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## INSIDE THIS ISSUE

### INTERVIEW

Christine Padesky, PhD  
Interviewed by Michael D. Yapko, PhD 1

### THE POWER OF TWO

Paul Ekman and his Daughter,  
Eve Ekman 4

### IN THE SPIRIT OF THERAPY

Otto Kernberg, MD 6

### CASE REPORT

Clinical Depression Following  
the Death of a Parent 6

### EVOLUTION CONFERENCE 2017 IN REVIEW

8

### IN MEMORIAM

Farewell, John H. Frykman, Ph.D. 14

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# THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

VOL. 38, NO. 1

APRIL 2018

## I N T E R V I E W

### An Interview with Christine Padesky, PhD

By Michael D. Yapko, PhD

Christine Padesky is a clinical psychologist and cofounder of the Center for Cognitive Therapy in Huntington Beach, California. Along with Kathleen Mooney, she is now developing "strength-based cognitive therapy." Padesky is the coauthor of five books, including the bestseller, *Mind Over Mood*. She is recipient of the Aaron T. Beck Award from the Academy of Cognitive Therapy for significant and enduring contributions to the field of cognitive therapy and she also received the Distinguished Contribution to Psychology Award from the Califor-



Christine Padesky, PhD

nia Psychological Association.

The following is an edited version of a 50-minute interview. To watch the full interview visit: <https://www.erickson-foundation.org/yapko-padesky-interview-january-2018/>.

**Michael Yapko:** Let me start by asking you about some of the work that you do that is more experiential. You bring another element to cognitive therapy that a lot of people don't. Could you please talk about the role experiential learning has played in the therapy that you do.

**Christine Padesky:** I'm glad you asked about that. Therapy is a learning process. I think of myself as an educator when I'm doing therapy and I want to help people learn in the best ways possible. I'm not an educator in the sense of didactically telling people things, but in the sense of trying to use our relationship and the experiences that we share to maximize client learning and discovery. We know from research that one of the best ways we learn is through experience.

Talk alone can often lead to insight...but that insight can be short-

lived if it's not backed up with experience. In therapy, I try to use methods that are experiential including interactive writing and behavioral experiments. I also use a lot of imagery and sometimes role-playing and psychodrama. I put a high value on experiences because it's through those interactive experiences that you get activation of thoughts, emotions, and behavior in ways that are going to be memorable, and that the client will likely put into practice in their life.

**MY:** That parallels with Erickson's work. He was a big fan of experiential learning. I think you're doing what a good therapist does, which is getting people moving.

**CP:** We might have somewhat different theoretical frames and ways of understanding what we're doing, but I have observed throughout my career that therapists from different modalities do many of the same things in the therapy hour.

**MY:** Can you give some insight into how you decide what kinds of action-oriented approaches you're going to use?

**CP:** Some of it depends on the current therapy alliance and relationship. For example, I'm much more likely early on in a therapy relationship to do interactive writing or some behavioral experiments that are short and in-the-moment. I think to do psychodrama or a two-chair technique, I need to have a much better therapy relationship; a lot more trust. So that would be one thing, the level of the relationship. The second thing would be the client's issues. People might have beliefs like, "If I don't feel motivated, I can't do something." or "If I don't have much energy, then it's not possible for me to do something."

You could talk to death about those

*INTERVIEW continued on page 22*

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## EDITOR'S COMMENTS

### Spring 2018

I am still recovering from last December's Evolution of Psychotherapy Conference that was held in Anaheim, California. It was amazing. As with all the previous Evolution Conferences, I had the wonderful problem of choosing from way too many enticing options -- 47 bazillion to be unprecise -- to be experienced in only five days. It reminds me of the Vulcan philosophy in Star Trek of "Infinite Diversity in Infinite Combinations." That describes my experience exactly!

One advantage of attending so many of the previous Evolution Conferences is that I have been able to use a different strategy for each. At the 2017 conference, I followed a limited number of the faculty through several different formats -- in presentations, workshops, great debates, panels, dialogues, and demonstrations. Not only did each of them shine professionally and philosophically, but their humanity became even more apparent. In the end, I recognized that even though the philosophical and theoretical perspectives might vary from presenter to presenter, each one considered him or herself members of the larger community of truth seekers. And, the more comfortable they were in their journey, the more open they were to acknowledge commonalities. There was more curiosity and connection than there was competition, and the competition was usually playful. It was wonderful.

In this issue, several of the faculty from the Evolution Conference are featured, many of whom I followed throughout the conference. I hope that the articles we present expand your experience of these icons and that you will see the heart of the person inside the pioneer.

We begin with Michael Yapko's *Featured Interview* of Christine Padesky. Yapko, who was a significant presenter at the Evolution Conference, guides Padesky in a revealing interview that highlights her unique contributions to CBT, of course, with a distinct Ericksonian quality.

Dan Short continues to offer his



valuable contributions to our newsletter by interviewing Paul Ekman and his daughter, Eve Ekman, for the *Power of Two*. The bond between father and daughter, both professionals, is powerful and touching.

John Lentz interviews Otto Kernberg for *In the Spirit of Therapy*. Kernberg's life philosophy reflects his spiritual foundation in the Jewish Orthodox belief of *tikkun olam*, literally meaning, "repair of the world." And even though it is not possible for any one person to accomplish this task, we are still obligated to try to make the world a better place.

I was not the only one impacted by the Evolution Conference, but I have been to many conferences and consider myself a seasoned attendee. Therefore, we included in this issue, a different perspective: the experiences of two first-time attendees. Julie T. Anné, who has been a practicing psychologist for 26 years and Julia Alperovich, an MFT intern with many years of life experience and education, share their insights and reactions to Evolution 2017.

And, in addition to our usual reviews, several mini-reviews of the conference are presented in this issue. Roxanne Erickson-Klein's review of the demonstration by Bill O'Hanlon with discussant Cloé Madanes is showcased. However, the truth is there were so many amazing presenters and presentations that in order to select several to review we did what any

smart committee would do: we simply drew out of hat!

In our next issue, more reviews of the Evolution of Conference will be included. In the meantime, please visit <https://catalog.erickson-foundation.org/page/evolution-psychotherapy-archives> for more titles from the Evolution Conference. I appreciate that the Foundation offers downloads of the presentations that I missed. For the opportunity to catch up on what you missed, please visit the Foundation store at: <https://catalog.erickson-foundation.org/>.

The rest of this issue is comprised of our usual interesting media reviews, a fascinating Case Reports by Ron Soderquist, and informative arti-

cles from the Foundation.

The Evolution of Psychotherapy Conference has become so important to our professional community that the next Evolution Conference is being moved up to December 2020. Until then, I look forward to seeing you at the upcoming Couples Conference May 4-6, 2018 in Oakland, CA, <http://www.couplesconference.com/> and the Brief Therapy Conference December 6-8, 2018 in Burlingame, CA <http://www.brieftherapyconference.com/>

Until then, let's continue to make the world a better place.

**Rick Landis**  
Orange, California

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# THE POWER OF TWO

## Paul Ekman and his Daughter, Eve Ekman

By Dan Short, PhD

At the December 2017 Evolution of Psychotherapy Conference, I had the pleasure of hearing several talks delivered by the renowned researcher, Paul Ekman, PhD, and his daughter, Eve Ekman, PhD, MSW, who is also a researcher of emotion. Their back-and-forth discussion during the lectures helped illuminate multiple perspectives from which each concept could be considered. The energy that they shared seemed extra special -- the kind you only see with people who have a deep and secure connection. Even as they stood on stage in front of a large audience, it did not matter if one disagreed with the other. Each remained flexible and interested in the other's thinking. For these reasons, I was all the more delighted when the Ekmans graciously agreed to sit down with me for an interview at breakfast.

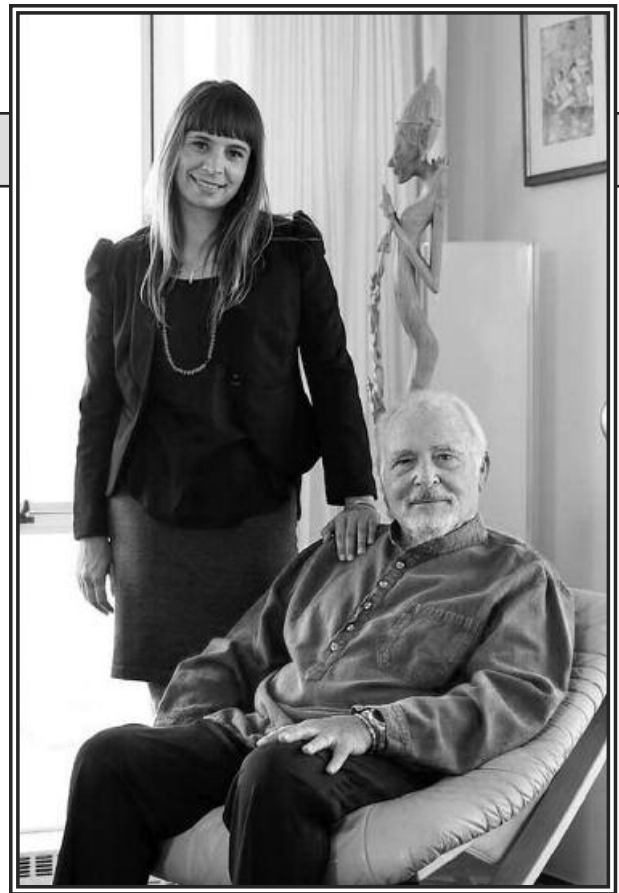
As the father of a 15 year-old daughter, my first question was an earnest request for information. I wanted to know what Paul Ekman thought was important in giving children opportunity, but not overshadowing or pressuring them. His response was that he always sought to understand his daughter, Eve. He also made a conscious effort to empower her with self-confidence. As Paul put it, "You can't be a shrinking violet. You take the world and you shake it a bit. That's how I lived my life." Eve agreed that he had taught her a great deal about self-confidence and about finding her own way in the world of science. As Eve explained, "For so many years, I have learned so much from my dad about life, about ideas, and about research. When I became old enough to conduct research, when I finally got to that point, to have my dad as my senior research advisor and have him tell me absolutely the opposite of what everyone else was telling me, was phenomenal." Illustrating what he meant by not being a shrinking violet, Eve explained, "He would tell me that if people don't like it, you are on the right

track. Don't listen to them. You don't need all the fancy equipment, just observe, watch, notice, and be a good observer. That was invaluable advice."

Watching Eve speak, I could see that she had tremendous respect for her father and that she valued his influence. As Eve put it, "In some ways my dad is really such a hard-nosed empiricist. I don't think that is my natural proclivity. But representing his legacy and being able to describe emotion in a way that fits with the work he did, has influenced me. In some ways I see this legacy working through me and I'm trying to push that forward. And, it is kind of arresting to me sometimes to feel that continuity going on, watching the process of aging, and how challenging that is. It is its own lesson for me." Having grown up with a father who has always been a strong leader, Eve made another interesting observation.

Looking at her father, she commented, "I think our roles are shifting a bit." She then went on to explain how she is becoming protective of her father and how she spends more time thinking about him and his care. With a look of love and admiration she continued, "That role is definitely sweet and it's really hard." This role that she was seeking to describe was different from the relationship shared between a husband and wife who both grow old together. It was something that is exclusive to an aging father and a devoted child. Eve went on to explain, "It's a role that I value. It means a lot to me. I feel a lot of empathy for my dad, for him losing the ability to feel okay in his body. He has so many physical pains and so much physical degradation. There is a sweetness in getting to see and know all these phases in his life. And, there is a lot of sorrow. Not overwhelming, but definitely present."

Turning to his daughter, Paul related, "I was 46 when you were born. So I was definitely an older parent. Now I'm about to turn 84. That is a big gap, a bigger gap than you usually find." Paul was proud of the fact that he and his wife are celebrating 38 years of marriage. Then he explained that this is his fourth marriage. So, when he entered into this marriage, he felt determined and eager to have a child.



*Paul Ekman, PhD, and his daughter, Eve Ekman, PhD, MSW*

Turning again to his daughter, Paul confessed, "I thought that time was running out. I really wanted to have a child. I don't think that it was only so that I could prove I could be the parent that my father could not be, but that was certainly part of it."

Having started our conversation with the question of how to be a good parent, Paul lamented, "I had the two worst parents I could imagine. My mother committed suicide when I was 14, after asking me to save her. This was in 1948. She was bipolar. How was I able to save her? There wasn't even medication for bipolar disorder." He then explained how this tragic event determined his vocation. Paul told me, "After her suicide, I decided I would spend my career trying to learn things that would help people like her."

As if this was not enough to contend with, Paul shared the fact that his father was physically and emotionally abusive. Speaking of his father, Paul added, "He was an impulsive philanderer. And the night before my mother killed herself, she said, 'Promise me that you will never be unfaithful the way your father was to me on our honeymoon.'" Rather than expressing goodwill for his son's future, Paul felt cursed by his father. It was not only the destruction of his mother's sense of self that he had to witness, but also a

direct assault on his own future. In a moment of disgust, his father told him, "I hope when you grow up you will have a child who will make you as miserable as you've made me."

This difficult past helped explain the extraordinary character of the connection I was witnessing between these two adults. Only a handful of people will come as close to influencing the world as Paul Ekman has done. However, his proudest accomplishment in life was sitting right next to him. Still speaking of his father, and still clearly determined to defy this curse, Paul added, "He did not live long enough to see that that was not what happened. I was a very different person than him." Paul made it clear that he had always been faithful in marriage and a deeply devoted parent. I stated the obvious: "You did not let him affect your parenting of your daughter." To which Paul replied, "Not a bit!"

Again, taking up her role as someone seeking to add value to her father's experiences, Eve made the comment that, "Last year on Father's Day, my dad told me that my grandfather was the only pediatrician who would serve patients of color in New Jersey. His patients really loved him. He had a strong dedication to this cause. And that's the thing I see in me—this strong dedica-

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# IN THE SPIRIT OF THERAPY

## Otto Kernberg, MD

Interviewed by John Lentz, D.Min.

*Born in Vienna, Austria in 1928, Otto Kernberg, MD is the Director of the Personality Disorder Institute at New York Presbyterian Hospital, and Professor of Psychiatry at Cornell University. Dr. Kernberg is known worldwide for his groundbreaking work with borderline personality disorder and with narcissistic pathology. He is also broadly known for his pioneering work in psychoanalytic thought. Kernberg's work integrating ego psychology with object relations has been far-reaching and his theory of mind is widely accepted among psychoanalysts.*

*Kernberg has authored more than 45 books, including "The Anatomy of Evil," and "Love Relations," and has extensively written about object relations and transference. His books have been translated into many languages and his DVDs offer live case consultations, as well as psychotherapy for personality disorders.*

*Dr. Kernberg has won many awards, including the Golden Medal of Honor from the City of Vienna and the Thomas William Salmon Medal from the New York Academy of Medicine.*

The setting for this interview was immediately after Kernberg finished a workshop at the 2017 Evolution Conference where he was well received.

**John Lentz:** You better be careful, or you are going to make psychoanalytic thought more popular, because you are so likable and what you say is widely accepted.

**Otto Kernberg:** Well, psychoanalytic thought still isn't very popular [laughs]

**JL:** What you say is the foundation of what many people do, even if they are not psychoanalytically-inclined.

**OK:** Yes, I am respectful of many other approaches.

**JL:** I think of your overall attitude as being spiritual.

**OK:** Thank you, but I don't know that I would call it spiritual. I am interested in my patients. I am respectful



Otto Kernberg, MD

and at the same time I am aware of limits of reality that need to be respected - and that I am willing to impose. And, I need to have the internal security that I am controlling the situation so that I don't fear it will get out of hand. If I am afraid, I will do whatever I have to do to remain in control. Only after I am in control of the situation, can I deal with it calmly.

**JL:** There is a scene in your DVD about treating people with borderline personality disorder where you talk about a woman who got mad at you and she took scissors and cut off the heads of the plants in your office. It was a humorous moment and I am glad that you shared it in the DVD. Much of your work has been with two difficult groups of people: borderlines and narcissists. Your helping them doesn't just make their lives better, it also impacts family, friends, neighbors, and colleagues. Do you think of what you do to help them as spiritual?

**OK:** I live by a basic religious Jewish principle: We are supposed to make the world a little better place.

**JL:** And when you do that with people like borderlines and those with narcissistic personality disorder, you are not just impacting them, but so many others as well.

**OK:** I am happy doing that. I do what I can.

**JL:** You started working with borderlines when many therapists said there was nothing that could be done...and yet, you created a way.

**OK:** I have been fascinated by the belief that people can change their personality. I wanted to change my own

personality. But, it is something that is so fixed and stable that I could dedicate years to creating an approach that would work. It is a fascinating task.

**JL:** At the 2013 Evolution Conference, there was an incident where someone was disrespectful to you and your response was amazing. You showed such depth of character as you dismissed their disrespect without any ruffled feathers. It showed that you continue to live in a deeply spiritual way. I am use the word 'spiritual' to mean compassionate, committed and connected. You were not fazed by their disrespectful comments. You just waved it off. You

were so in charge of yourself that it was impressive.

**OK:** Okay, I accept that. I am honestly committed to the situation and do it with compassion, and at the same time with an implicit sense of the boundaries of reality.

**JL:** Yes, and in the workshop that you just finished you spoke of helping young therapists get to that point. One last question: Did being born in Vienna make you think: 'Well, I am going to grow up to be a psychoanalyst'?

**OK:** [laughs] No. That was just a coincidence.

## CASE REPORT

### Clinical Depression Following the Death of a Parent

By Ron Soderquist, PhD, MFT

A fellow church member whose husband died 10 years ago called out of concern for her 30-year-old daughter, Amy, who had never gotten over the loss of her father. The woman said, "I think Amy's depression is affecting her health and her marriage."

"Haggard" would not be too strong a word to describe Amy when she entered my office. She looked much older than her years. Tears began flowing down her face even before she sat down. The visual evidence of depression was so dramatic, I could understand why her mother reported that it was taking its toll.

As Amy told her sad story, it was obvious that she had told it many times before in the last decade. She began: "I was in training as a student nurse in the local hospital where my father had had heart surgery. One day he came in for a post-surgery check up. I was in the midst of my normal nursing duties when all at once I heard alarms. Staff were rushing around. A nurse said she heard a patient had collapsed and died, and it might have been due to a nursing error. Then, a fellow student nurse came in, put her arms around me and told me it was my father who had died. My first thought was, 'I should have done something to save him.' I berated myself for not doing something. Ever since then there has been a voice in my head saying, 'You could have saved his life.' I can't stop thinking about him dying and the funeral and that I could've done something."

I asked her if it was like a movie running in her mind. Amy agreed that a movie of her Dad's death played over and over in her head. I began by acknowledging her grief. "First, Amy," I began, "I am so sorry for your loss—a deep tragic loss. And when we have an intense experience like yours, the brain often makes a movie like the one you have been looking at over and over. It's like the brain gets stuck on that movie."

"Yes, that's me," she replied. "My brain got stuck on that awful moment when I was told my father had died."

"I wonder if before your tragic loss if you had happy experiences with your father, perhaps family activities or special times with him."

REPORT continued on next page



**REPORT***continued from page 6*

“Oh yes, I have many beautiful family memories, and also, my father and I used to play tennis together. We had a special warm relationship.”

“I wonder, when you close your eyes, if you could turn on some of those sweet memories, and as you visualize your father, ask him if it would be all right with him now, after 10 years of grieving, for you to switch channels in your brain; if it’s okay if you switch to the Happy Memories channel. And because your father was a Christian, would it be all right to imagine him in heaven smiling when he sees you remembering those happy times? Perhaps you can see him smiling and nodding his head about as you switch to this channel.”

“I can see him saying he wants me to enjoy our happy memories,” Amy said. “And he wants me to enjoy my dear family instead of obsessing about his death.” Then, she added with deep feeling, “I didn’t know I had a choice.”

“Yes, what a relief to discover you have a choice. Just imagine you have a remote control in your hand and you switch to the Happy Memories channel. That’s right, along with a deep relaxing breathing, switch to the memories he would like you to share with your children, his grandchildren.” With a sigh of relief Amy did that easily. We practiced tuning into the Happy Memories channel for a while until she felt relaxed and confident doing it.

The following week, Amy called to report she no longer felt depressed, and, in fact, was now enjoying showing photos of her father and sharing happy memories with her children. It’s been three years now since our session, and the Happy Memories channel is still “on the air.”

(Ron Soderquist continues to practice at age 90.)

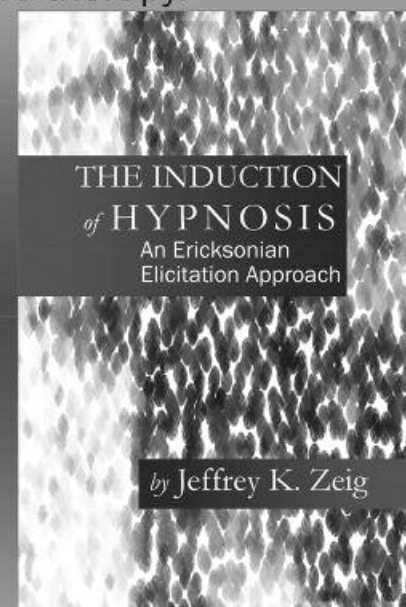
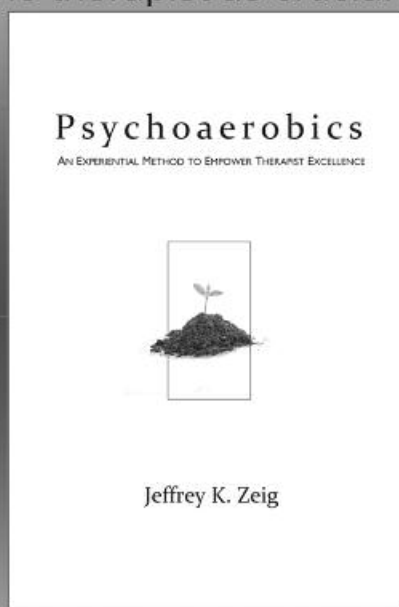
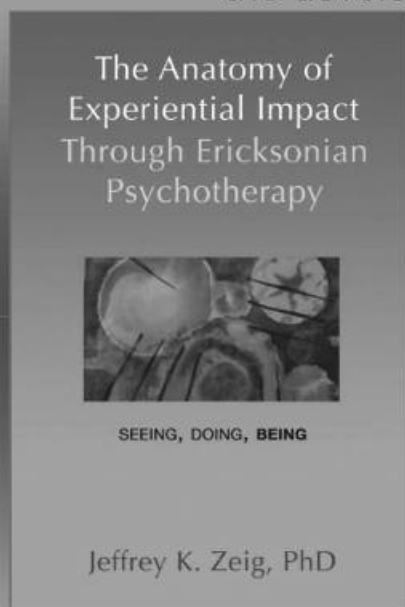
*The following week, Amy called to report she no longer felt depressed, and, in fact, was now enjoying showing photos of her father and sharing happy memories with her children.*

**Commentary****By Eric Greenleaf, PhD**

Ron Soderquist shows us the simple elegance of human relationship – the basis of all psychotherapy, and the heart of Dr Erickson’s hypnotic approaches to helping people. Soderquist listens with compassion to Amy’s story of suffering. Then, thinking like a competent hypnotist, he helps her to dissociate – to tune into the Happy Memories channel with “sweet memories,” rather than re-experiencing object grief in a sad movie that plays in a loop.

Utilizing both her love for her father and his heavenly presence in her experience, Soderquist elicits Amy’s realization that she actually has a choice. She can continue to grieve, or she can switch to the Happy Memories channel. The goal of eliciting positive memories over traumatic ones is helping the client recognize that there is a choice. Amy’s grief and torment over her father’s death could be replaced with memories of all the happy times she once shared with him. Soderquist’s ability to transform Amy’s grief was beautiful, brief, direct, and compassionate.

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# EVOLUTION CONFERENCE 2017 IN REVIEW

## A Reflection on The Evolution of Psychotherapy Conference 2017

By Julia Alperovich, MFTI

As I arrived in Anaheim for the Evolution Conference, the charge in the air was palpable. Prolific innovators who developed the most ground-breaking concepts, research, and interventions would all be sharing their ideas with enthusiastic attendees. I was ecstatic to finally be able to see the leaders in my field in person. These were the people who inspired me to enter this field with an undeniable thirst for learning and ongoing development.

Throughout the event, as I was able to hear (or overhear) the commentary from random people. I began to realize that along with excitement and approval there was also criticism. A select few who were set in their theoretical orientations would pick apart the ideas of presenters whose concepts did not fall in line with their own. These people were solely looking for validation -- of their own style of work and beliefs.

Along with my excitement, I also experienced some discomfort. I tried to meet as many people as I could, but when I would introduce myself, some people glanced at my badge, and unless the friend I was with personally introduced me, some (not all) people seemed to dismiss me as soon as they saw the letters "MFTI" after my name. The "I" was obviously my scarlet letter. My friend even commented on it, but she was lucky enough to have the golden "L" among her letters. Unfortunately, I was placed in the category of mere pedestrian. But, in my mind, I was among colleagues; this was my tribe. Perhaps I was too green to merit their interest. I was too excited to be truly offended, but it did make me think.

The Evolution Conference showed how our field has evolved tremendously over the years. Our roles in our relationships with clients have shifted from researcher, to a blank and silent slate, to investigator, to equal partner, to coach, to teacher, to model, to authority, and to many other roles. As our field has evolved, so has the purpose of our existence in our client's lives -- all with a common goal: relief of negative symptoms. Being in the process of studying for the test that marks me worthy of standing in the ranks of the "L's", I am reminded of all the different ideas that have shaped our field. I am also reminded of how my style of work has evolved over the past decade since I began my journey in this career.

I realized that everyone who stood at the podiums were once "I's" too. They were also once students, interns, newcomers, trainees, and apprentices. And, they also sat in awe in front of the innovators of their time and had similar dreams to my own and many of the other learners in the room. As the saying goes...they all started somewhere. And they stood at those podiums because of the support they received from their teachers and mentors, and because someone in their lives believed in them enough to give them a chance. They all started with a hunger to learn, improve, innovate, and teach. They were all once in my shoes. I found myself feeling limited in what I allowed myself to dream because of the judgment I felt from those few people.

These types of limits and judgments are, in my opinion, one of the root causes of conflict within our field today. They are obstacles that stand in the way of our continuing to build credibility as legitimate clinical practitioners, and of our struggle to disrupt the stigma associated with the need for our services. Too often I find colleagues judging each other in the same way people who need our services are judged.

Therefore, I applaud my colleagues who empower one another, who engage in intellectual dialogue, who consider alternative opinions and experiment with new ideas, and never forget the origins of our fascinating work as they support the newcomers. They realize there is room for all of our ideas and our field will only continue to evolve into a blend of the ideas. A true learner is open to the possibility of the effectiveness of new models and techniques. The beauty of our work is that we

can all do it differently; that our styles are completely malleable and that we can change our beliefs and approaches as we gather new experiences. With this, I thank those who organize The Evolution of Psychotherapy Conference. This conference sparks creative thought and invigorates attendees with a renewed sense of ambition. Someday, I hope to hear my colleagues' feedback after I give my own talk at that podium in the not-too-distant future.

## Mini-Reviews for The Evolution of Psychotherapy Conference 2017

*Some of recorded material from these Evolution of Psychotherapy 2017 conference reviews can be purchased at the Foundation's online store: <https://www.erickson-foundation.org/store/>.*

*Also, the Foundation is now offering APA continuing education credits for Evolution 2017 home study: <http://www.evolutionofpsychotherapy.com/video-audio-available/>.*

### Intro by Rick Landis, PhD

In the words of Diane Yapko, "On Wednesday morning, December 13th, Jeff Zeig launched the much anticipated 2017 Evolution of Psychotherapy Conference to an enthusiastic audience of nearly 7,500 attendees. He shared his excitement for what was to come in the next few days, given the extraordinary amount of talent reflected in the faculty."

And that was the start of a problem for me. Following each Evolution Conference, it is a tradition in this newsletter to present brief reviews from what we felt were some of the top presentations. But this year, given the scope and quality of the faculty and presentations, it simply was not possible. Our committee could not choose. So, using our impressive years of combined experience, knowledge, and skill, we put the presenter's names in a hat and fished several out! Here's what we drew.

### David Whyte

#### SOLACE: The Art of Asking the Beautiful Question

#### Keynote 1

#### Reviewed by Michael Munion, MA, LPC

Poetry done right leaves one changed, perhaps transformed in ways that defy articulation. On the eve of The Evolution of Psychotherapy Conference 2017, David Whyte addressed those fortunate enough to attend the pre-conference and hear his presentation. He spoke on "The Art of Asking the Beautiful Question." Whyte narrative is lyrical, so there are moments when the listener is unsure of whether he has drifted into recitation of one of his poems. It is only in his repetition of the verse that one recognizes where the introductory forethought ended, and the poetry began, and if that sounds like maddening confusion, it is not. Whyte's work is so evocative and rich in its impact that the listener is left wanting. The beautiful question, in this case, addresses one's soul and the challenges of fostering growth in one's self, which every good psychotherapist ought to contemplate, perhaps more frequently than we commonly do.

Whyte's address, which did indeed transform attendees, was poetry done right.

### Philip Zimbardo, PhD

#### My Journey from Creating Evil to Inspiring Heroism

#### Keynote 8

#### Reviewed by Julia Alperovich, MS, LMFT

Philip Zimbardo began with an overview of his research on evil and heroism.

*MINI-REVIEWS continued on next page*



**MINI-REVIEWS***continued from page 8*

He then discussed his view of the various levels of evil that exist in society and offered a summary of the findings from his famous Stanford Prison Experiment. Zimbardo then transitioned into describing his current research on shyness and the exacerbation of shyness among the younger generation because of the tech revolution. He offered a set of solutions for helping young males disengage from technology and acquire a future orientation through involvement in mentoring programs and participation in familial activities. Zimbardo also provided a brief overview of his new time perspective in which he uses time therapy to treat post-traumatic stress. Clearly, we still have much more to learn from Zimbardo in the coming years, as his research and development of treatment modalities is ongoing and in full throttle.

**Irvin Yalom, MD****Was That Life? Well, Then, Once Again!****Keynote 9****Reviewed by Julia Alperovich, MS, LMFT**

Irvin Yalom opened his keynote speech with a powerful personal story. He shared his experience with coming to terms with his mortality and the realization that he is the remaining keeper of the memories he created with medical school colleagues, all of whom have passed away. He reflected on how his work has evolved throughout his life and talked about the deviation from his training as an analyst into of greater treatment efficacy through genuineness and presence. He also shared a story about his use of self-disclosure with a client and the power of pertinent narrative use in therapy. Yalom ended his speech by stressing the importance of the therapeutic alliance through unconditional positive regard and appropriate empathy, citing these factors as the most potent catalysts for change. His talk was personal, moving, and truly impressive.

**Robert Sapolsky, PhD****The Biology of Humans at Our Best and at Our Worst****PC 1****Reviewed by Michael Munion, MA, LPC**

This lecture proved to be most engaging and informative. With surprising wit and the capacity to articulate incredibly complex phenomena simply and clearly, Sapolsky thoroughly examined the determinants of behavior (for example, “Why *did* she stop to smell the rose?” or “Why *did* he pull the trigger?”) through the lens of the tripartite brain. The tripartite brain is comprised of the “reptilian brain,” responsible for fundamental reactive/survival functions; the limbic system, which mediates emotions, motivation, and learning; and the prefrontal cortex, which is responsible for executive function/decision making. In support of the conclusion that no single determinant will allow us to predict behavior, Sapolsky discussed influences on our behavior, ranging from the moment before the behavior, to evolutionary influences of the past several millennia, and a host of factors in-between. Intra-individual factors, such as hunger/satiation, bio-chemical considerations, and personal developmental history, along with socio-cultural factors play a role. In the end, Sapolsky leaves us with hope: despite our survival driven reptilian responses that divide the world into us/them (safety/threat), and our limbic response that amplifies that survival-based call to action, he maintains that we can overcome and choose, as he says, “to do the right thing.”

**Steven Frankel, PhD, JD****Law and Ethics****“What Goes Around...”****LE 1****Reviewed by Helen Erickson**

Steven Frankel, known for his expert ability to discuss and clarify legal issues related to ethical practice, engaged a large audience for his pre-conference on the law and ethics of psychotherapy.

Frankel addressed a wide gamut of topics, moving from one to another seamlessly. Beginning with commonly encountered practice issues, such as strategies for creating, maintaining, disposing of clinical records in both active and inactive status, and telehealth, he then segued into topics such as ethical and legal issues related to supervising students, working in rural communities, providing end-of-life care, assessing suicide risk, and “dirty lawyer tricks.” Interesting interactions with participants were encouraged and often accompanied by a case example.

Throughout the workshop, Frankel encouraged practitioners to maintain good documentation identifying their actions, rational and ethical considerations, and the outcome. Sound legal and professional advice was intermittently offered. Three topics stood out: self-disclosure, physical contact with the patient, and leaving a professional legacy. Frankel advised participants to use self-disclosure only when it is relevant to the treatment plan. He also advised to make it brief and be sure that patient-therapist boundaries are addressed, as well as the reason for using disclosure. In the same light, he discussed the role of physical contact, advising that it should only be used when deemed therapeutic, and it should be carefully discussed in advance.

Finally, given that all of us age and need to consider our future, Frankel discussed the legal and professional issues related to leaving one’s practice with dignity and in a timely manner, and planning for unanticipated termination of practice. He advised participants to plan in advance to avoid legal action against one’s self and or one’s estate. All in all, the session was informative, thought-provoking, and left many with an interest in learning more.

**Daniel Amen, MD/Michael Yapko, PhD****Approaches to Depression: Biological, Psychological, Social and Spiritual****GD 1****Reviewed by Diane Yapko**

I had the pleasure and honor to be the moderator for the “Great Debate” between Daniel Amen and Michael Yapko. Together, they co-created a comfortable atmosphere of cooperation in respecting each other’s view. Each began by presenting their individual perspectives on how they think about and treat depression. Amen’s emphasis focused on the need for employing brain scans to inform his treatments with diet, nutritional supplements, and psychotherapy. Yapko spoke on the rising rate of depression and emphasized the social underpinnings of depression, pointing to the influences of social decay, bullying, and invasive technologies. He advocated for psychotherapeutic interventions to promote relevant life skills and prevention methods. They each offered substantive data to support their perspectives, along with stories told with a mood enhancing sense of humor. While each had a different focus, they both acknowledged the need for multidimensional treatments and both recognized that medication alone for everyone is not adequate.

Although both parties generally agreed with each other, neither hesitated at times to assert a differing viewpoint. What a pleasure to hear two intelligent experts discuss important ideas without devaluing or minimizing the other’s perspective! The meeting room was filled, which affirmed the widespread interest in the topic of depression, and at the end, the audience made it clear they enjoyed this great debate.

**Donald Meichenbaum, PhD/Stephen Gilligan, PhD****Cognitive vs. Experiential Emphasis****GD 7****Reviewed by Helen Erickson**

Donald Meichenbaum, a longtime cognitive behavioral scientist known for his research, scholarly publications, and work with the Melissa Institute for Violence Prevention and Treatment, and Stephen Gilligan, a longtime Ericksonian teacher, practitioner, author, and contributor to the Erickson Foundation, presented their two approaches to psychotherapy. Meichenbaum began with an interview guideline he developed and discussed how to use and evaluate the data derived from it in direct practice Gilligan presented a model he developed from practice. Based on observations through time, he identified two states he calls “coach” and “crash,” that indicate the ability to cope and implications for practice. The two presenters

*MINI-REVIEWS continued on next page*

**MINI-REVIEWS***continued from page 9*

seemed to be doing a dance, each leading with what they knew to be “true,” reflecting on the work of the other, and ultimately discovering the underpinnings that drew them together as therapists. They concluded with an agreement that the approach to psychotherapy is less important than the understanding that humans are holistic beings with mind-body linkages that affect their perceptions, biophysical responses, and the symptoms they bring to the clinical arena.

**Christine Padesky, PhD, with Discussant William Miller, PhD**

**Action-Based Learning**

**CDD 2**

**Reviewed by Susan Pinco, PhD, LCSW**

The base note of Christine Padesky’s marvelous clinical demonstration was “walk more, talk less.” This thematic thread, which personally resonates deeply, and was evident in the work of many of the faculty at the Evolution Conference, led to a powerful experience for the clinician who was role-playing a client, and for the attendees who packed the conference room. Words were the springboard for experience -- experiences that were chained together to create new states, possibilities, and learning. The process was reminiscent of the story Padesky told about how Boy Scouts get out of the forest without a compass. She explained that they imagine a straight line between where they are standing and a tree. Then they find a second and third tree that are in that line of sight and begin to walk toward the first tree, continuing on toward the second tree. As they walk between the first and second tree, they look for another tree, always moving in a straight line, and always finding the next tree.

**Esther Perel**

**Sexuality and Intimacy with Couples**

**CD13**

**Reviewed by Julia Alperovich**

*We can have two or three marriages in a lifetime with the same person.* - Esther Perel

There was a good reason for the auditorium being completely packed for Esther Perel’s talk on her work with couples and infidelity. Esther is an extremely engaging speaker and her approach to working with infidelity is groundbreaking in its diversion from the long-accepted axiom of infidelity. Esther provided a history of monogamy and marriage, followed by an overview of the current sexual politics and gender issues, which influence how infidelity happens and how it is perceived in the current age of technology and across cultures. She explained how affairs should be viewed as opportunities, and shared her step-by-step process of working with couples around issues of disclosure, motivation, rebuilding trust, and restructuring relationships. Included in the presentation were audio recordings of some of her most powerful sessions with couples, capturing transformational moments in the couple’s healing process. Her theory and her method has important implications for the future of clinical work with couples, especially during a time where technological advances are changing how people enter into, engage in, and experiment with relationships.

**Stephen Gilligan, PhD with Discussant Jean Houston, PhD**

**The Primacy of Creativity in Effective Psychotherapy**

**SPD 2**

**Reviewed by Helen Erickson**

Stephen Gilligan and Jean Houston captured the attention of the audience in an exhilarating discussion of how creativity is central in effective psychotherapy. Gilligan started off with a model extrapolated from practice, positing that there are inherent generative trends that exist in all humans; therapists just need to understand and focus on their expression. When they do, the human’s natural tendency to grow, learn, and be creative is engaged. The trick is to use hypnotherapeutic approaches to “coach” the generative state rather than focusing on the “crash” state where problems are locked into the psycho-neuromuscular as-

pects of the human being. To further expand, he presented four premises for generative work: 1) Creative work occurs in the unconscious (quantum universe) and conscious (classic mind-body universe); 2) The conversation between the two is mediated by filters; 3) It is the human conscious (human’s mind-body universe) that creates the problems; and 4) The unconscious (quantum universe or Coach Field) has the ability to create solutions. He then presented a six-step process for facilitating generative change.

Houston responded with a brief discussion of her travel experiences and how they relate to Gilligan’s work. She stated that she has observed similar understandings throughout the world, adding that Gilligan’s ideas of the quantum universe are identified as spirituality in many other countries. She called his work a “profound unfolding” of the next generation of psychotherapy.

**Peter Levine, PhD with Discussant Bessel van der Kolk, MD**

**Trauma and Memory: Brain and Body in Search for the Living Past**

**SPD 3**

**Reviewed by Betty Alice Erickson, MS, LPC, LMFT**

Both Peter Levine and Bessel van der Kolk are excellent speakers whose presentation together flowed seamlessly -- each contributing to and expanding the other’s point of view.

People are “memory mills,” creating explicit and emotional memories which are often intertwined. Episodic memories “move us forward” in our lives and procedural/body memories are explicit in that once you learn how to walk or ride a bicycle, you never forget. Emotional memories, however, are very different.

Emotional memories can create stress and body memories. The body reacts -- it stiffens, and we become hypervigilant. We are stuck in those reactions, which is a non-verbal reminder of that memory. Trauma is always a threat. We tend to act it out over and over in our memories, even if it’s not expressed verbally.

Those behaviors cause a re-experiencing of the body memories. People become afraid, their heart races, they feel “frozen,” and they can’t or don’t know how to change those situational irrelevant feelings.

Van der Kolk and Levine worked with a man who was bullied when he was young. The repetition of the feelings he felt in childhood continued to plague him in adulthood. The man was asked only “what we [both therapists] need to know” -- and that phrase alone was valuable to the man because what therapists need to know is often far less than is assumed by the client. The man said he felt helpless -- angry with himself for not stopping the bullying, regardless of his inability to do so.

The subject was asked to re-feel those physical feelings -- to report a “scan” of them. He stated that he had tightness in his stomach and shoulder. Levine moved his shoulder and said, “Ahhh,” as in relief. The man was then told to move that tightness and feel relief in the movement; to feel the release of anger and fear. Both presenters empathized with the man being bullied and said that relief, even if felt much later in life, is good. The man then talked to his young self; he imagined holding himself, and in doing this, a new body memory was formed.

In conclusion, Levine told the audience, (and obviously the demonstration subject), that the body knows how to hold on, but it also knows how to heal. In closing, both presenters added that this experience could stay with the subject in his imagination, and whenever he is hurting, he can call it up.

**Daniel Amen, MD**

**Memory Rescue**

**SP 7**

**Reviewed by Betty Alice Erickson, MS, LPC, LMFT**

Daniel Amen is a highly qualified psychiatrist who has walked a different path than many other experts in the field. Adamant about the dangers of even minor head injuries, Amen emphasized their effects on our thinking and recall processes.

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Recall difficulties are often dismissed as an inevitable part of growing old, but Amen is not sure that this is indeed inevitable.

Years ago, scientists believed that brains could not regenerate new cells. Now we recognize that brains are indeed regenerative, however brain injuries heal slowly and often not completely. The brain is still damaged, but able to cope. Amen showed brain images from a healthy young person and pointed out the smooth outline and symmetry. He then showed brain images of people with difficulties in cognition and memory retrieval. Their brains had ragged edges and loose blank spots—sort of like Swiss cheese. Armed with countless slides of brain images, Amen's fervor was contagious as he showed people's brains before and after his treatment – and the differences were remarkable. Although the post-treatment brains did not look exactly like 100 percent healthy brains, they clearly looked (even to the layperson) far healthier than the damaged brains. Amen strongly believes that his treatment of a healthy diet along with vitamins and supplements allows the brain to regenerate cells.

In the service of bringing a greater validity to Amen's conclusions, I would have liked to have seen comparative slides of people who have similar slowing cognition and recall issues being given traditional treatment, as well as comparisons from traditional cognition and recall tests before and after treatment. With clinics already established, Amen is in an excellent position to do these scientific protocols and I for one would look forward to the results.

**D V D R E V I E W*****Using Stories to Create Change  
in Psychotherapy***

Clinical Demonstration by: Bill O'Hanlon, MS

Discussant: Cloé Madanes, LIC, HDL

DEMONSTRATION: # CDD 1

<https://catalog.erickson-foundation.org/>

Reviewed by Roxanna Erickson-Klein, Dallas, Texas

This 90-minute live presentation at The Evolution of Psychotherapy Conference 2017 provides a rich opportunity for both listener and viewer. Opening remarks cue the audience to key features about the presenter, Bill O'Hanlon, namely that he has written 35 books (one of which was featured on Oprah), and given more than 3,500 talks internationally. He is Madanes, is equally renowned. She has worked with Tony Robbins and greatly contributed to Strategic Family Therapy. Both O'Hanlon and Madanes commented on their comfortable professional relationship and expressed appreciation for the opportunity to work together.

Prior to inviting a volunteer from the audience, O'Hanlon spoke casually about ways that storytelling can be part of the therapeutic encounter. Then, he specifically requested a volunteer who is "stuck and wants to change." A woman hastened to the stage while O'Hanlon commented on his willingness to take a chance and work with the unknown, as opposed to the more common approach of selecting a volunteer in advance. The volunteer, Annie, described herself as feeling stuck, unsure of what change she most desires, but she was clear that she had always wanted a daughter, and did not want to give up on that dream. She then told of some personal matters that interfere with the possibility of adopting or becoming pregnant. She spoke lovingly of her family life—her husband and two young sons.

The interchange between O'Hanlon and Annie was back-and-forth self-disclosures. When Annie shared a narrative of disappointments and frustrations, O'Hanlon artfully and strategically inquired about how adversities had strengthened her; he reframed her self-description of anger, stubbornness, and shame into

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qualities that expanded her perspective and shifted her connections with her world. When the conversation went back to O'Hanlon, he talked about his journey of feeling lost and depressed, and his own long neglected dream of being a songwriter. It was then Annie who talked about "finding joy." He responded that music brought change and saved his life. O'Hanlon led the conversation to an idea that when we are stuck between two untenable options, we innately have the ability to discover a third option—and that we should always go for this option. While it was clear that Annie was a bit confounded by this directive, it was also apparent that she was deeply searching for resources..

The demonstration concluded with a summary by O'Hanlon: one either gets what they hope for or they don't; that connections with self and others are integral to the process; and that from adversities, gifts can emerge. As he summarized these concepts he specifically identified gifts that Annie possessed. The demonstration concluded without a clearly developed story in the traditional sense. Instead, it seemed to be a casual conversation between two parties, each talking about themselves. O'Hanlon thanked Annie for her honesty and vulnerability, and Annie admitted that transmuting her pain into a gift for the world "feels good."

Madanes was then introduced, and she launched into a story about the life of Evita Perón. Madanes is also from Argentina and she told of Perón also longing for a daughter. In the discussion that followed, which included several astute comments from the audience, Madanes raised questions about Annie's relationship with her own mother. The audience seemed engaged in a meaningful way and their contributions and overview of the process enhanced the demonstration. O'Hanlon explained the associative process that makes the experience so individual. It became clear that the "story" could have developed in a multitude of directions. Among the key points made were that one does not need to "like" the story for it to have therapeutic value, and that a story can often soften a message that is otherwise hard to communicate in a more direct manner.

Both O'Hanlon and Madanes credited Milton Erickson and his therapeutic style with being the inspiration for their own evolution as therapists and their decision to use storytelling in their practice. Overall, this demonstration was fascinating for professionals, whether they already use storytelling, or are merely curious about its possibilities.

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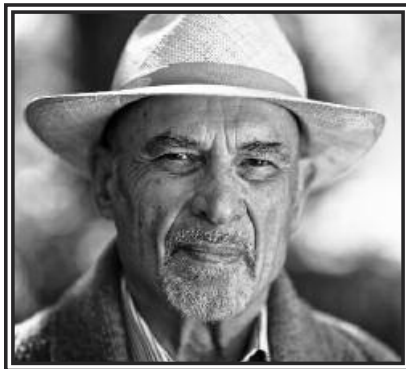
## Coming Home to Yalom

By Julie T. Anné, PhD

The following is an excerpt from “Coming Home to Yalom,” an article written by Julie T. Anné, who has been a practicing psychologist for the last 26 years. After the Evolution of Psychotherapy Conference 2017, she wrote a heartfelt tribute on her website to Irvin Yalom. I encourage you to follow the link to read it in its entirety. It is truly beautiful. It can be found at: <https://anewbeginning.com/coming-home-yalom-psychologists-journey-back-roots/> -- Rick Landis

For five days, during what will most certainly be one of the most inspiring professional experiences of my life, this awe-struck psycho-fan had the sheer privilege of reveling in the wisdom, the innovation, and the heart of perhaps one of the greatest masters of our short psychological history. Watching Dr. Otto Kernberg give his three-hour lecture on the psychodynamic origins of Borderline Personality Disorder (and how to cure it), witnessing Drs. John and Julie Gottman present their wealth of research on what makes marriage work (and watching them kiss in-between presentations!), and absorbing a demonstration of Dr. Sue Johnson working her EFT magic with a couple, was fantastic.

Dr. Philip Zimbardo delivered an age-defying review of his prolific body of work, Dr. Bessel van der Kolk showed us how “The Body Keeps the Score,” and relative newcomer, Esther Perel, LMFT, enthralled us all with her thought-provoking insistence that we work to redefine our views and appreciate the multifac-



Irvin Yalom, MD

eted angles of “The State of Affairs.”

While one after another of these masters were, well masters, no one brought me home to myself like Dr. Irvin Yalom.

Eloquent, genuine, vulnerable and disclosive, this great man, theorist, and master existential-interpersonal therapist reminded us all of why we have chosen to live our life within the professional therapeutic realm.

With heart and honesty, Dr. Yalom talked about his mistakes and his successes, his therapeutic heart and his boundaries, his life-long self-reflection and his own process as he grapples with existential issues of loss, impending death, and a life well-chosen and lived.

I didn’t get a chance to thank Dr. Yalom. To tell him that he influenced me at the beginning of my career and that he reinvigorated me at the midpoint of my career. I didn’t get a chance to tell him that I’ve trained many an effective therapist utilizing his approach or that I’ve run only Yalom-based interpersonal process therapy groups for the past 26 years. I didn’t get a chance to tell him that I had his book, my original copy of *Love’s Executioner*, tucked safely away in my purse, in the hope that he would be able to sign it...

...Walking away in darkness, I participated in a familiar form of self-reflection, perhaps learned years earlier in a Yalom-esque fashion. Why had I not waited? Why did I choose to leave instead of getting my book signed? Why had I not lingered to share with Dr. Yalom my lifelong dream of writing a similarly formatted book, before my career is over? It was completely uncharacteristic of me as I typically work to move heaven and earth to fulfill a dream or a need. But I didn’t tonight.

And then it hit me. I was fulfilling a need. I was fulfilling my need to never have to say “good-bye.”

Thank you Dr. Yalom for your amazing body of work, for your prolific and moving recollections of the true moments of therapy, and for helping so many generations of therapists to be present and creative facilitators of change, for those who so deserve to be healed.

## TWO

continued from page 4

tion to truly helping people, especially those who are vulnerable.” As if being brought back from a darker place, Paul followed his daughter’s comments with a more sympathetic appraisal of his father, “He was a first-generation American. His parents were immigrants. I never liked him, but I admired his intelligence and dedication to service. And, I am grateful for inheriting those things from him.”

More than just a researcher, I could see that Paul Ekman had found a way to apply his extensive knowledge of emotions and act as a sort of human shield. He was buffering his daughter from the fiery abuse and mental anguish to which he and his parents had likely been exposed. If there ever was a time that he had been angry or harsh with her, it did not show in his daughter’s face, or in her gentle self-confidence. Having witnessed so many psychologists who failed to apply the lessons of their craft to their own family or personal development, I felt doubly impressed by Paul Ekman’s psychological achievements.

Switching to a lighter topic, I asked

Paul about the TV series, *Lie to Me*, which was inspired by Paul Ekman’s research and its practical application in forensics and government security. In this show, the lead character is the world’s foremost authority on reading facial expressions and detecting lies. Another similarity is that the lead character has a mother who committed suicide, he has a history of trouble in marriage, and he is an older father with a young daughter. I already knew that Paul had worked closely with the script writer during season one as a scientific advisor. So I was curious to find out which part of this TV drama paralleled real-life interactions between he and his daughter.

Asking about this fictional psychologist, I quoted him as stating that he would never use his lie detecting skills on his daughter, because he felt this would be an unfair violation of her privacy. I asked Paul, “Did you have this rule for yourself?” To which he replied, “That was my line. I told them that.” Focusing again on his desire to be a good parent, Paul added, “I certainly think I did abide by that. I tried

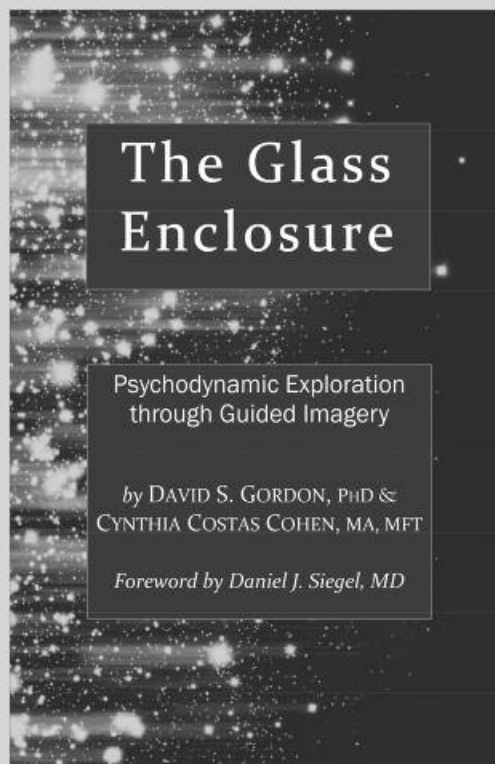
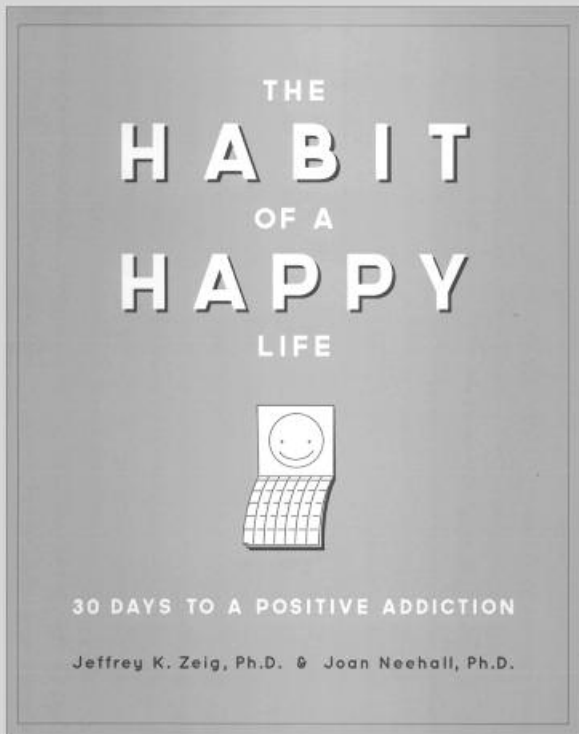
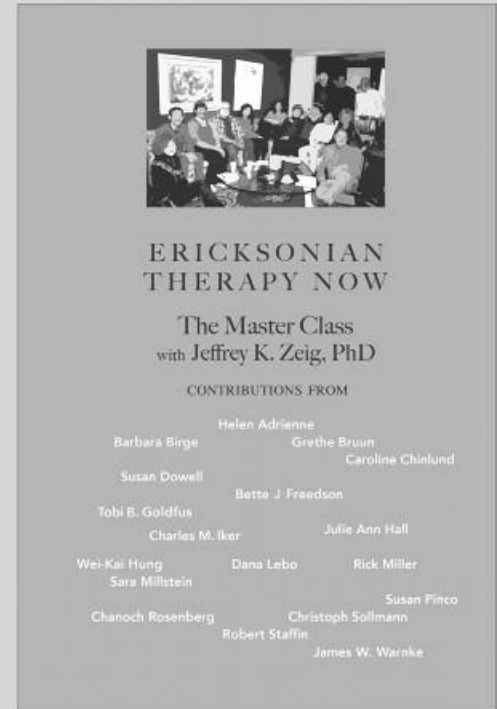
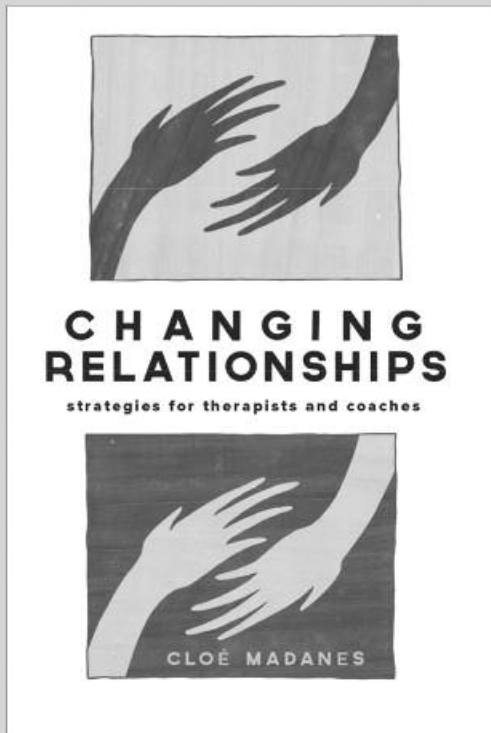
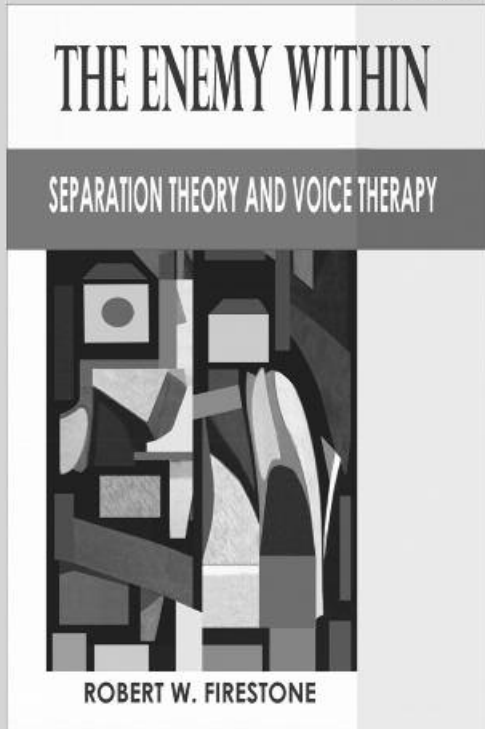
to never put Eve in a position where she would be tempted to lie to me. That was the key.”

Smiling as he looked at his daughter, Paul added, “But if I thought she was concealing something, I never called her on it. You know that’s a different role. That is the parent as policeman. Back in the days when I used to lecture her, when she was still a child, I used to say, ‘I don’t want to be the policeman. And I don’t want to be your friend.’ Neither of these are the role of a parent. The parent’s role is closer to the role of a teacher than it is a policeman or friend.” Pausing for reflection, Paul added, “But it’s not the role of teacher either. The teacher does not have the same emotional investment and does not make any big sacrifices.” After hearing himself say that it was his role to make big sacrifices for his daughter, Paul looked over at Eve and confessed that he did not feel like he had ever had to make any sacrifices for her. The two of them laughed as he asked her when she was going to ask for a sacrifice. Eve jokingly warned, “It’s coming!”

Our discussion continued with Paul commenting on historical figures in psychology, illuminating social research, and recent political events. I tried to get Paul to tell me what he read in President’s Trump’s face but he stuck to his policy of not remarking on sitting government leaders. He and Eve did get into a disagreement over whether or not contempt can be seen on a certain celebrity’s face. Paul challenged his daughter to show him the physical evidence, and Eve gladly accepted, “As soon as we get home!” Watching these two smile and laugh, even as they came into conflict, I experienced a sudden realization. When your central cause is to understand someone at deep emotional levels, then the best aspects of humanity emerge in every form of interaction—even conflict and disagreement. It seems to me that the mistreatment of others represents a low emotional I.Q. And thus, the scientific accomplishments of Paul and Eve Ekman are something we could all benefit from knowing.

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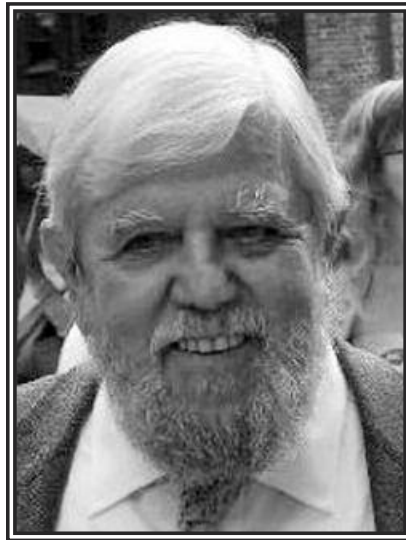
# I N M E M O R I A M

## Farewell, John H. Frykman, Ph.D.

John Frykman died on October 21, 2017 after an extended illness. John was age 85 and with family when he passed. He was a dear and good man, and will be remembered and much missed.

John connected early on with the group at the Mental Research Institute, and had many a story to tell about studying with Paul Watzlawick, joking with Dick Fisch, and adventures on the road while presenting workshops with John Weakland. When I asked, "Did you meet Bateson?" John's reply began with "Gregory stayed at our house one summer..." John established the Cypress Clinic in Carmel, CA, helped found the Haight-Ashbury Free Clinic, and for decades maintained a private practice in San Francisco. He knew Milton Erickson personally, and videotaped fascinating interviews they did near the end of Erickson's life -- some of these have only been seen by a few people. John was pleased when Jay Haley told him, "The way you do therapy is more like Erickson than anyone else I've ever seen!"

Calling attention to himself was not John's way. Fittingly, we met at an Erickson Congress, and only over time did I come to realize what an extraordinarily multifaceted person he was. He had a certificate in architecture and had studied different languages. He was a world traveller and taught in many countries. He wrote and edited books. He had season theater tickets, loved to sing, and knew a million operas. He enjoyed sports, and told me about the time when he was a boy living in Massachusetts -- he was badly injured and in the hospital and the great Boston Red Sox slugger, Ted Williams, visited him and said, "When you get better you can come to a game and sit with me



*John Frykman*

in the dugout." And John did.

John was also an ordained Lutheran minister. When I asked him how he could believe in something as vague and mystical as God, he smiled coyly and said, "I don't know for sure -- but it's a good working assumption." He was very active in social justice politics. When the church did not support gay and lesbian rights, John was true to his faith and bravely challenged the church; subsequently, he was rightly honored for his important work. He and his wife, Cheryl Arnold, also opened their doors in Oakland, California to provide an early meeting place for the Black Panthers. John and Bobby Seale (one of the Panthers) drove down together to visit Huey Newton (another Panther) who was in prison. Later, I heard about John's experiences with the labor organizer, Saul David Alinsky, and also about his meeting Dr. Martin Luther King when King came to Oakland to help black milkmen get their fair pay.

John seemed to know almost everyone. He brought a famous German philosophy professor, an expert on both Buddhism and the composer, Wagner, to my house for lunch (they had met in India). Another time we went to Big Sur to visit his good friend the poet, Ric Masten. John was

proud of his Swedish heritage. He was kind and generous and looked for and often found the best in people. His circle of friends and clients included the whole human rainbow -- different colors, straight and LGBTQ, troubled social outcasts as well as worldly successes. He once wrote a chapter called "Love's Got Everything to Do with It!" in which he recounted various experiences from childhood and the Army and MRI, and closed by extolling his wife, Cheryl, and his three adult children, Kristin, Lars, and Erik, as the source of his confidence in love.

John was always optimistic and hopeful. In his 80s, he fell in love with Barbara Clevenger, his life partner and steadfast supporter after

Cheryl died. The last months of his life, John and I had some nice visits, with our whisky glasses in hand. As it happened, though, I was away teaching in Sweden when the messages came about his illness worsening, and then, that he had died

John had a ready smile and a big heart. When the (gay) minister spoke at John's funeral service last December, I totally got the connection: it was love that guided both John's ministry and his Ericksonian psychotherapy -- and his life. Farewell, dear friend!

**Michael F. Hoyt, Ph.D.**  
Mill Valley, California  
March 10, 2018

## THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

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**Questions? Email, [karen@erickson-foundation.org](mailto:karen@erickson-foundation.org)  
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## FOUNDATION NEWS

### Two New Employees Join Foundation Staff



*Chase Harper*

Chase Harper joined the Foundation staff in January of this year serving as a Media Specialist. He received his bachelor's degree in digital video from the University of Advancing Technology (UAT) and is currently working on cutting the footage from Evolution 2017. In his free time, Chase is "big into computers" doing a lot of gaming, which he believes has helped him in his new position at the Foundation.

Born in Gettysburg, PA and raised in central Iowa, Chase's interest in attending UAT brought him to Arizona. "I was looking for a nerdy, geeky kind of school that focuses on technology," he says, "and UAT seemed right -- that and getting out of Iowa winters and getting some sun out the desert. I began working at the Foundation thinking it would be a two-week job, but fortunately it turned out to be a full-time position. This is my dream job and I feel like I'm on a good career path to being an editor. The people are also great here. Right now I'm knee deep into archive footage from the first Evolution conference in 1985. After working on Evolution 2017, I'm actually seeing the evolution of psychotherapy because several who were



*Rachel Hedman*

at the first conference are still presenting today."

Rachel Hedman joined the Foundation in May, 2017 as an intern assisting both the Digital Marketing Specialist and Media Director with social media and advertising and editing various audio and video materials. Born and raised in Tacoma, Washington, Rachel also came to Arizona to attend UAT and graduated in December 2017.

In her spare time, Rachel enjoys reading, photography and playing board games. After her internship Rachel plans to return to Washington to be closer to her family.

### Lana Heckman Accepts Internship at Erickson Historic Residence

In the summer of 2017, Lana Heckman accepted the invitation to become the new caretaker of the Erickson Historic Residence, formerly known as the Milton and Elizabeth Erickson Museum. Born and raised in the Phoenix metropolitan area, Lana attended Grand Canyon University and graduated in December of last year. Since then, she has continued to stay on at the museum offering tours and overseeing day-to-day business.

Recently, Lana was offered a six-month internship and she enthusiastically accepted. The internship began March 1st and will run through August of this year. It will include creating and implementing marketing strategies that

will enhance the visibility of the Erickson Historical Residence and the Milton Erickson Foundation. Lana will be doing outreach to local colleges, targeting university faculty and students in the departments of psychology, social work, nursing, and those in other healthcare fields. She will also work on creating strategies to boost the financial independence of historical residence.

"Many professors and some students already know who Milton Erickson is," Lana says, "but they have no idea that his former home is here in Phoenix. My goal is to generate awareness and sustainability. The tours should be a great learning experience. I love working with people and because we have so many professionals and students from around the world visit here, I'm always learning something new about Erickson – information and stories I often use in future tours."

Lana will also create and propose a plan for capturing and marketing the providence of the artifacts held at the Erickson residence. What lies ahead after Lana's internship is uncertain, but what she is certain about is that her experience with the Erickson Historical Residence continues to be educational and wonderful.

For more information please visit: <https://www.erickson-foundation.org/erickson-museum/>



*Lana Heckman*

### Jeffrey Zeig to be Awarded Honorary Degree in Portugal

The Human and Sciences faculty of the University Fernando Pessoa in Portugal have invited Jeffrey Zeig to receive the *honoris causa* in recognition of Zeig's outstanding contribution to the field of psychotherapy. Zeig plans to accept the award in person in the fall of this year.

"This award," says Professor Agostinho Leite d'Almeida, "could well be a turning point for the affirmation of clinical psychology as well as for integrative psychotherapy and clinical hypnosis within the Portuguese academic and mental health systems."

**The Erickson Foundation Newsletter Archive is Online!**  
<http://erickson-foundation.org/newsletter/archive/>

## Jeff Zeig Continues to Offer Masters of Psychotherapy Online Class

Throughout last year, Jeff Zeig conducted an online Masters of Psychotherapy class. It was such a success that it is now ongoing this year with new embellishment. “It was excellent!” says Joan Neehall, PhD, who was enrolled in all of last year’s classes. “Having Sal Minuchin in vivo was a highlight. Novice and seasoned practitioners will find it beneficial.” “I really enjoyed the Evolution of Psychotherapy class,” says Daphne Au Young, who also signed up for last year’s classes. “You can learn by reading books and imagine how the therapy would work, but you can learn a lot more by watching how it’s done by the masters. The best part was seeing all the masters from the various schools of psychotherapy work their magic in drastically different styles. It opened my eyes and helped me to think about cases from different perspectives.” “Jeff Zeig’s online master class is always full of new ideas and new techniques,” say Bette Freedson who also enrolled in last year’s classes. “They’re also fun and stimulating. My work with Jeff online and in person has changed my work and in many ways, my life.”

The 90-minute online classes will feature masters in psychotherapy, including Aaron Beck, Albert Ellis, Milton Erickson, Robert and Mary Goulding, Sue John-

son, Otto Kernberg, James Masterson, Sal Minuchin, Zerka Moreno, Carl Rogers, Virginia Satir, Carl Whitaker, and Zeig himself. Prior to class, participants view videos of the master therapists treating clients and during the interactive, live class Zeig discusses the methods and applications used in order to improve participants’ clinical practice.

The classes are limited to 24 and are recorded for later study for those who registered for the class, and for those who missed a class.

The course objectives include describing fundamental units of change from each of the theorists; describing how to effect therapy from a particular model given a particular patient; describing the metamodel of change from the perspective of each model; and providing a critique of each model.

Although this year is already filled, for those interested in the classes for next year, please visit: <https://www.erickson-foundation.org/2018-masters-psychotherapy-online-class-jeff-zeig/>. If you have questions please email: [Joshua@erickson-foundation.org](mailto:Joshua@erickson-foundation.org).

## CONFERENCE NOTES

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

*The Couples Conference* will be held May 4-6, 2018 at the Oakland Marriott City Center in Oakland, California. Confirmed Faculty: Ellyn Bader, Helen Fisher, Harville Hendrix and Helen LaKelly Hunt, Sam Jinich, Esther Perel, Terry Real, Michele Scheinkman, and Stan Tatkin. For complete information visit: [www.CouplsConference.com](http://www.CouplsConference.com) The conference is sponsored by The Milton H. Erickson Foundation with organizational assistance by The Couples Institute in Menlo Park, California.

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

The International Society of Hypnosis will hold the *XXI World Congress of Medical and Clinical Hypnosis*, August 22-25, 2018, in Montreal, Canada. The theme of the meeting is *Hypnosis and Synergy*. The Congress will be held at The Palais des congrès de Montréal in the heart of downtown Montreal. A new 20-hour Introductory Workshop has been added to the program. For information contact ISH: Web, [www.hypnosis2018.com](http://www.hypnosis2018.com) (English) / [www.hypnose2018.com](http://www.hypnose2018.com) (French); Email, [info@hypnosis2018.com](mailto:info@hypnosis2018.com) ; Mail, P.O. Box 620, Berwyn, PA 19312; Tel, 800-550-ISH1.

The *69th Annual Workshops and Scientific Program*, sponsored by the Society for Clinical and Experimental Hypnosis (SCEH), will be held October 10-14, 2018, at the Embassy Suites by Hilton Convention Center Las Vegas, Las Vegas, Nevada. The theme for this year’s conference is *Hypnosis in Integrated/Integrative Healthcare: Collaborative, Connected and Creative Approaches*. Registration opens June 2018. For complete information visit: <http://www.sceh.us/2018-conference> or contact SCEH: Email, [info@sceh.us](mailto:info@sceh.us) ; Tel, 617-744-9857; Mail, 305 Commandants Way—Commoncove Suite 100, Chelsea, MA 02150-4057.

The Milton H. Erickson Foundation sponsored Brief Therapy Conference – *Anxiety, Depression and Trauma: Advances in Treatment*, will be held December 6-9, 2018 in Burlingame, California. More information will be available in coming weeks. Visit: [www.brieftherapyconference.com](http://www.brieftherapyconference.com) ; Email, [support@erickson-foundation.org](mailto:support@erickson-foundation.org) ; Tel, 602-956-6196; Mail, 2632 E Thomas Rd, Suite 200, Phoenix, AZ 85016.

The American Society of Clinical Hypnosis (ASCH) will hold the Annual Scientific Meeting & Workshop on Clinical Hypnosis, March 28-31, 2019 at the Hyatt Regency San Antonio Riverwalk, San Antonio, Texas. More information will be released in coming weeks. Visit: [www.asch.net](http://www.asch.net) ; Email, [info@asch.net](mailto:info@asch.net) ; Tel, 630-980-4740; Mail, 140 N Bloomingdale Rd, Bloomingdale, IL 60108.

## UPCOMING TRAINING

DATE	TITLE / LOCATION / LEADER	CONTACTS
<b>2018</b>		
4/14-17	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / Oporto, PORTUGAL / Jeffrey K. Zeig, Ph.D.	1.
5/3-4	Two-Day Training in Mind/Body Stress Reduction Techniques (CEUs provided) / New York, NY / Helen Adrienne, LCSW, BCD	2.
5/4-6	Couples Conference / Oakland, CA / Invited Faculty	3.
5/30-6/3	Ericksonian Approaches to Coaching / Guangzhou, CHINA / Zeig	4.
6/6-10	Experiential Counseling: An Ericksonian Orientation / Beijing, CHINA / Zeig	5.
7/9-13	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Brent Geary, Ph.D.; Zeig; Lilian Borges, MA, LPC	3.
7/16-20	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	3.
7/23-27	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Advanced</i> / Phoenix, AZ / Geary, Zeig, Borges	3.
7/30-8/2	Phoenix Master Class / Phoenix, AZ / Zeig, Invited Presenters	3.
8/13-17	Cape Cod Institute: Enhancing Your Therapeutic Impact: Advanced Techniques of Therapy / Eastham, MA / Zeig	6.
9/6-8	Advanced Techniques of Therapy / Toulouse, FRANCE / Zeig	7.
9/13-16	Master Class / Santorini, GREECE / Zeig	8.
9/30-10/7	Master Class and Intermediate Hypnosis Workshop / Mexico City, MEXICO / Zeig	9.
10/8-12	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Fundamental</i> / Phoenix, AZ / Geary, Zeig, Borges	3.

DATE	TITLE / LOCATION / LEADER	CONTACTS
10/15-19	Intensive Training in Ericksonian Approaches to Brief Hypnotic Psychotherapy - <i>Intermediate</i> / Phoenix, AZ / Geary, Zeig, Borges	3.
11/8-11	Intensive Supervision Workshop in Ericksonian Clinical Hypnotherapy - Master Class / New York City, NY / Zeig	10.
11/14-15	Bringing Out the Best in Your Client: Erickson's Hypnotherapy in Clear Words / Vienna, AUSTRIA / Zeig	11.
11/16-19	Master Class Coaching Workshop / Vienna, AUSTRIA / Zeig	11.
12/4-10	Brief Therapy Conference / San Francisco, CA / Invited Faculty	3.

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

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## B O O K R E V I E W

### ***The Enemy Within: Separation Theory and Voice Therapy***

By Robert W. Firestone, PhD

Zeig, Tucker, and Theisen  
2017

ISBN: 978-1934442579

432 pages

<https://www.zeigtucker.com/>

Reviewed by Suzi Tucker

In his most recent book, *The Enemy Within: Separation Theory and Voice Therapy*, author Robert Firestone writes: “The philosophy underlying my therapeutic work is to challenge one’s core defenses, differentiate oneself from one’s personal background and prejudices, work toward achieving autonomy and independence, and eventually free oneself to experience life as fully as possible despite the fact of one’s eventual demise. This fundamental philosophy can be conceived of as life-affirming death awareness.”

Firestone presents an in-depth exploration of the origins of the destructive inner voice that so often mightily chips away at the real self, despite an earnest endeavor to counter its impact. He also brings to life the quality of its messages and messengers, and more importantly, delineates his original Voice Therapy approach, which provides an effective way for people to stand up to their negative inner voice and move beyond their perceived limitations.

Replete with outstanding case examples, this book brings into focus the nuances of Separation Theory, which can help therapists effectively intervene and expand their understanding of clients’ personalities, relationships, and defense styles. The author elucidates his cornerstone concepts of the embedded critical voice and the fantasy bond, and explains their connections to common and dra-

matic consequences, such as violence and suicide.

Firestone’s fantasy bond (the primary defense) points to the illusion of fusion with one’s parents in order to defend against rejection in its various forms and to soften the effects of death anxiety. Unfortunately, although this bond may offer a modicum of relief, it is ultimately only an illusion that gets in the way of optimal functioning and being able to ground oneself in a positive relationship. Firestone’s method of Voice Therapy is a well-come resource — potent and practical — to help clients to differentiate and truly individuate.

Throughout this comprehensive book, Firestone is compassionate and efficacious in his framework when dealing with clients’ pervasive resistance to psychotherapy — a resistance to change that could lead to a fuller life. Readers will also most likely trip over some important insights about themselves.

For *The Enemy Within*, Firestone has synthesized content from his decades of contribution and research, incorporating highlights from 14 previously published volumes, innumerable journal articles, and hours of video content — and still there is more: this book is contemporary, broadly applicable, and inspiring.

Readers will find that Separation Theory powerfully speaks to the split between the real self and the anti-self, wherein a person’s authentic life goals and desires are at odds with the attacking voice that is bent on blocking positive movement. The anti-self is characterized by the ongoing negative thoughts and attitudes that draw upon the critical mantras of parents and other important caregivers, who, for various reasons, plant the seeds of “the enemy within” early on.

Toward the end of the book, Firestone submits: “We can move toward our individual goals and basic humanity, or in some fashion retreat from, or actually give up, our aspirations. Every decision is either in the interest of pursuing one’s life and personal freedom or sacrificing it for some form of illusion or false safety.” The author’s sensitivity and knowledge offer both novice and seasoned professional an assemblage of robust strategies anchored in a deep and coherent philosophical view that insists on seeing each human being in context.

## B O O K R E V I E W

### ***The Anatomy of Experiential Impact Through Ericksonian Therapy***

By Jeffrey K. Zeig, PhD

The Milton H. Erickson Press

Phoenix, AZ 2017

Paperback, 269 pages

<https://catalog.erickson-foundation.org/>

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

*The Anatomy of Experiential Impact Through Ericksonian Therapy* is one in a trilogy written by Jeffrey Zeig. The other two books in the trilogy -- *The Induction of Hypnosis* (2014), and *Psychoaerobics* (2015) -- emphasize different elements of the psychotherapeutic connection, but I enjoyed *The Anatomy of Experiential Impact* the most. Each of the three books stand on their own in content but reading them in sequence has greater impact and offers the reader more insight.

In the Preface of *The Anatomy of Experiential Impact*, Zeig recalls his own professional journey. In 1973, after earning his master’s degree in clinical psychology, he met Milton Erickson, and that meeting changed the trajectory of his life in ways that were unimaginable to him at that time. Even today, 45 years later, Zeig continues to be fresh and full of ideas, and hungry for wisdom to fulfill a greater vision. What seemed beyond reach to him in 1973, has been surpassed many times over, more quickly and expansively than initially envisioned. Now it is Zeig who reaches out to those who seek wisdom, and he offers this by artistically

drawing from his own experiences. His deep familiarity with the concepts and expansive awareness of other approaches to psychotherapy, as well as his artistry as a teacher, come together with his vision and clarity to offer his students and intellectual heirs the best of Erickson -- past and present.

This book is fundamentally Ericksonian --- meaning that it is based on the principle ideas of Milton Erickson -- but it also goes beyond Erickson’s foundations and style. Zeig does a beautiful job of graciously crediting Erickson for all that he learned, although he has developed his own perspective on what Erickson taught and puts those ideas into a pragmatic form. Zeig uses a plethora of ways to explain the concepts in this book -- through models, examples, exercises, constructions and deconstructions, discussions, comparisons reflections, and even a transcript. Each approach offers different facets of the larger whole. Readers are given a buffet of choices from which to learn. What shines throughout this book, and the entire series, is Zeig’s strong intellect and his exceptional ability to absorb new ideas, ponder a diverse input of phenomenological perspectives, and bring together opportunities to learn. And, his depth and clarity in doing this is rare.

At 269 pages, this book is surprisingly comprehensive. Zeig efficiently ties together his explanations of hypnosis, therapy models, and Ericksonian principles. Both the seasoned clinician and novice can glean information, food for thought, and ideas and techniques to enhance clinical practice. Erickson became more efficient with age, and it is evident that Zeig also illustrates the beauty of honing and refining what he has learned over the years.

What is presented in this book may seem simple and perhaps easy, but it is Zeig’s mastery that creates such an impression.

# BOOK REVIEW

## *The Beginner's Mind*

**The Complete Works of Milton H. Erickson**

**Volume 10 – Hypnotic Realities: The Induction of  
Clinical Hypnosis of Indirect Suggestion**

<https://catalog.erickson-foundation.org/category/the-collected-works>

Review by Richard Hill, MA, MEd, MBMSc, DPC

Imagine being in a room with Milton Erickson, at his invitation, to learn about his unique style of hypnosis. That might be difficult considering Erickson passed away so many years ago. Perhaps it is easier to imagine being in a room with Ernest Rossi, just to experience and learn. For everyone who reads this volume, which comprises the book published in 1976 by Erickson and Rossi & Rossi titled *Hypnotic Realities*, you will, indeed, be transported to these imaginary possibilities.

Eight chapters deal with different forms of induction, a ninth provides an excellent summary, and Ernest and Kathryn Rossi offer a modern, neuroscience-informed update on “What is Suggestion?” We can read the actual dialogue and the actions Erickson used, along with commentary between Ernest Rossi and Milton Erickson on the finer details of the processes, plus editorial comments and updates. Ernest and his then wife, Sheila, visited Erickson in order to learn, so they asked lots of questions, many of which I would have asked too, which made me feel as though I was actually there. There is no clearer or more thorough insight into what Erickson did than in this volume. For example: “...[it’s]not only what one says to the patient or subject, but how one says it, and where one says it...” (p. xiv). Erickson’s Preface reminds us that “...trance itself is a different experience for every person...and may be understood as a free period in which individuals flourish...” Erickson believed in “...helping individuals outgrow learned limitations so that their inner potential can be realized to achieve therapeutic goals.” (p. 2) The inductions range from a conversational induction in Chapter One, which can be “...so innocuous and indirect that it is often difficult to recognize that trance is being induced,” (p. 5) to the handshake induction in Chapter Three, which is a “...non-verbal technique...[to] distract and promote the confusion that Erickson acknowledged as a basic process in his approach to induction” (p. 83), and indirectly conditioned eye closure in Chapter Seven which “...emphasizes the need for careful observation of trance induction...” (p. 234)

As fascinating as it is to be able to read transcripts of Erickson’s precise words and actions, the most exciting thing is the commentary between Ernest Rossi and Milton Erickson that is interjected throughout. Rossi carefully listens to Erickson’s explanations of what he is doing and asks the questions that I’m certain many students wish they could have asked. Erickson sensitively answers everything.

The purpose of these sessions was to teach the Rossi’s about hypnosis, both theoretically and practically. Nothing I have read to date achieves the experiential nature of this volume. In addition, there is a fascinating breakdown of the elements utilized: the language styles, forms of questions, and modes of thinking. Surprise, confusion, implied directives, double binds, contingent and serial suggestions, voice dynamics, displacing and discharging resistance, and right and left hemisphere functioning in trance are my favorite elements detailed in this volume, but there is even more. Chapter Nine is a summary that collates the brilliance of all eight chapters and leaves us with focus and clarity.

There is no shortage of Erickson quotes, which are still relevant today. I suggest their relevance is because Erickson recognized the fundamentals of human nature that transcend the shift of society through time. One of the problems with working directly with the conscious mind is that “Consciousness is thus programmed to meet outer consensual standards of achievement, while all that is unique within the individual remains in abeyance.” (p. 18) I recognize this principle as a foundation of my second book. In our co-authored book (Hill & Rossi, 2017) based on Rossi’s Mirroring Hands practice, we presented many of these fun-

*As fascinating as it is to be able to read transcripts of Erickson’s precise words and actions, the most exciting thing is the commentary between Ernest Rossi and Milton Erickson that is interjected throughout.*

damentals because they remain true today.

This volume highlights the care and time that Erickson would take to ensure the quality of the hypnotherapeutic experience for both patient and practitioner. We can see the important checking and testing of the quality of the trance and the time described as “training,” given to the subject to establish his or her own engagement with the hypnotic experience. Nowadays, there seems to be a resurfacing in some quarters of prepared scripting, speed, and immediate, if not guaranteed, results. This is not the way of Erickson, who worked toward a unique, client responsive therapeutic experience. Although Erickson may have used direct suggestion in his early years, “...he later emphasized that attempting to directly program people without understanding their individuality was a very uninformed way of doing therapy.” (p. 322) Working slowly and carefully through this volume will leave you enriched with the essence of Ericksonian hypnotherapy and equipped with all the elements or ingredients you will need to create your own unique form of practice.



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## B O O K R E V I E W

### ***201 Positive Psychology Applications: Promoting Well-Being in Individuals and Communities***

By Fredrike Bannink

W.W. Norton & Company, Inc.  
New York

ISBN 978-0393712209

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[www.wwnorton.com](http://www.wwnorton.com)

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

*201 Positive Psychology Applications* by Fredrike Bannink offers so many positive ideas, concepts, and applications that readers will soon find themselves in a positive mindset. In this 303-page book, I was only on page 38 when realized that the author, had written so many positive things I believe in, that it would be impossible to remember them all. And not only are there many positive applications, but Bannink wisely includes studies that affirm the importance of positive approaches and a positive mindset.

This book contains seven chapters, an index, references, helpful websites, applications, and a page about the author. Chapter 1 not only provides the definition of positive psychology, but stresses its influence and impact on people's lives, which is to enhance, extend, and make life meaningful.

Chapter 2 on positive emotion suggests not asking ourselves: "What do I want?" but rather, "What would bring me joy?" This is just one example of power of this book.

Chapter 3, Engagement, lists three types of narratives: 1) those that progress to-

ward a goal, 2) those that are stable, and 3) those that digress. To appreciate how simple and profound these narratives are, compare this to the 34 plotlines the author alludes to that are supposed to encompass all stories ever written. This is part of what I like about this book. The author doesn't actually say what these 34 plotlines are; instead she elegantly offers facts; application 62 shows how to change a negative narrative into a positive one.

Chapter 4 is about relationships. The author points out that having positive relationships with people who can share in our success helps us to live longer. This chapter includes Application 103: Use Honeymoon Talk. The idea is that we should talk with our partners about the positive start of the relationship, and about the things that have gone right. This chapter also includes a section about lessons we can learn from geese!

Chapter 5 is about meaning. The author states what most of us intuitively know: that finding meaning and purpose is important to living a life of happiness. Application 142 is about how to find meaning in the best, worst, and most ordinary events in life.

Chapter 6 deals with accomplishments, and how those contribute to self-esteem, and feelings of purpose and meaning. In Chapter 7, the applications of the book are condensed, and there are notes about places where one can go to get tools to help with things like cognitive bias modification.

I especially appreciated all the results of studies in this book. It is powerful for us as people and therapists to know that new ways of thinking are empirically validated. One I particularly liked was The Nun Study of Aging and Alzheimer's. It discovered the relationship between positive stories of early life and living a long life.

I recommend this book as a resource book of inspiration to revive positive emotions and mindset.

## B O O K R E V I E W

### ***The Expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT for Self-Help, and Individual & Group Settings***

By Lane Pederson, Psy.D, LP, DBTC

with Cortney Sitwell Pederson, MSW, LICSW, DBTC

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CMI Education Institute, Inc., WI  
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<https://publishing.pesi.com/store>

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

The authors of this book intrigued me when they wrote, "The dialectics module teaches clients how to find the middle path..." Refreshingly relevant, practical, and useful, this book is not just for working with certain client groups; it is also helpful as a general life skills book. It offers tips and ideas that help us get into a better mindset for a more satisfactory life.

The first part of the book is philosophical and offers practical wisdom. By mak-

ing explicit, dialectical conflicts and offering examples from everyday life, it addresses many of the problems that both client and therapist face.

Mindfulness and being nonjudgmental is at the core of this book, but the authors also show the relevance of using sound judgement. Exercises that help for everyday applications are offered, for example, learning to pay attention to the little moments in life, distress tolerance, and ways to self-soothe. I especially liked the practical side of bridge burning and the use of pros and cons as a safeguard. Radical acceptance, which includes everyday acceptance and celebrating finding solutions, is taught in a user-friendly way.

Building a satisfying life might sound like a lofty goal for a workbook, but the ideas offered in this book are simple daily routines that can be easily incorporated into life. The language used also enticingly invites readers to make positive changes, without demanding it.

This 224-page book includes problem solving, emotional regulation, interpersonal effectiveness, shifting thoughts, and clinical policies. Each section has activities that teach, promote, and enhance one's ability to live skillfully.

I usually dislike workbooks because the activities offered are often created with little imagination and creativity. In this book, however, I took the time to go through the activities because they are creative, and I can clearly see the benefits.

Not only do I recommend this skills training manual, but I will refer to it from time to time as a resource book. It has practical ideas for generating control over



# BOOK REVIEW

## 101 Solution-Focused Questions to Help with Depression

By Fredrike Bannink, MDR

W. W. Norton & Company, Inc.  
2015

ISBN: 978-0-393-71110-3  
209 pages

[www.wwnorton.com](http://www.wwnorton.com)

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

Fredrike Bannink has written a useful text that invites professionals to change their focus from what is wrong with their clients to what is right, and from what isn't working in their lives, to what is working.

The first chapter reminds us to do this because we have all experienced client hopelessness, suicidal ideation, and depression.

Chapter 2 states that solution-focused brief therapy is the pragmatic application of a set of principles and tools. It is best described as finding the direct route to what works, whereby clients can have a deeper awareness of their strengths and resources.

The section on solution-focused questions is particularly useful, especially in "Working from the Future Back" where readers can find questions such as: "Suppose I made a full recovery. What would have helped me recover?" and "How would I have found the courage to do that?" (p. 36) These questions are used to invite the client to focus on a solution and what they did to solve their problem.

In "Creating Context for Change," the author highlights the importance of empathic understanding as well as affirmation when people experience pain in their lives. Chapter 5 uses the analogy of a taxi driver who asks a passenger the question "Where to?" instead of "Where from?" Readers can find a wide array of questions that can serve as examples they can use with their clients. For instance: "What are your best hopes?" and "What difference will it make when your best hopes are

met?" (p. 87)

Chapter 6, "Finding Competence," is about the capacities that people have that can help them live better lives. To find strengths and resources, the therapist can have the client ask themselves solution-focused questions such as, "What strengths do others think I possess to stand up to depression?"

This text has plenty of ideas about concrete activities clients can perform in order to feel better. Exercise 25, "Acts of Kindness," (p. 138) states: "Performing acts of kindness produces a great momentary increase in well-being, especially if people perform five *acts of kindness* in one day." This can be an easy task assignment for our clients as we can encourage them to be creative.

Chapter 6, "Competence," discusses the idea that despite life's struggles, people can still be competent. This could be an excellent topic to discuss with a client when dealing with problem of depression.

Chapter 7, "Working on Progress," is about exploring what has improved and letting the client know that things do not need to be perfect. Instead, therapists can ask questions suggesting that some progress has already been made. For example: "What is better?", or as an alternative, "What is different?" (p. 123). The importance of gratitude as a means for counterbalancing depression can increase happiness levels and decrease depression.

Chapter 10 focuses on well-being and explains how those who are depressed may "...pay less attention to their partner or children, be less involved, be more irritable, or have trouble enjoying time together." (p. 163) There is an interesting shift in this chapter as later there are exercises aimed at helping people improve their quality of life, for example by encouraging them to spend quality time with friends. The exercises highlight the importance of healthy relationships. Finally, the book covers the therapist's well-being -- and how we need to take care of ourselves to care for others.

I enjoyed reading this book.

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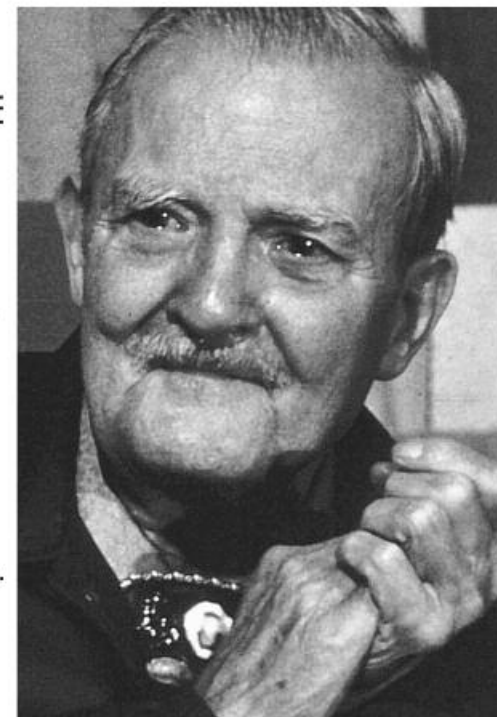
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## INTERVIEW

*continued from page 1*

beliefs, but usually you can break through them within a matter of minutes just by doing an experiment. So, if someone has a belief that is testable in that moment, rather than talk about it, I would just test it out right then and there. For example, with someone who is depressed who says, "I don't have energy. I can't do things." I might ask them, "What's your energy level right now?" And, if they say, "It's quite low," I'll be quite happy, because then I'll say, "Well, let's stand up for a moment and walk over here and look at this picture and talk about it for a minute." Then I will do some kind of interaction with them for a few minutes and say, "I'm curious, what's your energy level now?" And from that kind of experiment, it's not just the doing of the action, but it's the debriefing of it. I've tried to hone over the years a skill of using dialogue about experience to guide client discovery. If they say their energy is higher, I'll say, "Well, that's interesting...we started out with you telling me if you didn't have much energy, that you couldn't do things. You didn't have a lot of energy and yet you were able to do this. What do you think explains that?" I'll ask them a series of questions and we write down a summary of what they learned and their observations. Then, I'll ask them to reflect on that and I'll say, "I wonder, is there a way you could use these ideas to help yourself this week?" If there's anxiety, or if I'm wanting people to envision something positive that doesn't yet exist in their life, then I'm more likely to use imagery because imagery is powerful in terms of helping people imagine new things they aren't quite confident can exist. I might also use imagery if I want people to go out in the world and practice something. We know from research that imagery practice increases the likelihood that people will go out and follow through and do something. It turns out that people think in imagery almost all of the time. I think in the decades ahead, an important part of examining cognition will be looking at imagery. Now, if we're looking at imagery in terms of crafting some kind of change, for example, a new behavior, then I'm going to ask the person, "How would you like to be? What would you like to do? Let's take a few minutes and have you imag-

ine what that might look like." Then I'll have them imagine what they might be doing, and I'll try to direct their awareness to different parts of that experience. "What does that feel like in your body? What emotions are you feeling?" I get people to make more careful observations, and to draw into their attention, multiple aspects of their experience.

Sometimes if I'm working with personality disorders and more chronic conditions, I'll have people develop an image of what they wish their life was like, or what they wish they were like. And then I'll have them do similar things, where they can imagine scenarios. I ask them, "How does that feel physically?" Where do you feel that in your body? What emotions are you experiencing? What metaphors and additional images come to mind as you begin to enact this?" I think imagery is so wonderful and rich because it includes every aspect of experience within it.

**MY: You and Kathleen Mooney have recently focused on strength-based CBT. What sparked this interest?**

**CP:** Kathleen and I have always been interested in strengths. She did some strengths-based work in her first career, which she carried into her second career as a psychologist. When I started graduate school back in 1974, I was interested in strengths, but the zeitgeist at the time didn't support it. I couldn't find a single faculty member who would work with me on questions. In the late 1990s and the early part of this century, we started talking more in our trainings about strengths. What cemented this and got us intensively working in that area was the 9/11 attack. When that occurred, the next morning we had a meeting set up to plan the next year's training program and we said, "Wow, this changes a lot of things in our country. So, what are people going to want to learn about in six months?" We decided they might be interested in resilience. When tough things happen, resilience is usually the story that follows. So we put our minds together and devised a four-step model to build resilience for people who struggled with resilience. We recognized that all of us are resilient in some

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*I think imagery is so wonderful and rich because it includes every aspect of experience within it.*

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areas of our lives and we all lose resilience at other points in our lives. We began to articulate a model of CBT that is strengths-based. When you work with people on depression, anxiety or relationship difficulties, it's worthwhile early in the first session to learn about their strengths. This is good for the therapy alliance, but it's also good because when you hit roadblocks in therapy. I find if you lean on the client's strengths, you can go through those roadblocks quickly.

The second thing would be using CBT to *build strengths*, and this is what we did with our four-step model to build resilience. We came up with a simple way of helping people identify the strengths they already had, and then helped them figure out within just a couple of sessions how they could put these together to become more resilient. The third thing we developed involved developing what we call the new paradigm," which we started out applying with personality disorders. This was meant to help people build a completely new sense of themselves and how they operate in the world, which is more strengths-based and more resilience-based and a much more transformative kind of application of strengths-based CBT. We were quite heartened that when we met with Aaron Beck, he told us that he's taken the strengths-based idea and is now applying it to recovery-oriented work for psychosis. It's exciting! I hope this is the future of CBT.

**MY: Let's talk about the book you co-wrote with Dennis Greenberger, *Mind Over Mood*, now in its second edition. That book sold unbelievably well. I read it, and it's wonderfully practical and supportive. How were you able to put all this together, and what has the reaction been?**

**CP:** Well, there's always a certain amount of luck in why a book becomes successful. But, I think there are a cou-

ple things Dennis and I did that hadn't been done at the time we wrote the first edition and because of that, we substantially improved upon those things in the second edition. Therapists have been embracing this book and using it with a lot of clients. I think the appeal is that many therapists want to use methods with clients that have an evidence-based proof of working. One of the things we've done in the second edition is we've made reading guidelines clear, so that if you're working with a client's depression, then read the chapters in this order. If you're working with them on anxiety, then read the chapters in this order. We made it a bit easier for therapists to do an evidence-based CBT practice. We tried to write a book that people will want to read that's interesting, and at the same time, skills-based. We know from current research that lots of different therapies can be helpful for depression, but what seems to predict relapse, or the likelihood of relapse is whether or not people acquire skills that they can apply on a daily basis in their lives. We focused our book around teaching core skills that have been shown in research to make a difference in people's happiness and reduce their depression, anxiety, anger, guilt, shame, etc. The second edition has 60 worksheets, 25 more than in the first. These worksheets are quite motivating for readers. The other thing we did right is include measures of each of the moods, for example, a measure for happiness, so that people can measure their mood and see if their efforts are paying off or not. That kind of feedback is important to keep people going with the program. The book's success has been very moving for us. It's already in eight or nine different languages, and I think by the end of this year, there will be 15 or 20 different translations available. The cross-cultural appeal of this book surprises me. I think *Mind Over Mood* fulfills a need for people to have a

*INTERVIEW continued on page 24*



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**INTERVIEW***continued from page 22*

self-help book that's interesting to read, but at the same time, teaches skills that make a difference.

**MY: So, what's next for you?**

**CP:** Right now I'm finishing up a book on how to foster guided discovery in therapy and what types of therapist-client interactions foster client discovery. I'm also currently writing the *Clinicians Guide* to the second edition of *Mind over Mood*, which will be out in 2019. When those books are done, I am going to give myself a little creative time to think about what I want to teach therapists. I love teaching and training and consulting. I do a lot of consulting with therapists, and I'm interested in things we can do to

engage clients, foster transformation, and be more creative in our therapy methods.

**MY: Can people who are interested in your workshops go to your website to see your teaching schedule?**

**CP:** Yes. It's [padesky.com](http://padesky.com). On our website there are lots free downloads of papers that we've written over the years. We also have a store with training audio CDs and DVDs.

**MY: Thank you so much for being so generous with your ideas and perspectives.**

**CP:** Thank you Michael, it's a pleasure to talk to you.

*I love teaching and training and consulting. I do a lot of consulting with therapists, and I'm interested in things we can do to engage clients, foster transformation, and be more creative in our therapy methods.*

*Michael D. Yapko, Ph.D., is a clinical psychologist residing in Southern California. He is internationally recognized for his work in clinical hypnosis, brief psychotherapy, and the strategic treatment of depression, routinely teaching to professional audiences all over the world. He is the author of 15 books, including his most recent book, *Taking Hypnosis to the**

*Next Level. He is a Fellow of the American Psychological Association and the American Society of Clinical Hypnosis. He is the recipient of numerous major awards, including the Milton H. Erickson Lifetime Achievement Award for Outstanding Contributions to the field of Psychotherapy. Learn more about Dr. Yapko at [www.yapko.com](http://www.yapko.com).*

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