offered a stunning and insightful address entitled, "My Many Voices." I had asked the faculty at that conference to present speeches on the essentials of their respective approaches. Instead, Sal examined and appraised the field of family therapy, and rather than extolling his own approach, he talked about his seminal influences — Haley, Satir, and Whitaker — and how they spoke through him. I was so inspired that I reread his 1985 address several times just so that I could completely grasp the content and underlying processes.

Since 1985, on numerous occasions, I have shared the podium with Sal. We taught together in many foreign countries, including Mexico, Brazil, Germany, and Spain. I will always cherish those times, and the knowledge and wisdom I gleaned from him has become part of my fabric of being.

One incident of note: I was Sal's discussant at the 1995 Evolution Conference and talked about how intimi-



Salvador Minuchin and Jeff Zeig

dated I was early in our relationship because he seemed to proceed with such remarkable force. I ended with a vignette about Herman Melville who dramatically told a story about a Polynesian warrior to Nathaniel Hawthorne and his wife. At their next visit they asked about the club Melville used as a prop for the story. As it turned out, there was no club. It only existed in the minds of the Hawthornes, who were entranced by the story. Then, I gave Sal a Styrofoam club. Immediately he took it and knighted me.

Sal was more than a colleague; he was a dear friend. I called Sal when I had an important birthday. I called Sal when my mother died. The hours I spent with him stayed with me, personally and professionally.

Sal was one of those people who defied description. But, I can at least say that he was wise, a peerless dramatist, a preeminent systems thinker, and remarkable therapist. I was both touched and honored when he made me the curator of the Minuchin Archives — a position that I am happy to fill.

Sal would have been 95 years old in December. He was a pioneer and innovator in the field of family therapy for more than five decades. And although he understood that he had little time left on this earth, he continued to be the consummate teacher, wanting to impart his wisdom and knowledge at the upcoming Evolution Conference with a keynote called, "Deconstructing Minuchin." Unfortunately, we will not have the opportunity to be in his presence, but we will use the hour to offer

the material he intended to present.

My colleagues and I at the Erickson Foundation created the following tribute (which includes clips from previous Evolution Conferences) for the March 2017 Psychotherapy Networker Conference at which Sal was honored. To get a better idea of who Sal Minuchin was and what his perspectives

were, please follow this link: <https://youtu.be/MG-UvrVEkzw>

You can also find peerless sessions of Sal conducting family therapy on psychotherapyvideo.com.

Farewell Sal Minuchin. Thank you for making our field and this world a better place.

Jeffrey K. Zeig, PhD

** Salvador Minuchin's Keynote Address, *The Craft of Family Therapy* -- interviewed by Jeffrey Zeig, from the 2013 Evolution of Psychotherapy Conference was reviewed by Marilia Baker, MSW for the Newsletter. The review is available online: <https://www.erickson-foundation.org/download/newsletters/Vol-34-No-1.pdf> **

Tribute to Salvador Minuchin

By Suzi Tucker
www.suzitucker.com

It was inevitable, of course. Everyone dies, after all. Still, it is shocking when we have lived in close heart proximity to another, even when death is anticipated at any moment. Yes, age and physical condition, we know. It is his death, the death of Salvador Minuchin, and though we cannot know its meaning, the loss reverberates most intensely among his family. And yet, because of who he was and is, the death of Salvador Minuchin is the leave-taking of a part of all of us in the field. I can feel it in myself; he is a central aspect of my history and of my present and future.

Sal Minuchin died in the same month in which he was born, some 96 years apart. He was an old man by any count, and yet having contributed so much to the field of family therapy — a clear voice through the din of conflictual notions — it is difficult to think that he is gone, that he will contribute no more. And perhaps this, because it isn't quite the truth. A pioneer without peer, pragmatic and ever curious, Minuchin forged a path for himself, and in collaboration with others, has already furthered the thinking of generations that do not yet know his name. Several generations of therapists have already been inexorably influenced, and they, in turn, will bring what they have learned to others. Sal Minuchin's hand on so many shoulders.

Minuchin's observations, insights, and inquiries instigated an exponential leap in the understanding of how systems work, and where they don't. His structural family therapy emerged as a fundamental paradigm shift, from shining the inquisitor's light on the individual, to looking into the often secretly agreed-upon laws of the family — and how to change those habitual laws that drag family members under. His focus was neither narrow nor too wide, as he understood the painful dilemmas of families as being nested in very the real family architecture designed to obscure or navigate weaknesses. Structural family therapy considers problems within a family by mapping the relationships among family members, or between subsets of family.

Minuchin was Director of the Philadelphia Child Guidance Clinic, which eventually became one of the most modeled and respected child guidance facilities in the world. In 1981, he began his own family therapy center in New York — now called the Minuchin Center. The author of many important contributions to the literature, many of which are considered classics, his last book was *Mastering Family Therapy: Journeys of Growth and Transformation*, published in 1994.

Dr. Salvador Minuchin was an essential part of the Evolution of Psychotherapy; a steadfast and brilliant mentor to so many of us. He will be missed in December of 2017. And, yet, his voice will echo through the lectures and presentations in the scores of workshops and forums that take place. Sal Minuchin will, indeed, be missed. And he will be present.

Celebrating Jeff Zeig

By Marnie McGann

Milestones in life are often reached by a number, more specifically, one's age in decades. Turning 20, 30, 40, 50 and 60 and beyond all resonate as if we are passing through an invisible wall and stepping into a new realm of maturity with another decade of life experience under our belt. We join those on "the other side" and hope that the new decade serves us well.

This year, Jeff Zeig passed through another invisible wall when he turned 70 on November 6th. In each decade of his life, he continues to grow and share his wealth of knowledge and experience; his 70s will be no exception. And despite his many accomplishments, he humbly and gracefully continues to offer guidance through therapy and training.

At the Foundation, he is our fearless leader, treating all staff members with kindness and respect. He is the Founder and Director of The Milton H. Erickson Foundation, which will reach its own milestone in 2019, when we will celebrate our 40th anniversary. It has been nearly 40 years since Jeff commenced organization of the first of many conferences – a Congress held in December 1980. Since then, he has been the architect of the Couples Conference, the Brief Therapy Conference, the upcoming Evolution of Psychotherapy Conference, and the Intensives



training in Phoenix, held in consecutive weeks three times throughout the year.

There are many more accomplishments, including more than 20 books on psychotherapy that appear in 14 languages. But, this article is more about who Jeff Zeig, the man, is and what makes him tick. So I felt the best way to know him was to listen.

A Conversation with Jeff:

Marnie McGann: First off, happy 70th birthday Jeff, and thank you for agreeing to be the subject of this article. As Founder and Director of the Erickson Foundation, you've spent nearly 40 years creating an organization that's known throughout the world. But, I can't even say for sure where you were born. So let's start with that. Could you please share a bit about your childhood?

Jeff Zeig: I was born in the Bronx, New York, and spent my first 10 years of life living in an apartment with one bedroom that my sister and I shared. My parents slept on a roll-out couch in the living room. My father was a postman and took the subway to Manhattan every day for work. Coincidentally, my sister eventually had an office in the building where he used to deliver mail.

After apartment life, my family moved to Long Island into a Levitt home. My father eventually took a job as a salesman for a home improvement company and we entered the middle class. I grew up in a child-centered Jewish family. My parents were adamant that my three sisters and I would have the opportunities that my parents never had. They were the children of Jewish immigrants and their parents mostly spoke Yiddish. My maternal grandmother came alone from Russia at age 18 and worked in sweatshops to earn funds to bring her siblings and her father to the U.S. My paternal grandparents were matched by a matchmaker on their wedding day! Needless to say, it was not a match made in heaven.

ZEIG continued on page 12

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by DAVID S. GORDON, PHD &
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ZEIG*continued from page 11*

MM: I know you enjoy flying sail planes, are a bronze life master at bridge, and have been writing book after book. What else do you enjoy doing in your limited spare time?

Jeff Zeig: I exercise daily for more than 45 minutes. Usually during that time, I either talk to my love, who does not live nearby, or I educate myself by listening to tapes from Erickson, previous conferences, or online courses. I also listen to audiobooks; currently, it's *Resurrection* by Tolstoy and *A Tale of Two Cities* by Dickens. I also listen to audiobooks when traveling and just finished "The Body Keeps the Score," by Bessel Van der Kolk. Right now, I am taking a course in linguistics. Another positive addiction is taking Spanish lessons, which I love, but lack competence. I gifted the Erickson Foundation staff with private Spanish lessons. We take the classes online with a teacher in Mexico. Then, there's my 2-year-old granddaughter, Lily Beth...

Relaxation would be a good hobby, but the concept escapes me, as does watching television.

MM: What makes you happy?

JZ: Learning and Loving. The goal of living is to grow.

MM: What three words describe you best?

JZ: Driven, Driven, and Driven.

MM: Would you say that you've achieved your dream professionally?

JZ: More than I ever expected.

MM: What is your greatest achievement and how has it shaped you?

JZ: The Evolution Conference is my greatest professional achievement. Promoting integration and discovering the commonalities that makes therapy work.

MM: What is your greatest failure, and how did you overcome it?

JZ: When I graduated with my PhD in 1977, I wanted to be an academic and applied for more than 50 positions. I didn't get any of the jobs I really wanted, but since then, some of those schools have hired me to do workshops. I took a job as a child psychologist at the Arizona State Hospital, but it was my last choice. Erickson advised me by telling me a story about his son, Bert, who came back from the Army only to face unemployment. The refrain of the story was to strictly do a professional job. So I did, and it worked.

MM: Have you ever taken a giant leap of faith?

JZ: Yes, by moving to Phoenix in 1978 to be close to Erickson. And, doing a clover leaf in a glider.

MM: What has been most satisfying for you in your life?

JZ: Service.

MM: How do you deal with stress?

JZ: I thrive on it. I live with it. I invite it. And I harness it to pursue what is most meaningful to me.

MM: What book, poem, piece of music, painting or other work of art has moved you the most?

JZ: I had a hobby of memorizing poetry and can still quote quite a few poems. I have been most inspired by e.e. cummings.

MM: How do you make your therapy an art?

JZ: I improvise. I study the evocative nature of all art, and apply it to helping clients and therapists access adaptive states.

MM: Do you have any current goals that you are working toward?

JZ: Loving the important people in my life. Professionally, writing more books. Reading more literature. Staying healthy.

MM: If you could do one thing over, what would it be?

JZ: I would learn how to play music, but I am tonally challenged.

MM: Where do you see yourself in the next five years, 10 years?

JZ: Contributing as much as possible. Loving to the limit.

MM: Milton Erickson was your mentor and left a legacy. What do you hope is your legacy?

JZ: Making the world a little better by virtue of my time on this planet.

MM: What does turning 70 mean to you?

JZ: I have less tread on the tires.

MM: Do you have any advice for young therapists?

JZ: Study and incorporate into your life, Erickson's utilization orientation.

FOUNDATION NEWS**2018 Conference Lineup Looking Good**

Next year, the Foundation's Couples Conference -- "Attachment Differentiation in Neuroscience" -- will be held May 3-6, at the Marriott Oakland City Center in diverse and picturesque Oakland, California. Faculty includes Ellyn Bader, Helen Fisher, Harville Hendrix, Helen LaKelly Hunt, Sam Jinich, Esther Perel, Terry Real, Michele Scheinkman, and Stan Tatkin.

<http://www.couplesconference.com>

The Brief Therapy Conference will be held December 6-9 at the Hyatt Regency San Francisco Airport in Burlingame, California.

<http://brieftherapyconference.com>

Joshua McLaughlin Joins Foundation Staff

In September, the Foundation welcomed a new staff member. Joshua McLaughlin now serves the Foundation's Administrative Assistant.

An Arizona native, Josh is currently taking courses to become a psychotherapist and will receive his bachelor's degree in June 2018. His reasoning for wanting to become a psychotherapist: "I've received lots of good advice in my life and want to offer others useful advice," he says. After completing his bachelor's, Josh plans to immediately enter a master's program in counseling.

Josh is engaged to a woman he met online and the couple plans to marry in the near future. "What brought us together was our mutual like of Bob Ross [the instructional artist featured on PBS from 1983 to 1994] because he's a good artist with a great personality."

In his free time, Josh enjoys creat-



ing art, especially in watercolor and pen and ink. He also enjoys reading sci-fi fiction.

"I got really excited about the Foundation when I discovered who Milton Erickson was and what he contributed to the field. I like his unique tailoring approach to each patient and that's how I want to approach my future patients. I also love the group at the Foundation. Everyone is fun and interesting in their own way."

Five-minute Therapy Tips by Jeff Zeig on YouTube

Since June of this year, Jeff Zeig has been offering, "Five -Minute Therapy Tips" on YouTube.

Currently, there are three episodes available, with a new one to be added each Friday. The brief videos address client problems, professional issues, clinical concerns, and methodology with specific focus on anxiety, grief, depression, pain, smoking cessation, and much more.

Topics covered so far include: anxiety, grief, depression, pain, smoking cessation, establishing goals, gift-wrapping therapy techniques, metaphors, couples therapy, communication, utilization, and confusion. Please visit:

<https://www.youtube.com/playlist?list=PLqtdzIH7y-h3jQZXUTXlms3mlXsFM3qEg>



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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2018		
1/18-21	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Jeffrey K. Zeig, Ph.D.	1.
1/24-27	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Boston, MA / Zeig	1.
3/5-9	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.
3/12-16	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	2.
3/16-18	Evocative Communication / Guadalajara, MEXICO / Zeig	3.
3/23-25	Fundamentals of Hypnosis / Mexico City, MEXICO / Zeig	4.
4/5-8	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	2.
4/11-12	Advanced Techniques of Hypnosis and Therapy / Krefeld, GERMANY / Zeig	5.
4/14-17	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Oporto, PORTUGAL / Zeig	6.
5/4-6	Couples Conference / Oakland, CA / Invited Faculty	2.
5/30-6/3	Ericksonian Approaches to Coaching / Guangzhou, CHINA / Zeig	7.
6/6-10	Experiential Counseling: An Ericksonian Orientation / Beijing, CHINA / Zeig	8.
7/9-13	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Geary, Zeig, Borges	2.
7/16-20	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	2.
7/23-27	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, AZ / Geary, Zeig, Borges	2.
7/30-8/2	Phoenix Master Class / Phoenix, AZ / Zeig, Invited Presenters	2.

Contact Information:

- 1) For information: Email, Stacey Moore: sjmtjm@msn.com
- 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; Web, www.erickson-foundation.org;
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- 8) For information: Email, wangsuqinbj@163.com

For Upcoming Trainings ad rates and specifications visit www.erickson-foundation.org (click Media > Newsletter). Or contact Karen Haviley: karen@erickson-foundation.org. A \$25 fee per listing is required. Deadline for the April 2018 issue (mailed mid-April) is February 5, 2018. All workshop submissions are subject to approval by the Erickson Foundation.

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CONFERENCE NOTES

The Evolution of Psychotherapy Conference will be held December 13-17, 2017 at the Anaheim Convention Center, The Hilton Anaheim, and the Anaheim Marriott in Anaheim, California. The conference is sponsored by The Milton H. Erickson Foundation, Inc., and includes more than 35 international faculty with Keynotes by Aaron Beck, Tipper Gore, Salvador Minuchin, Robert Sapolsky, Martin Seligman, Irvin Yalom, and Philip Zimbardo. Complete information including the full list of faculty, hotel and travel information, continuing education information, online registration, volunteer information and more is available: www.EvolutionOfPsychotherapy.com Or contact The Milton H. Erickson Foundation: Email, support@erickson-foundation.org ; Tel, 602-956-6196; Fax, 602-956-0519.

The *Annual Scientific Meeting and Workshop on Clinical Hypnosis*, sponsored by the American Society of Clinical Hypnosis (ASCH) will be held March 15-18, 2018 at Embassy Suites by Hilton Lake Buena Vista South, Orlando (Kissimmee), Florida. Basic, Intermediate, and Advanced workshops will offer 20 hours of CE. For information contact ASCH: Web, www.asch.net ; Email, info@asch.net ; Tel, 630-980-4740; Fax, 630-351-8490; Mail, 140 N Bloomingdale Rd, Bloomingdale, IL 60108.

The American Counseling Association (ACA) 2018 Conference and Expo will be held April 26-29, 2018, at the Georgia World Congress Center in Atlanta, Georgia. Pre-conference Learning Institutes will be available April 25-26. For complete information and to register visit the conference website: <https://www.counseling.org/conference/atlanta-2018> Or contact ACA: 6101 Stevenson Ave, Alexandria, VA 22304; Tel: (703) 823-9800 / Toll-Free: (800) 347-6647; Fax: (703) 823-0252 / Toll-free Fax: (800) 473-2329; Web, <https://www.counseling.org/>

The Couples Conference will be held May 4-6, 2018 at the Oakland Marriott City Center in Oakland, California. Confirmed Faculty: Ellyn Bader, Helen Fisher, Harville Hendrix and Helen LaKelly Hunt, Sam Jinich, Esther Perel, Terry Real, Michele Scheinkman, and Stan Tatkin. For complete information visit: www.CouplesConference.com or for information Email: support@erickson-foundation.org. The conference is sponsored by The Milton H. Erickson Foundation with organizational assistance by The Couples Institute in Menlo Park, California.

The 2018 International Congress on Integrative Medicine & Health: Collaboration in Action: *Advancing Integrative Health through Research, Education, Clinical Practice and Policy*, will take place May 8-11, 2018 in Baltimore, Maryland. Plenary Speakers include Peter Wayne, Tracy Gaudet, Helene M. Langevin, Fabrizio Benedetti, Steven Woolf, and Alessio Fasano. For complete information visit: <https://internationalcongress.imconsortium.org/> or contact: Email, congress@imconsortium.org; Phone, 703-556-9222. The Congress is sponsored by the International Society for Complementary Medicine Research and Academic Consortium for Integrative Medicine and Health.

The International Society of Hypnosis will hold the *XXI World Congress of Medical and Clinical Hypnosis*, August 22-25, 2018, in Montreal, Canada. The theme of the meeting is Hypnosis and Synergy. The Congress will be held at The Palais des congrès de Montréal in the heart of downtown Montreal. For information contact ISH: Web, www.hypnosis2018.com (English) / www.hypnose2018.com (French); Email, info@hypnosis2018.com ; Mail, P.O. Box 620, Berwyn, PA 19312; Tel, 800-550-ISH1.

INTERVIEW

continued from page 1

And in this book I do that.

I'm also teaching about the lifecycle as I experience it myself. I'm now 86 and have gone through 95 percent of my own lifecycle. So I write how it feels in each of those cycles, and what these latter years mean to me, and what growing old means to me, and what being in therapy at several times in my own career has meant to me. So that's a quick overview of a book that is filled with all the stories and information that I think made myself become myself. I hope you'll find this book helpful.

Jeff Zeig: I'm sure I will, Irv. Now, can you say something about how it was that you became interested in existential thought, and then existential practice?

IY: Yes. My first contact with existential thought was during my early residency and my second year of residency when an interesting book called *Existence* came out by Rollo May. It contained a couple of wonderful essays by Rollo May, but also some translations of European philosophically inclined therapists. And at that point, it suddenly dawned on me: I've got to get an education in philosophical thought, beginning with the Greeks, all throughout our important philosophers – and ever since, I have pursued that education. I then began to feel these issues – how we face the existential questions; and how we face the questions of death and isolation in our lives and freedom and meaning in life -- are an important part of psychotherapy, not just for ex-

istential therapists, but for all psychotherapists who see these particular issues percolating within their patients.

So that's how I began writing that book. I started off with a long section on death that I knew was going to be the major section of the book and I realized that I've had to learn how to talk about death with patients. So I began to talk to patients who had to talk about death because they were dying of a fatal illness, of cancer. For 10 years, I worked with patients facing cancer, and gradually the book began to emerge from that work. And I think the book has had a good deal of influence in alerting therapists to the importance of these particular issues.

JZ: You've written two of the most important textbooks for psy-

chotherapists and another on group therapy. Rollo May was also your therapist, and you were not only exploring this from a theoretical perspective, but also personally.

IY: Right. Rollo was one of my therapists. I have always felt that an important factor in the training of any kind of psychotherapy is to be in therapy yourself. So I've been in several kinds of therapy: rather traditional classical psychoanalysis; of an existential approach with Rollo; and something in the middle in Great Britain and Gestalt therapy. I like to sample all these approaches whenever I'm feeling some unrest within myself – and I urge other therapists to do that. In my memoir, I talk about a group of therapists that I've been involved with over the

ZEIG continued on page 22

BOOK REVIEW

The Beginner's Mind The Complete Works of Milton H. Erickson Volume 9 – The February Man

Review by Richard Hill MA, MEd, MBMSc, DPC

Each day, we look into the face of time to discover *when* we are. We see it in the mirror, we feel it in our bodies, and we sense it in our minds. Our progress along the timeline of life seems self-evident...perhaps. In 1945, Miss S met with Erickson over four lengthy sessions in a time shifting set of “Februarys” that spanned from her early childhood to the present. In dealing with a troublesome water phobia, Erickson utilized time regression with hypnosis to find the hidden memories of the past “...to facilitate the creation of a new identity and consciousness in patients who had experienced several levels of deprivation in their early life experience.” (p. xxvi) For its time, this was, as Rossi describes it, “...a significant step beyond all previous forms of therapy.” (p. xxvi)

Miss S was a nurse who agreed to be the subject for an informal demonstration of the technique for a small group of professional colleagues. The sessions were recorded by a stenographer, Miss Cameron, who then typed up a formal document. This remained “...quietly in Erickson’s files for about 30 years, until he gave it to me [Rossi] for private study when I began working with him in the early 1970s.” (p. xxi) Rossi’s meticulous work resulted in 15 hours of recordings of Erickson and Rossi discussing the case. This book is the finely detailed combination of the case transcript and sections of the commentaries, which provides a deep exploration into the techniques and technicalities of the “February Man” experiences. Anyone involved in psychotherapy and therapeutic hypnosis will be richer for reading this volume. In my humble opinion, it is a must read. In fact, of the 16 Erickson volumes, Volume 9 was my first choice to read, and in many ways it provided a foundation for all 16 volumes.

At the beginning of the transcript of the first session we see how Erickson prepares Miss S for therapeutic trance by triggering the “...typical five stages of the microdynamics of trance and suggestion...” (p. 4) These stages are: 1.) Focus of attention; 2.) depotentiation of habitual mental states; 3.) activation of creative inner searches; 4.) activation of unconscious processes; and 5.) readiness for a creative hypnotic response.

Throughout the book, each process is foreshadowed with a clear heading, from the creation of “The Microdynamics of Trance Induction,” (p. 3) to “Reframing, Implication, and Therapeutic Analogues,” (p. 105) and “Facilitating Human Potential by Inner Rehearsal.” (p. 217) Hundreds of these headings foreshadow the technique utilized and also show the reader the intellectual and intuitive depth of Erickson. He never forces or overtly directs Miss S in her process, but is always the facilitator, with the necessary skill and confidence to be client-responsive.

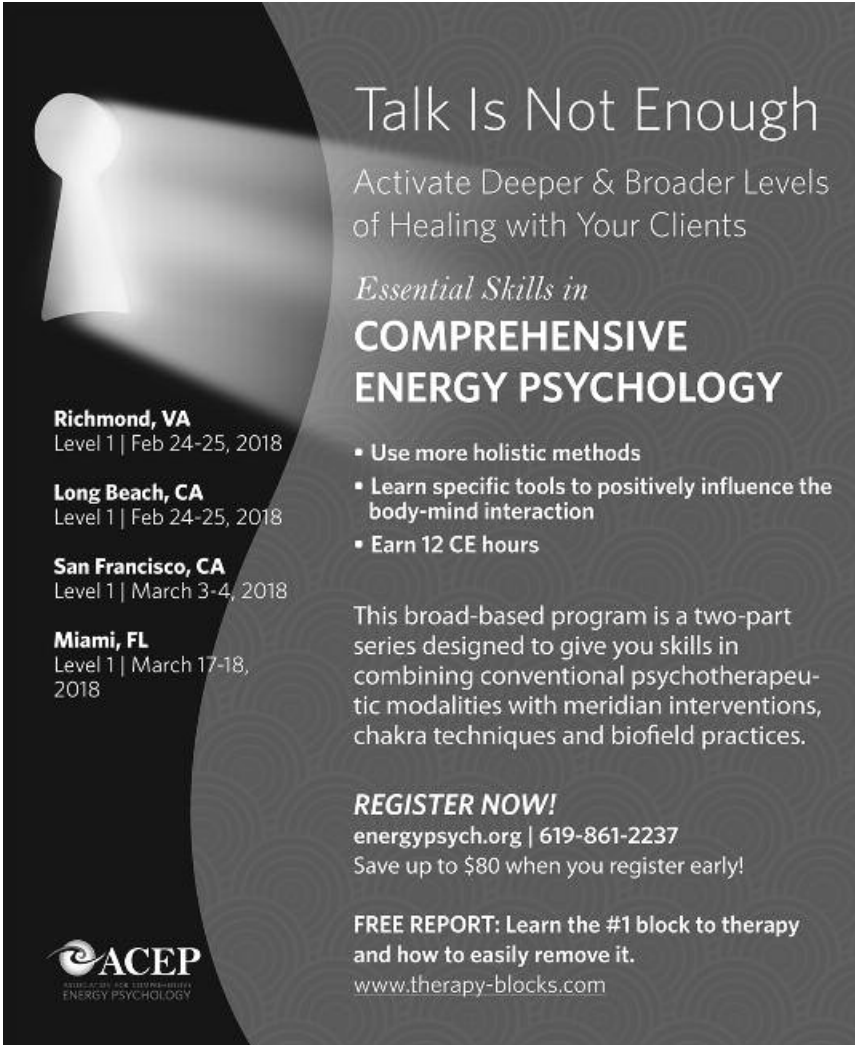
We see Erickson carefully set up the “...identity and creation of the February Man” (pp. 31-50), and are given insight into the process through Rossi’s commentary and questions to Erickson. What seems like simple conversations with Miss S are actually highly complex and skillful exchanges. The second visit of the February Man (p. 51) is when the therapeutic journey really gets underway. Rossi reminds us that the February Man was not created from the therapist’s direction, but by “...the subject who decided the visits would be in February and thus it was the client who gave Erickson the February man identity.” (p.52)

In the first session, Miss S has eight “visits” with the February Man, spanning years and memories in the momentary shift from one visit to the next. In the second session, Miss S returns to the time of her trauma, when she was around 6 years old, and together with Erickson she discovers the events that created her inner disintegration. We then witness Erickson facilitating ways for Miss S to safely bring memories into consciousness to help her repair the trauma that had manifested as a seemingly simple phobia of water.

He never forces or overtly directs Miss S in her process, but is always the facilitator, with the necessary skill and confidence to be client-responsive.

Reframing her memory and how she was affected by it was not an easy process, and it continued over several months. How Erickson facilitated this is the most fascinating part of the “story.” It almost reads like a novel, as we follow the lead character as she discovers her own healing, and subsequently, her return to well-being. However, in the end, her lack of amazement and positive appreciation toward Erickson is a salutary lesson for all therapists. Erickson explains that the less impressed the client is with the outcome, the more natural and self-resolved they are. The resolution has become “...part of who [they] are.” (p.245) The therapist’s reward is the client feeling truly engaged and connected to the changes. This is an indication that the therapist has successfully returned to the client the “...burden of responsibility for therapeutic results...” (Vol 3, p.71)

This interesting, wonderful volume follows Miss S as she first creates the February Man, to then being so completely comfortable about the resolution of the phobia that it felt natural, and rather unremarkable. Reading this volume is likely to produce change and growth, which readers also may hardly notice, because it is equally natural and seemingly unremarkable.



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BOOK REVIEW

Prenatal Development and Parents' Lived Experiences: How Early Events Shape Our Psychophysiology and Relationships

By Ann Diamond Weinstein

W. W. Norton & Company, Inc.
2016

ISBN: 978-0-393-71106-6
474 Pages (Hardcover)

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

Prenatal Development and Parents' Lived Experiences: How Early Events Shape Our Psychophysiology and Relationships covers a much needed but often ignored topic. This carefully crafted book presents research supported perspectives in how early experiences -- even as early as pre-conception -- affect the eventual psychological state of the child, and ultimately, the adult. This book combines research and theory from psychology, medicine, and epigenetics into a cohesive view, which allows practitioners and parents to optimize the experiences they provide to the child. It consists of 12 chapters and two appendices, as well as references, a glossary, etc.

Chapter 1 discusses the effects of prenatal and birth experiences over the life span. Research is presented to support the notion that the environment and experiences of an expectant mother have a profound influence on the child's life. We often see the womb as an impenetrable barrier, but the fetus is intimately connected to the mother's physiology, and physiology is heavily influenced by the mother's reaction to the world around her.

Chapter 2 covers multidisciplinary support for prenatal and perinatal psychology. Each field has its own measurement methodologies, language, and means of communicating, but research demonstrates the effects are present across fields.

Chapter 3 covers prenatal experience and how it influences the development of the embryo. It is a fascinating concept that before our brain is even developed, our cells can store, process, and transmit information related to learned experiences. This chapter discusses the connection of the dots from experience to memory beyond the brain, which supports the idea that early experiences are important for an individual in order to have a stable psychological future.

Chapter 4 presents how maternal perceptions impact the prenatal environment. This chapter elaborates on the theory of "reciprocal determinism" that exists between mother and fetus, and expands on the concepts discussed in Chapters 2 and 3.

Chapter 5 discusses how experiences affect a woman's hormonal and reproductive processes. These processes are part of the regulation of conception, pregnancy, labor, birth, breastfeeding, and early parenting interaction, which is a complex multidimensional feedback system.

Chapters 6 and 7 address the development of the prenatal's sensory and autonomic nervous systems. While in the stage of development, the environment, the sensory, and ANS systems are continuously evolving. However, there is a real experience that becomes encoded into the cells of the fetus.

Chapter 8 takes this further by presenting how the prenatal environment impacts the expression of genes (via epigenetics concepts). This gene expression theory is another way in which information and environment are encoded and expressed in the future person.

Chapters 9 and 10 relate how trauma and loss affect mother and fetus, and presents strategies for minimizing these effects.

Chapter 11 discusses the impact of assistive reproductive technologies. The

While in the stage of development, the environment, the sensory, and ANS systems are continuously evolving. However, there is a real experience that becomes encoded into the cells of the fetus.

use of reproductive technologies has recently increased dramatically. The effects of infertility and the resulting treatments are not insignificant. Strong hormones and chemicals are used; and a woman must endure repeated injections and various procedures. This chapter summarizes issues related to this field, as well as the long-term effects upon the child.

Chapter 12 presents implications and opportunities for practice, training, and policy. Several strategies and summary issues are elucidated and suggestions are provided that can help with the long-term outcome for parents and children.

Prenatal Development and Parents' Lived Experiences offers a concise, well organized group of theories, and provides research results on an important topic. The notion that we can begin improving a person's psychological health from conception on, is novel and powerful. This book is highly recommended to anyone - professional or layperson - who wishes to address these issues with research backed and clinically effective strategies.

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BOOK REVIEW

Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts

By Harriet Lerner

Touchstone Books
2017

ISBN-10: 1501129597

Hardcover, 208 pages

Reviewed by Jeffrey K. Zeig, PhD

A voluble and vulpine raconteur, Harriet Lerner sparkles in her most recent book, *Why Won't You Apologize?* With wit and wisdom, she offers readers sensible advice and a cornucopia of ways to create an apology that can permanently improve a relationship.

This is the twelfth book that Lerner has written (including two children's books), and she is a master of her craft. *Why Won't You Apologize?* is an easy read due to engaging stories and practical examples that guide readers to a more profound understanding of producing a meaningful act of contrition.

Creating a successful apology is an art form, and Lerner shows readers how to become artists in this process by offering examples of both stellar apologies and

poorly constructed ones. She analyzes how the two differ so that readers can avoid common pitfalls. She pays equal attention to the pain of the hurt party: the one who has received a bad apology, or none at all. She explains what drives the entrenched unapologetic person, and illustrates how we may unwittingly participate in not getting the apology we deserve.

The author also points out that it's not enough to say, "I'm sorry." The outcome one intends by apologizing needs to be understood and adequately communicated. There are ways to heal both major disloyalties and commonplace hurts. And since a sincere apology can be a game changer, a properly tailored one works best. Stylistic variations and gender differences in crafting an apology are discussed, as well as how divisive defensiveness and compulsive apologizing can be circumvented.

Regrettable incidents are slippery slopes that happen in all human relationships and we've come to learn -- love actually does mean having to say you're sorry. Therefore, there is always someone who owes an apology and someone who deserves one. Fortunately, we have an expert in our field who is willing to share her knowledge. Harriet Lerner has written an excellent guide for offering meaningful and effective acts of contrition, and for helping the injured party find peace when the apology they want may never be forthcoming.

You will definitely not be sorry you read *Why Won't You Apologize?*

https://www.amazon.com/Why-Wont-You-Apologize-Betrayals/dp/1501129619/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=



Renowned psychotherapist and theorist, Robert Firestone, presents an in-depth exploration of his most recent clinical findings.

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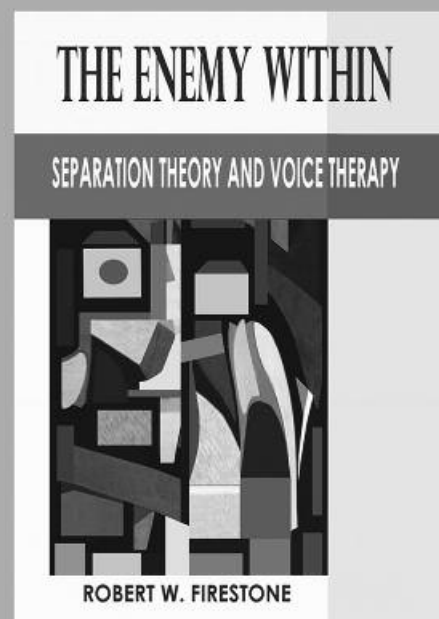
healing, as well as cultural healing. I found this book to be an invaluable distillation of the best thinking in our field."

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BOOK REVIEW

Classical Adlerian Depth Psychotherapy Volume 1 Theory and Practice: A Socratic Approach to Democratic Living

Henry T. Stein, Ph.D.
Alfred Adler Institute of Northwestern Washington

May 9, 2013
ISBN-10 1939701120
ISBN-13 978-1939701121
322 pages

Reviewed by Charles A. Simpkins, PhD

This is a great book for the novice therapist, as well as the experienced clinician. It is the first book in a series, and presents a roadmap for the journey clients follow when offered Adlerian therapy.

The book is a clear exposition of the method, which was carefully and precisely taught to the author, Henry Stein, by his mentor, Sophie De Vries, one of Adler's first-generation students. Stein interviewed her for 1,100 hours and gathered 12 volumes of collected works of Adler. He also gathered studies of other important second-generation Adlerian practitioners who faithfully continued to develop Adlerian theory and practice.

In a carefully thought-out, well-structured manner, the author outlines how to do Adlerian therapy, and provides descriptions of techniques and principles. This book is the first in a series of books and courses the author created on Adlerian therapy. Unfortunately, Adler's great contribution to psychotherapy is often not recognized and there is little explicit training available on Adlerian approach. However, this book and the training series fill that void.

The book is divided into three parts. It breaks down the teaching into distinct

modules that introduce the system and method in explicit detail, and provides principles and tips for applying them. The rationale of the method is described and techniques are given to help make the method work in therapy. Parallels and contrasts to other systems and theories clarify meaning and intent.

The first part of the book is an overview, with extensive conceptualization and principles. The author expresses the rationale of Adlerian psychotherapy, such as why and how he leads the client away from a neurotic adjustment with a fictional life goal and deconstructs defensive assumptions and attitudes. Stein expresses his method in cognitive-dynamic, dialogic, and rational terms. He also teaches a wide variety of other techniques to elicit openness, objectivity, and freedom in the client, which offers the client a life without neurotic conflict.

The second part of the book describes in-depth the stages and tasks of therapy. Stein points out that this is not intended to be a standardized, linear path, although there are common patterns to follow. The stages of analytic work with strategies are offered throughout in explicit techniques, within general principles. The final stages involve values reorientation in higher actualization of the person. This frees the client to live with social interest in accordance with higher values at the termination of therapy.

The third part of the book covers Socratic questioning. First, Stein describes and explains Socratic questioning in philosophy, especially as used in the Dialogues of Plato. After briefly defining concepts of thinking, he presents them with the use of Socratic questioning in other psychotherapies, and then explains how Adlerian Therapy uses it. Many useful principles and strategies are provided, as well as guidelines for techniques. The final section offers examples and explanatory dialogues with clients.

Part Four is a brief addendum with variations of techniques using role-playing and imagery. There are two appendices, one with a chart as a visual guide. This volume is packed with information, with much to assimilate. It is a great contribution to the field of Adlerian therapy, as well as a practical introduction. I highly recommend it to those who want to learn this method of psychotherapy.

BOOK REVIEW

The Sacred Path of the Therapist: Modern Healing, Ancient Wisdom, and Client Transformation

By Irene R. Siegel
W. W. Norton and Company
New York and London
2017
ISBN: 978-0-39371241-4

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

The Sacred Path of the Therapist, by Irene Siegel, is an amazing book that combines current neuroscience research with ancient shaman's wisdom. The author presents this through a spiritual lens, which brings about client healing and transformation.

Siegel uses the concept of "resonance" when speaking about spirituality, whereas many hypnotherapists might think of it as hypnotic connection. But, this name change is the only simple thing the author does in this book. She also lists and categorizes the types of resonance a therapist might have with a client. In addition, there is research throughout the book, for example, research that suggests

mindfulness leads to heart-brain coherence, as well as physical and emotional health.

This book stretches readers' minds, as Siegel not only uses a different vocabulary, she also uses a different schema for healing and therapy.

The Sacred Path of the Therapist is much information packed into 215 pages. It has an index, glossary, references, epilogue and eight chapters, including, "The Marriage of Psychotherapy and Spiritual Initiation," and "Changing Our Destiny."

If you are comfortable with chakras and energy fields you will love this book. If not, perhaps your thinking may change because this book is also filled with neuroscience and research-based evidence.

In reading The Sacred Path of the Therapist, I found myself intrigued, surprised, and even shocked. Just when I thought I understood where the author was going, she would go in a different direction, but her solid reasoning helped me to stretch my thinking.

This is a book that many of us wanted someone to write – and Siegel does a terrific job. She entices readers to learn, grow, and understand healing and psychotherapy in new ways. She also entices us to think of spirituality in a new way.

I not only recommend this book, I plan to reread it for its wisdom and knowledge.

BOOK REVIEW

MiniMax Interventions: 15 Simple Therapeutic Interventions that have Maximum Impact

By Manfred Prior

Crown House Publishing Company, LLC
Wales, UK and Williston, VT
2017

ISBN 978-1-78584-1164 (Print)
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ISBN 978-1-78583-216-1 (ePub)
ISBN 978-1-78583-217-8 (ePDF)

Reviewed by Rubin Battino, MS

This book offers 15 simple and effective MiniMax interventions for maximum impact in helping clients to change. Manfred Prior, an experienced therapist and presenter, shares what he has learned, using practical language, and focusing on the finer points of linguistic communication.

MiniMax intervention #1 involves the phrase “In the past,...” Since clients often talk about what has happened to them in the past, concerning their problems, a helpful phrase to change thinking could be, “In the past (or until now) you had suffered from...had problems vis-a-vis (fill in appropriately),” etc. This simple re-orientation in time places the client’s difficulties firmly *in the past*.

MiniMax intervention #3 involves the phrase “But instead,...?” The author states, “When people are asked about their therapeutic goals, they usually know very well what they *do not* want and where they do not want to go.” (p.17) Here’s a sample dialogue: Patient: “Last week we did not argue nearly as much...” Therapist: “*But instead*, you did what? How did you treat each other?” (p. 18) In this instance, the therapist asks the patient what he or she did differently from the old behavior.

I especially liked MiniMax intervention #7 and the example (p. 39) of someone struggling with weight control: “You are suffering from being overweight.” (This would be a direct acknowledgement.) As an intervention, the therapist might say, “You have not yet found your weight goal. You have *not yet* found sufficient ways to lose weight and reach your target weight.” Those two simple words, “not yet,” empowers the client to find appropriate ways to change, e.g., “weaknesses have not yet become strengths.”

In intervention #8 on constructive questions, Prior uses the three words, “when,” “what,” and “how.” For instance, “*What* abilities do you have that could help you in this difficult situation?” and “*How* have you been able to manage in the past?”

Intervention #10 is a variant of the *Miracle Question* and the client is asked, “Let’s assume you were to...” This question is posed so that the client can think about how life would be different if he or she acted differently, i.e., acted as if the concern or problem had disappeared. The client can then devise realistic solutions.

The last MiniMax intervention (#15) is the *RR rule*, which simply states that in interactions with others (usually in couples therapy) arguments and conflicts can be resolved by changing a “rebuke” into a “request.” Couples’ conflicts are generally about differing expectations. Therefore, clients are advised: Do not argue about these matters. Instead, talk openly and state your request for a different behavior. The example offered is a wife who directly says to her husband, who leaves all the housework to her, “I wish that in the future you’d do some of the work around the house.” And, “If you forget any of my requests -- which can easily hap-

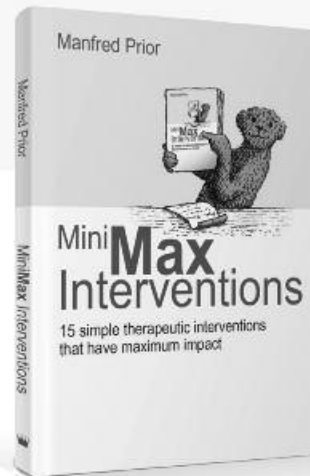
“Let’s assume you were to...” This question is posed so that the client can think about how life would be different if he or she acted differently, i.e., acted as if the concern or problem had disappeared. The client can then devise realistic solutions.

pen -- then simply make it up to me by doing something thoughtful.”

At the end of each chapter a little bear (who speaks like an Aussie!) offers his comments in a delightfully charming way.

This book is well suited for psychotherapists, counselors, supervisors, coaches, and organizational consultants, who will certainly get their money’s worth out of this wonderfully pragmatic book.

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BOOK REVIEW

Brief Therapy and Beyond: Stories, Language, Love, Hope, And Time

By Michael F. Hoyt

Routledge, NY, and OX

First published 2017

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Reviewed by A. Gerson Schreiber, M.D.

A well-known figure in the Ericksonian community and the larger psychotherapy world, Michael Hoyt has published widely, given excellent keynote speeches, and taught numerous workshops all around the world. In the Preface to his most recent collection, he writes, “The book you have in hand, dear reader... is offered as a selection of my favorite papers.”

This book is about theories and techniques of brief therapy, of course. It is also about therapist developmental issues, stories and language, family relations, the experience of time and magic of the moment, curiosity and hope, humor, love and inspiration. Hoyt combines deep reading and personal anecdotes in a way that leaves the reader repeatedly engaged and energized. (Disclosure: I worked with Michael for many years and have seen him in action.)

The book contains 22 chapters, and gems of wisdom can be found in all of them. Some chapters are directly instructive, such as “On Time in Brief Therapy”; “A Golfer’s Guide to Brief Therapy (with footnotes for baseball fans)”; “The Last

Session in Brief Therapy: Why and How to Say ‘When,’” “Connection: The Double-Edged Gift of Presence”; and “The Temporal Structure of Therapy: Key Questions Often Associated with Different Phases of Sessions and Treatments—Plus a Host of Helpful Hints.”

Several of the chapters provide extensive reviews about theory, including “Some Stories Are Better than Others,” and “Everyday Constructivism.” Numerous case studies are offered throughout. I was particularly interested in, “Managed Care and Brief Therapy,” “A Single-Session Therapy Retold,” “Some Things I Have Learned from Friends and Clients about Empowerment and Rehabilitation”; and “‘Never Ever – I Love You!’” Later in the book, Hoyt becomes even more candid as he applies his writing to himself: “Road Trip,” “Dust to Dust,” “Psychology and My Gallbladder: An Insider’s Account”; “Stepping into Retirement”; and “Orca Strait.”

Hoyt combines an encyclopedic knowledge of therapy with dozens of quotations from poetry and literature, sports and the arts. He also includes insightful cartoons, funny jokes, and charming stories. He also refers his readers to authoritative sources, which confirm his many insights, drawn from years of thought and practice. What a great read!

Brief Therapy and Beyond: Stories, Language, Love, Hope, and Time arrived with well-deserved glowing endorsements on the back cover: “unequivocally essential reading”; “a great book”; “extraordinary *tour de force*”; “how he knows all this is a mystery—there is nothing like it”; “absolutely brilliant”; and a “must-read.”

This book is a beautiful blend of head and heart that should be savored by both seasoned professional and those new to the field. I highly recommend it.



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INTERVIEW*continued from page 15*

last 20 years. I'm not the leader of the group; it's a leaderless therapy group and it's something I urge all young therapists to consider joining, or forming one themselves.

JZ: I've been reading your book, *The Gift of Therapy*, where you're writing open letters to the new generation of young therapists and advising them to not just think about technique, but to develop who they are; to develop themselves, their sensitivity to their own processes, and the way in which their history might distort their perspective of the present.

IY: That's right. Yes, it's terribly important to know yourself. You've got to know yourself if you want to become yourself. And in one way that's how I got to the title of my latest book, *Becoming Myself*.

JZ: Can you say something about how you started as a group

therapist in an era when individual therapy was the standard.

IY: Well, I was first introduced by a pioneer in group therapy who was one of my teachers at Johns Hopkins, Jerome Frank, who was very well known in his time. He allowed me to watch his group for a year, and then gradually, lead his group with him. I began employing that and when I took my later training when I was in the Army for a couple years and then at Stanford, I began leading groups with a strong interpersonal basis. Don't forget that I grew up and matured at a time when the major American contribution to psychotherapy theory was the interpersonal approach, rather than a strict focus on the early years of one's life. So I led an interpersonally-based group at Stanford for many years, lectured on that and did demonstration groups with the residents, and gradually after eight or nine years, I had enough material to write a good textbook. There wasn't a

good textbook at that time and the field really needed one. And since then, I've rewritten it four other times and right now I'm working on a sixth edition together with my cowriter and colleague, Molyn Leszcz.

JZ: That's super, Irv. So when you think about the people -- the voices that have been most influential to you over the course of your career -- who stands out?

IY: Well, I started this book with kind of a focus on my being self-created, but gradually the more I began to write, the more I said well, I really did have mentors, people who taught me a great bit and hands-on therapists, teachers like Jerome Frank and John Whitehorn. John Whitehorn was a very influential professor of psychiatry at Johns Hopkins. I spent a lot of time with Frank and Whitehorn growing up in the field.

And then when I came to Stanford,

I had the good fortune to work with David Hamburg, who was chairman of the department at Stanford, and he formed a new department and gave me a tremendous amount of academic freedom to pursue the interests that I had.

I think Rollo May was a great influence of mine. I had contact with Victor Frankl, whom I greatly admired, and also Carl Rogers. These are seminal figures in my own formation in psychotherapy.

JZ: When Rollo presented at the 1985 Evolution Conference, he talked about the classics and the need to return to the values that were expressed in the classics. Bruno Bettelheim was his discussant.

IY: Oh yes, right. Well, we broke one of the rules of psychotherapy: you don't become friends with your therapist. But after I finished therapy, Rollo

ZEIG continued on page 24

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INTERVIEW*continued from page 22*

and I became very close friends and I was with him a great deal, even at the moment of his death.

JZ: What do you like about the Evolution Conference?

IY: Well, the Evolution Conference is a classic and you can take a look at every single different point of view. It's representative of everything new happening in the field. Every four years, I go to a lot of the workshops at Evolution and a lot of lectures and I get an update of what's going on in the field and what are the new exciting ways that we should consider and look at and get out of our own kind of narrow focus and see what else is happening in the whole field of psychotherapy. I like the fact that it's non-sectarian and that all the important figures are there.

JZ: Your presence there is greatly appreciated. And one of the things I love about you, Irv, is that

you're so humanistically oriented; you talk to people, and we'll a long line of those who want you to auto-graph books and you're always patiently there and wanting people to be honored in such a humane way. I can't say enough about that. I find it really touching.

IY: Well, yes, I do take that very seriously. You know, we all have a wish or a need for some wise, great old white-haired man or woman and I've been put in that position by a lot of people. I know that we need such a person and I'm glad to take the job, but I'm trying not to take it all too seriously. Right now, I am swamped with emails because there's been a big article recently in *The Atlantic*. People are writing to me thinking I'm very sick or close to death because that's the way I was when I was interviewed, but I'm quite healthy. But I take care to answer

every letter I get. I can't do Facebook, that's too many, but I do answer each of the letters, even if it's just a quick sentence.

JZ: Well, the humility that grounds you is impressive. And we also have Marilyn. Marilyn will be presenting on gender. You want to say something about that please?

IY: Well, while I was writing that book, I was thinking of mentorship and who was my mentor, it suddenly dawned on me that Marilyn was a mentor of mine because she's always lived the intellectual life and she got her doctorate at Hopkins as I was getting my training in psychiatry. But she was in the classics, in the humanities, and she did her doctorate on Camus and Kafka and introduced me to the European classical tradition. And, over the last several years, she's even been matching me book for book. In fact,

my book came out October 4th; her book, on the amorous heart, is coming out in February by the same publisher and the same editor. Her book is how this strange symbol of a bi-lobed Valentine-shaped heart came to be a symbol for love, and why the heart is depicted that way, because it really doesn't look anything like that anatomically. She's done a great historical exploration of that topic.

JZ: Beautiful. And we're so glad she's presenting. Is there anything else that you want us to know about the growing edge of your work?

IY: No, I think that probably covers it very well.

JZ: You did great, Irv. And thank you so much for taking the time.

Irv: Thank you very much.

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