THE MILTON H. ERICKSON FOUNDATION
NEWSLETTER

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INTERVIEW

Elizabeth Loftus, PhD

Interviewed By John Lentz

Elizabeth Loftus is distinguished professor at the University of California Irvine. She holds faculty positions in the Department of Psychological Science, the Department of Criminology, Law & Society, and the School of Law. She received her PhD in psychology from Stanford University. She is past president of the Association for Psychological Science, the Western Psychological Association, and the American Psychology-Law Society. She has published more than 20 books and more than 600 scientific articles. Her research focused on the malleability of human memory, and in recognition Loftus has been bestowed seven honorary doctorates and election to numerous prestigious societies, including the National Academy of Sciences.

Loftus's memory research has led to her being called as an expert witness or consultant in hundreds of cases. Some of the more well-known ones include the McMartin preschool molestation case, the Hillside Strangler, the Abscam cases, the trial of the officers accused in the Rodney King beating, the Menendez brothers, the Bosnian War trials in the Hague, the Oklahoma Bombing case, and litigation involving Michael Jackson, Martha Stewart, Scooter Libby, Oliver North, Bill Cosby, Harvey Weinstein, and the Duke University Lacrosse players.

Elizabeth Loftus, PhD

John Lentz: Your work and research regarding false memories has changed how people practice psychotherapy. And despite the hostility surrounding theses case, peoples' lives have been altered from the truths you discovered. I find your work to be deeply spiritual. How do you feel about me saying this?

Elizabeth Loftus: It is a compliment. Nobody has ever said that to me before.

JL: There are not a lot of folks willing to take on the kinds of abuse that you have endured for standing up for truth. It takes courage.

EL: There have been many years of people trying to do some awful things to me. I have received death threats to organizations where I was invited to speak and letter writing campaigns attempting to get me fired from my various jobs. I was also sued by someone who did not like the fact that I was questioning whether she was abused by her mother. There have been some unpleasant things that I had to endure during the memory wars.

JL: I believe that. While you would think that those wars are over, there

INTERVIEW continued on page 10

Utilizing the Pandemic: Intensives Move Online

In the spirit of utilization that is central to Ericksonian practice, we are now offering our Intensive Training program online in two parts. Level A began October 7 and will run through November 25. Level B begins January 6 and with run through February 24. Currently, there are more than 150 participants from 20 countries. The program consists of lecture, demonstration, and supervised practice.

Classes are on Wednesdays and two hours in length. The first hour is focused on content and the second hour offers practice groups, discussion, and Q&A.

Faculty includes Lilian Borges, Brent Geary, Wei Kai Hung, Stephen Lankton, and Jeffrey Zeig.

Each class is recorded by the Erickson Foundation. Registrants can view these class recordings, distributed with an English captions, for two months.

To enroll, please visit: https://www.erickson-foundation.org/intensive-training-online/

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Editor's Comments

In the bleak year of 2020

In 1985, Jeff Zeig presented the first Evolution of Psychotherapy Conference, which was aptly tabbed as the "Woodstock of psychotherapy." With each iteration, this conference has been the vehicle to see where we have been in the expanding universe of psychotherapy, and where we are headed.

And in the center of all the Evolution conferences thus far stood Ernest Rossi. He was the personification of evolution itself. Each idea he had was a springboard for his next idea. His mind was never idle. When we would talk, I had to put my brain into overdrive just to keep up with his amazing interconnection of ideas. Rossi was the impetus to add the study of functional neuropsychology and epigenetics to my Ericksonian therapy models. He heightened the excitement of doing therapy. We will greatly miss him. Please take a moment and read Kathryn Rossi's beautiful tribute to her husband and collaborator.

John Lentz conducted our *Featured Interview* with Elizabeth Loftus. Loftus talks about her motivation in researching memory and what prompted her to offer her expert testimony in many sensational cases. It is a wonderful presentation of the human behind the headlines and an excellent preface to her presentations at the upcoming Evolution Conference.

In our *Facets and Reflections* column, Maria Escalante de Smith presents her experiences with the 140-mph windstorm or derecho that tore through Cedar Rapids, Idaho this past summer. Her Ericksonian perspective during these unsettling times is fascinating.

Eric Greenleaf insightfully comments on Betty Freedson's *Case Report*, "Jay and the Family Hex." Freedson offers a good example of elegantly undoing a negative trance.

Ellyn Bader is our interviewee for *In the Spirit of Psychotherapy*. John Lentz focused the interview on the deeper motivations that brings a spiritual quality to Bader's work. Bader has the admirable ability to hold people accountable and at the same time make them feel accepted and cared about. She will present her valuable perspectives at both the Evolution Conference this year and future Couples Conferences.

James Masterson was one of the presenters at the first Evolution of Psychotherapy Conference. In his Inspiring *Moments with the Masters* column, Jeff Zeig shares some interesting and very human experiences with Masterson at that conference and some poignant recollections in his unlikely friendship with Masterson.

Our media reviews provide a multidimensional sampling of books and educational materials. John Lentz reviews Dr. Erickson and Three Cases of Trauma, one of the many streaming videos that the Foundation offers. In these difficult and uncertain times, there is much wisdom and usefulness in this video.

Michael Hoyt reviews *Rocky's Road: A Journey to Purpose, Meaning and Fulfillment*, a book written by John Lentz and Nathan Todaro. In Hoyt's words, this is a multilevel "charming and unusual story" of therapy seen through the eyes of a dog. It is filled with truths and "many invitations to discover what is important in life." A heartwarming read.

Teri Lloyd reviews Stefan Hammel's, *Therapeutic Interventions in Three Sentences: Reshaping Ericksonian Hypnotherapy by Talking to the Brain and Body*. Hammel's art is in being able to make the complicated simple, and to invite the unconscious mind to de-emphasize its imposed solutions and to reframe and expand its identification of the problem.

Dan Short has written an excellent theoretical book with practical utility. John Lentz reviews *From William James to Milton Erickson: The Care of Human Consciousness*, and Lentz points out that the similarities between James and Erickson makes Erickson's work even more understandable. Lentz also provides an example of the many psychological "one-liners" sprinkled throughout the book. This is more than just a theoretical book, it is an engrossing and heuristic endeavor.

*The Gift of Presence: A Mindfulness Guide for Wome*n by Caroline Welch is complementary to Ericksonian approaches. Megan Bartley, the reviewer and founding director of the Louisville Mindfulness Center, quotes from the book: "*The Gift of Presence* 'reveals that you already hold in your hands the keys to a more harmonious life - you simply need to look within.'" Being mindful is so important, especially now.

Lindsey Allen reviews Elizabeth Howell's book, *Trauma and Dissociation Informed Psychotherapy: Relational Healing and the Therapeutic Connection*. The book is an excellent example of the benefit of understanding the nature of a problem before trying to initiate a solution. Allen's review emphasizes how Howell brings clarity to the nature of dissociation in both a rational and human way, offering elements that can aid healing and safety.

I am looking forward to the first-ever virtual experience for the Evolution of Psychotherapy Conference in December. I will be able to both be a moderator and "attend" every one of the presentations spread over an entire year. I remember my disappointment at the first Evolution Conference; there was only one of me and I wished I had a dozen clones so I could go to all the presentations. So, thank you Jeff Zeig. Evolution virtual will indeed be the silver lining to this year's many disappointments.

Rick Landis, Orange, CA

THE MILTON H. ERICKSON FOUNDATION
NEWSLETTER

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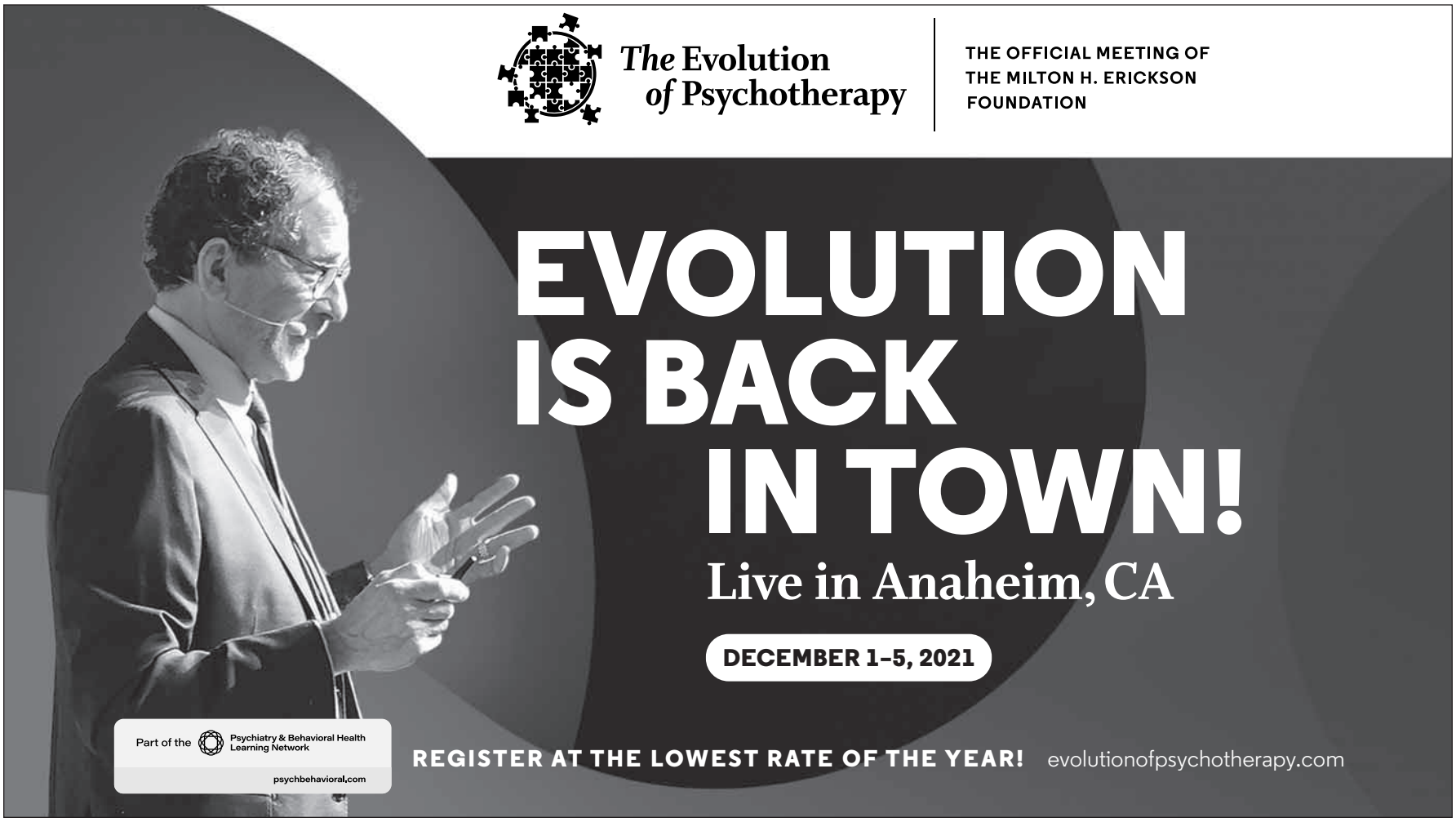

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INTENSIVE TRAINING

NEW ONLINE CLASS

Intensive Training in Ericksonian Approaches to Hypnosis and Psychotherapy 2021 ONLINE - LEVEL B

The Intensive Training program has moved to a live online format! The contents of the level 1 class have been split into two online classes, level A and B. No prior knowledge or experience in Ericksonian approaches is needed to attend the level B course.

Level B begins January 6, 2021, and includes eight class periods. Classes will be held one Wednesday per week, from 10 am – 12 pm PST. The first hour of each class will focus on content. The second hour includes practicing in groups, discussion, Q&A, and homework.

Register for the Level B course before Friday, December 1st, to get the low price of $399 for 16 hours of intensive training in hypnosis. The regular price is $499 so don't wait to register!

Level B Class Schedule and Topics:	
Jan 6, 2021 – Tailoring	by Jeff Zeig, PhD
Jan 13, 2021 – Utilization	by Lillian Borges, MA
Jan 20, 2021 – Pain Control	by Jeff Zeig, PhD
Jan 27, 2021 – Medical Hypnosis	by Lillian Borges, MA
Feb 3, 2021 – Metaphor and Storytelling	by Wei Kai Hung, MEd
Feb 10, 2021 – Habit Control	by Lillian Borges, MA
Feb 17, 2021 – Depotentiating Conscious Sets	by Stephen Lankton, LCSW
Feb 24, 2021 – Treatment Planning	by Brent Geary, PhD

Brent Geary, PhD

Lillian Borges, MA, LPC

Stephen Lankton, LCSW, DAHB, FASCH

Wei Kai Hung, MEd

Register at erickson-foundation.org /intensive-training-online/

Jeff Zeig, PhD

In The Spirit Of Therapy

Interview with Ellyn Bader, PhD

By John D. Lentz, D.Min.

Ellyn Bader is the founder and director of The Couples Institute in Menlo Park, California. She is a clinical psychologist, workshop leader, author, and speaker, who is dedicated to helping couples create extraordinary relationships.

For the past 30 years, Bader has trained therapists in couples therapy in the U. S., as well as in Europe, Asia, South America, and Australia. For eight years, she served as a clinical faculty at the Stanford University School of Medicine.

Bader is past-president of the International Transactional Analysis Association and a recipient of the Clark Vincent Award from the California Association of Marriage and Family Therapists, for outstanding literary contribution to the field of marital therapy She coauthored with her husband, Peter Pearson, PhD, In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy (2013, Brunner/Mazel), and Tell Me No Lies: How to Face the Truth and Build a Loving Marriage (2000, St. Martin's Press).

Drs. Bader and Pearson have appeared on numerous radio and TV shows, including The Today Show, Good Morning America and CBS This Morning. Bader and her husband have been married to each other for 35 years and have worked together for 30 years.

Ellyn Bader

John Lentz (JL): Many people believe that your work is spiritual. Are you willing to accept that as a characterization of your work?

Ellyn Bader (EB): Sure, but I think there are many different definitions of 'spiritual.' I don't put a lot of deep thought into it, but in some ways I think I am spiritual.

JL: I have noticed the use of language in your work. Your choice of words is interesting. Even when you say to one partner that they are lying and to the other that they are eliciting lies, you are compassionate, and the couple feels safe.

EB: Thank you. I do carefully think about the words that I use. I came home yesterday and said to Pete, 'I did one of the most elegant sessions today that I have ever done. This couple will never appreciate what was accomplished, but it was amazing.'

JL: Elegant is exactly how I would describe your work. Your words are compassionate and not hurtful, and this is demonstrated in your book, *Tell Me No Lies*. There is genuineness in this book, and you seem extremely connected to the couple in the book.

EB: I appreciate that you noticed and that you recognize the effort it takes.

JL: I find your work to be hypnotic.

EB: When you say that, I can see it, but I wouldn't have said it myself.

JL: I am sure this is because you have such focus with a couple and where they need to go, that your confidence comes across as a trance. You are inviting them into a positive trance, and I think that is elegant.

EB: Thank you so much. In the session that I mentioned earlier, I was working with a couple where the woman felt deeply wronged because her partner had lied to her about a huge financial investment that he made; he hid it from her. It created financial difficulties for the couple. She was right about her partner's lying and how he deceived her, but she missed the point of my third session. She was angry and felt like a victim. She was also insistent that he do all the work. I went into that session knowing that if I am going to work with this couple that there are two stories – and it is not all about him. I knew it was going to be difficult to get her to own up to anything. It took two hours, and it was a combination of factually describing and holding up a mirror to what happened before this occurred and asking him to be accountable for his part. But to also acknowledge that things were not that great before the lying incident. It is a question of: Is our work together going to be just getting you back to where things were not that great? Or is our work going to be taking you a lot further than that?

JL: That is the sort of thing that you routinely do. You say that you accept she may only want to go back to not-that-great. However, you also offer her an opportunity to go way beyond that.

I have read your most recent book, and an older book, *In Quest of the Mythical Mate*. I can see how you have evolved from that earlier book to today.

You are a master therapist. What comes through is that you are not just about facts, but also about compassion and clinical observation in a way that is available in the moment.

EB: Thank you very much.

JL: You are so popular that I would assume you get a lot of positive feedback.

EB: I do get a lot of positive feedback, but it is usually a bit more general than what you are saying. You are saying it with incisiveness and with the eye of being able to recognize skill when you see it. Also, the part of the work that I think of as spiritual is a primary relationship. It can be soul sucking when it is not working. The couple can have so much impact in the world when all is going well, and they turn their love into something positive. I think of it as a synergy or energy of impact.

JL: What a positive way of expressing that. You assist a couple, prepare them, and then release them into the world as a positive force to be reckoned with.

EB: Yes, very much so. I feel like the work that all of us get to do is sacred, in the way that we are led into people's lives in a deep way. And I feel strongly that I am here to do good – that my time and the couples' time should be well spent – so that something can be unleashed beyond what they are as a fighting couple or as a depressed couple. There is a lot more that can come from them and their relationship.

JL: I have been a therapist for a long time, and I have never heard anyone talk about what a couple in a healthy relationship can do for the community and culture by bringing their positive energy into it -- and yet this is possible.

EB: The work all of us do as therapists does that. When a person or a couple changes, they are then impacting not just their extended family, but the whole community as well. It is part of what we all do that is spiritual.

JL: Thank you Ellyn. You are inspiring.

Join The Conversation On Facebook and Twitter

TRIBUTE

Genius and Joy

A Tribute to Ernest Lawrence Rossi (3/26/33 – 9/19/20)

By Kathryn Rossi

At 87 ½ years of age, at 11:19 p.m., September 19, 2020, Ernest Rossi passed on due to natural causes in his home library -- with a smile on his face. For the 30 years that I, Kathryn Rossi, knew him, Ernest lived most of the time in the present. And he held his brilliant and positive consciousness in the present moment until he died. This was no small feat, as everyone in his family died of Alzheimer's disease or dementia. He studied every day, often for six hours, to keep his mind active and growing. As you we all know, the present moment is where happiness lives. So, for a moment, open your heart and feel the joyful essence that is Ernie and put that in a place that will nourish you for a lifetime.

Ernest Rossi's brilliance as a psychotherapist was the ability to be in the present moment. He was often silent, but you knew he was right with you every moment, honest and true. He believed in the power of *Numinosum*, as described by Rudolf Otto in *The Idea of the Holy* (1917), as that which is *tremendous, mysterious, and fascinating*. For Ernest this was the basis of all life and creativity. He was also comfortable with, and celebrated, "I don't know" moments as gateways for something new—an opportunity for creativity.

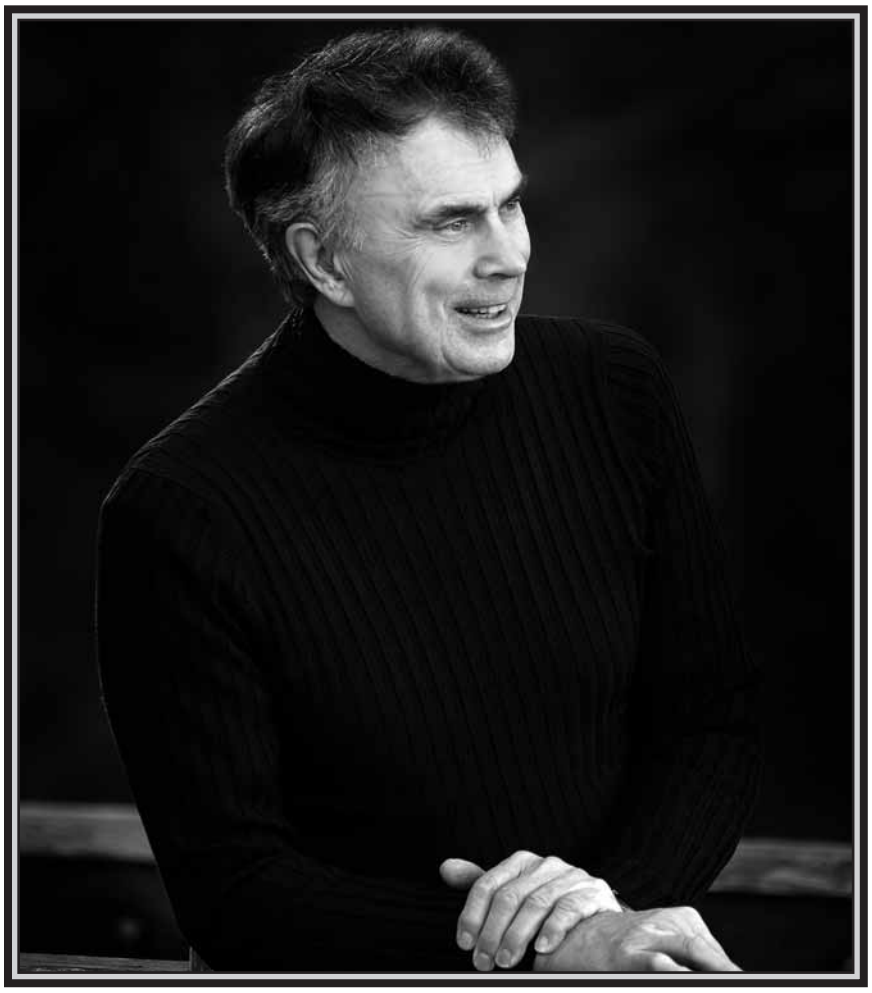
Ernest thrived in his lifelong quest to understand, in his own way, the theory of everything. Immanuel Kant was his first literary mentor. Kant wrote, *The Critique of Pure Reason* (1781). In high school he contemplated each sentence hoping he could learn to "think" from this book. And he did. His college entrance exams score was so high that every opportunity was made available to him.

What made Ernest a sincere, careful, compassionate, deep thinker? He was born in 1933 in Shelton, Connecticut, the son of Italian immigrant, Angelo, and his wife, Mary. Italian was spoken at home. When it came time to go to school, Ernest knew little English. The school staff labeled him as retarded (developmentally delayed) and put him in special classes until the third grade. Two events happened to change their minds. One, in woodworking class he made a stool with three legs. The legs were not exactly even, but it was quite a feat for someone who was supposed to be slow-minded. Secondly, standard testing showed that Ernest read at the 8th grade level. He was then placed in regular classes. That was the first time he was recognized in academia as being valuable. Ernest remembered the "nice smelling" and "pretty teachers" in those regular classes. That was the first time he was recognized in academia as being valuable.

As a goofy and immature boy, Ernest was regularly sent into the hallway outside the classroom. There he gathered encyclopedias and began cross-referencing whatever interested him. At recess he would continue studying in the hallway. This same ethic of applying himself would come in handy 30 years later while compiling *The Collected Works of Milton H. Erickson, MD*, which he did over the course of one weekend in Malibu.

Angelo and Mary Rossi envisioned their son working at a trade. After grammar school Ernest was sent to work as an assistant to Paddy, the local shoe repair man. Halfway to Paddy's shop was a library. *Electricity for Boys* caught Ernest's attention, along with other great novels and he wound up spending more time in that library than he did working with Paddy. Clearly, he was not going to be a shoe cobbler.

High school was a turning point. Ernest was enrolled in a trade school rather than an academic school. All the kids rode in the same bus. On that first day, the prettiest and most popular girl headed up the hill to the academic high school and Ernest followed her. No one could find his name on the registration



Ernest Lawrence Rossi

list, but they added him anyway. Several months passed before his parents learned he was not in trade school. When asked to sign his report card, they were shocked and asked him what happened. Ernest feigned ignorance and just shrugged his shoulders.

In high school he took a job working as a bicycle delivery boy for local pharmacies. The pharmacists recognized his innate capacity, interest, and understanding of biology and pharmacology. They banded together to find full scholarships for Ernest to attend pharmacy school. But secretly, Ernest applied for college when his parents were on holiday in Italy. He borrowed application money from his Uncle Frank and, once again, his parents were shocked at the life course Ernest was pursuing.

In 1954, he earned a BS from the University of Connecticut. By then his passion for learning and appreciation for the power of education was evident. He went on to receive full scholarships and in 1958 earned a master's degree in psychology at Washington State University. In 1962, he earned a doctorate in psychology from Temple University in Philadelphia. His Aunt Josephine described him as, "Ernest, *colui che non finisce mai*" meaning "Ernest, who never finishes." His family was proud of him but never understood his dreams of education. He had both pre-and post-doctoral fellowships with the U.S. Public Health Services. He was also proud of his work with Franz Alexander, one of the founders of psychosomatic medicine and short-term therapy.

Ernest's contributions are legendary. He achieved status as a diplomat in clinical psychology through the American Board of Examiners and began to establish his own unique perspectives. His first scholarly paper was published in the *American Journal of Clinical Hypnosis*. It was entitled "Psychological

TRIBUTE continued on page 7

Inspiring Moments With The Masters

By Jeffrey K. Zeig

James Masterson

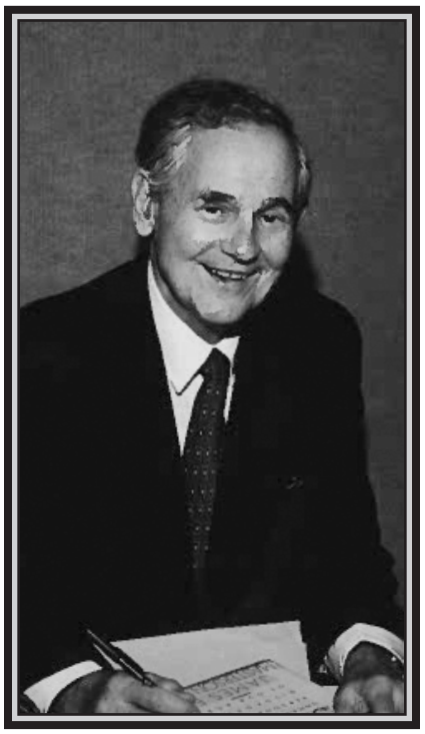
James (Jim) Masterson (1926-2010) was a dear friend, but our friendship may have seemed unlikely, especially because we did not share the same the theoretical orientation. Jim Masterson was a revered psychodynamic therapist specializing in personality disorders, and I am Ericksonian, which means I have a strategic orientation.

Jim had an engaging, dynamic personality. Many found him to be intimidating because he was so self-assured, and he was implacable. But I saw his humanistic side and knew that he was deeply caring. Whenever I was in New York to teach, it was a delight to have dinner with Jim and his wife, Pat. We often went to their favorite French restaurant.

At a dinner we once had in Phoenix, Jim talked about his progress with a patient deeply entrenched in his borderline personality disorder. Jim said the man had had a dream, in which he activated on his own behalf. And Jim was thrilled with the progress, because this patient had trouble activating and even though the progress was so slight, it was progress..

I remember another occasion in which Jim talked with me about how he had become ensnared in his own countertransference, responding with voyeuristic curiosity to a patient's initiative. Jim spoke humbly and openly about how he caught himself in the moment, and how he had recovered.

At the first Evolution Conference in 1985, I created pairings whereby one faculty member would be the discussant for an academic paper delivered by his or her peer. I am sure there was some naivete on my part when I paired James Masterson with Jay Haley. Haley was to be the discussant of Masterson's paper on his evolution of treating personality disorders. Well, when that took place, sparks flew, creating one of the more memorable moments at an Evolution conference. Haley denied the concept of "borderline personality," and Masterson's rejoinder began with "Mr. Haley…it's Mr. Haley, isn't it?"

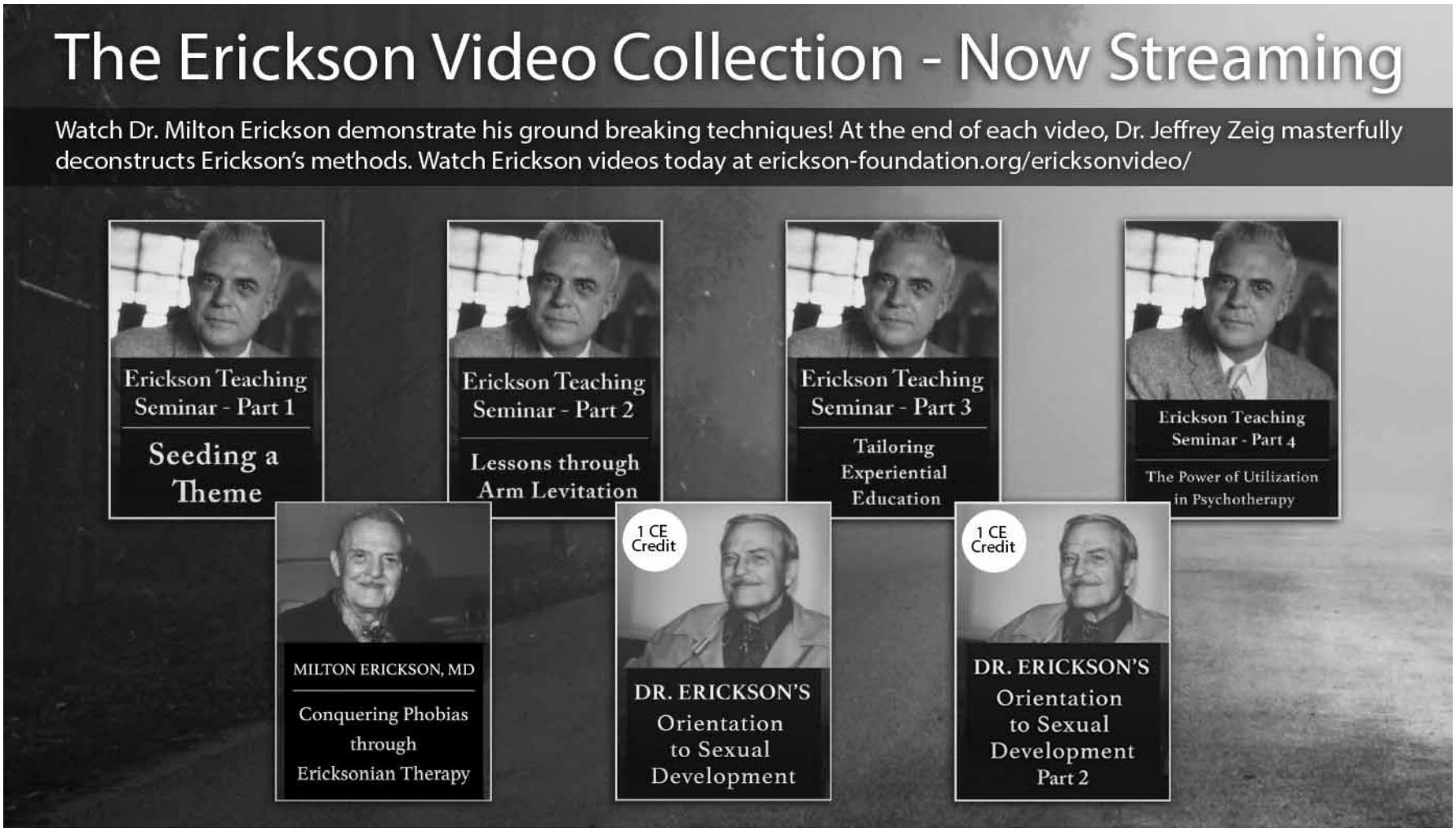


James (Jim) Masterson

Not surprisingly, according to attendees at the 1990 Evolution Conference, Jim Masterson was the highest rated speaker. At another Evolution conference, one of the more interesting sessions was a dialogue on personality disorders with Jim Masterson as the psychodynamic therapist and Otto Kernberg as the psychoanalyst. These were the two of the most knowledgeable experts in the psychodynamic world. They highlighted differences in their perspectives and discussed convergences. The audio recording can be streamed at:

I was deeply saddened when I learned that Jim had the onset of dementia and could no longer serve on the faculty at the Evolution conference.

In 1988, an article appeared in *The New York Times* about Jim's work with narcissistic personality disorder. Afterwards, he received several phone calls from prospective patients who all said that they believed they had the condition he discussed in the article. Jim had a busy schedule, so he told these people that he would gladly refer them to one of his associates.



TRIBUTE

continued from page 5

Shocks and Creative Moments in Psychotherapy." (1973)

Just two weeks ago, he used this pivotal and life-reframing principle in our last session as co-therapists. He believed dreams are windows to growing consciousness. He studied Carl Jung's work extensively and became a training analyst before writing his first book: *Dreams, Consciousness, Spirit* (1972/2000). He joined the International Association for Analytical Psychology and took active roles in the CG Jung Institute of Los Angeles. Every morning we would share our dreams with each other, along with spiritual insights. Ernest was deeply curious about the growing edges of consciousness.

Meeting Milton Erickson was pure serendipity. In 1972, a client pointed his finger at Ernest, and said, "I know what you are doing. You are doing Erickson!" Ernest's curiosity piqued, which led him to read Jay Haley's book, *Uncommon Therapy* in one weekend. He was so engrossed he did not eat or sleep. On the following Monday he was sick and went to the doctor. The doctor said, "Whatever you are doing, just stop it now. You are getting an ulcer!" Since he now had a psychosomatic illness, Ernest reasoned he needed see Erickson for therapy

After a few sessions, Erickson recognized that Ernest was not there as a patient, but as a student. Erickson said, while wagging his pointed finger at Ernest, "You are not here for therapy, you are here to learn! Don't give Betty (Mrs. Erickson) any more checks." Over the next eight years, Ernest drove from Los Angeles to Phoenix one week per month. Ernest recognized that Erickson had developed unique talents and skills that extended understandings of human potential for healing. They established a bond of friendship and collaboration and produced meaningful professional contributions. Ernest brought a youthful energy, a passion for unlocking the secrets and understandings that others had attempted to reveal in Erickson's work. The collaborators who had previously worked with Erickson had done some important groundwork in bringing Erickson's genius to light, but for a number of reasons, all had limited success. Erickson was in the last decade of his life, physically unable to organize, compile, or clarify his body of work. It was not long before their collaboration gained its own momentum. Each a genius in his own right, Erickson and Ernest coauthored *The Collected Papers of Milton H. Erickson, MD; The Seminars and Workshops; Hypnotic Realities; Hypnotherapy: An Exploratory Casebook;* and *The February Man. The Collected Works of Milton H. Erickson MD* was co-edited by Ernest, me, and Erickson's daughter, Roxanna. It is a 16-volume set which will soon be released in digital format. The volumes, while not all of Erickson's primary works, remain the definitive corpus that document the legacy of Milton H. Erickson, MD.

Ernest continued to explore areas and aspects of psychotherapy beyond Erickson into the nature of the unconscious – all the way to the quantum levels. He became editor of the periodical*, Psychological Perspectives: A Journal of Global Consciousness Integrating Psyche, Soul and Nature*, and he began an in-depth study of mathematics and chronobiology and continued to invest himself in the physiology, or you could say, "internal pharmacology" of consciousness. In 1999, he was involved with the U.S. Department of Energy on the Human Genome Project, positing explanations for DNA microarrays. Our pioneering psychosocial genomic work together encourages an understanding of how thoughts and behaviors interface with gene expression as a top-down approach, creating brain plasticity. Our team, including Salvatore Iannotti, MD, Mauro Cozzolino, PhD, Giovanna Cilia, PhD, Richard Hill, MBMSc, and Jan Dyba, PhD, have been invaluable.

Ernest's work continued with momentum and force. While numerous recognitions and awards were granted over the decades, he always said that our relationship was the most important thing in his life. We wed in 1995, after five years together, in the Cumbrian Northern Lake District of England at the county seat, Cockermouth. From there we became partners in Ernest's lifelong explorations of emotions, behavior, physiology, and the workings of the body and mind. Together we explored the concepts of ultradian rhythms, the Four-Stage Creative Cycle, psychosocial genomics, and other mind/body connections that are so fundamental to consciousness, creativity, and healing.

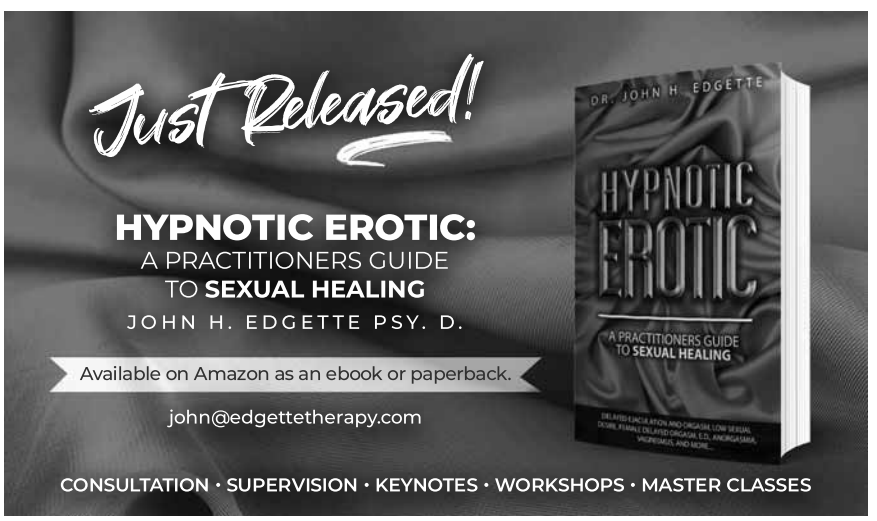
Our publications ranged from the nature of consciousness, to enlightenment and the psychobiology of gene expression and included new developments in genomics and quantum understandings. Sometimes our propositions preceded discoveries, and sometimes they served as explanations of new discoveries. We always worked together, in partnership, with a harmonious passion for learning and sharing. The Mirroring Hands practice of therapeutic hypnosis evolved into a signature approach.

During the 30-years we shared together, we refined the deep, numinous understandings of the theory of everything he sought to know. Ernest researched what underlies the best of psychotherapy, rehabilitation, health, and relationships. This was one of his unique contributions. He was usually 10-20 years ahead of his time, forecasting what psychology could and eventually did become. He advanced his, and our, conceptualization of the influence of psychobiological circadian rhythms on the human psyche. His depth of appreciation for the natural waxing and waning of energy emerged as a foundation that helps us to utilize nature to become our best self.

Over his lifetime, Ernest received a multitude of recognitions, including a Lifetime Achievement Award from The Milton H. Erickson Foundation (1986), American Association for Psychotherapy (2003), and American Society of Clinical Hypnosis (2008), and an Achievement in Science for the RNA/DNA Psychosocial Genomic Theory of Cognition and Consciousness from the Austrian Society of Medical Hypnosis (2019). Ernest served on eight different professional editorial boards, he authored or edited 46 books, and published more than 400 research articles, all in professional journals. This was his contribution to our ongoing focus into deeper understandings of consciousness and the nature of life itself.

Ernest remained sharp, interested and cognitively intact until the final day, even though there was natural aging – decreased muscular mobility and some hearing loss. While it is hard not to feel a sense of loss for this humble, gentle friend whose life was filled with loving kindness, I invite you to let the joy that is him shine most radiantly in your minds in an ongoing and daily way. Let us all celebrate, individually and together, the positive presence and joyful essence of Ernest Lawrence Rossi.

Appreciation and condolences in celebration of the life of Ernest Rossi are best directed to support the legacy of his work. It would be wonderful for those who wish to contribute, to continue the cooperative exchange of knowledge that Ernest felt so passionate about. Please write your stories of Ernest and what he meant to you, or how he contributed to your knowledge and send them to me, Kathryn. Should you wish to make a cash donation to ongoing PsychoSocial Genomic research, or to learn more about Ernest, please visit www.ErnestRossi.com.



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Case Report

Jay and the Family Hex

By Betty Freedson, LCSW, LICSW, CGP

Jay was tormented. He wanted to separate from his wife and move several states away to be closer to the woman he loved. But Jay believed that if he made this move, he would be doomed and forever cursed.

As we explored Jay's history, it became apparent that he was living under negative trance with shame-filled family proscriptions, a "spell," consensually determined by family members that involved rigid mind-sets and mores about how family members must live. Jay explained to me that when he impulsively married and moved to where he presently lived, he had been warned: "You will be sorry!"

However, "sorry" was nebulous, and Jay began filling in ambiguous blanks with the erroneous belief that since he was unhappy in his marriage, his family must have been right. Jay was in the grip of self-denigration and immobilization. And it seemed to him that another move would leave him even more sorry. The choices were grim: He could stay in the marriage and be miserable, or he could be with the woman he loved and suffer the misery of toxic shame.

Confronting Jay about his cognitive/behavioral acceptance of the family beliefs proved fruitless; worry continued to plague him. It was apparent to me that Jay had been effectively induced into a negative trance state through years of overt and covert shaming, and his conscious mind was unavailable for such a direct interpretation. Trusting my intuition, I put myself briefly into a receptive psychic state. I knew this might be too far out for a guy steeped in conservative thinking, but I took a chance.

I suggested to Jay that if he lived in a village somewhere in some other culture where people believed in something like voodoo, it would probably make sense to say that he been hexed! As I said this, I was surprised to see changes in Jay's facial expression and posture. It appeared that Jay was more deeply focused, that his interest had been piqued, and maybe even his motivation. So, I decided to take this metaphor further. Since Jay was already confused by his circumstances, perhaps some confusing recursions and confusion on the theme would get us somewhere.

"Hexes only work," I told Jay, "if both the hex-er and hex-ee are in on it -- especially the hex-ee by believing that the hex-er has power to hex. To hex the hex-er, the hex-ee could then take back the power and un-hex the hex."

At this point, Jay brightened and said that made perfect sense. I was impressed and thrilled! Then I validated Jay's good sense in following along. I continued with the cognitive restructuring -- the idea that it was possible for Jay to un-hex himself. He became curious. I suggested he free himself from mistaken beliefs that because his marriage was not working out, he would be forever doomed to a life of failure.

At the end of the session, Jay affirmed how much he was learning about himself. He reported feeling relief and said that he was going to give becoming unhexed further thought.

The last time we met, Jay was in the process of divorcing and had made plans to move, to live with a relative who would not judge him. He reported that he was ready to face his family because he had finally faced himself.

Commentary

By Eric Greenlead, PhD

Betty Freedson used her intuition and an interesting perspective that helped Jay makes a serious life decision. In her words: "When the inner transcending voice speaks the language of metaphor, the unconscious mind pays attention. Then, magic can happen."

As Freud noted long ago, the unconscious is timeless territory, without contradiction, and literal in meaning. As if in a waking dream, Freedson leads Jay to an unconscious consideration of his "hex" and a possible "un-hexing." How nice to be confused toward a state of emotional clarity by such a kind and intuitive guide.

Excerpt from Erickson Biography

The following excerpt from the Erickson biography is part of the contribution of Jerome Fink, who was interviewed in February and March 1989.

At the Draft Board

In 1942, Fink observed Erickson working as a volunteer at the draft board, psychiatrically evaluating potential candidates for the military. The building had a series of identical cubicles with wooden desks and straight-back chairs. After a physical examination, each candidate had a brief psychiatric interview. As many as 200 men were psychiatrically evaluated in a single day.

According to Fink, Erickson had prepared a series of what he called "index questions" -- 10 simple questions about age, education, religious preference, fears, and phobias, etc. And Erickson always talked to each candidate in a language he would understand. One of the questions involved the frequency of intercourse, which was Erickson's seemingly unobtrusive way to discern if a man was homosexual. In that era, the U.S. military prohibited homosexuals from serving in the armed forces.

"One of the incidents that impressed me," Fink recalled "was that one fellow…appeared to be stumbling on the outside corner of the chair on which he was sitting. And the first question Erickson asked this fellow was, 'When were you charged with murder?' And it absolutely dissolved this fellow…completely blew him apart. After the interview…I said to Erickson, 'How did you know that man was charged with murder?' [Erickson replied] 'Jerry, you have seen, as I have, several thousand men sit down in that chair. This man is so sadistic that he could not even sit in that chair without unconsciously kicking the chair first, and that kind of person can only be a murderer.'"

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Erickson at his teaching
seminars.

Induction Technique

By Milton H. Erickson, M.D.

From the Erickson Archives

I have been asked to make a recording of an induction technique. After much thought on this matter, I believe I can be of much more service in another way. My own induction techniques are expressive to me, of my timing, of my rhythm, my personality, my emotional feeling, my attitude toward my patient. So it is with anybody else, and so it should be with anybody else. An induction technique is not a series of words, phrases, or sentences. Nor is it just a matter of suggestions, intentions, inflections, pauses and hesitations. An induction technique is both simply and complexly a matter of communication of ideas and understandings and attitudes by the doctor to his patient.

Instead of an induction technique, what I wish to present to you is my understanding of how the doctor should feel when undertaking to induce a trance; what he should understand about the situation; what he should know about himself; what he should understand and know about the patient. I wish to make clear that the induction technique situation actually is what the doctor should knowingly and understandably expect of himself, and what he should reasonably expect of his patient. Only by having a full awareness of the nature and character of the induction situation and of the nature and character of an induction technique itself, and by having a full clear awareness of himself and his patients as participants in a common undertaking, can the doctor establish for himself and for his patient an intercommunication of understandings and expectations basic to the induction of hypnotic states.

In that communication, there needs to be freely an awareness by the doctor of many things. First of all, he needs to be aware that the patient is seeking his help because the patient does not understand or cannot help himself in his needful condition. One must always, with utter intensity, view the patient as someone who is seeking help from the doctor because he honestly believes that the doctor can be helpful to him. Not to be continuously aware of this aspect or of the interpersonal relationship renders defective the very foundation of any induction technique.

Next of importance in establishing a good interpersonal relationship with the patient is the need to be continuously aware and alert to the patient's own need to say, to tell, to ask, to advise, to request, to verbalize in some manner, or if not that, by facial expression, by gesture, by hesitancy, even by bated breath. To communicate in some way something the patient considers important to the patient and therefore important to the doctor. Simply to take charge of the total situation and to reassure the patient that the total situation is well in hand is not enough to develop a good climate for an induction. The patient needs to know from the doctor's manner, hearing, alertness, attentiveness, that every word, phrase, sigh, wince, expression of any kind, whether verbal, a gesture, hesitation, tension or whatever form the communication may take, will be noted and respected and examined carefully, and that more information will be sought if necessary so that the patient can feel completely secure in his understanding that the doctor is in charge, is adequate to meet the situation and its demands intelligently and with a full willingness to know all that is needful.

One builds an induction technique upon this kind of an interpersonal relationship of full readiness and willingness for complete interpersonal communication, whether verbal or symbolic, between the doctor and the patient.

By virtue of the doctor gently, willingly, with simple quietly emphatic assurance and comfort, taking over the awareness of the needfulness of full interpersonal communication, there is established a most favorable situation for a trance induction. From the very beginning of the patient-doctor relationship, there needs to be given simply, quietly, gently but emphatically, and best by manner and attitude, an assurance of the doctor's complete interest in and awareness of all the communication, verbal or symbolic, that the patient feels is necessary. One can say meaningfully to the patient that he should try hard to communicate all those obscure and difficult matters that might be overlooked in a careful search hindered by needless emphasis upon the obvious; and nothing he says should then be brushed aside as inconsequential.

Next of importance in the essential setting for a good induction technique is the doctor's own awareness of his own ability, his knowledge and his skill, and his full awareness that his own personal honesty will lead him to call in others available should he himself lack any special knowledge. To confess a weakness is not a sign of inferiority. Only the weakling dares not admit to a weakness. The strong man can and does and thereby wins and deserves respect. With this inner feeling of self-respect, the doctor can view his patient with a ready awareness of what he can do and sense within himself a feeling of confidence in his abilities and a willingness to do his task, and if needful, to call in others. Thus, he knows that he will not remain in a state of doubt and uncertainty, to be communicated to his patient should there be something he cannot do. Every doctor needs, in his dealing with a patient, to have as a full part of his self-awareness, an intense feeling of "this I can do, and this other I can have done, and all the rest, if there is anymore, lies in the hands of fate aided by all the good that I can do." Out of such an attitude as this, the doctor can then begin an induction with an appropriate and full self-confidence.

Also to be realized as a part of the foundation for a good induction technique is the doctor's awareness that no matter who his patient is or what his patient's condition is, he still knows more, is better prepared, is more competent than anybody else in that situation. Therefore, because he is the only one present at the place and time who is knowledgeable and competent and because he can comprehend the needs of the situation, he is entitled rightly, justly, properly, to have a full and ready confidence in his ability to meet the situation and to provide intelligently for the patient's needs. To be simply earnestly and fully aware of this is most vital for a technique of induction that will inspire a patient with confidence.

Next of basic importance is the doctor's own understanding of hypnosis as a phenomenon in itself. He should know with absolute certainty that hypnosis is a phenomenon common in human experience both as an induced and as a spontaneous development. He should know with utter certainty that hypnosis has been induced in many different people, in many different times, and in many different situations; that hypnosis is possible for the old and the young, the sick and the well, that all of human history discloses that hypnosis is a phenomenon common to all people. With this will in mind, he can reasonably expect his patient to do the same thing that countless of thousands have done throughout history, what countless of thousands of patients are doing today, tomorrow, and next week, are doing every day for his colleagues throughout the world. With this in mind and with full respect for his patient, he can confidently expect of his own patient a better accomplishment than that of patients in less tutored hands.

Knowing then that he can reasonably and rightly expect his patient to accomplish as much as thousands of other average patients achieve, he can radiate full confidence and expectation to his patient as a non-verbal but highly effective communication which in turn will affect most favorably the effectiveness of the induction technique.

Of basic importance in any induction technique is that the doctor, from the very beginning of his induction realizes that what is needful for his patient is not the words, not the tones, but the understanding of hypnosis as a state of learning and being. It is not the words used that induce the trance; rather it is the understandings given to the patient that a trance state is needful; and the words serve no more than a means of helping him learn an inner process of self-experience. To induce a trance, one needs to communicate by words, bearing, manner, emotional attitude, intellectual awareness that the patient is really and truly expected, confidently expected, to be as able to learn how to develop a trance as readily and as well as any of his fellows. That it is not a matter of argument or elaborate explanation any more than is pain and distress, that with attention given, the patient's mind, by itself, can use the words employed to discover its own understandings of what is necessary in that needful situation to develop a trance. Thus, by manner, attitudes, and bearing, in every conceivable way of expression, one simply expects and wants the patient to develop a trance and the words employed are thus only the means of communicating this expectations and confidence.

INTERVIEW

continued from page 1

are hold outs.

EL: Absolutely. In fact, I have a publication called Are the Memory Wars Over? which is a survey of clinicians and memory researchers. One of my former PhD candidates was the first author of the paper. What the survey showed was that many clinicians still believe in these unsupported concepts and ideas, whereas many memory scientists, clinical scientists, and academic research clinical psychologists do not believe it. There is a gap, and the memory wars are not over.

JL: Are there still neuroscientists who do not believe?

EL: Well, you would have to see the paper. It has to do with the possibility of repressed memories. There are still people who believe in repressed memories. This is where there is tremendous disagreement amongst professionals.

JL: When you speak about the different ways that people alter memory, you do not mention the subtle ways that memories are changed in everyday life.

EL: Primarily because the majority of what I do is about external examples of suggestion that can contaminate memory. But I have also talked about auto suggestion, and how peoples' thoughts about what happened can distort memory.

JL: Especially when the person wants to remember something in a certain way.

EL: Exactly. Motives do matter. If we have a motive to remember something in a particular way, we can work it so that we will remember in that way.

JL: Throughout the years you received 25 of the most prestigious awards in psychology, and seven honorary doctorates. Has that helped you to keep going in difficult times?

EL: Yes, it helps with all the bashing and rotten things people have said about me, and the mischaracterization of my work. Of course, there is still the hassle of having to give a talk at a university and security guards needing to accompany me throughout the whole visit. But between these awful experiences, there are good things. And it is not just the recognition from those awards that lifts me, but also the gratitude of suffering families that are so grateful for some kind of understanding of the bizarre accusations against them and what happened to them. And there is also good in being able to introduce those people to others who have gone through similar ordeals, so that both parties can provide mutual support.

JL: I would assume that knowing you have changed the lives of people, has made a difference. You recently spoke during the trial of Harvey Weinstein,

EL: I did testify in Mr. Weinstein's trial. My testimony was quite general. I still have not read any police reports about the defendants. The judge did not allow me to speak about anyone. It was a general memory testimony.

JL: But you still got blowback.

EL: Oh, yes. I was scheduled to give an important talk at New York University and airline tickets had been purchased. But the day after the news broke that I was going to be testifying, even though it was not reported what I was going to be testifying about, I got uninvited. And when I asked for an explanation, I was not given a reason.

JL: Your stance is courageous. And it must be tough having to deal with situations like this all the time.

EL: Yes. They could have at least said, 'We double booked the venue, and we are sorry.' But to get no answer whatsoever is suspicious. I had some reservations about testifying in the Weinstein case because I was being seduced by the media coverage of him. I have argued that we cannot let the media decide who is guilty and who is innocent.

I was worried about testifying, mostly for selfish reasons. I worried if it would hurt my ability to help people in the future. I felt that I would feel like a coward if I allowed myself to be intimidated by the media. That was part of what went into my decision making.

JL: I am even more impressed. You knew full well that it was going to be difficult.

EL: I went to two deans at UCI [University of California Irvine], where I

INTERVIEW continued on page 20

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Feature of the Month:
Milton Erickson's Hypnotic Induction

In this article, Dr. Erickson presents his in-depth understandings of how the therapist should feel when inducing a trance. Enjoy this excerpt: "My own induction techniques are expressive of me, of my timing, of my rhythm, my personality, my emotional feeling, my attitude toward my patient. An induction technique is not a series of words, phrases, sentences. An induction is both simply and complexly a matter of communication of ideas and understandings and attitudes by the doctor to his patient."

Continue reading this story at Erickson-foundation.org

FACETS & REFLECTIONS

What a Storm called Derecho Brought into My Life

By Maria Escalante de Smith, MA
Cedar Rapids, IA

It was Monday, August 10, 2020. The weather began to worsen. It was nearly 2 p.m. in Cedar Rapids, Iowa when strong winds began to bend trees dramatically and the noise got louder and louder.

It was time to go downstairs to the basement – a safer place – to wait out the storm.

When it finally passed, I went upstairs to survey the damage. It was huge. According to the meteorological service the wind reached 140 mph. I ventured outside to see how the neighbors were doing. People were walking around in awe and disbelief. There was fear, sadness, and perhaps a sense of relief and gratefulness for surviving derecho. I took a ride around the neighborhood to see some of the fallen trees, with roots completely exposed. So many gorgeous maples were now gone.

I met a neighbor for the first time who I will call Nancy, and she introduced me to Buddy, her three-legged yellow Labrador Retriever, a rather sweet fellow who loves to be petted. And that made me feel relief, like things will eventually return to normal.

As I walked around the neighborhood and spoke with friendly people, I remembered Milton Erickson's advice regarding how as human beings we all have the resources to resolve the problems we encounter in our lives. This experience also taught me about the wide array of emotions that can arise during a storm like the one we had in Iowa. I saw shock, fear, panic, anxiety, and later sadness – all human emotions that connect us.

I realized that after the experience I was in a freeze mode. I suffered insomnia, remembering the loud noises and brute force of the hurricane-type derecho wind uprooting trees and slamming them into the earth. I could still hear the sound of my maple tree falling.

The power lines in our area were damaged, and consequently we had a blackout and had to borrow a generator from generous neighbors next door.

Things are slowly and steadily getting back to normal. A crew of tree service people came to remove the debris from the trees. The maple that had grown in my garden could not be saved. I never felt so sad to see a tree being removed.

This experience has also been a good opportunity to practice the remarkable "future rehearsal" technique by Dr. Erickson. The idea is to imagine a future when the problem has been solved and things are going well. I pictured a garden with a young, healthy apple tree, and I was enjoying the sweet and juicy apples it yields.

During the aftermath of this event, I noticed how my attention was wandering as I became absorbed in my own experience. In *Hypnotic Induction* it states: "…being unaware of sights, sounds, odors, touch, or the position of limbs in space" (Loriedo, C., Zeig, J., Nardone, G. 2011, p. 48), and it was almost as if I was in trance.

"Geometrical progression is a cognitive technique designed by Dr. Erickson to justify the patient's initial investment of energy into the healing process. The technique helps create positive expectations for what eventually can be achieved using a modest beginning." (Short, D., Erickson, B. A., Erickson-Klein, R., 2005, p. 88)

So, this is exactly what I intend to do in the next few days – to keep my positive expectations alive.

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FOUNDATION NEWS

Foundation's Online Workshops in Asia

From April through July 2020, Jeffrey Zeig conducted online four rounds of experiential Master Classes for students in Taiwan and China. Topics covered included depressivon, anxiety, breaking bad habits, and utilization. Each round was either four or five weeks long consisting of two-hour classes per week held on Sundays.

In the first hour, Zeig conducted an online psychotherapy session with a demonstration subject, and in the second hour, Drs. Zeig and Tsai discussed what Zeig had demonstrated. Zeig also answered questions from participants and provided a short lecture on the topic. Videos are made available for participants to watch for 60 days after the last day of class.

From October to November 2020, Zeig is conducting an Evocative Communication online workshop (also four weeks, with two-hour sessions per week) with Chinese translations.

The Erickson Foundation has also released five Erickson videos with Chinese subtitles (both traditional Chinese and simplified Chinese), including a one-day teaching seminar with Milton Erickson and in one video where Erickson works with a cancer patient. The videos in English can be streamed from: https://www.erickson-foundation.org/ericksonvideo/

Foundation News

Foundation Offers First Ever Virtual Master Class

Since Jeff Zeig conducted his first Master Class, they have been offered at Dr. Erickson's former home, now the Historic Erickson Residence -- held in the very room where Dr. Erickson conducted his teaching seminars in the mid-70s to 1980. This year, due to the pandemic, the Phoenix Master Class went virtual, with Zeig teaching the class from his home.

"It was a lot of work," Zeig stated, "but it went much better than I expected. The students were so competent in their level of experience and knowledge. And I found that they were able to be even more vulnerable than if we had had the class in person. The Master Class is my favorite way to educate students because every hour is something new. I do not didactically teach content, I offer experiences, like Dr. Erickson offered experiences. He believed that we need to live psychotherapy and that is what the Master Class is all about. The students practice the craft of offering therapy by role playing a client, therapist, and supervisor. They learn by being. They learn by doing."

After the Master Class, held in late October, Jeff Zeig received several emails from students, including the following:

Maya: Thank you all for a wonderful training. How reaffirming it was to be surrounded by such strong individuals.

Annette: "I want to say thank you to all the students for sharing your powerful stories, your vulnerabilities, and glimpses of a rich and difficult life. There is something very powerful and comforting about sharing our struggles with others, and knowing we are not alone with the overwhelming challenges that a life as a helping professional can bring. And thank you Jeff for your extraordinary work; it is a great gift."

Bill: "…I found that everyone took more risks than in previous classes. I also think that participants extended greater concern with the [role played] clients they were working with. It was unique that with this anonymity there appeared to be a better holding space created for one another by participants. This could have been due to the level sophistication of each participant, but I think it had something to do with the online forum."

"I know that I will use what was offered in my work this year. Watching online for hours at a time can be exhausting. I found that at lunch I preferred to go out and walk in the sunshine rather than stay with the screen talking with others. I would have preferred if the class were held in Erickson's office...This was the best alternative given the current COVID pandemic. Like many of us I will always err on the side of safety."

"It was a rich and deep experience with many layers of learning offered. I appreciate Wei Kai getting the videos out early rather than having to wait."

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Erickson-Foundation.org

Volunteers from Mexico Return to Foundation

In October, the Foundation once again welcomed Lily and Eduardo Iñigo. Several years ago, this couple from Mexico, who are now married, volunteered at the Foundation in the same capacity. "We translated subtitles for the YouTube videos of Dr. Zeig and Dr. Erickson on the YouTube platform. Also, some trailers. It is easier for students to learn about Erickson from Jeff's deconstructions and comments."

Lily is from Veracruz, Mexico and Eduardo is from Mexico City. They met at an Ericksonian conference about five years ago in Mexico City. They married in January 2016. Eduardo began translating Jeff Zeig's teaching workshops and master classes in Mexico.

Lily and Eduardo once again stayed in the guesthouse or Little House at the Erickson Historic Residence. "We loved being there. It was a learning vacation. We not only got away from our routine, but we also had a learning boost from being with Jeff, asking him questions, absorbing his knowledge, watching Dr. Erickson's videos, attending some of the Foundation's training courses [the online Intensives], and reading more about Erickson at night. It was two-week intensive Ericksonian training program. It was a huge honor being so close to Jeff and staying at Erickson's former house!"

When asked why they chose to volunteer, the couple had this to add:

"Why not volunteer!? Being close to Jeff learning from Erickson, learning from Jeff, learning from Dr. Brent Geary's genius and phenomenal sense of humor, climbing Squaw Peak, (yes, we know it's been renamed but we don't care), experiencing Erickson's home in Phoenix again, and returning to Mexico better therapists! Also, everyone at the Foundation was so nice to us – Jess, who we could not have done anything without, Marnie, Liliana, and Wei Kai who made awesome coffee!!!"

Eduardo and Lily Iñigo

FOUNDATION NEWS

Foundation Hires New Administrative Assistant

Liliana Gastelum

In October, the Foundation welcomed a new administrative assistant, Liliana Gastelum.

Born in Sonora Mexico, Liliana lived in Bisbee and Sierra Vista, Arizona before moving back to Phoenix two years ago. "It's been an adjustment moving from a small town where the weather is much cooler," Liliana says.

Liliana has a son and daughter, and she is currently attending Grand Canyon University with the goal of attaining a bachelor's degree in business management. "I am half-way there," she says, "The first thing that drew me to the Foundation is that it's a non-profit. Another thing is that the Foundation offers training in the field of mental health field. For the past six years, I worked for a behavioral health facility in Sierra Vista, so I wanted to work in a similar atmosphere."

In her spare time time, which she has little of because of school, Liliana loves to read and cross-stitch, which she finds relaxing. She also enjoys camping.

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Now You Wanted A Trance Demonstrated Today

by Milton H. Erickson, M.D.

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To preview of the video and manuscript go to:
www.SCSEPH.org.
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Book Review

The Gift of Presence: A Mindfulness Guide for Women

By Caroline Welch
Tarcher Perigee: An Imprint of Penguin Random House LLC
New York
ISBN 9780593086803
Copyright © 2020 by Mind Your Brains, Inc.

Reviewed by
Megan B. Bartley, MAMFT, LMFT
Founding Director, Louisville Mindfulness Center
Louisville, KY

The Gift of Presence is a wonderful mindfulness guide for women, and Caroline Welch's passion for mindfulness is evident on each page. The author shares personal stories to help the reader not only connect with her on a more intimate level, but to also learn indirectly from her experience. Along with her life-partner, renowned author, Dr. Daniel Siegel,

Welch is cofounder and CEO of the Mindsight Institute.

The Gift of Presence guides the reader in developing main innate abilities: being more resilient, centered, and present: PURPOSE, PIVOTING, and PACING.

PURPOSE is: "…the personal meaning that gets us going and gives direction to our lives."

PIVOTING is: "…the flexibility and courage to change direction when helpful."

PACING is: "…the freedom of knowing that we need not do it all, all at once."

This book is a great starting place for women who are interested in mindfulness. The author reassures the reader that "you don't need countless hours sitting in silence to be more present in your life – the key is to practice mindfulness wherever you are and whenever you can."

In line with Erickson's teaching, *The Gift of Presence* reveals that you already hold in your hands the keys to a more harmonious life. You simply need to look within.

Book Review

From William James to Milton Erickson: The Care of Human Consciousness

By Dan Short
Archway Publishing
Bloomington, Indiana
ISBN: 978-1-4808-9163-0
Copyright 2020 Dan Short

Reviewed by
John Lentz D. Min
Shepherdsville, KY

With a foreword by Roxanna Erickson-Klein, this book reveals how William James most likely impacted Milton Erickson. Although Erickson-Klein points out that her father rarely cited his predecessors, Dan Short makes it clear that the work of William James certainly seems to have made a difference in Erickson's direction and work. By highlighting the similarity of the two men's perspectives, and pointing to examples and cases, Short strengthens his stance that Erickson was indeed influenced by James. And in doing this, he also makes Erickson's work more understandable.

With his extensive knowledge of Ericksonian psychotherapy, Dan Short writes about Erickson's thought processes and foundational approaches. But he also offers ideas for how therapists can integrate these into their own clinical practice.

Short provides information on the philosophers and psychologists who influenced James and offers a comprehensive understanding of how the concept of the unconscious came about, as well as how James's thinking influenced Erickson.

As I read this book, I found myself making notes and underlining phrases. I have already used some of the ideas I gleaned from this book, and I believe that readers will also find it useful.

One of the features of the book are the many one-liners, offering gems of wisdom for clinical possibilities. For example, a quote from William James: "I do; therefore, I believe," is the root of solution-focused therapy, that Erickson, Zeig and others have put into practice. (p. 140)

This 279-page book includes three major sections: philosophy, behavior change, and exceptional states. I consider Dan Short's effort a goldmine for scholars, teachers, and therapists. I highly recommend it.

Video Review

Dr. Erickson and Three Cases of Trauma

The Erickson Video Collection
https://catalog.erickson-foundation.org/item/dr-erickson-three-cases-trauma
Video Stream

Reviewed by John Lentz, D. Min

I have watched this hour-long video several times now and each time I gleaned more learnings. I am only beginning to grasp the wisdom of Erickson's understanding of trauma. But despite its complexity, Jeff Zeig makes it much easier to understand with his insightful commentary.

Erickson's multilevel storytelling was not only for the students' understanding of trauma, but also for their personal benefit. I also experienced meanings that touched me personally as well as helped me to understand better how to deal with clients' trauma.

I especially liked watching how Erickson addresses issues in such a way that the other students do not know that a particular student is being helped, until they realize he is also helping them. The time and effort Erickson spent in communicating not only his professional knowledge, but also reaching out to help each individual is a reflection of who he was as a man. His generosity and caring is more than evident. No wonder people from all over the world loved and appreciated him.

Another advantage of this video is that you can also download the transcript so you can learn both cognitively and emotionally. It is a wonderful gem. I intend to teach what I have learned to my students because I believe that this video offers timeless truths, and it can be used to assist people dealing with all kinds of trauma. I highly recommend it.

Book Review

Rocky's Road: A Journey to Purpose, Meaning and Fulfillment

By John D. Lentz and Nathan Todaro
Illustrations by Rachel Cox
Healing Words Press
Jeffersonville, Indiana
ISBN:9-780974-09786
Copyright John D. Lentz 2019

Reviewed by
Michael F. Hoyt, Ph.D.,
Mill Valley, CA

This charming and unusual story authored by John Lentz (an Ericksonian-oriented marriage and family therapist who is also an ordained Presbyterian minister) and Nathan Todaro, is written from the perspective of, and narrated by, Rocky, a female Labrador Retriever. (Spoiler alert: Rocky is John Lentz's dog and she is in his office daily helping with many clients.)

The authors weave a tale of Rocky's life in which she has many experiences, some harrowing She falls into homelessness and dangerous waters, and she barely escapes from a poorly run dog shelter. But Rocky copes with it all by developing a deep faith in The Great One (aka God) and has many prayerful dialogues with God. Rocky tells us: "Our job as dogs is to help humans hear God's voice in whatever they experience...Our affection is to remind you that THE GREAT ONE loves you." (p. 8) God tells Rocky: "Have faith, think positive thoughts, and feel love towards every experience and everyone, and good outcomes will come your way." (p. 51)

By writing from the engaging perspective of man's best friend, Lentz and Todaro reveal truths to readers. Perhaps we are not here to teach dogs; they are here to teach us and to remind us that their deep affection for us has meaning. Near the end of the book, Rocky says: "John once told one of his colleagues that when he goes into a trance, he can tell stories that will be relevant to the person he is seeing." (p. 129)

Although there are other books with wise talking dogs, such as W. Bruce Cameron's *A Dog's Purpose: A Novel for Humans, Rocky's Road* is much more explicitly theological. But while the faith-based will smile knowingly, this level of religiosity may not appeal to everyone. Of course, when I discussed this with my German Shepherd dog, she reminded me that it is only dyslexic philosophers who debate the existence of dogs.

Whether you are a theist or not, *Rocky's Road* is a tale sweetly told, with vivid dialogue and many invitations to discover what is important in life. It is a journey of hope and love. I enjoyed it, and I am sure many other readers will, too.

Book Review

Trauma and Dissociation Informed Psychotherpy: Relational Healing and the Therapeutic Connection

By Elizabeth Howell
W.W. Norton & Company
ISBN 9780393713732
Copyright 2020 by Elizabeth Howell

Reviewed by Lindsey Allen, LMFT
The Ericksonian Institute, Jeffersonville, Indiana

In Elizabeth Howell's book, *Trauma and Dissociation Informed Psychotherapy*, the author sensitively provides information about trauma – how it can be decoded and how such models are helpful for those who experience extreme disassociation. A traumatic event brings an onslaught of pain, fear, sometimes shame, and ultimately a damaged self, or maladaptive identity. Those who have experience trauma seek safety, and ideally, work toward filling in the gaps of their experience, memory, and bodily feelings.

Howell deeply understands how trauma clients want to feel invisible and often "disappear" and dissociate. In the book, *Communicating Trauma* (Yehuda, 2015), an 8-year- trauma victim writes: "Pinching myself makes the noises in my head quiet so I can go to the stars." This clearly shows that to survive, children will find ways to be resilient in a traumatic situation.

I found many references to trauma and dissociation familiar, such as, *The Body Keeps the Score, Miss America by Day*, and *EMDR techniques*. Howell also discusses Edward Tronick's "still-face experiment," about how babies react with negative emotions to a parent or caregiver's emotionally still face, as opposed to the parent or caregiver positively engaging with the child with uplifting facial expressions. If children are unable to positively engage with the parent or caregiver again, they ultimately get stuck in the negative emotions, and thus become children with trauma and adults with trauma.

As I read this book, I continued to learn. Howell introduced me to new insights from a World War I psychologist who treated soldiers with PTSD symptoms. I found myself comparing these cases to my own clients, who cringe at their own trauma and dissociate because their memories, like what soldiers with PTSD experience, intrude in on their core selves.

Howell impacts therapists by sharing personal experiences. She tells a story about a distraught client who left her cell phone in the therapy room. The client imagined Howell would be disapproving and scold her when she returned (much like the client's own mother). But instead Howell was wearing a big smile when the client returned, and the client was relieved. She said to Howell, "You are real." A compassionate presence widens a person's healing meter.

Howell's intense research and phenomenal focus on her subject provides a guiding light to other therapists who work to repair clients' fragmented selves, so that they can move toward relational healing.

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BOOK REVIEW

Therapeutic Interventions in Three Sentences: Reshaping Ericksonian Hypnotherapy by Talking to the Brain and Body

By Stefan Hammel
Translated by Joanne Reynolds
Taylor and Routledge
London and New York
ISBN: 978-0-367-34202-9
Copyright 2017 Klett-Cotta

Reviewed by
Teri Lloyd, LMFT
Louisville, KY

Stefan Hammel offers a wonderful gift with this little book. He can simplify the complicated and turn someone's life around in three sentences, and also turn a therapy practice around in 87 pages.

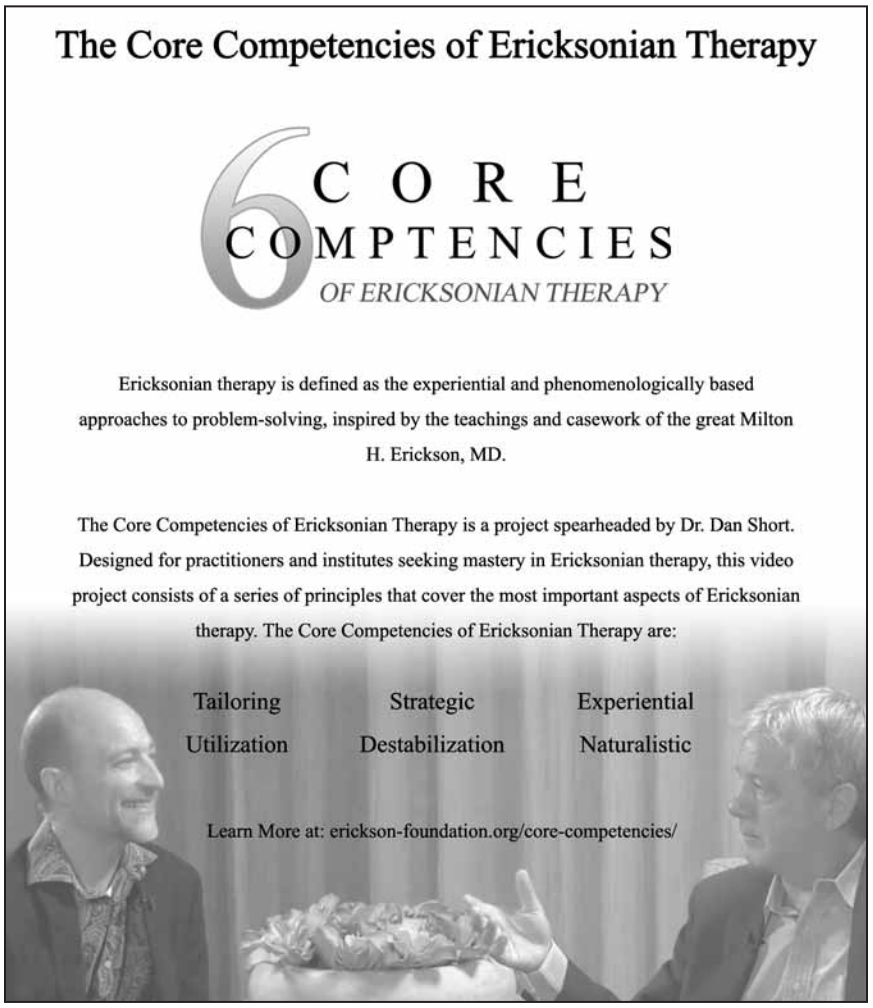
As I quickly flipped through this book, I realized that Hammel has a deep respect for people and their symptoms and patterns. This is evident as he addresses those experiencing depression, anxiety, mania, trauma, obsessive compulsive disorder, psychosis, and physical illness. The author also respects the unconscious and believes it is key when dealing with these issues.

The book begins with the biblical story of Naaman who is healed of leprosy by the prophet's direction to simply wash in the Jordan River. Hammel then tells about Milton Erickson, who facilitated the healing of psoriasis with a few simple comments. These two stories set the stage as Hammel proceeds to teach us how to perform miracles. He is actually teaching us to use "greetings" as an ultra-short version of hypnosis. By "greeting" the part that maintains a problem, we can reframe the problem as a well-intentioned solution. He directs his brief statements to a part of the body or mind, which quickly creates a dissociative experience and allows for immediate access to the unconscious. This process can be quite hypnotic.

Page after page Hammel provides examples of greetings that dissociate experiences and associate strengths. One that I tested with complete success was on the topic of trauma. The recipient is "the mind," and the greeting is: "Your body can ensure that every sensation and reaction is well regulated." The author also uses transformative greetings that activate what he calls an "inner film." For example, he invites an internal image of an abusive father on a Journey to Heaven, and after 100 years, he returns a better man. The questions then become: "What do you think he might say to you and what might he do? And how do you think things might have changed?"

If you or your client are skeptical, Hammel offers interventions to address your inner skeptic. He simply asks the skeptic to be skeptical of their own skepticism. He invites you to imagine a metaphorical bodyguard who protects you against disappointment. And after complimenting his good work, suggests that you ask him to do an extra task of making sure he does not accidentally create disappointment by warning you about the potential for disappointment when things might otherwise have turned out well. Would he be able to stop doing that? Of course he would!

Since Hammel uses his greetings on himself, I thought I would give it a try. I invited my body to shift from feeling sad and fearful to feeling happy – and this was after a rough day. I engaged my inner skeptic and invited my bodyguard to protect me from the disappointment. That is when I felt it: A lovely feeling of happiness and joy flowed into my chest. I did not have to tell my story and process the feelings of sadness and fear. All of that was gone. My unconscious bodyguard had done its work.



THE MILTON H. ERICKSON FOUNDATION
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Space Reserve / Art Deadline for the April 2021 issue:
February 5, 2021 (Mail Date: mid-April)

Questions? *Email,* karen@erickson-foundation.org
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CONFERENCE NOTES

***Due to the current global health situation some of the dates and venues for the following conferences may change. Please contact each organization directly for the most updated information.**

The Evolution of Psychotherapy Conference will celebrate its 35th year, December 9-13, 2020, and will be held entirely online. Since 1985, the Evolution of Psychotherapy conference has attracted worldwide attention as the most respected gathering of master practitioners in the field. Scheduled Keynotes include Aaron T. Beck, John Gottman and Julie Gottman, Rob Kapilow, Martin E.P. Seligman, Derald Wing Sue, Irvin Yalom, and Philip Zimbardo. The conference includes point/counterpoint discussions, state-of-the-art addresses, workshops, clinical demonstrations, dialogues, panels, and conversation hours. For complete information including the full list of speakers and to register visit www.EvolutionOfPsychotherapy.com or registration@evolutionofpsychotherapy.com or Tel, 800-766-6014.

The American Society of Clinical Hypnosis (ASCH) will hold the Annual Scientific Meeting and Workshops March 4-7, 2021 and will be holding all events online. For more information visit: www.asch.net or contact ASCH: Email, info@asch.net ; Tel, 630-980-4740.

The American Counseling Association (ACA) 2021 Conference and Expo is going virtual. For information for the online event visit: https://www.counseling.org/conference or contact The American Counseling Association: Tel, 703-823-9800; Fax, 703-823-0252.

Psychotherapy Networker will hold the 2021 Annual Psychotherapy Networker Symposium, March 18-21, 2021, and will offer both in-person learning at the Omni Shoreham Hotel in Washington, D.C., and also virtual learning. Featured speakers include Taraji P. Henson, Shankar Vedantem, John and Julie Gottman, Stephen Porges, and many more. For complete information and to register visit: www.PsychotherapyNetworker.org

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The 18th SAMRM Biennial International Conference, "Bridging Worldviews: Inclusion, Partnership, and Collective Wisdom," will be held September 23-25, 2021 in Bemidji, Minn. The conference is sponsored by the Society for the Advancement of Modeling & Role-Modeling (SAMRM). Guest speaker will be Helen L. Erickson, Ph.D., RN, AHN-BC, FAAN. Engage and experience different cultural perspectives, develop partnerships, and enhance collected wisdom facilitating healing, health, and well-being. For complete information go to: www.mrmnursingtheory.org Registration to begin March 2021.

The International Society of Hypnosis (ISH) will hold the XXII World Congress of Medical and Clinical Hypnosis, "Cooperation in Hypnosis. Challenges and Benefits," will be held June 10-13, 2021, in Krakow, Poland. The Congress will be held at the Auditorium Maximum, the conference center of Jagiellonian University. For information visit https://www.hypnosis2021.com/en or Email, info@pie.pl

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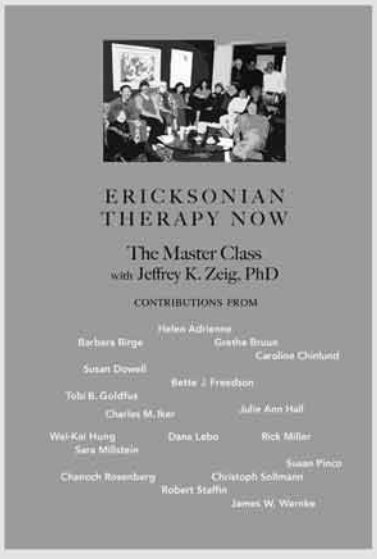
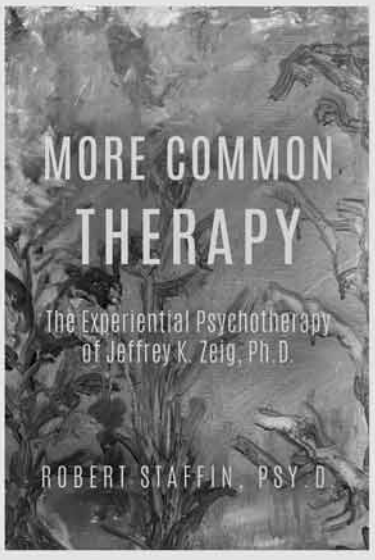
Zeig, Tucker and Theisen

Featured Titles



This book is an opportunity to study single-session therapies that are based in experiential methods. The learning from these methods is primarily stimulated by the client living the change, not by intellectual understanding of how to change. The participants declare what they are going to do differently and the sessions are designed to create experiences that foster the accomplishment of stated goals. Participants have solved complex problems and have made significant life changes.



With Rob Staffin's book, you are invited into the therapy room of a great master and what may seem his unattainable artistry in practicing therapy. Dr. Staffin divides his material into clear and accessible elements that readers can bring into their own work in order to practice new skills. I recommend this book to all therapists who have an interest in refining their presence in therapy.

— Dr. Grethe Bruun
Supervising Psychologist,
Denmark

Learn more at: www.zeigtucker.com

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UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
2020		
12/9-13	Evolution of Psychotherapy / Anaheim, CA / Invited Faculty	1.
2021		
1/8-6/11	Masters of Psychotherapy – Level A / Online, one Friday per month / Jeffrey K. Zeig, Ph.D.	2.
1/6-2/24	*New!* Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy – Fundamentals Level B / Online, Wednesdays, 8 weeks / Lilian Borges, MA, LPC; Wei Kai Hung, M.Ed.; Stephen Lankton, LCSW, DAHB, FASCH; Geary, Zeig	2.
1/31-2/28	Interactive Master Class on Experiential Psychotherapy / Online, four Sundays / Zeig	2.
3/4-7	American Society of Clinical Hypnosis (ASCH) Annual Scientific Meeting and Workshops / Jacksonville, FL / Invited Faculty	3.
3/28-21	Psychotherapy Networker Symposium / Washington, D.C. / Invited Faculty	4.
6/19-20	The Art of Growth: Personal and Professional Growth of the Therapist / Coach / Vienna, Austria / Zeig	5.
6/21-24	Master Class Coaching / Vienna, Austria / Zeig	5.
7/9-12/10	Masters of Psychotherapy – Level B / Online, one Friday per month / Zeig	5.

Contact Information:

1) Evolution of Psychotherapy Conference: www.EvolutionofPsychotherapy.com ; Evolution questions? Email, registration@evolutionofpsychotherapy.com
2) The Milton H. Erickson Foundation: 2632 E Thomas Rd, Ste 200, Phoenix, AZ 85016-6500; Tel, 602-956-6196; Fax, 602-956-0519; Email, support@erickson-foundation.org; Web, www.erickson-foundation.org;

   Masters of Psychotherapy Online: https://www.erickson-foundation.org/masters-of-psychotherapy-online-2021/

   Intensive Training Program: https://www.erickson-foundation.org/intensive-training-online/

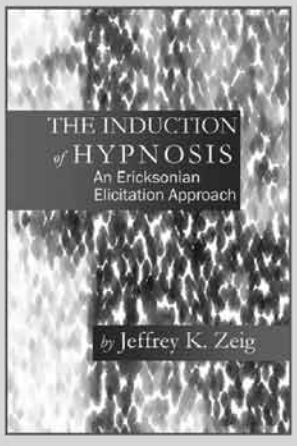
   Interactive Master Class: https://www.erickson-foundation.org/interactive-master-class-relationship-issues/
3) American Society of Clinical Hypnosis (ASCH): Web, www.asch.net ; Email, info@aschn.net ; Tel, 630-980-4740
4) Psychotherapy Networker: https://www.psychotherapynetworker.org/symposium/2021 ; Email, symposium@psychnetworker.org ; Tel, 888-851-9498
5) For information contact: Email, office@green-field.at ; Web, www.green-field.at ; Tel, +43 676 9400 271

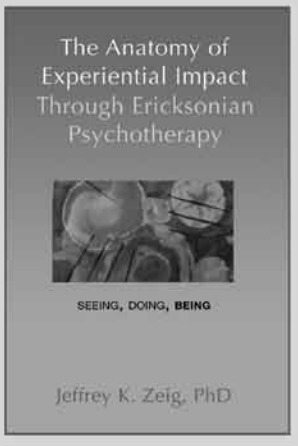
Note: *Due to the current public health situation, some of the above trainings may be postponed, cancelled, or modified. Please use the contact information above to confirm status of events.*

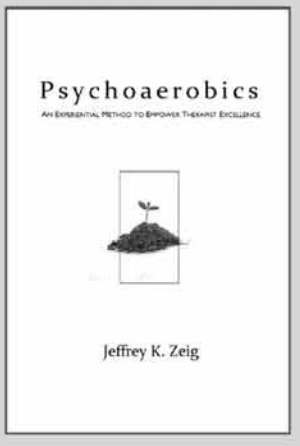
For Upcoming Trainings, ad rates / specifications visit www.erickson-foundation.org (click *Media > Newsletter*). Or contact Karen Haviley: karen@erickson-foundation.org. A $25 fee per Upcoming Training listing is required. Deadline for the April 2021 issue (mailed mid-April) is February 5, 2021. All workshop submissions are subject to approval by the Erickson Foundation.

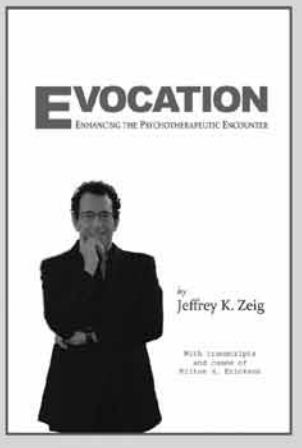
The Empowering Experiential Therapy Series

In his newly completed four book series, Dr. Zeig captures Erickson's sophisticated principles and practices. Each book can stand alone, but together the series unpacks Erickson's techniques into a collection of easy-to-follow guidelines to take your practice to the next level!









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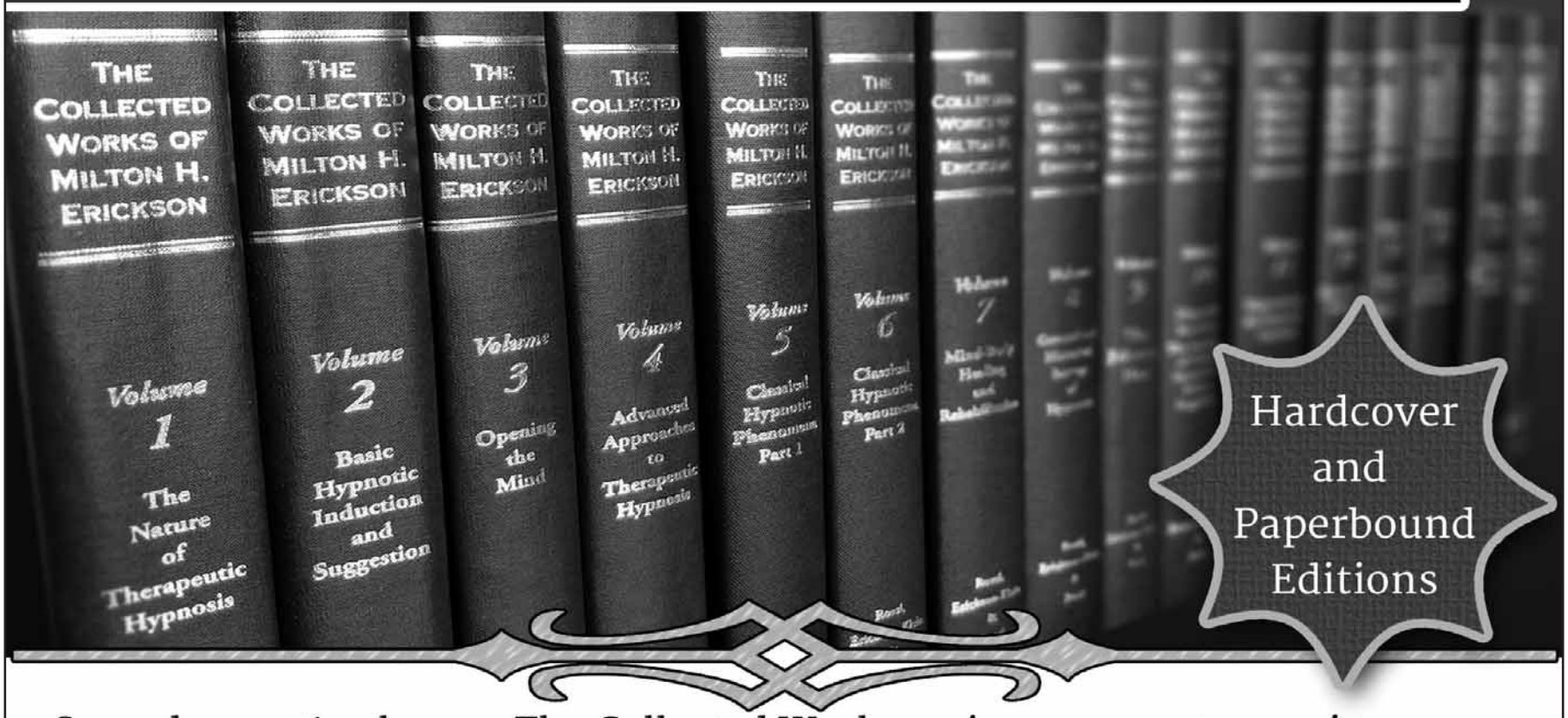
The Collected Works of Milton H. Erickson, MD



Spread over 16 volumes, The Collected Works series represents a major commitment to assemble the wealth of material created by Dr. Erickson during his five decades of work. The purpose of the series is to make his knowledge, insight, techniques, and discoveries accessible to students, researchers, clinicians and educators in the behavioral and health sciences. This series presents his groundbreaking studies in therapeutic hypnosis, psychotherapy, rehabilitation, and research:

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- Opening the Mind
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- Classical Hypnotic Phenomena Parts 1 and 2
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- Hypnotic Realities
- Hypnotherapy: An Exploratory Casebook
- Experiencing Hypnosis
- Healing in Hypnosis
- Life Reframing in Hypnosis
- Mind-Body Communication in Hypnosis
- Creative Choice in Hypnosis

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INTERVIEW

continued from page 10

have an appointment. The dean of the law school said, 'I have to let you know that I am going to be doing this and there is likely to be some blowback, and I want you to be aware of it before it happens.' She was wonderful. She said, 'Well, if you are going to be interviewed about this, then make sure you have a big sign over your head that says, UC Irvine Law School. I could have hugged her. In a former life she was a defense attorney. She understood.

On the first day of classes I said to my students. "Students, I may be testifying in this trial, and I need to let you know…if this is going to make any of you uncomfortable, you can drop the class. There will be no penalty.' No one dropped. I also alerted other attorneys, so that if they thought it would cause conflict, they could find someone else. None of them have, but I still had to do it. I am glad that at least those aspects of the experience worked out okay. But I still received some nasty voicemails from people who seem to have forgotten that you are innocent until proven guilty – and that you have the right to a defense, no matter how unpopular you may be.

JL: What is something you want people to know about you?

EL: What really irks me is when people assume that I have said things that I have not. It is because they have not carefully read what I said and are only going on somebody's characterization and not digging into the evidence for themselves. I remember once overhearing two people who were in a talk of mine. One said, 'Yeah, she has really toned things down.' Well, I have not toned anything down. I have been saying the same things for a long time. This divindual had a vision of who or what I had been saying, and that led to making this funny remark.

JL: I had no idea that you had to deal with that sort of thing as well. Do you have a theory about why this occurs?

EL: I believe that people find it somewhat uncomfortable that we could have a lot of fiction sprinkled amongst the facts. When it comes to the sexual abuse accusations, there is a fear that if some of the accusations are false, then it is going to hurt the people who were truly abused. But a better way to look at it is, that uncritical acceptance of every accusation, no matter how distorted it is, will trivialize the accusations. We need to ask, 'Am I dealing with a memory or some other process?' And that is what I would like for people to think about more.

JL: Well, I am appreciative that we had this time to talk. I get the impression that you are not wanting to talk about spirituality.

EL: I am somewhere between agnostic and atheist. So, I do not talk about spirituality in my life. It is hard for me. This reminds me of a series of interviews where a Dutch filmmaker interviewed a bunch of people about what brings truth and beauty into their lives. He interviewed Nobel prize winners and people like Jane Goodall, and he interviewed me. And I said, 'I am not sure how to answer that. What are others saying?' He said, 'For some it was God, and for some it was their children, and sometimes it was Mozart.' I thought that doesn't really work for me. I do not have kids, and Mozart is okay. I ended up answering that it is a falsely accused couple. And he said, 'That's weird. I understand God and Mozart, but why would you say a falsely accused couple?' And I said, 'When I watch as this couple works through their tragedy and are with other people who have had similar experiences, and they feel relief… and then they start sharing the experiences with people who have gone through something similar and they express their gratitude to me – that is beautiful to me.'

JL: And that to me is spiritual because you connected with them and helped them. I heard it said in Judaism, that for those who judge justly, it is as if they helped God create the world. You do that. You are helping people judge justly.

EL: Well thank you. I appreciate that very much.

JL: I look forward to seeing your presentation at the Evolution Conference.

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