



THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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I N T E R V I E W

Michele Ritterman, Ph.D.

Interviewed By Michael F. Hoyt, Ph.D.

Michele Ritterman has made significant contributions to Ericksonian psychotherapy. A student of both Milton Erickson and Salvador Minuchin, she has written three books, including *Using Hypnosis in Family Therapy*, *Hope Under Siege*, and *The Tao of a Woman*. She has also produced the first shared couples trance CD, and traveled the world giving keynote speeches and workshops (visit www.MicheleRitterman.com). We have been friends since 1992, when I first heard her present at the Fifth International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy, which was held in Phoenix. Her presentation was: "Five-



Michele Ritterman

Part Poetic Induction in Favor of Human Decency: Countering the Hate Movements."

I had a chance to catch up with Michele at her home in Berkeley, California.

Michael Hoyt: I love the story you tell about how you had a supervisor at Philadelphia Child Guidance Clinic [PCGC] who told you that you worked too close and personal, and that you needed to change. So, you did change...supervisors! Who were your chosen mentors?

Michele Ritterman: My primary INTERVIEW continued on page 21

Erickson Biography in Progress

Jeff Zeig is avidly working on the Erickson biography writing "sketches," which he will eventually piece together like a patchwork quilt for the final book. His goal is to have at least a first draft of the biography finished by Congress 2019. The sketches will be incorporated into seven sections or "pillars," and an introduction will be written for each. The pillars include (but may be subject to change): 1) Settings (where Erickson lived), 2) Personal History, 3) Polio, 4) Professional Achievements, 5) Cast of Characters (family), 6) Cast of Characters (colleagues and students), and 7) Professional Affiliations and Organizations.

The Erickson Foundation has created the website: <http://ericksonbiography.com/>. This site is devoted to tracking the ongoing progress of the book. It will be a virtual repository, featuring various sketches, stories, and media for the biography. Comments on the sketches are welcome. Perhaps you have a memory of Erickson, or a particular sketch evokes another remembrance you would like to share. This site will be regularly updated, and if you are already on our mailing list, you will automatically receive our monthly Ezine to read the latest contributions.

Milton H. Erickson Biography

By Jeffrey K. Zeig

December 2014

Nearly 35 years after Erickson died, I am sitting in reverie in a green chair in his extremely small office, only 10 X 10. The office is located in a modest guest-house adjacent to a modest home in a middleclass neighborhood. Two of the office walls display neatly aligned books in handcrafted bookcases --made by Milton Erickson's son, Allan, in his workshop class. The majority of the books are about psychology, specifically hypnosis.

Erickson's office is decorated with many native cultural artifacts from indigenous peoples, including Mexican, Native American, Australian, and Eskimo. On the shelves are simple dark wood sculptures --ironwood carvings made by the Seri Indians of Mexico, depicting the animals they encountered in their daily lives.

To read this article in full, please visit the Foundation's website at: www.erickson-foundation.org.

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EDITOR'S COMMENTS

On January 17, 2019, I lost a dear friend and fellow sojourner on this planet. I remember the first time Betty Alice Erickson (aka BA) and I “shared” a stage. It was at a special presentation provided for the faculty at one of the early Erickson congresses. BA was on stage and asked if anyone wanted to assist her in a demonstration. I waved my hand like a second-grader desperately wanting to get the teacher’s attention. (I have always believed that pride tends to limit your options in life.) With a twinkle in her eye, she invited me on stage, and she began talking about the possibilities in life, and how to listen to your inner voice for wisdom.

At this point, I feel I must disclose something: I am a self-control freak. Although I have no desire to control anyone else, I certainly have no desire for anyone or anything, internal or external, to control me. Consistent with that quirk, when I was studying with Dr. Erickson, I unfortunately never had the experience of going into trance; I simply wouldn’t allow it. So Dr. Erickson’s emphasis with me was developing observation skills, and understanding what it means to be human. Now back to being on stage with BA.

I was captivated not only by her storytelling, but also the slightly mischievous nature in which she told a story, and the shadow of a laugh in her voice. In the middle of her story, I made the “mistake” of looking into her eyes. With that, it was as if I had disappeared from the stage, going deep into a delightful trance of fascination. Only later did I realize that in her eyes, I saw the eyes of Dr. Erickson and felt that he was delighted that his daughter and I were “playing.” Unprepared for that experience, I finally tumbled into the trance I had long avoided.

That playfulness was predominant in my relationship with BA, whether we were sharing a stage as we did in Moscow or sharing a meal at the Magic Castle. The twinkle in her eye and her brilliance were always evident.

Many of us have fond memories of BA. Norma Barretta shared the following:

Betty Alice and I were sitting on the piazza in front of the big hotel on the Isle of Capri. She was preparing to speak to the assembled Erickson enthusiasts attending a conference hosted by Camillo Loredio later that day. She asked me to coach her so that she could open her speech in Italian. Syllable by syllable, she repeated: “Piacere di fare la vostra conoscenza”...and we finally got it pretty well....except for rolling the “R” in “piaceRrrre” and “faRrrre.” Her touch of “Southern” prevailed. She couldn’t quite get that sound to emerge with the “Rrrrr,” as an Italian would pronounce it. Nevertheless, she surely did her best, which she always did.

BA was one of those wondrous fine souls who were always available and ready to assist, often without being asked. She had a special sensitivity to the other person’s needs, and she always responded. She had a lot of her father’s intuitive nature. She was inspirational in teaching the Ericksonian model of hypnosis. Fortunately, she had the opportunity to bring it to many people in many places. She was, together with my husband, Philip Barretta, granted an honorary “special” membership in the American Society of Clinical Hypnosis (ASCH) long before master’s level professionals were accepted for membership. In her own way, she was a pioneer, and ASCH eventually offered full membership to master’s level practitioners.

A tree was planted in the yard at the Erickson home in memory of my late husband, Phil. I hope a tree will be planted in honor of BA -- right next to Phil’s tree, because both had a great sense of humor. Betty Alice has departed, yet her legacy will live on.



BA, please say “Hi” to your Dad from me to Phil.

Requiescat in pace.

Jeff Zeig wrote a beautiful tribute to BA that can be found on the Foundation website: www.erickson-foundation.org. I asked him to include it in this newsletter. Please carefully read it.

At the upcoming Couples Conference, April 12-14, 2019 in Manhattan Beach, California, the Foundation is presenting five specific models that can be used independently or integrated to attain interpersonal excellence in couple’s therapy. This theme of many pathways is reflected in this issue of the newsletter.

We start with our feature interview of Michele Ritterman by Michael Hoyt. Hers is truly a journey of many paths. And, Michael knew the right questions to ask to bring out the multidirectional paths she has taken. Ritterman has been mentored by Sal Minuchin, Braulio Montalvo, Jay Haley, and Milton Erickson, and she went on to develop an integrated approach in working with individuals, couples, and families.

One of the central tenants of the Ericksonian methodology involves utilizing the strategic elements of whatever the client presents. Eric Greenleaf’s *Case Reports* column features Henry Close’s *Diplomacy*, a delightful story about utilization with children. Please be sure to read Greenleaf’s commentary at the end.

Gunther Schmidt, one of the driving figures in Western approaches to psy-

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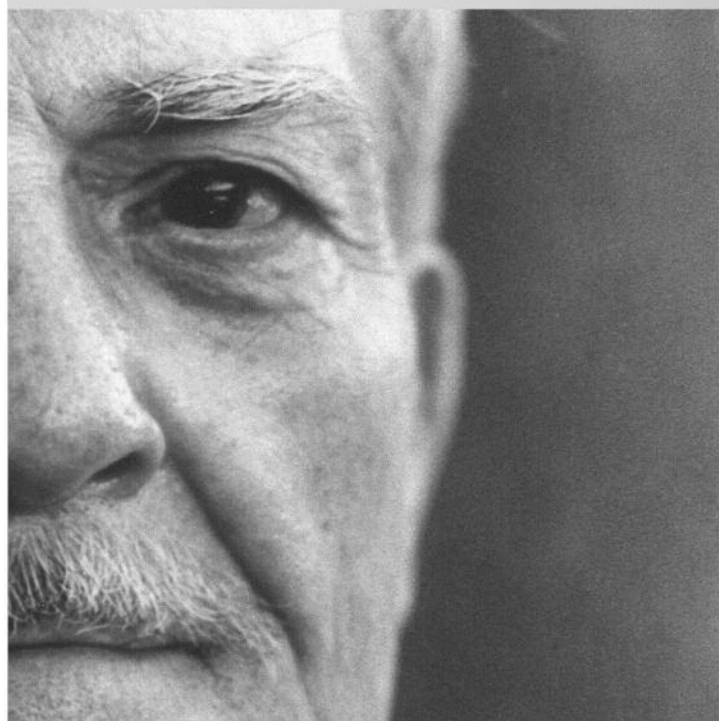
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A TRIBUTE TO BETTY ALICE ERICKSON

Betty Alice Erickson: Teacher, Inspiration, Friend

By Jeffrey K. Zeig

(July 17, 1938--January 17, 2019)

Betty Alice Erickson, or "BA," as her family, friends, and students called her, was my colleague and friend. She was a favorite subject of her father's, and when I was there visiting him in the late 1970s, he asked her to serve as a demonstration subject to illustrate hypnotic procedures, but he also had a strategic purpose. During the trance, he talked to her about how she would feel when the family dog died — and how good memories could transcend her grief. I did not get the impression that BA consciously grasped the metaphor that Dr. Erickson was offering -- that he too would soon die, which turned out to be only a few years later in 1980. But it was apparent to me that he was lovingly and indirectly preparing his daughter so that she would not be overcome with grief with the inevitable. I believe that on an unconscious level she responded to him and perhaps the parallel her father drew helped her during times of loss. I have since used similar parallels to help others.



Betty Alice Erickson was Milton Erickson's fourth child and Mrs. Erickson's first. She was independent, spirited, and adventurous. She was a born teacher, which was her first career before she earned a degree in counseling and embarked on a new vocation as therapist and teacher of therapists. Along with her sister, Roxanna, and her sister-in-law, Helen, both of whom are on the Foundation's board of directors, BA has graced the podium of many Erickson Foundation events. She was a great friend of the Erickson Foundation, and served as moderator at two Evolution Conferences. And, she was openly supportive of my efforts to develop the methods I learned from her father.

BA's special area of exploration was conversational trance, also called the "naturalistic technique" in hypnotherapy. She was an engaging and expert storyteller, and worked tirelessly to bring her father's wisdom to others, teaching Ericksonian hypnosis and psychotherapy throughout the world. Along with Bradford Keeney, Betty Alice wrote *Milton H. Erickson, An American Healer* (2006), and *Hope and Resiliency* (2016) with Dan Short, and Roxanna Erickson-Klein. She has also written numerous book chapters and compendiums, many of which have been published through the Erickson Foundation, and she received many awards for her work.

In one of her lectures, she emphasized the fact that Ericksonian therapy centers on expanding potentials. In addressing patient resistance, she said that her father's approach was to take pleasure in giving. It was up to the recipient to enjoy the therapeutic gifts.

Watching BA offer hypnotic therapy was a pleasure. And, like her father, she often smiled radiantly, delighting in her client's accomplishments. Many of us are the recipients of BA's gifts, and take pleasure in offering them to others.

Sister-in-law, Helen, remembers:

I first met Betty Alice in 1956 when she lived in Michigan attending college; Lance and I were engaged. From the first to the last time we were together at the Evolution of Psychotherapy, she always found a way to make an ordinary event into one of adventure, fun, and imagination; she would make it exciting. Her letters describing some of her adventures read like a storybook! Lance and I would read them to each other, laugh (sometimes belly laughs with tears running down the face) and comment on her ability to make the hum-drum interesting. I am grateful for those memories that still bring a smile to my face. So, on behalf of Lance and I: Go in peace BA and have fun. I doubt that anyone will dampen that imagination or spirit of yours!

Becky Lairson, niece and fellow educator wrote:

She was a wonderful person! She was a great listener, aunt, speaker, author, and friend. She traveled all over the world sharing her knowledge and passion. She wanted to continue the legacy of her father's work. She was caring, compassionate, and professional. I respected and loved her very much. Fortunately, her legacy of outstanding work is a last one. She will be truly missed, but never forgotten.

Robert Staffin, PsyD, ABPH, shared this:

I first met Betty Alice at a small gathering in the home of Jane Parsons-Fein. I was immediately struck by her warmth and genuineness. Over the years we would catch up at conferences. She was a delightful storyteller with a wicked sense of humor. During one of our conversations, we were interrupted by a person who had a question about her father. She politely answered his question and he moved on. I asked her if she was bothered by these kinds of interruptions. She stated that, for the most part, she did not mind and then went on to describe an interesting experience. She said, "Every once in a while someone will come up to me and say, 'I did something that was sooo Ericksonian,' and that's when I get this strange whirring sound in my ear and I know that it's daddy spinning in his grave."

A few years ago, when I was doing research for a biography I am writing on Dr. Erickson, I was blessed to have met BA's children, Michael and David, and her adopted daughter, Kimberly; also her former husband, David Elliott. I spoke with BA by phone shortly before she died. She was weakened from her struggle with cancer, but ever thoughtful, she wanted her good wishes for all to be known.

I am certain she will be deeply missed by her family, friends and colleagues, but like her father taught her in trance decades ago: with loss can come many rich and lasting memories.

Thank you BA for enriching our lives. Rest in peace and know that your wisdom and blessings will be carried forward by those who loved and appreciated you.

In the following provides a list of Betty Alice's publication, and link for a free audio of one of her demonstrations at the 2011 Erickson Congress:

<https://www.erickson-foundation.org/betty-alice-erickson-tribute/>

To Betty Alice Erickson's Family and Friends,

As the President and Founder of the Milton H. Erickson Institut of Rhône in Lyon in France, I express my sincere condolences for your loss, in the name of all those who had the honor of meeting Betty Alice when she come to France in 2000.

At this occasion, she transmitted her wisdom and skills to us with clarity, humor and creativity in this very accessible and yet so meaningful style of hers. Her support to our Institut has been of great value to us.

We admired and loved her and will never forget her.

Deeply touched we remain blessed by the time she spent with us.

My Colleague, Doctor Françoise VANMUYSEN, joins me.

Sincerely,

Mohammed EL FARRICHA

Institute of Milton H. ERICKSON Rhône France

A TRIBUTE TO BETTY ALICE ERICKSON

MILTON ERICKSON'S RULES OF LIFE

These rules were compiled by Milton Erickson's daughter, Betty Alice Erickson. It should be noted that these are not going to be found elsewhere in the Ericksonian literature. You are getting them here, exclusively, at www.Ericksonian.info or from Betty Alice herself. These are ten "Rules of Life" that Milton Erickson lived by and taught his children.

These are not "Presuppositions of Ericksonian Hypnotherapy and Psychology." These are the rules of life that Milton himself lived by and were, arguably, the backbone of his philosophy. And, because they are rules like "what goes up, must come down," they are essentially true whether you like them or not.

As Betty Alice put it "Nobody has to follow them, but rules of life, of physics, exist regardless of whether or not you believe in or follow them. People can't flap their arms and fly. Believe it or not."

Milton Erickson's "Rules of Life"

By Betty Alice Erickson

Milton Erickson's innovative way of working with people is legendary. But like the childhood game of "telephone" where the end result is often far from the original message, some of what he believed and taught is not true to him. Years ago, my mother and I were discussing that. We were both distressed that so much of what he was, what he did, was being so misunderstood, so different than his basic beliefs. Nobody was doing it on purpose; it was just that nowhere was there basic information about his core beliefs. So my mother and I wrote "ten rules." They seem simple, and they are. But most of life, Most of therapy, is simple—or as I say, when I am teaching Daddy's work: "Erickson was profoundly simple and simply profound."

1. Life is hard work.

We all know this—but we don't know how deep it really is. We are the only creature on earth who looks for hard work. Nothing else climbs a mountain "because it's there" as George Mallory is famously quoted. No other living thing trains for a marathon—to run 26 miles faster than someone else merely for fun. People are hard-wired for hard work—we complete one task and look for another."

2. Life is unfair.

Bad things happen to good people and good things happen to bad people. It's easy to forget unfairness that we like—we're happy to win the lottery even though it's not fair to the others who also bought tickets—even more tickets than we did.

Intellectually, we all know that life simply isn't fair. But we like to forget that and especially forget to compare ourselves to all humans—the only "fair" comparison.

Everyone reading this, has, has had, and will probably continue to have an extraordinarily rich life when compared to the vast majority of humans on earth. We're richer, better educated, better fed, better housed, and have more opportunities than most humans who have ever lived on earth. That's not fair.

—Doug O'Brien

If we want to complain how "unfair" something, anything is, we first should compare ourselves to others in the world. But, typical of human beings, we always pick those richer, smarter, younger, better-looking...on and on. "That's not fair..."

Even easier—I was once stuck in traffic, really stuck, for more than an hour on the freeway, on my way to the airport. All of us on the shuttle could clearly see the flaming wreck just ahead. Our stress was eliminated with one sentence from another person who remarked thoughtfully, "Even if we all miss our planes, I bet everyone in those cars would trade places with us."

Erickson knew, as we all know, even children know what's fair and what's not.

Our unconscious never forgets that perhaps hard-wired information. Sometimes we consciously forget though.

3. Life is filled with pain.

If we are alive, we will have suffering. Our heart gets broken, our leg gets broken, our car gets totaled, we lose our job, our parents, and our friends. We hurt.

We forget that pain is natural—parents die, and hopefully before their children. If we fall, we well might break a leg. People's bodies aren't perfect—we get appendicitis but we get operated on. Accidents happen.

Some pain is transient. What hurts today may well be forgotten tomorrow. Most of us can still remember not being chosen for a team, not winning a prize in school, the bully who stole our favorite jacket, our lunch money. But most of us move on and even learn to be amused at ourselves.... tears for not getting elected as president of third grade? If only you had realized this was not the worst thing in life!

Some pain is absolutely nothing but pain. But we all know it's a cost of being alive. What we know as pain disappears when we cease to exist. Boris Pasternak said: "How wonderful to be alive.... But why does it always hurt?"

My father told me whatever amount of emotional pain we feel indicates how much joy we can feel. Don't feel much pain in your heart? —You won't feel much joy either. Learning which to focus on is your choice.

He felt physical pain a great deal of his adult life; some of it excruciating. I never heard him complain. It was what it was; no one could stop or carry it for him.

4. Everything ends.

Thank goodness! Who wants to have a childhood skinned knee forever? Who wants or needs to remember mistreatment, meanness, betrayal—or abuse over and over? Conventional wisdom, and probably truth, is that we really can't forget anything; it's encoded within for as long as we are fortunate enough to have our minds.

But we can dismiss memories we don't want—once they are processed and we accept nothing more can be done. We can metaphorically put them in a box on a shelf in the attic or in the garage much as we put a winter sweater away. And sometimes, when we go back and open that box to pull out the sweater, we find there are only a few threads left and watch moths fly out.

We also know memories are often inaccurate—we re-create them each time we remember them or tell them. Most of us have been convinced that a certain event took place a certain way. Then we see a photograph of that long-ago event and Grandma is there and we are actually sitting on her lap! Research has been done showing the changeability the malleability of memories. Of course, some memories are totally accurate—and we all know we defend our memories passionately—memories make us who we are.

The cost for "everything ends" is pure and simple—happiness ends too. The saving grace for mankind, though, is that we can have memories we choose to remember. Just because we tearfully said goodbye to our parents, a beloved friend, even our wonderful dog—we can still carry wanted memories within of beloved people, pets, times, within. We can remember to remember the memories we like, that we want. We can practice remembering that double rainbow we once saw, that one Christmas morning, long ago when we lay in bed and thought life was completely perfect. Those are the ones we should practice.

5. Every choice costs.

Unfortunately, but also fortunately, we can't know the future. So we never know the full cost or benefit of any choice. If you follow Erickson's rules, however, it's "not fair" to blame yourself for poor consequences of any thoughtful choice. You couldn't possibly know all the future costs. You thought, considered, wondered, and then made the best choice you could make.

Some choices turn out as good, as we had planned, thought and hoped. Some choices have unexpected good or bad consequences. Adults have been alive long

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RULES

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enough to know that; that's one reason children need strong parents. Learning can always result from any choice, if we decide to learn. If we don't, then we don't even get to pull that benefit out of a poor choice. Children know this benefit automatically—mistakes teach us. Does anyone tie shoes right the very first time?

6. The law of averages is usually correct—that's why it's called the *law* of averages.

The expected and usual occurs most often. Insurance companies make a lot of money knowing this. We also already know it—most lottery tickets don't win; even most luggage on a plane arrives safely. Once we take precautions against unexpected events, once we've fastened our seat belts, it's foolish to spend time worrying about events that aren't likely to occur.

7. Change is the only constant.

You, me, rivers, mountains, the earth—everything. So we might as well figure out how to live with it, to change what we can, and live tolerantly (or happily!) with the rest.

Time can't be frozen or reversed. The law of entropy had its origin in thermodynamics, but it is relevant to our lives and professions. The more disorder, the more chaos, the less energy is available for more productive goals.

Acceptance of reality is a real centerpiece of Erickson's work. When we accept what is possible or even appropriate for our limited energy, we can then influence more of what we want.

And the hardest part is determining what can be modified, impacted, even changed. We can't "make" youngsters more responsible but we can set up consequences; we can't stop a spouse from drinking but we can decide if we want to be impacted by it; we can't stop aging, but we can influence some of the results—appearance, cholesterol, our overall health.

8. It is what's in our head and heart that really matters.

Life can be filled with joy, happiness and delight; that same life could be filled with misery, unhappiness and fear. What we focus on, our definitions become our life. Perceptions are very different—some people think fried giant beetles are an epicurean delight. Not my perception!—but valid for them. Views of the past, ourselves, our abilities? All changeable. Best of all, when humor and curiosity, the most powerful of feelings, are added, the whole mix changes and usually for the better.

Part of Erickson's legacy is embodied in the phrase, "Stop and smell the roses." He also taught us to see and enjoy humor in life and have curiosity about it. In my early 20's, I quit my job and sold everything I owned to emigrate to Australia. Daddy didn't even attempt to comfort or soothe my fears. He merely looked at me and said that he had no idea how quickly I'd find a job, where I'd live, how I'd find friends or anything. But he absolutely knew the experience would change me forever! He was really curious about how I'd be different. —What an intriguing thought! How would I be different? Curiosity virtually replaced my fear about this giant step in my life.

9. What we receive in life depends on merit—and good or bad luck—or a combination.

No one "merits" cruel parents—or winning the lottery. The law of averages says: Most of the time, preparation and hard work bring reward. But sometimes it helps to be in the right place at the right time.

This is one of the "rules" Dad emphasized a lot. It is definitely the one my clients dislike the most even as they recognize its basic truth. The dot-com millionaires are an unarguable illustration. Yes, they worked very, very hard—sometimes days for a stretch—as they tried to perfect what they believed was a wonderful improvement, invention or something. But they were also in the right place at the right time... five years earlier, five years later; all their hard work would not have paid off.

Every one of us can look back and see a time when we were lucky enough to

have had a wonderful opportunity. If we were prepared, and jumped on that opening, we benefitted from merit and good luck. We did the hard work of preparation, had faith in that hard work, and were also in the right place at the right time.

10. Life was made for Amateurs

Life was made for amateurs. We are all amateurs at it. So enjoy it—and learn how to play it better. This rule, the last one my mother and I listed, truly exemplifies one of the basic gifts of Erickson's work. It is simply profound and profoundly simple.

We are all born, live and then we die. We begin our journey toward death the moment we are born...some take longer to get to the end than other. There is nothing more simple than that.

Human beings seem compelled to complicate their lives, to make simple issues difficult. For example—we all know the three most powerful words in the English language—I love you. Not much is simpler than that. We also know the four most powerful words in the English language—You're right, I'm wrong. But people rarely say those—the most simple, and usually most effective way to handle a problem. We defend, we rationalize, justify, blur the message, and the listeners respond in kind.

Everything becomes blurred, complicated and unsatisfying to both. This is also a joy-filled—we're amateurs. None of us have lived this moment before. Of course we make mistakes. Amateurs do. And that's ok. We can always learn. Amateurs do.

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COMMENTS

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chotherapy and hypnosis, is interviewed by John Lentz for *In the Spirit of Therapy*. In the interview, it becomes apparent that spirituality is not just what you do in an organized religion, but mostly how you can connect to others with your whole being. This article may give you a wonderful "Ah ha!" moment.

The Connections column features Mike Moss with his article, *Building Bridges: Between Rogers and Erickson*. Similar to the five models that will be presented at the Couples Conference, understanding the overlap of different models can offer a different perspective by providing a wider vision.

Also in this issue is the second half of Robert Firestone's *Therapeutic Frameworks* column with *The Critical Inner Voice: The Enemy Within*. Firestone suggests an interesting and elegant treatment approach to a common internal conflict.

In *The Beginner's Mind*, Richard Hill continues with his reviews of *The Complete Works of Milton H. Erickson*. For this newsletter, he reviews *Volume 13 – Healing in Hypnosis*, which is especially riveting. As Hill says, "This is a unique opportunity to see into the working of Erickson's mind." And, the later commentary by Rossi brings it into three-dimensional clarity.

We finish the media review section with a series of brief reviews by some of the faculty from the Brief Therapy Conference held in Burlingame, California in December 2018. I asked several of our newsletter family members, who were also presenters, to review some of the presentations that they enjoyed. The results are interesting and personal. Enjoy.

Whether you stay with one of the five models throughout the upcoming Couples Conference, or sample all five of the pathways, the destination will always be a new beginning. I love the view through an Ericksonian lens! And the journey continues...

Rick Landis
Orange, California

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THE MILTON H. ERICKSON FOUNDATION

IN THE SPIRIT OF THERAPY

Interview with Gunther Schmidt, Dr.med.Dipl.rer. pol., (Heidelberg, DE)

By John Lentz, D.Min.

Dr. Gunther Schmidt, Diplom-Volkswirt (M.A. in economics), M.D. (specialization in psychotherapeutic medicine), is the medical director of the sysTelios-clinic for psychosomatic health development in Siedelsbrunn, Germany; director of the Milton-Erickson-Institute Heidelberg; founder of the hypnosystemic approach for psychotherapy and counseling, cofounder of the International Society for Systemic Therapy (IGST); cofounder and teaching director of the Helm-Stierlin-Institute Heidelberg; cofounder of the German Association for Coaching (DBVC), and teaching therapist of the Milton-Erickson-Society of Germany for clinical hypnosis (M.E.G).

John Lentz: Frankly, you inspire me. The way you talk about problems is deeply respectful of people, and that to me is spiritual.

Gunter Schmidt: That is my main motivation for doing this work. I studied economics, but I wasn't satisfied. I wanted to do something meaningful. When I read about Milton Erickson, I had a conversion. That was in the mid-'70s and I thought finally someone is not labeling people as silly, bad, sick or something like that, but rather saying that they are behaving in a strange way that is meaningful to them. I studied Milton Erickson motivated to do therapy so that people can be encountered as people. I worked at Heidelberg University for 15 years and saw people terribly disconnected and isolated. My main motivation was to do something to help end the isolation, because we are all connected. I don't talk much about it, but my understanding of spiritual is what we are doing in psychotherapy -- because there is little difference between what you do in hypnosis and what you do in prayer.

JL: Yes! The best prayer is one that induces a trance where you can feel accepted and cared about.

GS: An intensive trance state is always more open. Our consciousness usually wants to be in control. In trance, you give yourself over to a higher state, so to speak. The words are different, but the relationship process is similar.

JL: You talk about looking for the smallest possible change to make, and you then illustrate it with a body movement. It suddenly is so simple.

GS: Yeah, it is so simple.

JL: Yet, it is so deeply respectful of the other person. You clearly live it, and it comes through in how you express things.

GS: I experience it that way. Many of my clients come to me disbelieving that someone could respect them. But in a certain way, when I stay in this understanding; it is treating them in a meaningful and respectful way as a person. So then, people feel connected -- and that makes a difference.

JL: It is that attitude of respect that comes through so clearly about making "some little change," that caused me to suddenly understand.

GS: Yeah, that is my experience. The first time I really understood that, was in my work with Milton Erickson; it was when I understood the interspersal technique. I said to Erickson, "You are a genius." And Milton said to me, "That's nonsense. I am not a genius, but I am a very good observer." And so now I observe systematically what everyone does. When you talk in a different mood, you have a different body expression. Your voice is different and you hold your body differently; your whole organism is an instrument. The best way for me to tune into the world of the client is in a trance. And that is the most rewarding part of the work -- when I understand the world of the other. It is such a rewarding, worthwhile thing.

JL: You ecstatically describe it as if it were a religious experience. As if connecting is *that* important.

GS: I have some experiences in my private life connected to dreams, going out of the usual consciousness, or feeling connected to something more than usual. I am not so much into the Christian churches in Germany. That isn't as important to me. The organization is one thing, but the idea is another thing. And when you look around at every religion, in a sense, they are all longing for the same thing.

JL: So all of life then becomes like a religious experience, or ecstatic experience.

GS: Yeah, it's like getting into resonance, and having the same kind of waves. And that is more than any contact between two; it is becoming something more.

JL: Yes. You made me think again in a different way. It is about connecting.

GS: It is about connecting.

JL: Connecting with others is so important that we attempt to do it in all sorts of ways.

GS: For me, the systemic approach is so important for the therapeutic process, because the approach offers lots of possibilities. Human beings are relationship beings. Maybe that means the family, or society, or whatever. People are intensely looking for connection and belonging to the group; it is *that* important.

A lot of people believe they have to be alone, or they have to give themselves up to be in a relationship. So the question is how can you be in tune with yourself and your uniqueness, and then also in a rewarding relationship. My whole work goes into this dialectic balance.

JL: Martin Buber's work was inspirational in offering ways to connect.

GS: It is interesting that you mention Martin Buber. He lived close to Heidelberg. One of the most important things in his work was the so-called "ich" [German for "I"] develops in the encounter with you. The ego is not possible without a "you." It's two sides of the same coin.

JL: [laughs] I have read that book three or four times and I never saw that idea. I never understood that the ich, must have a du [meaning "you"], to even exist. Wow.

GS: Yeah, you see a child growing up, and you see the mother's eyes saying, "I am here." It begins there. That goes on all the time.

JL: When we look into a child's eyes, our brain is changed, just like the child's brain is changed when we look into the child's eyes.

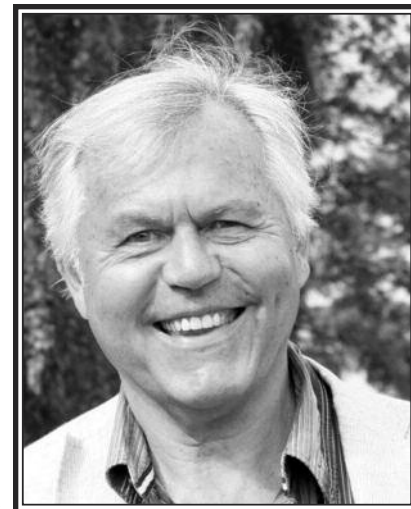
GS: [laughter] Yes.

JL: You immediately feel connection and compassion.

GS: Most of the therapy I know doesn't let us see the client like a baby. It must be with a diagnosis, and diagnosis doesn't change anything. It is our attitude.

JL: I like how you say it is our attitude. I like how for you the concept of spirituality is much more broadly defined -- so that we get to worship wherever we go; wherever we think about it.

GS: That is a good way of putting it. I didn't see it that way, but I like it. That is true.



Gunther Schmidt

CASE REPORT

Diplomacy

By Henry Close, Th. M.

AURORA

My friend Kevin's 5-year-old granddaughter is known for her dramatic snits, which can be of epic proportions. Once, when he was visiting, she was in the midst of an exceptional performance: cringing under a table, clutching her blanket, sobbing with periodic outbursts of saying "NO!" or "GO AWAY!" All efforts by her parents to end the drama were equally futile.

After her parents left for an appointment, Kevin decided to try his hand. He wanted to engage Aurora in a way that did not demand a response. Standing in the doorway to the living room where her older sister was playing, he told a story loud enough for Aurora to hear.

"Once upon a time, two musicians were hiking in the meadows of upstate New York. Suddenly, they heard a beautiful sound in the distance. It sounded like an animal roaring, and it was rich, melodic, and lovely: 'ROOOO...A...A...A...AR.'

As the two hikers stepped into a clearing, they saw a magnificent beast -- a stunning white dinosaur, holding its head high and filling the air with music! It slowly nodded as the two men approached. One of them spoke quietly: 'You know, you have a beautiful voice. In fact, I think it is the loveliest roar I have ever heard, even nicer than from animals that have had singing lessons. I think you could have a career as an opera singer, but there is one problem. When you sing opera, you can't just sing 'ROAR.' An opera singer must also sometimes sing 'AH.'

The dinosaur nodded its head and gave it a try: 'AH...AH!'

The musicians nodded their heads, 'Very good. Now try it again.'

'AH...ROAR...AH!' "AH...ROAR.... AH!'"

By this time, Kevin was singing fortissimo to his granddaughters. He glanced down, and there was Aurora wistfully looking up at him and smiling. He nonchalantly continued: "I never did learn the dinosaur's name, but I know she sang a couple of times at the opera house. When she was taking her bows, someone in the audience threw her a bouquet of flowers, and she caught them in her mouth. Then she ate them.

TOMMY

My friend, Lettie Mohammed, once noticed a young boy in the corner, flailing his arms as his mother tried to corral him. "Come on, Tommy -- we've got to go! We're late already."

Tommy showed no interest in going anywhere.

Lettie immediately sized up the situation and said, "Tommy just wants to stay in here where all the pretty ladies are!"

Tommy glared at her.

"If he stays in here long enough, we can all give him a kiss!"

With that, Tommy grabbed his mother's arm. As she was being pulled out the door, she lamented. "He won't even let me kiss him!"

There are at least three principles implicit in these interventions: (1) Nobody loses face when a power struggle is defused rather than crushed; (2) Cooperation is better than obedience, and there are many ways to enlist it; (3) If you don't mind making a fool of yourself, you can have a lot of fun in life!

Commentary

By Eric Greenleaf, PhD

When teaching therapists Ericksonian approaches, remember: If it works with children, it's likely to work with adults. Similar to the work of Rogers -- Carl or Mister -- the three principles exemplified by Henry Close, as he brings the power of loving interaction to the world of families, is elegant and effective.

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Jeffrey Zeig

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MINI-REVIEWS OF THE BRIEF THERAPY CONFERENCE

In December 2018, the Erickson Foundation presented the Brief Therapy Conference, "Treating Anxiety, Depression, and Trauma," in Burlingame, California. I asked several presenters to review some of their favorite presentations. Thank you to Norma Barretta, Richard Hill, Michael Hoyt, John Lentz, Michael Munion, and Bart Walsh for contributing these excellent reviews, and thank you for the contributions you have made to the field of brief therapy.

CLINICAL DEMONSTRATIONS

CD1 Jeff Zeig -- Evocative Therapy

Reviewed by Norma P. Barretta

The subject was asked to think about a goal and describe her dilemma, which she called a *monstro*, the Spanish word for "monster." She said she wanted balance, so Zeig had the subject stand, and asked her to represent the *monstro* by using her body. He further directed her to emulate the *monstro*, and then guided her to have the *monstro* represent balance. The subject was in a trance standing up, as Zeig continued to use the word "balance," which he also weaved into a metaphor, giving the subject freedom to move forward. If it were not for Jeff Zeig's clear enunciation, I could have been listening to Milton Erickson himself.

Zeig then moved behind the woman who was seated and anchored the balance by putting his hands on her shoulders. Her facial expression changed. With her head held high, she smiled, and then chuckled.

Zeig then had the woman sit in his chair as he changed "the architecture," so she could see from a different perspective. This placed her in the driver's seat!

Zeig then shared a piece of his own history, when he had a "hyper-response" organizing the first conference some 38 years ago. It was powerful use of self-disclosure, and an elegant reframe.

CD9 Michael Yapko -- Hypnosis and Building Resources

Reviewed by Norma P. Barretta

Michael Yapko does not like to do demonstrations...I know this from personal experience. Many years ago, when he and I were doing a workshop for the American Society of Clinical Hypnosis (ASCH) in Orlando, I asked him to open the session with a demonstration, and he told me he did not want to do that...but he wound up doing it, and it was a wonderful example of his remarkable skill.

In his demonstration, Yapko first offered his viewpoint on the use of hypnosis to solve a problem. He stated that hypnosis is a "context" to uncover resources of which the person has been unaware. In his usual humorous way, he began to work with Debby who said she was "locked up" and wanted to be "unlocked." She was nervous going to workshops because she felt as if she was "being watched." Debby said she hated to be judged, and was often afraid of embarrassing herself, so she "locks up" when she knows there is a rescuer nearby who will come to her aid. Yapko began the trance by incorporating Debby's own words, and as a metaphoric message, he talked about his experience with Virginia Satir. He continued with what sounded like poetry paced in a rhythmic fashion. His graceful dance of words reminded me of a ballet, or a Viennese waltz.

Debby began to smile and by the end of the demonstration she was beaming; a rosy glow on her face and bit of tearing up.

Michael Yapko elegantly helped Debby "unlock" herself.

SHORT COURSES

SC 4 Flavio Cannistrá -- The 9 Logics Beneath the Brief Therapy Interventions

Reviewed by Michael Hoyt

Flavio Cannistrá is a clinical psychologist and the director of the Italian Center for Single Session Therapy in Rome. With considerable charm and clarity, he explained to an overflowing audience that in his study of masters in therapy, he identified 77 techniques used (and has since added more), and then applied the term "logic" (meaning "the reason that underlies a particular behavior and justifies it") and identified nine basic logics: 1) direct block of attempted solution, 2) create aversion, 3) create awareness, 4) create from nothing, 5) increase to reduce, 6) small changes (or small violations), 7) strengthen the relationship, 8) shift the focus, and 9) express and process.

Since "logic" refers to the specific goal or intent of an intervention, different techniques could serve the same purpose, such as creating awareness, via assigning a solution-focused therapy observation task, offering information or education, making a psychodynamic "insight" interpretation, or having a client gaze into Erickson's crystal ball. Or perhaps, strengthening the relationship by offering compliments, asking for feedback, highlighting times the client achieves exceptions to the problem, or asking the client to keep a journal for the therapist to read. The same technique could also be used to serve a different logic or purpose, such as prescribing a symptom to create aversion, or increasing a symptom to decrease the problem. When a technique does not seem to be working, it can be helpful to ask: "What am I trying to accomplish?" (This can also be useful to ask in supervision.) You may need a different method to achieve your purpose, or you may need a different purpose. What is the underlying logic of your intervention? This short course offered participants several good ideas to ponder.

SC 5 Paul Leslie -- The Art of Creating a Magical Session

Reviewed by Richard Hill

Paul Leslie's intriguing title for this short course pushes the boundaries of established methodological therapy, but he backs up his ideas with excellent references, none better than his own books: *Potential not Pathology*, and *The Art of Creating a Magical Session*.

The message that there might be problems in the more prescriptive style of practice was highlighted in a surprising way. Leslie explained that he Googled the terms "psychotherapy" and "healing," and took the first three images for each search word. All three images for "psychotherapy" showed two people sitting in separate chairs, the client looking sad or distressed, and a therapist, who looked caring, sitting opposite, holding a pen and clipboard taking notes. The first image for "healing" showed someone gently and reassuringly touching the shoulder of another person. The second image showed a person who was clearly upset, being comforted by a caring embrace. The third image looked like a shaman in the process of a ritual or ritualistic dance. Not a clipboard in sight.

The different quality of connection between the two sets of images was clear. Leslie described an approach to therapy that has been talked about before, but never implemented. However, now may be the right time to reinvigorate some of these ideas and approaches. He reminded us that "the interior of the client is where the therapy begins." We have certainly heard this from Milton Erickson, as well as greats such as Ernest Rossi and Jeffrey Zeig. But Leslie gave it fresh power by quoting a shaman saying something similar: "It is the client that finds...creates...the magic."

MINI-REVIEWS continued on next page

MINI-REVIEWS*continued from page 10*

Despite the rigor of research and evidence-based practice, the process of healing does seem like magic -- surprising and tremendous -- even though a well-thought-out theory may have been the vehicle. We were fortunate that Paul Leslie reminded us of the wondrous nature of our work.

SC 6 James Keyes -- Brief Effective Interventions for Treating Chronic Pain

Reviewed by Bart Walsh

James Keyes rapidly moved through a conceptual framework for pain management with clarity and efficiency. He referenced recent federal legislation designed to assist with non-opioid pain management. Keyes talked about the importance of having a team approach to pain management, and always considering the whole person in treatment.

Keyes spoke to the most common types of chronic pain being addressed in the United States. He referenced the importance of using scaling questionnaires for subjective pain assessment. These assessments can be compared to objective changes in patient functionality. In some cases, functionality may significantly improve, while pain levels change little.

How the patient and treating provider measure or define functionality may be significantly different. What kind of functioning and level of functioning the client desires is important for the clinician to understand. Goals for functioning can be established and progress can be measured. SMART (Specific/significant, Measurable/meaningful, Achievable/action-oriented, Realistic/reasonable, Timely/time limited) goal setting was emphasized.

Keyes did a quick review of the neurological components of pain and how medications, emotional state, information, humor, hypnosis, and distraction may affect this process. Pain gate modulation through non-pharmaceutical means was referenced. A phenomena called "central sensitization" reflects a scrambling of brain signals, which results in discomfort, and is, according to Keyes, remedied only with psychotherapy.

Of significant note was reference to studies of patients going through pain management treatment. These patients reported benefitting the most from exercise (aerobic, stretching, or strengthening) and relaxation (ranging from yoga to meditation). When monitoring prescribed exercise, Keyes indicated how progress is a reflection of the time engaged, and not the distance traveled or the level of resistance.

When determining the treatment plan, the clinician needs to know the type of injury, the duration of pain, medication being taken, sleep hygiene, exercise being done, cognitive or emotional inhibitors to change, and levels of self-efficacy.

Keyes was responsive to audience questions and delivered a nice overview of this framework for pain management.

SC11 Tim and Kris Hallbom -- How to Quickly Release Your Negative Thought Patterns and Limiting Beliefs with Dynamic Spin Release

Reviewed by Norma P. Barretta

Tim and Kris Hallbom have been NLP trainers for many years, and in 2018 they celebrated their 20th wedding anniversary. Their presentation reminded me of something that happened in Rome about five years ago. My husband, Phil, and I were enjoying a few days of rest after a workshop weekend in Milan. Our daughter, Jolie, was with us. The first evening there she banged her toe on a protruding piece of furniture. It swelled up and turned blue. Then she did exactly what Kris described in his presentation: she "pulled out the pain," while she limped down the hall to our room to show us the injury and get a bit of sympathy. We watched as the swelling began to diminish and the blue toe change to an almost normal color, leaving just enough blue to remind her to respect the foot and be careful as it healed.

The Hallbom's trademark -- Dynamic Spin Release -- is a powerful set of processes that incorporates the hypnotic effects of metaphor, dissociation, and visualization to release negative thought patterns and emotions, limiting beliefs, and even physical pain. Tim offered some useful statistics on energy and used humor to lighten the subject. As I watched a video of Kris helping a person with this process, I was amazed. He had the subject pulling the problem out of her body to look at it from a different perspective, "spinning" the visual faster and faster, and noticing how it changes. The woman saw a sunflower, which was an impressive reframe!

The process of Dynamic Spin Release is about pulling the problem out to gain a new perspective, and also reframing it. This is a wonderful way to approach emotional and physical challenges.

So kudos to Tim and Kris Hallbom for a job well done. You are a talented duet who remind me of my own past experience in a partnership that worked, although you have 48 years to go to catch up to my 68-year marriage!

SC 12 Richard Hill -- (Almost) Everything I Know in Psychotherapy I Learned in Acting School

Reviewed by Michael Hoyt

While most of us know that Richard Hill is a deservedly rising figure in the world of brief therapy, and an acknowledged coauthor (with Ernest Rossi) of the excellent *The Practitioner's Guide to Mirroring Hands* (2017, Crown House Publishing), in this exciting 90-minute course he took us back to his earlier training and career as a professional stage and television actor. He wanted to help us experience, "...how to bring magic back into therapy." Like good actors, good therapists need be empathic, generous, and supportive. "Therapy is not something you perform; it's something you be. People are in a play and we help them create a better play." Through a series of fun, guided exercises (with lots of "Wow!", "Yeah", and prevailing laughter) we tuned in and enhanced our sensitive observation and client responsiveness. At the end of the short course, as Hill led us through a mirroring hands process, the video projector was inadvertently and serendipitously left on and his hands were casting shadows on the screen behind him. With my mind opened by the previous 90-minutes, it felt like Ernie Rossi was there!

SC 18 Dale Bertram and Mike Rankin -- Utilizing Erickson Core Competencies for Effective Clinical Supervision

Reviewed by John D. Lentz

Dale Bertram and Mike Rankin offered insights into how to use Ericksonian core competencies to enhance clinical supervision. The core competencies offer a unique way to observe how students are doing in their relationship with clients. Students doing well will most likely spontaneously use tailoring and other competencies proven to be effective. Bertram and Rankin demonstrated ways in which therapists can empower their students and themselves by applying the principles from the Ericksonian core competencies.

Upon reflection, it occurred to me that this team did with the class exactly what they taught -- and that takes imagination and creativity.

SC30 Michael Munion -- Brief Treatment of Borderline Personality

Reviewed by Norma P. Barretta

Michael Munion began this short course with a review of Kernberg's and others' charts of developmental stages, and then offered a reasonable analysis of the "good" self and "bad" self viewpoints of the child's relationship to the mother. Borderline personality disorder is a multigenerational chain of dependence that results from early trauma or abandonment. And with it can come a profound sense of being out of control or overwhelmed, and the inability to cope with relationships and life.

MINI-REVIEWS continued on page 18

INSPIRING MOMENTS WITH THE MASTERS

By Jeffrey K. Zeig, Ph.D.

Viktor Frankl Part III

The following is Part III in a series of my experiences with Viktor Frankl. Parts I and II can be found at www.erickson-foundation.org; click *Media* in the top menu and on the pulldown menu click Newsletter.

When I was in Vienna last year, I visited the former home of Viktor Frankl, which became a museum in 2015. Frankl's wife, Elly, lives next door in an apartment and we had time to visit. Accompanying this article are several photos. If you are ever in Vienna, I urge you to make a reservation to visit the Viktor Frankl Museum. You will not regret it.



In 1990, Viktor Frankl was a keynote speaker at the Evolution of Psychotherapy Conference in Anaheim. He was 85 years old and I helped him walk to and from the podium. Knowing of his contributions, many attendees treated him as if he was a rock star. He even received a standing ovation for several minutes before he spoke, and one after he finished. As we were walking back to the hotel, he asked me for a critique of his speech – he wanted to know how to improve his message. I was dumbstruck. Frankl's charismatic podium presence was legendary and his talk about logotherapy was clear and convincing. I don't remember what I said, because I was so stunned and moved by his humility and desire to learn, but I'm sure it was something unremarkable and unintelligent.

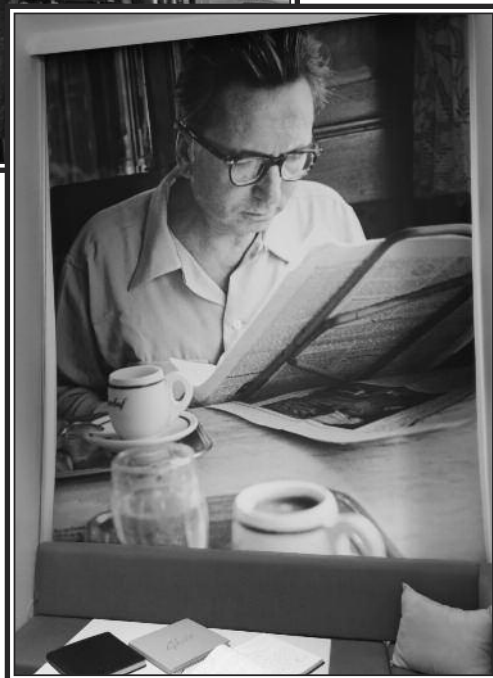
In 1994, Frankl keynoted the European Evolution of Psychotherapy Conference, co-organized by my dear friend and Erickson Foundation board member, Bernhard Trenkle. Bernhard and his team tirelessly worked to make the conference a success. He was looking forward to having dinner with me and the Frankls after the conference, however, fate intervened -- Bernhard's father had a sudden illness, and there was a possibility that Bernhard would have to travel to be at his father's bedside.

When I told the Frankls that dinner would be delayed until we knew the status of Bernhard's father, Viktor's immediate and emphatic reply was, "He cannot go

to the dinner!" "Why?" I asked. "Because it would not be meaningful," was his rejoinder. I realized that what is meaningful should always take precedence.

There was another time that Viktor Frankl indirectly offered me this message. He was in his 90s by then, and in a hospital in Vienna recovering from a heart attack. Because so many wanted to wish him well, visiting was restricted. As a friend of the family, I could visit and I went to the hospital with my friend and workshop organizer, Charlotte Wirl, who Viktor and his wife had met when I previously taught in Vienna.

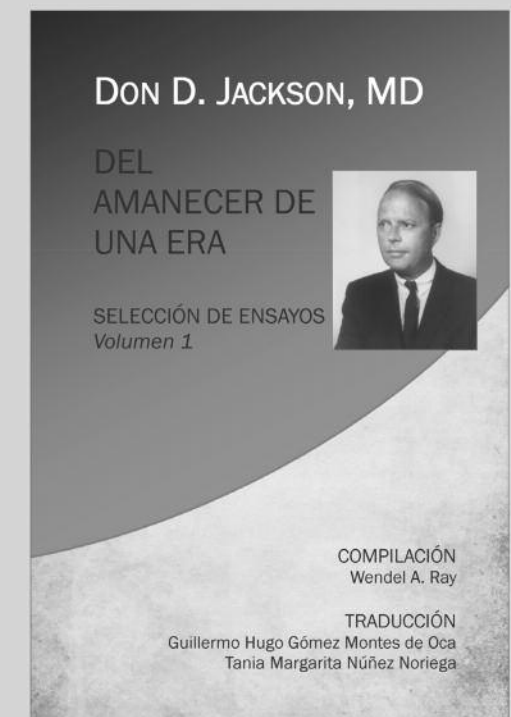
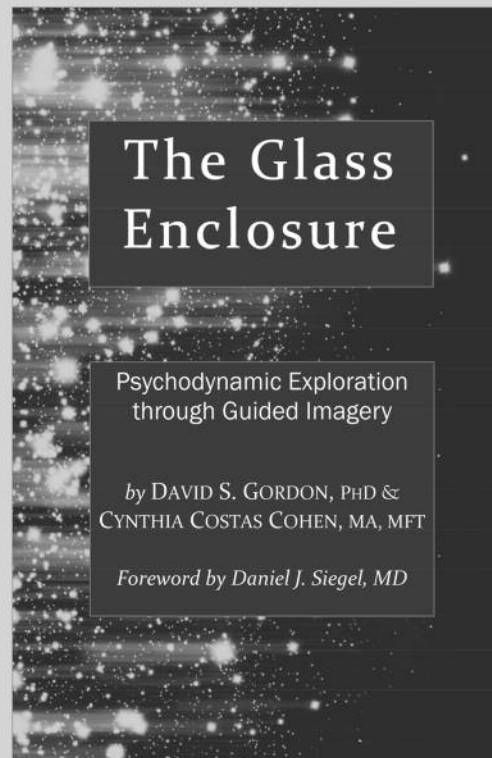
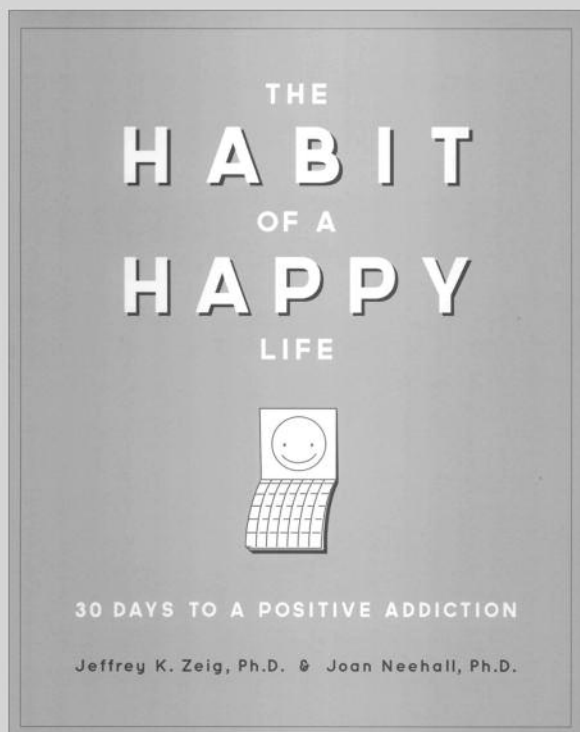
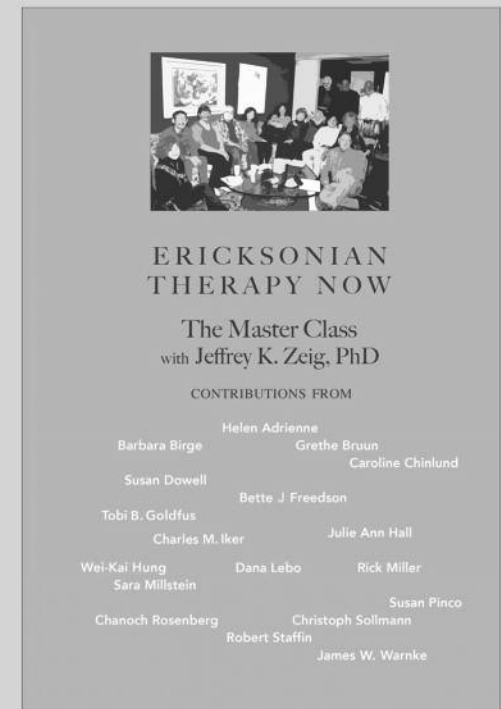
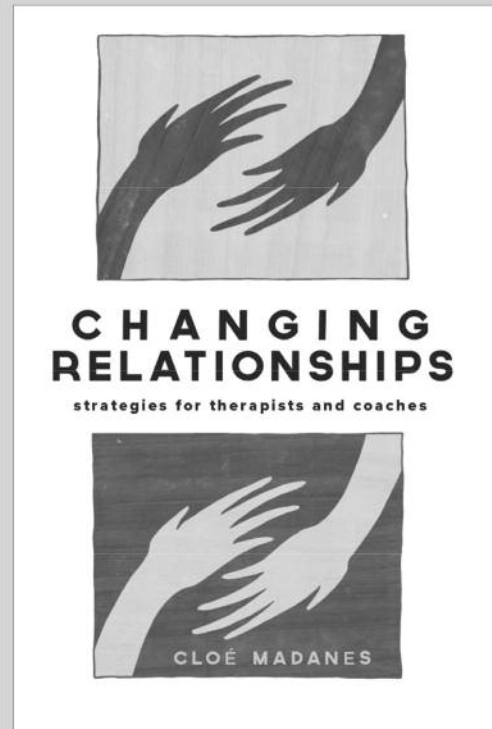
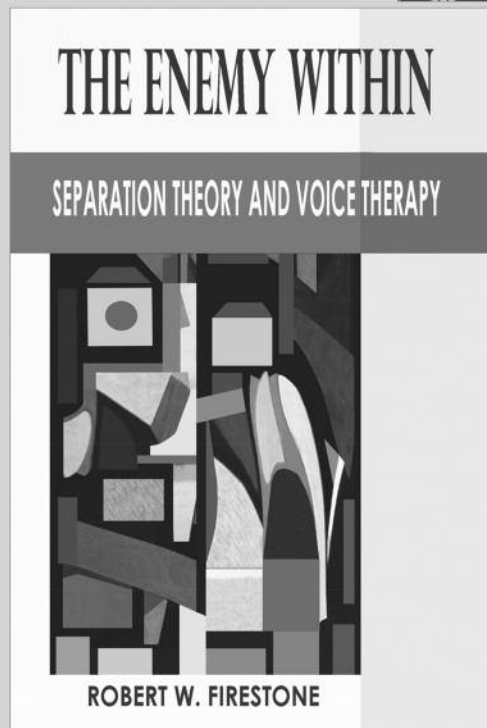
Weakened by his illness, Viktor could not sit up. But when Charlotte entered, he rose as much as possible and kissed her hand, as would any proper Viennese gentleman. I avidly watched, understanding that he meant it to be a meaningful moment, because that was most important. And throughout his life he lived this philosophy, one meaningful moment to the next.



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The Critical Inner Voice: The Enemy Within

By Robert W. Firestone, Ph.D.

Our life is what our thoughts make it.

~ Marcus Aurelius, Meditations

The critical inner voice is made up of a series of negative thoughts and attitudes toward self and others, which is at the core of a person's maladaptive behavior. It can be conceptualized as the language of a defensive process that is both hostile and cynical. The voice is not limited to cognitions, attitudes, and beliefs; it is also closely associated with varying degrees of anger, sadness, shame, and other primary emotions. It can be thought of as an overlay on the personality that is not natural or harmonious, but rather learned or externally imposed.

The voice is a form of internal communication – usually critical, yet sometimes self-nurturing and self-aggrandizing, but in either case opposed to one's self-interest. It is experienced as though one were being spoken to. It includes attacks such as, "You're so stupid!" "You're a failure!" "No one could ever love you." "You can't trust anyone." "They don't appreciate you."

Critical inner voices are often experienced as a running commentary that interprets interactions and events in ways that cause a good deal of pain and distress. The voice defines situations in alarming and pessimistic terms. It is analogous to a lens or filter that casts a gloomy light on the world which, in turn, has a profound negative effect on one's mood and feelings.

The critical inner voice can be distinguished from a conscience or constructive moral influence because it interprets moral standards and value systems in an authoritarian manner, in the form of strict "should," that leads to harsh criticism and self-recrimination. It increases one's self-hatred, rather than motivating one to alter behavior in a constructive manner. Seemingly positive, self-nurturing voices that appear on the surface to be supportive, can be hurtful, misleading, and dysfunctional. Self-aggrandizing voices encourage an unrealistic build-up that sets the stage later for attacks on the self.

The voice not only serves the function of attacking the self; it is also directed toward others. These oppositional viewpoints are symptomatic of the deep division that exists within all of us. Sometimes people view their loved ones with compassion and affection, but other times they think of them in cynical or disparaging terms.

Voice attacks are sometimes consciously experienced, but more often than not, one experiences them partially conscious or even totally unconscious. In general, people are largely unaware of the extent of their self-attacks, and the degree to which their behavior is influenced or controlled by the voice.

Critical inner voices vary in intensity along a continuum, ranging from mild self-reproach to strong self-accusations and suicidal ideation. They precipitate a wide range of self-limiting, self-destructive actions, from giving up on goals, to physically hurting oneself, or even committing suicide. In a very real sense, what people tell themselves about events and occurrences in their lives is more damaging and contributes to more misery than the negative episodes themselves.

Early Investigations into the Critical Inner Voice

In early investigations of the voice, participants in our pilot study attempted to express self-attacks in a rational, cognitive manner and tone. They articulated self-critical thoughts in the first person, as "I" statements *about* themselves. For example: "I am so stupid."; "I can never get along with people."; "I am no good." Etc. So I suggested that they verbalize these same thoughts as statements spoken to them in the second person, "you" statements, such as, "You are so stupid." "You never get along with anyone." "You are no good." When the participants complied with this new method, I was shocked by the malicious tone of their self-attacks, and the intensity of the anger with which they condemned themselves. It was surprising to observe even mild-mannered, reasonable individuals being so intensely self-

punishing and cruel.

The second-person dialogue technique is what brought these powerful emotions to the surface. The participants were able to separate their own viewpoint from the internalized negative parental view of themselves that has been superimposed on their self-image. In addition, the emotional release that accompanied the expression of the voice uncovered core dysfunctional beliefs and brought about a more positive feeling and compassionate attitude toward self and others.

The Development of the Self System and Anti-Self System

As children develop expressive language and verbal skills, they attempt to give meaning to, or make sense of, the primal emotions they have internalized (Tronick & Beeghly, 2011). They apply negative labels and specific verbal attacks to themselves, based on their interpretation of painful interactions they experienced early in life. This internalized voice becomes a fixed part of the child's core identity and labeling his or herself, even though initially there was no essential validity to the label. As children continue to grow and develop, they refine and elaborate on their self-critical attitudes and thoughts, and apply new labels to themselves. These destructive attitudes or voices form a distinct and separate aspect of the personality that I have termed the "anti-self system."

The anti-self system is composed of an accumulation of these internalized destructive thoughts, attitudes, and feelings directed toward the self. When children are confronted with hurtful experiences in the family, they tend to absolve their parents or other family members from blame, and take on the attitude that they themselves are bad, unlovable, or a burden. Gradually, personal trauma and separation anxiety combine to turn children against themselves. The anti-self can be characterized as the "enemy within." (Firestone, 2018)

In contrast, the self system is made up of one's biological temperament, genetic predisposition, parents' admirable qualities, and the ongoing effects of experience and education. Parents' lively attitudes, positive values, and active pursuit of life are easily assimilated through the process of identification and imitation, and become part of the child's developing personality. In addition, the self system represents a person's wants, desires and goals, and his/her individual manner of seeking fulfillment. Throughout life, these two systems become well-established and are in direct conflict. How this conflict is resolved over time powerfully affects the course of the individual's life and his or her happiness or unhappiness.

To summarize, the voice consists of: (1) the internalization or introjection of destructive attitudes toward the child held by parents and other significant adults in the early environment; (2) a largely unconscious imitation of one or both parents' maladaptive defenses and views about life; and (3) a defensive approach to life, based on emotional pain experienced during the formative years. The greater the degree of trauma experienced in childhood, the more intense one's voice attacks become.

Voice Therapy

Voice therapy is a cognitive/affective/behavioral methodology that brings internalized destructive thought processes to the surface with accompanying affect, in a dialogue format that allows a client to confront alien components of the personality. The method involves expressing one's self-attacks and the accompanying feelings, developing insight into their causality, answering back to self-attacks from one's own point of view, and collaboratively planning strategies with the therapist to counter specific voice attacks.

With its focus on emotions and on the expression of deep feelings, voice therapy differs significantly from other cognitive-behavioral models. The methods are aligned with certain aspects of emotion-focused therapy (EFT), which primarily concentrates on eliciting emotion by directing clients to amplify their self-critical statements (Greenberg et. al., 1993). Voice therapy is also more deeply rooted in psychoanalytic/ psychodynamic approaches than it is in a cognitive-behavioral model.

THERAPEUTIC continued on page 16

FOUNDATION NEWS

Foundation Hires New Multimedia Specialist



In March, Matt Chesin joined the Foundation staff as the new multimedia specialist. Matt is an award-winning visual storyteller in video production and photography. Before working at the Foundation, he worked for an advertising agency and a school district. He has produced narrative films, and branded online video content for television and theater release. His media publications include *Smithsonian Magazine*, *The InterAgency Board*, *Firehouse*, *Scottsdale Independent*, and *AZCentral*.

As a native of Arizona, Matt is an alumnus of Arizona State University, where he earned his BA in film and media production. "I live, eat, sleep, and bleed for video production and photography...sometimes literally!" he says. "I feel fortunate to have found my calling and love collaborating on creative projects. My career to-date has been filled with many memorable opportunities. Now I am excited to learn about the world of psychotherapy and streamline the media workflow in making the content available."

Space Available for Summer and Fall Intensives

There is still available space for those wishing to attend the Foundation's summer or fall Intensives.

Founded in 1988, the Intensive Training program is open to professionals in a health-related field with a master's degree or higher, and students currently enrolled in an accredited graduate program in a health-related field. The summer Intensives offer three weeks of learning divided into Fundamentals, Intermediate, and Advanced. The spring and fall Intensives include Fundamentals and Intermediate. Students will earn up to 30 CEs for one week. The Intensives are taught by Lilian Borges, Brent Geary, Stephen Lankton, and Jeff Zeig.

The Foundation offers an early bird rate of \$699 for registration 30 days prior to the Intensives. Discounted rates are also available at the Embassy Suites by Hilton Phoenix Biltmore. The deadline to receive an Embassy Suites discount for summer is June 21st; deadline for discounted fall reservations is to be determined.

To register for the Intensives, please visit:
<https://www.erickson-foundation.org/intensive-training/>

AWARDS

Reid Wilson Bestowed Service Award

Reid Wilson, PhD, has been honored with the 2019 International OCD Foundation Service Award for his invaluable work for OCD and related disorders. Wilson was recognized for his Intensive Training/Treatment groups, generosity toward individuals with OCD, and the funds (totaling \$70,000) he has donated back to the organization.

Foundation and Zeig Tucker Books Available

Evocation, Jeff Zeig's fourth book in his empowering experiential therapy series and the eBook version is now available. *The Anatomy of Experiential Impact* is now available in Chinese. His book, *The Induction of Hypnosis*, will appear in Japanese this year.

For these books and many more please visit:
<https://catalog.erickson-foundation.org/page/ebooks>

Zeig's and Neehall's book, *The Habit of a Happy Life*, available at www.zeigtucker.com, will also be available soon as a Spanish eBook.

The following is an excerpt from Jeffrey Zeig's most recent book, Evocation: Enhancing the Psychotherapeutic Encounter

The Art of Evocation

Remember, communication is both evocative and informative. If you're a carpenter and say, "Here is some useful wood," you mean one thing. If you're a Boy Scout and say the same thing, you mean something else. And if your hobby is woodcarving, you mean something entirely different. We are continuously processing and interpreting the evocative level of communication. The question is: How can we use evocative orientations in psychotherapy and personal communication when the goal is to elicit a state? The answer can be found in art.

Art is evocative communication. When Picasso painted his masterpiece, *Guernica*, he likely did not think, "I'm painting this because I want those who look at this piece to think that war is hell." He painted *Guernica* so that the viewer would have the evocative experience of realizing the horrors of war.

When Francis Ford Coppola directed a scene at the end of the first *Godfather* movie, he did not say that Michael Corleone was a hypocrite. He mixed a scene of Corleone attending a baptism with scenes of extreme violence whereby Corleone was taking revenge on his enemies. The meaning of these contrasting scenes was obvious; it did not need to be explained.

When Robert Frost wrote poetry, he did it for evocative effect and his medium was merely paper and ink...

... Frost, Picasso, and Coppola use their medium in unusual and unexpected ways to elicit an experiential realization. Therapists can do the same thing. They do not need to verbally communicate a clear and concise message; they can take artistic license. They can enter with delight and exit with wisdom.

Remember, if you want to evoke an alteration in conceptual realization or state, you need to use evocative communication that tends to be unusual. To understand science, which is based on facts, informative communication is necessary. But the symbolism and ambiguities inherent to art are fundamental to eliciting emotions and concomitant states.

Evocative communication has grammar that is different from informative communication. And we can learn about the grammar of evocative communication by studying art. When we understand the evocative grammar of art, we can apply it in psychotherapy (and in any communication designed to elicit a change in state).

To read this excerpt in full, please visit the Foundation's website at: <https://www.erickson-foundation.org/the-art-of-evocation/>.

UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2019		
4/11-14	Couples Conference / Manhattan Beach, CA / Invited Faculty	1.
5/1-6/19	Master Class in Advanced Ericksonian Language and Techniques (Wednesday 11AM-1:15PM) / New York, NY / Rita Sherr, LCSW, BCD	2.
5/3-5	Couple and Family Therapy / Mexico City, MEXICO / Jeffrey K. Zeig, Ph.D.	3.
5/29-6/2	Advanced Hypnotherapy / Beijing, CHINA / Zeig	4.
6/5-8	Therapy Conference / Guangzhou, CHINA / Zeig	5.
6/26-30	Ericksonian Hypnosis / Sao Paulo, BRAZIL / Zeig	6.
7/8-12	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Brent B. Geary, Ph.D., Lilian Borges, MA, LPC; Stephen Lankton, MSW; Zeig	1.
7/15-19	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
7/22-26	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
7/29-8/1	Phoenix Master Class / Phoenix, AZ / Zeig	1.
8/5-9	Cape Cod Institute: Ericksonian Hypnosis: Advanced Techniques for Beginners / Eastham, MA / Zeig	7.
8/24-28	Advanced Workshop on Ericksonian Therapy – Japan Brief Therapy Conference / Japan / Zeig	8.
8/30-9/2	Master Class in Ericksonian Therapy / Taiwan / Zeig	9.
9/4-10	Ericksonian Therapy Training Program / China / Zeig	10.
10/2-5	Italian Psychotherapy Association - Keynote / Bologna, Italy / Zeig	11.
10/14-18	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
10/21-25	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Borges, Lankton, Zeig	1.
10/25-27	Program at 1440 University / Santa Cruz, CA / Zeig	12.
11/14-17	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	13.
12/12-15	International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy / Phoenix, AZ / Invited Presenters	1.

Contact Information:

- 1) 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; Couples Conference: www.CouplesConference.com
Intensive Training Program: www.erickson-foundation.org/intensive-training/
Phoenix Master Class: <https://www.erickson-foundation.org/masterclass/>
International Erickson Congress: www.EricksonCongress.com
- 2) Contact Rita Sherr: Web, www.RitaSherr.com ; Email, Rita@RitaSherr.com ; Address, 440 West End Ave, New York, NY 10024; Tel, 212-873-3385 (20 ASCH credits available)
- 3) For information: Email, sandra@ccipmexico.com
- 4) For information: Email, wangsuqinbj@163.com
- 5) For information: Email, gracenlp@163.com
- 6) Web site: www.elsevier.org
- 7) Cape Cod Institute: Web, <https://www.cape.org/> ; Email, institute@cape.org ; Cape Learning Network, LLC, PO Box 70, Westport, CT 06881; Tel, 800-360-7890 (toll-free); 508-603-6800 (local); Fax: 508-603-6801
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For Upcoming Trainings, ad rates / 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 August 2019 issue (mailed mid-August) is June 5, 2019. All workshop submissions are subject to approval by the Erickson Foundation.

THERAPEUTIC

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In conclusion, the purpose of voice therapy is to help individuals achieve a free and independent existence, remain open to experience and feelings, and maintain the ability to respond appropriately to both positive and negative events in their lives. The process of identifying the voice and its associated affect, combined with corrective strategies of behavioral change, significantly expand the client's boundaries and bring about a more positive sense of self.

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- Firestone, R.W. (2018) *The enemy within: Separation theory and voice therapy*. Phoenix, AZ: Zeig, Tucker, & Theisen, Inc. Publishers.
- Greenberg, L. S., Rice, L. N., & Elliott, R. (1993). *Facilitating emotional change: The moment-by-moment process*. New York: Guilford Press.
- Tronick, E., & Beeghly, M. (2011). Infants' meaning-making and the development of mental health problems. *American Psychologist*, 66(2), 107-119. <http://dx.doi.org/10.1037/a0021631>

CONFERENCE NOTES

The Couples Conference, sponsored by The Milton H. Erickson Foundation with organizational assistance provided by The Couples Institute, will be held in Manhattan Beach, California, April 12-14, 2019. Presenters include Ellyn Bader, Carrie Cole, Don Cole, Steve Frankel, Sue Johnson, Terry Real, and Stan Tatkin. Conference information including online and onsite registration is available at www.CouplesConference.com or contact The Milton H. Erickson Foundation: Email, support@erickson-foundation.org; Tel, 602-956-6196; Toll free, 877-212-6678; Fax, 602-956-0519; Mail, 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016.

The Annual Convention of the American Psychological Association (APA) will be held August 8-11, 2019 in Chicago, Ill. Convention and registration information is available in April 2019. Visit <https://convention.apa.org/> for information or contact the APA: Tel, 202-336-6020; Email, convention@apa.org

The Society for Clinical and Experimental Hypnosis (SCEH) will sponsor the 70th Annual Workshops and Scientific Program, *Clinical and Applied Hypnosis: Evidence-based Practice and the Therapeutic Relationship*, October 16-20, 2019, at the Ace Hotel in New Orleans, Louisiana. Conference and registration information is available at <https://www.sceh.us/annual-conferences> or contact SCEH: Email, info@sceh.us; Tel, 617-744-9857; Mail, 305 Commandants Way—Commoncove Suite 100, Chelsea, MA 02150-4057.

The 2019 Annual Convention of the Arizona Psychological Association (AzPA), "Greater Than the Sum of Our Parts: Integrating Research and Practice," will be held October 31-November 2, 2019 at the Hyatt Regency Phoenix, Phoenix, Ariz. Online registration will be available in coming weeks. For information contact AzPA: Web, https://azpa.org/2019_Convention; Tel, 480-675-9477; Mail, 107 S. Southgate, Chandler, AZ 85226.

Centro Ericksoniano de México and Emergences Institut announce the first *Congreso Franco-Mexicano De Hipnosis Ericksoniana*, November 20-23, 2019, in Cancun, Riviera Maya, Mexico. The Congress will be held at Hotel Emporio. All workshops and sessions will be translated into French and Spanish. For information including the list of French and Mexican presenters and their topics visit: http://www.grupocem.edu.mx/cem/congreso_cancun2019.html or contact Centro at: Email, congresocancun@grupocem.edu.mx; Tel, +5543566083 or +5544487604.

The Thirteenth Congress on Ericksonian Approaches to Hypnosis and Psychotherapy will be held December 12-15, 2019 at the Hyatt Regency Phoenix, Phoenix, Ariz. Keynotes include Robert Dilts, Roxanna Erickson-Klein, Stephen Gilligan, Steve Lankton, Scott Miller, Bill O'Hanlon, Michael Yapko, and Jeffrey Zeig. For the full list of faculty (Ad on page 3), hotel and registration information visit www.EricksonCongress.com or contact The Milton H. Erickson Foundation: Email, support@erickson-foundation.org; Tel, 602-956-6196; Toll free, 877-212-6678; Fax, 602-956-0519; Mail, 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016.

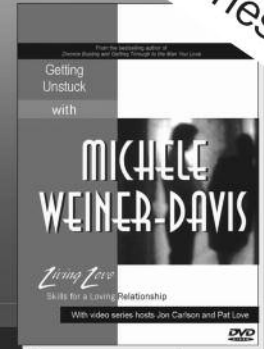
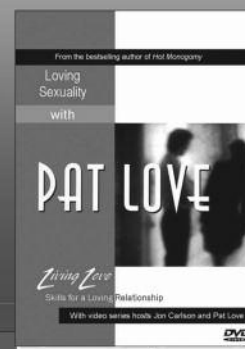
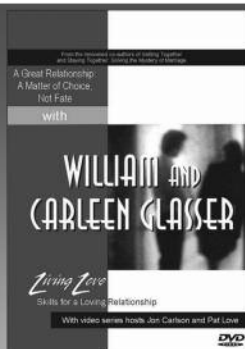
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MINI-REVIEWS*continued from page 11*

Borderline personality disorder can be tricky to diagnosis, but a key factor might be physical abuse. Symptoms for borderlines can include inadequacy, hopelessness, a tendency to see even small things as traumatic, difficult interpersonal relationships, threats, suicidal ideation and behavior, self-mutilation, and an unusually strong need for support. Those with this disorder also tend to mistrust, which can affect the patient/client relationship.

The borderline person constantly desires enmeshment, reassurance, external validation, and a need for others to assume responsibility. They also need a “parent” to chastise them for their self-destructive choices, but many times there is actually a preference for pain. Therefore, the therapist must have firm boundaries, and also normalize shortcomings, emphasize choice, recall good times in the past, and remind the client that when something “bad,” is happening, it is only a temporary situation. Humor helps, and so does developing a safety plan in a solution-focused orientation. Pattern interruption is essential.

This short course was useful in learning how to work with borderline personality disorder. Just keep in mind that not every therapist is suited for this work.

WORKSHOPS**WS 5 Camillo Lorioed -- The Systemic View of Trance: The Use of Hypnosis with Couples and Families**

Reviewed by John D. Lentz

Camillo Lorioed presented hypnosis within a system perspective. He not only described hypnosis with couples and families, he then demonstrated it using a power point presentation. Lorioed was informed and helpful as he offered a brief history of hypnosis, an explanation of its effectiveness, and a demonstration. Hypnosis not only alters the individual and what he or she perceives has been the blockage to more effective relating, it can also loosen up the system and help protect the therapist.

I overheard other workshop attendees praise Lorioed by saying: “He was so elegant it was as if Erickson was in the room.” “He made it look so easy, and it was clearly effective.” “It changed the way the couple related to each other.”

Ever humble and gracious, Lorioed never mentioned that if you search in the literature for “hypnosis in families/couples,” his name is likely the first you will encounter. But he is not a self-promoter, nor does he advertise his work; he simply does a good job teaching and demonstrating. Camillo Lorioed is clearly a master therapist with incredible skill.

WS 6 Scott Miller -- Better Results: Using “Deliberate Practice” to Improve Therapeutic Effectiveness

Reviewed by Richard Hill

Whenever Scott Miller presents, it is quickly evident that he knowledgeable about his subject. His familiarity with the literature is unquestionable. Miller is the author and coauthor of numerous studies and broad ranging reviews. His conclusions can be sobering and surprising. The attendees at this workshop were startled more than once. Miller asked the question: “How long does someone have to be in practice before their performance and effectiveness begins to plateau?” The answer: 50 hours. There was an audible gasp. Another question: “In the past 40 years, when there has been development and improved results in other treatments, such as cardiovascular surgery, how much improvement have we seen in psychotherapy?” The answer: None. Perhaps even a slight drop. Miller used these to questions and answers to guide us toward a positive message for future development for our individual practice, as well as the profession.

The next question asked: “What is the most effective way to improve the effectiveness of a therapist?” The answer is not the number of practice hours, but

rather the hours of deliberate practice. Miller clarified that seeing a client is not practice but performance -- a performance of our skills. To develop these skills, it is what we do in-between, or outside therapeutic sessions that makes the difference. This deliberate practice includes reflection, supervision, review, testing options, and other efforts by the therapist to reflect, practice, and improve on their performance. Miller presented research showing that therapists who improved their effectiveness, engaged in deliberate practice about eight hours per week; the least effective therapists, engaged as little as 30 minutes.

Miller also challenged our beliefs, many of which have been imprinted in the early stages of study and professional practice. He also presented fresh ideas to help us advance our profession and personal practice.

WS 10 Michael Yapko -- “How” Questions, Making Distinctions, and Defining Targets in Brief Therapy: The Discriminating Therapist

Reviewed by John D. Lentz

Michael Yapko offered new innovations for treatment for depressed patients, which are not only easy to practice, but have a powerful impact. Yapko made the case that many of the problems people have are the result of getting caught up in global thinking that blocks the specificity required to make distinctions for change. He pointed to the fact that when someone simply does not know something and has been globalizing their thinking, they will most likely not be able to see the path to fixing the problem. This happens in relationships, with emotions, with finances, and with every aspect of life. Sometimes it isn’t so much pathology, as it is a block to understanding, due to global thinking.

Although this information can be found in Yapko’s book, *The Discriminating Therapist: Asking “How” Questions, Making Distinctions, and Finding Direction in Therapy* (2016 -- available as a download at www.yapko.com, or as a paperback on Amazon) it was revolutionary for many in the workshop. The simple techniques Yapko recommends are life-changing, for both therapist and client.

In this workshop, Yapko was in rare form. He presented the material well with both emotion and enthusiasm.

WS 13 Stan Tatkin -- Dealing With Projective Identification in Couple Therapy: The PACT Approach

Reviewed by Bart Walsh

Stan Tatkin’s presentation revealed a unique approach to couples treatment. He elucidated a means of tracking much of the subtle, non-verbal interaction between couples in a manner that brilliantly informs treatment. He combines careful observation and self-attunement with improvisation to safely create movement in couples work. When working with a couple, I was impressed to see how Tatkin’s observation of the listening partner’s body language and physiological responses guided his intervention. Among other things, he noted and responded to client’s unconscious process of ideomotor and ideosensory expression.

This psychobiological approach to couples therapy incorporates the therapist’s responsive state regarding projective identification. The therapist’s relaxed awareness of coming into self orients the therapist to whatever psychodynamic components are likely resulting from projective identification in the couples’ system. When the therapist is aware of that projective dynamic, positive or negative, this becomes a component for some form of intervention. The intervention is successful if the therapist experiences relief or clearing of the projective dynamic, and the couple begins to explore a new perspective.

Stan Tatkin nicely illustrated implicit social behaviors influenced by close and distance visual fields. This referenced how we are all constantly making corrections in attunement as we read each other’s signals and register the responses. Interactive regulation, as opposed to self-regulation, is what the couples therapist is evaluating and influencing.

In a demonstration with a volunteer couple, Tatkin illustrated how he has a partner pose a question, how he observes the listener while a response is spoken, and how he observes the responder when the responder stops speaking. His ob-

EVOCATION

ENHANCING THE PSYCHOTHERAPEUTIC ENCOUNTER



by
Jeffrey K. Zeig

With transcripts
and cases of
Milton H. Erickson

Dr Jeffrey K. Zeig has spent a lifetime evolving what he calls “evocative therapy.” In *Evocation*, he continues an exploration that began decades ago as he sought to trace — and to expand upon — the nuances and applications of Milton Erickson’s extraordinary work. Turning here to the original masters of evocative communication — painters, composers, filmmakers, poets, choreographers — he demystifies the grammar of the artist’s expression, teaching readers how to use it to enhance and empower their therapeutic communication. This book is built out from a central belief: Therapy at its best, whatever the paradigm, invites shared awakening rather than relying on data delivery.

“Jeff Zeig shows us a different way of approaching therapeutic change: to assume the client has answers and resources and then go about arranging a context in which the building blocks of change are evoked.”

—Bill O’Hanlon, author of *Do One Thing Different*

“The novice and the veteran both will benefit from examples and exercises aimed at making therapeutic interactions more evocative, focusing on the components of orienting toward, being strategic, and utilization.”

—Lynn Lyons, LICSW

“Jeffrey Zeig’s fourth book in his innovative series, *Evocation*, shines a bright and revealing light on many of the camouflaged artistic elements of his unique style of psychotherapy.”

—Michael D. Yapko, Ph.D., author of *Trancework: an Introduction to the Practice of Clinical Hypnosis (5th edition)* and *The Discriminating Therapist*

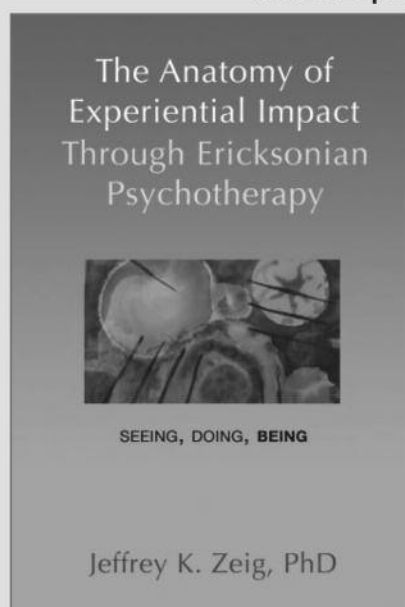
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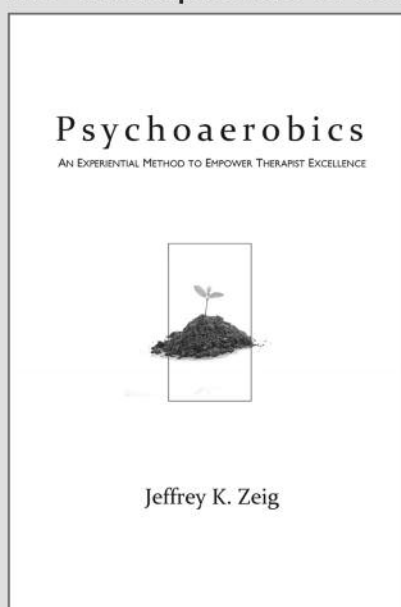
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DR. JEFFREY ZEIG’S BOOK, *The Anatomy of Experiential Impact Through Ericksonian Psychotherapy* is **now available in eBook**. All three focus on the development of the therapist as crucial for effective therapy.



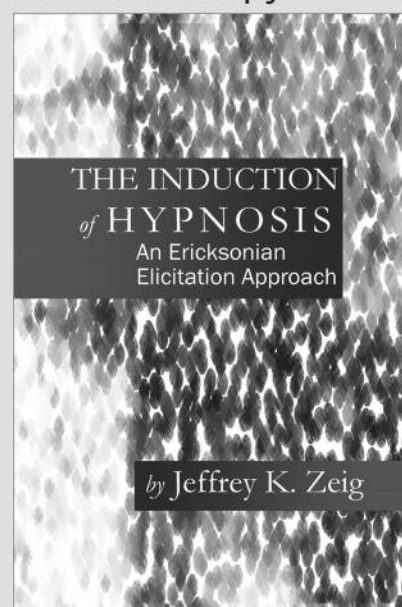
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BOOK REVIEW

The Beginner's Mind ***The Complete Works of Milton H. Erickson*** ***Volume 13 – Healing in Hypnosis***

Review by Richard Hill MA, MEd, MBMSc, DPC

This volume includes a reprint of a book first published in 1984, with transcripts and commentaries of lectures and workshops presented in the 1960s. Most interesting is that these transcripts include comments made by Erickson to the audience, which offers a unique glimpse into Erickson's mind. Comments by Ernest Rossi were added later, so that readers can also get an objective view.

Rossi's preface from 1984 takes us into Erickson's world, that came to a close only a few years earlier: "Erickson loved the free play of nature...he gradually came to prefer 'field experiments' where he could utilize naturally occurring events to explore the nature of altered states and hypnotherapeutic approaches." (p. xiv) A more recent introduction by Rossi in 2014 describes a new understanding of nature at the genomic level. In the frame of psychosocial genomics, we are able to look at behavior and affect as outward expressions that are connected to what is happening at microscopic levels, such as gene expression and epigenetic changes, which are biochemical adaptations that occur during the therapeutic process. Rossi ponders what might be possible if we could monitor this activity in real time.

In a pendulum swing of time, the next chapter takes us back to the late 19th century and Erickson's roots. Readers learn about Erickson's parents, Albert and Clara, who married in 1891. Erickson had Viking blood from his father and reportedly Native American blood¹ from his mother, which he felt contributed to his "strengths and endurance in the face of adversity." (p.1) At nearly 60 pages, this biography is more than just a sketch; it is a highlight of the volume.

The transcripts are presented as four parts. Part I is a lecture given in San Francisco in 1961; Part II is a workshop in Los Angeles in 1962; and Parts III and IV are seminars presented at a conference in Seattle in 1965. In Part I, Erickson's lecture in Part I is titled, "Utilizing Unconscious Processes in Hypnosis," and he explains the reason for this: "...because I want to impress upon you that the unconscious knows a tremendous amount. You don't have to explain too much, you don't have to argue too much; you do have to recognize the personality forces

involved, and you do have to recognize the gentleness and effectiveness with which you can give ideas, so that the patients will incorporate them." (p. 75) The terms, "sensitive observation" and "client-responsiveness," used by both Ernest Rossi and me, developed from these seeds that Erickson planted nearly 60 years ago.

Rossi describes Erickson's technique as coming from "...his own blood and suffering; his therapeutic originality evolved out of his life and death efforts to cope with his own congenital deficiencies and crippling physical illnesses." (p. 58) Rossi goes on to say, "Patients rightly resent it when they feel they are being manipulated by the 'empty technique' employed by an operator who has no personal connection and knowledge...Even if a symptom is changed, there still has been no deepening association with the inner sources of illness and creativity that are the true quest of all healing work." (p. 58)

This passage challenges therapists to carefully consider who they are in the therapeutic process. A therapist might ask him or herself: "Am I able to change the client for the better?"; "Am I able to help the client discover their own capacity for creating change by deepening their connection with their natural problem-solving and self-healing?" These are the questions that Erickson and Rossi press us to contemplate.

As we read these detailed records of the utilization of therapeutic hypnosis, it is important to consider the deeper relevance, and in the process, several questions arise about how therapy is best practiced. What elements from the history should still be in practice today? What fundamentals have remained constant throughout time? What steps can be relegated to the past? And what steps have evolved into simpler and more elegant effective procedures? Also, "What modern techniques ignore the rich history and try to 'reinvent the wheel,' only to produce practice that is lacking?"

As we find so often in these volumes, Erickson speaks to the issues that concern us today, addressing the current thought of what constitutes an effective approach. He talks about how therapists should be better prepared, more sensitively observant and responsive, and utilize their own life experience to deepen the experience with the client, and to deepen the client's experience with themselves.

¹ A genetic test on one of Erickson's siblings disconfirmed that he had Native American ancestry. Jeff Zeig

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servations then guide his intervention. He demonstrated how he poses questions or makes comments "down the middle," not directed toward either partner.

Emphasis was on getting a baseline of physiological responsiveness in each partner in order to gauge variations during conversation and questioning. These responses say much more than the words being spoken.

Stan Tatkin is a seasoned, astute, and creative practitioner who gifts us with this relatively new approach to couples work.

WS 15 Michael Hoyt -- Single Session Therapy – When the First Session May Be the Last Reviewed by Richard Hill

Michael Hoyt is a leading expert on the subject of brief therapy, and he has authored and edited numerous books, chapters, and papers on the subject. I have heard him speak before and noticed that in this two-hour workshop he chose to limit the theoretical discussion (referring attendees to handouts on the conference website), so that he could engage the audience in the experience of a single session.

Hoyt masterfully used a combination of video recordings and verbal descrip-

tions to take us into the therapy room with him. After each example, he invited us to spend a moment considering how and what we might apply from the example to our own practice, and possibly a particular client. It was obvious by their faces that attendees were contemplating this, and in many cases, it looked as though they were shifting into a personal realization. I have no doubt that several clients will be benefiting from this moment of contemplation, which for some (including me) resulted in a breakthrough. Hoyt carefully emphasized that brief therapy and even single session therapy is not a rigid practice. Some clients may continue beyond just one session. But if each session is conducted as if it is the only session, then the client is more likely to leave with the capacity to sustain and continue the benefits of that session. Statistically, the majority of clients have only one session. We were fortunate to have Michael Hoyt provide a roadmap to utilize in our practice. And he did this in just one session!

WS 18 Stephen Gilligan -- How to Deeply Open to a Client's Experience with Safety and Skill

Reviewed by Norma P. Barretta

As usual, Stephen Gilligan opened pathways to basic themes, declaring that "persistent problems represent disconnection." What is needed is reconnection.

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People come for therapy because they are stuck, unable to reconnect on their own. Loneliness, isolation, and disconnection are the problems. In order to help the patient, the therapist must be deeply connected to self, to the patient, and to the “larger field.” The creative unconscious is a “holographic wave field containing infinite possibilities.” Gilligan believes that everything exists at the same time, and that the whole universe exists in each of us. But in order to make anything happen, we need to choose among the infinite possibilities.

Gilligan stated that when a problem surfaces, there is a period of “incubation,” followed by “illumination,” and then “action.” I think we are both on the same path; I have my own version that I call “Barretta’s 5 A’s”: When we are *aware* and are able to *acknowledge* and *accept* the givens, we can explore *alternatives* and then decide upon an action. Gilligan also added that there is a neuromuscular involvement: fight or freeze, and he described a “CRASH” state, in which one becomes *Contracted*, then *Reactive*, leading to *Analysis*, causing paralysis and a sense of being *Separated*, and finally, causing *Hurting and Hating and Hitting*. This creates an internal disconnect, which leads to suffering. Gilligan offered a COACH state to bring relief: Centered, Open, Aware, Connected, and Holding.

He suggested joining another person’s emotional center by mirroring posture, breathing, connecting with self, tuning in and sensing another’s “heart center,” and then feeling the connection, like Kermit the Frog does with his song, “Rainbow Connection.” He also urged us to practice every day.

Gilligan’s approach is a great rapport builder; a “spiritual” connection, in which both the patient and therapist can enjoy a trance state. In his generative therapy, this offers “transformation” of conflicting parts using somatic centering, with the ad-

dition of metaphor and suggestions to help guide the patient into deeper understanding and greater choice.

I first met Steve Gilligan when he was about 20 years old and we were studying the Bandler and Grinder version of Ericksonian hypnosis, which they called neuro-linguistic programming. Throughout our lives we have both experienced generative change.

In this workshop, Stephen Gilligan brilliantly reminded us that the deep connection between therapist and client is crucial for generative change.

TOPICAL INTERACTION

TI 11 Michele Weiner-Davis -- The Surprising Lessons Learned from Overcoming Depression: A Personal Story

Reviewed by John D. Lentz

Michele Weiner-Davis described her own journey through depression and what made a difference. And because she was so open and authentic, it made it easier for others to own their struggle with depression. Her honesty was inspiring, and I was emotionally moved by her courage. The dialog that followed her story reflected her open demeanor. It was a healing moment for all who attended, because in one way or another, we could all identify.

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supervisors were Sal Minuchin, Braulio Montalvo, and Jay Haley. After Sal called me in to watch the video of Erickson hypnotizing Monde, he said in his Argentinean accent that I was ‘heepnotized by the veedeo.’ I asked the director of PCGC, Harry Aponte, to have Jay arrange for me to go to Phoenix and study with Dr. Erickson. (The Monde video, The Artistry of Milton H. Erickson, is available at: <https://catalog.erickson-foundation.org/>)

MFH: Wow! What happened when you first met Erickson?

MR: In 1974, Jay sent me to Dr. Erickson, “with hugs and kisses from Jay.” After my first seven-hour visit, Milton asked for his gift from Jay. I had no idea what he meant. But then I understood, so I laughed and gave him a hug and a kiss on the cheek. And that began a warm student-mentor relationship that lasted until his death six years later.

MFH: You got to know him well.

MR: After I finished my Ph.D. program in Philadelphia and took an academic post in Seattle, I continued going to Phoenix a couple times a year,

until Erickson passed away in 1980. Sometimes I stayed in his office cottage. He and his wife, Betty, became godparents to my two children. They never missed a birthday, and we also had a strong correspondence.

MFH: What do you think his lasting influence has been for you?

MR: My four-year doctoral research project at PCGC contrasted family therapy with Ritalin. I concluded that jumpy little boys needed to learn to concentrate; they needed skills, not pills. In this current era, which I believe is obsessed with time management and regulated by a book of diagnostics [the DSM] fatter than the Bible, and also seduced by psychopharmacological agents, Erickson offers an approach that celebrates the novelty of every case. Running counter to the trend of his day, Erickson taught me to stick with the uniqueness of each case, not its likeness to another. One of his great one-liner pieces of advice to me was, ‘Never expect anyone to think like you do about anything.’

As I talk about in my book, *Using Hypnosis and Family Therapy* [published in 1983, and reissued in 2005], I

was working with a family with a son who had two main symptoms: chest pain and difficulty thinking. I watched my video of this session over and over and finally saw the piece I had been missing: how family members affect each other, sometimes in psychosomatic ways. This young man had come in symptom-free and within 10 minutes, before my very eyes, as I sat mesmerized, he manifested the chest pain with pounding in his chest and the difficulty thinking by holding his head in his hands. I rewound to observe precisely how each family member *suggested*, even if unintentionally, the young man’s symptoms, and how he *received* those suggestions. When I awakened, I realized that I had discovered how the hypnotic model of suggestion-receptivity provided the piece that I had been looking for in the structural therapy research on psychosomatic families. The symptoms were the “automatic behavior” resulting from observable suggestions!

MFH: You were the first to integrate hypnosis and family therapy.

MR: I immediately went to Erickson with my revelation and told him: ‘Family and society are the 24/7 ongoing daily hypnotists, and symptoms are

just trance states. We need to track the inductions for the symptoms trance, and counter them with our systemic hypnosis.’ He gazed at me and said: ‘If I were you, I’d develop that idea.’ So, I’ve spent the rest of my professional life doing just that -- looking book by book at family inductions, social inductions, and self-inductions.

MFH: I know you’ve developed that idea in your work with couples.

MR: At the second Erickson Congress in 1983, I began with my speech, “Breaking the Spell of the Dysfunctional Rapport,” which focused on helping families to build a better rapport and use that rapport to transmit streams of useful messages to each other that do not negatively affect the recipient. I later developed that approach with couples. I was once working with a couple that had a hostile rapport. One partner always wanted sex and the other didn’t. So, I asked the person who wanted sex more often if he knew what foreplay was. He described an intimate physical act. Then I asked the other partner what would make him feel sexy, and he reiterated that doing less housework would free

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him up to relax. So, I gave the partner who wanted more sex homework: he was to provide foreplay that his partner requested, not foreplay he thought his partner *should* like, and then we'd see what would happen. They both left laughing. They did their homework -- and their housework -- and *voila!* In 1995, I produced a CD called *Shared Couple's Trance*.

Erickson said to me, 'In therapy, the therapist changes nothing. You simply create circumstances under which clients can respond spontaneously, and change.' The symptom is an opportunity to unlearn self-limiting behavior, and for an individual, couple, or family to learn to do something creative at the same time. Erickson's focus was to accept and utilize the individual and their idiosyncrasies. He spoke his patients' language, and he invited them to discover their own vital unconscious and creative inner and outer resources. His healing arts employed friends, relatives, teachers, neighbors and other benevolent allies to help patients get the support needed for change. He cared. He was respectful.

I developed the idea of therapy as a cooperative exchange, and resistance provides the map for where to touch the client, and where it hurts too much or doesn't feel good. The symptom becomes the self-cue to signal a person to "stop the clock" of external time and go into a subjective slo-mo mental state or trance, and to shift their stance -- what I call "symptom-cueing," instead of symptom elimination.

In studying with Erickson, I learned to not falsely reassure couples and families. But if we acknowledge their difficulties, our own receptivity often creates a climate in which a shift can occur. Instead of incurring a client's resistance to his prescription, Erickson preferred to set things up so that a client would demand the right to make the change he or she needed for a better life. He knew from his own ex-

perience recovering from polio, how one small change can encourage an individual or family to continue making other changes. It is more important in therapy for a person to have an empowering experience, than it is for that person to gain insight or have a better understanding of the problem.

The idea of building on small changes might seem insignificant, because we often look for global cures to alleviate depression or change personalities, but Milton offered a balance. When I told him that he was upbeat about life and that I, by contrast, often felt like Eeyore in *Winnie the Pooh*, he said: 'I'm neither an optimist nor a pessimist, but a realist; which means that I believe that into every life a little rain will fall. So, it behooves us to enjoy the sunshine.'

MFH: Destructive trances can also occur on a larger, societal scale.

MR: Right. I've lectured around the world, in Denmark, Germany, Australia, South Africa, Chile, Mexico, and Argentina, about torture as the counter-therapy by the state. The willful breaking down of a person and his family or other social group often includes the abuse of the otherwise healing tool of hypnosis. I worked successfully with the Swedish government to obtain exile for a prisoner, and met with and helped raise funds for therapists treating torture survivors in Chile, El Salvador, and South Africa. I was a spokesperson for Amnesty International. In my 1991 book, *Hope Under Siege: Terror and Family Support in Chile*, with a foreword by Isabel Allende, I describe some of those experiences. Minuchin strongly endorsed it, saying 'It must be read.'

MFH: I recall that in July 2016 you and I watched Trump's nomination acceptance speech together.

MR: I've observed how political leaders make suggestions that influence others at the unconscious level. Using Hitler's film, *Triumph of the*

Will, an evil masterpiece in the induction of mass hatred, I've taught how these methods can be used to help control people. I see this repeatedly in Trump's performance -- his use of distraction and suggestion. In that acceptance speech he actually said, 'When you awaken on the day after the election you *will* find a state of law and order.' Erickson wrote about the mistreatment of the Native American population, and we watched Jimmy Carter on TV together. We both liked that the new unassuming president wore jeans in the White House.

MFH: How do you think a woman's perspective informs therapy?

MR: As I wrote about in, *Using Hypnosis in Family Therapy*, most therapies are based on an adversarial model of symptom elimination, or the therapist as powerful and the patient as weak or inferior. I developed a nurturing sister or mom approach that is more collaborative; a series of steps that is based on "presentation," clearly laid out in my book as a respectful series of interdependent gift exchanges. This therapy is a mutually empowering process, mutually elevating, and mutually dignifying. Healing therapy is an act of human rights; an act of love in a deep and sometimes luminous rapport.

MFH: Love and connection are central to your work.

MR: At the risk of sounding unscientific, I'd say the true therapist or healer is guided by feelings of love. When doing poetic inductions, I've ended two speeches by holding up my hand with my fingers representing five words. The first time, the words were: Hate Harms; Caring Can Repair The second time was: Love and Healing Take Time. We can help people get mind-openers going, if they empower us to do so.

About being a woman in the field, part of what deterred me from traveling and teaching more when I had chil-

dren at home was an effort to keep my family together, and to do human rights work. In her book, *Composing a Life*, Mary Catherine Bateson discusses how women sometimes sacrifice professionally to keep a whole system of relationships going. I want young women to know that this does not mean we are lesser intellectually or emotionally, or that our contributions are lesser in the field. We just have other priorities that can take precedence.

I think women are sometimes more aware of the mesmerizing negative social forces -- such as long commutes, low pay, aggressive bosses, racial and gender persecution, etc. -- that can suggest family and individual symptom trances, which then need to be tracked, addressed, and specifically countered. As Braulio Montalvo pointed out to me, even Skinner's pigeons responded partly because of how they were handled.

MFH: In addition to your continuing work as a therapist, what are some of your other current interests?

MR: My adult children and three grandchildren, keeping up with beloved friends, and now singing semi-professionally. I also help my son run a retreat in Costa Rica [visit www.thevilahermosa.com].

MFH: You carefully attend to language.

MR: Yes. Erickson was a prose storyteller, but I am foremost a poet. That's why I began doing my large group poetic inductions. It is my way of storytelling.

MFH: In the *Tao of a Woman*, you have a poetic meditation about Erickson. How does it go?

MR: Out of the 100 verses in the book, this verse was my self-suggestion about how to carry on after my great mentor Milton died. The book cover has a drawing that looks like a tree. When you turn the figure upside down, you can see that it is a represen-

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tation of the coronary arteries. Your heart is an upside down tree that branches out to sustain the body and is rooted in the light. The poem is called "A Lesson from the Heart," and it goes like this:

*I embroidered for my teacher
a gift that he received
weeks before he died.*

*It appears to be an ordinary apple tree,
like one he described from his childhood,
but it is a representation
of the coronary arteries.*

*Your heart is an upside down tree
giving nourishment to the earth
and rooted in the divine.*

*Even your broken heart
can be port of entry*

for one who grieves.

Not a day goes by when I don't think of something Milton said. At the end of my time with him, he asked me how I planned to repay him for seven years of private training and putting up me, my then husband and our baby daughter. I was a penniless beginner. I gulped. It was definitely a gulp induction! I thought he had trained me out of the kindness of his heart. I mumbled, 'But, but, of course, I must...' He then told me how his aunt -- who had put him, a poor farm boy, first through college and then through medical school -- had asked him the same question after he attained his M.D. He said, 'I responded a lot like you just did.' He went on to say that she said that he could either pay her a specific dollar amount, or he could go on to become a great healer. 'Now I offer you the same choice,' he said. Not only did Milton take his vow to his aunt seriously, but

*What a compliment he had paid
to a young woman just starting out!
And I have honored that gift
as best I can every day of my life.*

in true Erickson style, the only repayment he desired was that dedication to the healing arts and sciences be carried on. What a compliment he had paid to a young woman just starting out! And I have honored that gift as best I can every day of my life.

If Milton were alive today, I'm certain that he would suggest to all the interns and the new clinicians, 'You are as unique as your fingerprints. There has never been and never will be anyone like you. So, you have the right to be that fully.' And he would urge them to use their own unconscious minds to allow each case to be a new experience

for themselves; a new mystery, full of exciting clues and the promise of a brighter future.

MFH: Any concluding words?

MR: As Jimi Hendrix said, 'When the power of love overcomes the love of power, the world will know peace.'

MFH: Amen – and thanks!

Michael F. Hoyt, Ph.D. is a psychologist based in Mill Valley, CA. His numerous publications include *Brief Therapy and Beyond*; *Interviews with Brief Therapy Experts*; and *Therapist Stories of Inspiration, Passion, and Renewal: What's Love Got to Do with It?*

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