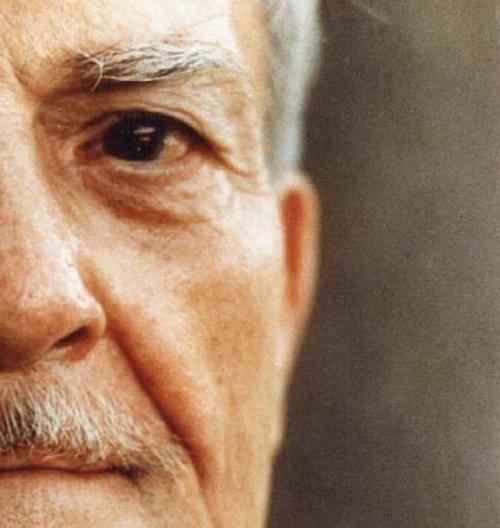


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# 12th Erickson Congress FACULTY



**Jorge Abia, MD**, has been the co-director of the Milton H. Erickson Institute of Mexico City since 1989. Dr. Abia has training in internal medicine, family therapy, and Ericksonian hypnotherapy, and has 25 years of experience as an Ericksonian Hypnotherapy clinician, teacher, researcher and programs designer. He is co-Author of a 1,500 page teaching program and author of a self-hypnosis book.



**Ronald Alexander, PhD**, is executive director of OpenMind Training Institute, Santa Monica, CA. Licensed psychotherapist, author of *Wise Mind Open Mind* and co-author with Elisha Goldstein Chapter 33 "Mindfulness, Trauma and Trance: A Mindfulness-Based Psychotherapeutic Approach," *The Wiley Blackwell Handbook of Mindfulness*, 2014. He is the originator of the OpenMind Training, a unique method of mind body healing therapies combining Ericksonian Hypnosis, Somatics and Mindfulness Practices. He is active teaching and training applying these principles in the US, Japan, Europe, Russia, Australia and Asia. [www.openmindtraininginstitute.com](http://www.openmindtraininginstitute.com)



**Helen Adrienne, LCSW, BCD**, is an Ericksonian clinician and mind/body therapist recognized for her creative clinical work. She provides individuals, couples and groups with coping tools needed to manage inordinate stress. Since 2002, Helen has hosted, and for the last 4 years has co-taught with Jeff Zeig in the New York City Master Classes. Along with her private practice she runs a two-day training program for clinicians seeking expertise in working with infertility patients. Additionally, NYU Fertility Center recruited her to lead psychoeducational stress reduction classes. Helen has taught nationally and internationally. She is the author of *On Fertile Ground: Healing Infertility*.

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**Connirae Andreas, PhD**, has been an innovator in the field of personal development for almost 4 decades, best known for her groundbreaking work developing Core Transformation. This method utilizes our limitations as the doorway to a felt experience many describe as their spiritual core, offering a deep healing that resolves many of life's problems. Connirae's new work, the Wholeness Process, provides a precise way to experience "dissolving the ego," another long time spiritual goal. Her work is strongly influenced by her experience with Dr. Erickson in 1979, and has been published in over 14 languages.



**Steve Andreas, MA**, has been learning, teaching, developing, and writing about briefest therapy methods for over half a century. He is author of several books, including *Transforming Negative Self-Talk*, *Transforming Your Self*, and *Virginia Satir: the Patters of her Magic*, and has co-authored and edited several others.



**Marilia Baker, MSW**, is a multicultural, multilingual Licensed Marriage and Family Therapist based in Scottsdale, Arizona. She is a Board member of the Phoenix Institute of Ericksonian Therapy; member of the Advisory Board for Phoenix Friends of C.G.Jung; International Advisor and Consultant, Centro Ericksoniano de México, and Institutes Editor for the Milton H. Erickson Foundation Newsletter. She conducts presentations and workshops locally and internationally. Ms. Baker is the author of *A Tribute to Elizabeth Moore Erickson: Colleague Extraordinaire, Wife, Mother, and Companion*, also published in Spanish, Portuguese, and French.



**Norma Barretta, PhD** and her late husband, Philip, taught regularly in the United States, Italy, Poland, Spain, and occasionally other countries. Norma continues to see patients in her private practice. She and Philip were honored with a Lifetime Achievement Award for their Contributions to Hypnosis and Hypnosis Education by the American Society of Clinical Hypnosis. Norma is regular faculty for the Southern California Society of Clinical Hypnosis and serves on the SCSCCH Board.



**Rubin Battino, MS**, is a Licensed Professional Clinical Counselor (OH) specializing in very brief therapy generally using hypnosis. He has published ten books on psychotherapy; the latest is *When All Else Fails. Some New and Some Old Tools for Doing Brief Therapy* (2014). He contributed a chapter on single session therapy in *Capturing the Moment* (2014).



**Sofia Bauer, Psychiatrist and hypnotherapist in Brazil**, received training in Phoenix at the Milton H. Erickson Foundation in 1993. She has worked with S. Gilligan, J. Mills, Teresa Robels, S. Lankton in Positive Psychology Certification with Tal Ben-Shahar, EFT, TFT, EMDR with Francine Shpairo. Director of Milton Erickson Institute of Florianópolis, Hypnosis and Professor of Psychology with several online courses, several publications in the area in Portuguese. Books: *Hypnotherapy Manual, Handbook of Advanced Hypnotherapy, Understanding the Panic Disorder, Primer Optimism*. [www.sofiabauer.com.br](http://www.sofiabauer.com.br)



**Consuelo Casula, Lic Psych**, is President of the European Society of Hypnosis ([esh-hypnosis.eu](http://esh-hypnosis.eu)) (2014-2017), psychologist and psychotherapist with private practice in Milan. Author of seven books, in leading training groups, strategic communication, how to create metaphors, women's development and resilience. The book on metaphors has been translated into Spanish, Portuguese and French.



**John Beahrs, MD** is Professor Emeritus of Psychiatry, Oregon Health and Science University. Stanford: ER Hilgard's hypnosis laboratory 1968-69, MD 1969. MH Erickson 1971 et seque. Milton H. Erickson Award x 3. Developed "strategic self-therapy" for treating personality disorders, and a "shared self-deception hypothesis" of human evolution. Three books in progress, including *The Reality Question* and *How Psychotherapy Works*.



**Sheldon Cohen, MD**, is a psychiatrist in private practice in Atlanta, GA. He is past professor at Tulane and Emory. His research efforts have centered on the biochemistry of the brain. He is a past editor of the *American Journal of Clinical Hypnosis*, as well as past vice president of ASCH. He received the Presidential Merit Award ASCH, the Distinguished Service Award MAA, and recognized as Man of the Year by GPA.



**Danie Beaulieu, PhD** is a psychologist from Montreal, Canada. Her teaching in the field of Impact Therapy and Eye Movement Integration Therapy has deeply influenced the practice of thousands of therapists around the world. She has written over 20 books and taught on four continents. She is a much sought after speaker and lecturer at symposia all over the world. Find out some of her tools on YouTube (in French, English and German).



**Carolyn Daitch, PhD**, is an internationally renowned clinician, author, trainer and presenter. Dr. Daitch is the Director of the Center for the Treatment of Anxiety Disorders in Michigan. She is an elected fellow with the American Society of Clinical Hypnosis and author of *Anxiety Disorders: The Go-to Guide for Clients and Therapists* and the award winning *Affect Regulation Toolbox*.



**Cheryl Bell-Gadsby, M., RCC**, is a psychotherapist, clinical supervisor and educator in the US and Canada. Cheryl is the Clinical Director of Salt Spring Island Community Services. She has expertise in complex trauma, mind/body and energetic therapies, hypnotherapy with adults, children and adolescents. Cheryl has co-authored *Reclaiming Herstory: Ericksonian Solution-focused Therapy for Sexual Abuse* and *It's a Girl Thang*.



**Robert Dilts** has a global reputation as a leading developer, author, coach and trainer in the field of Neuro-Linguistic Programming (NLP). Robert worked closely with NLP co-founders John Grinder and Richard Bandler at the time of its creation and also studied personally with Milton H. Erickson, M.D., and Gregory Bateson. A founder of NLP University in Santa Cruz, CA, Robert pioneered the applications of NLP to education, creativity, health, leadership, belief systems and the development of what has become known as "Third Generation NLP." He is the principal author of the standard reference text for the field, as well as numerous other books on NLP.



**Lilian Borges, MA, LPC**, is a teacher and has been practicing psychotherapy for more than 20 years. She uses different types of psychotherapy or approaches for different problems. She teaches hypnosis and Ericksonian Therapy at The Milton Erickson Foundation at their Intensive Training courses. Ms. Borges has a private practice in Phoenix, Arizona where she treats adults, couples and families.



**Kathleen Donaghy, PhD** is an Arizona licensed counseling psychologist with a specialty in behavioral medicine and psycho-oncology. She is President of the Scottsdale Psychological Society and has a private practice in Scottsdale where she combines conventional and holistic treatment methods. She has taught as an adjunct professor at Ball State University in Indiana and Arizona State University in Phoenix. She is a clinician for Doctors of the World, was a founding co-director of the Phoenix Institute of Ericksonian Therapy, and is a Scottsdale based clinician for the San Francisco Giants.



**Tamer Dovucu, MA** is a graduate of Ankara University and has a M.A. degree on sociology. He is the founder and director of Optimum Balance Model (OBM) Foundation in Turkey. He is also director of Erickson Institute of Istanbul and does trainings with Jeffrey Zeig for last 11 years. He was also director of Behavioral Sciences and NLP Center between 2004-2008 which was a partnership with Yeditepe University. He has 2 books and over 50,000 hours of experience on the field.



**Susan Dowell, LCSW, BCD**, is the developer of Footprintings®, a powerful, innovative, three-dimensional approach for working with Ego States. She also Co-Directs CATCH, (Center for Advancement of Training in Clinical Hypnosis) in NYC and lectures and run workshops nationally and internationally. Presently she is completing a workbook on the *Theory and Practice of Footprintings*.



**Joseph Dowling MS** is a Licensed Professional Counselor working in private practice in Philadelphia, Pennsylvania. His new book, *Zone-fulness: The Ultimate Guide for Student-Athletes* will be published in 2015. Joe was the Director of Training at The Milton H. Erickson Institute of Philadelphia from 2000-2010. He is currently working on a more extensive basis with athletes on the high school, collegiate, and professional levels.



**Betty Alice Erickson, MS, LPC, LMFT**, was her father's demonstration subject for decades. She and Bradford Keeney co-edited *Milton Erickson, American Healer*. She has written numerous book chapters. She has taught Ericksonian Hypnosis and Psychotherapy internationally since 1990 and received numerous awards including an Honorary Ph.D. from the Armenian Ministry of Education and Science.



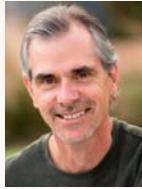
**Roxanna Erickson Klein RN, PhD** balances clinical work with writing and teaching. She is co-editor of the *Collected Works of Milton H. Erickson*. Additionally she has authored and edited numerous publications. Her works include an *International Glossary of Ericksonian Terminology*, and *Engage the Group Engage the Brain*, a workbook which addresses treatment of substance addictions. Her ongoing contributions include teaching about Ericksonian approaches both internationally and locally. She resides in Dallas where she maintains a private practice as a Licensed Professional Counselor.



**Ricardo Feix, MD, MPH, M.H.** ERICKSON Brasil-Sul Institute director and developer of the CDQUIM's substance abuse model. Has treated 3,000 patients over 25 years of hypnosis in private practice in Porto Alegre. Hypnotherapy teacher in Brazil, Mexico and USA. Portuguese Ericksonian Glossary co-translator. Video editor and book chapter author about hypnosis. Speaker at 20th ISH Congress in Paris, 2015.



**Neil Fiore, PhD**, is the author of six books, has published in The New England Journal of Medicine and been cited in The New York Times and The Wall Street Journal. Neil is past president of the Northern California Society of Clinical Hypnosis, an international speaker, and is a recipient of the University of California's Distinguished Achievement Award.



**Douglas Flemons, PhD**, is Professor of Family Therapy and Clinical Professor of Family Medicine at Nova Southeastern University. The author of several books, including *Of One Mind: The Logic of Hypnosis*, the *Practice of Therapy*, Flemons conducts yearly hypnosis trainings in Fort Lauderdale and presents widely on hypnosis, brief therapy, and couples therapy.



**Steve Frankel, PhD, JD**, is an ABPP certified clinical and forensic psychologist, as well as an attorney at law. Dr. Frankel has been on the faculty of the University of Southern California for over 35 years and is currently a Clinical Professor of Psychology. He served as an Adjunct Professor of Law at Loyola Law School (Los Angeles) and is now an Adjunct Professor at Golden Gate University School of Law. He has taught courses on health-care policy, regulation of healthcare practice and mental disorder and the law. Author of more than 50 articles and book chapters, he won the USC Award for Teaching Excellence early in his aca-



**John Frykman, M. Div., MFT, PhD** is founder of Cypress Institute, an ordained Lutheran minister, and organizer of the first Drug Treatment Program at the Haight Ashbury Free Clinic. He studied personally with Dr. Erickson from 1969 - 1979, observing, sharing, discussing with Milton. He has done work in 27 of the United States and 16 countries: teaching, consulting, training, and supervising. He served as Clinical Supervisor and Clinical Case Manager at Ross Hospital (Marin County) and at Ohloff Intensive Out Patient Services (San Francisco).



**Teresa Garcia-Sanchez, MA, ECP** is the Instituto Erickson Madrid Director the last 15 years. She created a 4 year Ericksonian Psychotherapy and Hypnosis Master and presents in more than 20 different countries workshops, trainings, and conferences in Hospitals, Universities and Congresses (EAP,ESH,ISH,ASCH,CFBH). She opened the new Los Angeles Ericksonian Institute with the Barretas where they plan to teach Ericksonian skills in Spanish. She published an adaptation in Spanish of *Hope & Resiliency* (co-author with Dan Short, Betty Erickson and Roxanna Erickson Klein).



**Brent B. Geary, PhD** is a psychologist in private practice in Phoenix. For the past 30 years, he has taught Ericksonian methods both domestically and internationally. He is co-editor of *The Handbook of Ericksonian Therapy* and *The Letters of Milton H. Erickson* with Jeffrey Zeig. Dr. Geary designed and maintains primary responsibility for the Erickson Foundation's Intensive Training Program, offered three times per year, now in its 28th year.



**Richard Gellerman, PhD**, is in private practice as a Psychologist in Tucson, Arizona. He has been a licensed psychologist for 39 years. Studied extensively (350 hours) with the Milton H. Erickson. He has presented at seven Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. Has conducted 13 national and many local workshops.



**Stephen Gilligan, PhD**, is a psychologist who received his doctorate from Stanford University. He was a major student of Milton Erickson and has been elaborating this work for the past 35 years, while also developing Self-Relations Psychotherapy. He is well-known throughout the world for his inspirational teaching. His books include the *Therapeutic Trances: The cooperation principle in Ericksonian hypnotherapy*, *The courage to love: Principles and practices of Self-relations psychotherapy*, *The Legacy of Erickson, Walking in two worlds*, and *The Hero's Journey* (w/ Robert Dilts). His most recent book, *Generative Trance: The Experience of Creative Flow*, proposes and explores a third generation approach to hypnotic work. His website is [www.StephenGilligan.com](http://www.StephenGilligan.com).



**Eric Greenleaf, PhD**, directs the Milton H. Erickson Institute of the Bay Area, researches trance in Bali, teaches the online video course "Fundamentals of Advanced Ericksonian Hypnotherapy" and has practiced for 50 years. Milton Erickson chose Eric to receive the first Milton H. Erickson Award of Scientific Excellence for Writing in Hypnosis.



**Bruce Gregory, PhD** has published numerous articles on the integration of the mind-body approach with mathematics, physics, classical music composition, and tai chi in the treatment of trauma, abuse and addiction. He recently presented at the International Conference on Quantum Mechanics and Quantum Consciousness in India on the Integration of Quantum Physics in the Transformation of Consciousness.



**Woltemade Hartman, PhD**, is a Clinical and Educational Psychologist, and psychotherapist in South Africa. He received his training as an Ericksonian psychotherapist at the Ericksonian Foundation in Phoenix, Arizona. Dr Hartman also trained as an Ego State therapist with Prof J.G. Watkins and Mrs H. Watkins in Missoula, Montana. Dr Hartman is the Founding Director of the Milton H. Erickson Institutes of South Africa (MEISA). He currently serves as President of Ego State Therapy International (ESTI) and is a Board Member of the International Hypnosis Society (ISH). Dr Hartman is a Senior Research Fellow at the Department of Psychology at the University of Johannesburg Dr Hartman is the recipient of the 2009 Early Career Award for Innovative Contributions to Hypnosis from the International Society of Hypnosis.



**Michael F. Hoyt, PhD** is a psychologist in independent practice in Mill Valley, California. He is the author and editor of numerous books, including most recently *Brief Psychotherapies: Principles and Practices*, *Therapist Stories of Inspiration, Passion, and Renewal: What's Love to Do with It?*, and (with M. Talmon,) *Capturing the Moment: Single Session Therapy and Walk-In Services*. He is a Woodrow Wilson Fellow and has been honored as a Continuing Education Distinguished Speaker by both the American Psychological Association and the International Association of Marriage and Family Counselors, as a Contributor of Note by the Milton H. Erickson Foundation, and is a recipient the prestigious APF Cummings Psyche Prize for lifetime contributions to the primary role of psychologists in organized healthcare.



**Carol Kershaw, EdD**, is a psychologist and the co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation*, *The Couple's Hypnotic Dance*, and numerous professional articles. She is an international trainer who focuses on the most cutting edge concepts and tools for trauma, anxiety, and depression as well as consciousness development. Along with her husband, Dr. Bill Wade, she teaches for Esalen Institute on "Life at the Edge of Possibility."



**Krzysztof Klajs, Dipl. Psych.,** is the Founder (1993) and Director of The Milton H. Erickson Institute of Poland. He is an Approved Supervisor and certified psychotherapist of the Polish Psychiatric Association and an Approved Supervisor and certified psychotherapist of the Polish Psychological Association. Over last 20 years M.H. Erickson Institute of Poland was the sponsor of two European Congresses of Ericksonian Hypnosis and Psychotherapy (2005, 2014) and a number of inland conferences.



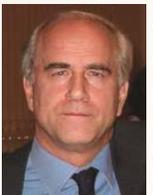
**Richard Landis, PhD,** is the Executive Editor for the Milton H. Erickson Foundation Newsletter, the Director of Training for the Southern California Society for Ericksonian Psychotherapy and Hypnosis and Clinical Director of the Ericksonian Integrative Medical Institute of Orange County. As a clinical psychologist, he is board certified in traumatology, and holds diplomate status in the areas of integrated medicine, behavioral medicine, and psychopharmacology.



**Steve Lankton, LCSW, DAHB** is the author of 7 and editor of 11 books. He is in private clinical practice in Phoenix, Arizona and has taught Master and Doctorate level clinicians in 20 countries for the last 33 years. For the past 7 years he has served as Editor-in-Chief of the American Journal of Clinical Hypnosis. He holds a Governor's appointed position on the AZ Board of Behavior Health Credentialing Committee. His books have been translated into 8 languages and have been extensively used as clinical texts in graduate level universities programs. He has published over 50 chapters in clinical handbooks, texts, and edited books by other authors.



**John D. Lentz, DMin,** having experience working in prison, as well as teaching the clinical aspects of psychotherapy, is known for his innovative approaches based upon trance principles, and non-formal trance. He directs the Ericksonian Institute of Jeffersonville, Indiana where he teaches and practices hypnosis and Marriage and Family Therapy.



**Camillo Loredio, MD, PhD,** is professor of Psychiatry and of Psychotherapy, University of Rome, President of the Italian Society of Hypnosis and Immediate Past-President of the International Society of Hypnosis. He is as well Past-President of the European Society of Hypnosis, President of the Italian Milton Erickson Society, Director of the Italian School of Ericksonian Hypnosis and Psychotherapy, and Member of the Board of Directors of the Milton Erickson Foundation. In 2012, he was awarded with the highest honor of ISH, the Benjamin Franklin Award.



**Lynn Lyons, MSW** specializes in the treatment of anxious children and their parents with a special interest in interrupting the generational pattern of worry in families. She is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids* and just released her third book, *Using Hypnosis with Children: Creating and Designing Effective Interventions.*



**Patrick McCarthy, MBChB** is a New Zealand Registered Medical Practitioner—the only doctor in NZ specializing in medical hypnotherapy. He is a Fellow of the NZ College of General Practitioners, an internationally recognized author and lecturer on the subject, and a member of New Zealand Society of Hypnosis, the purpose of which is the “scientific investigation and clinical utilization of hypnosis at the highest professional level.” HE received his MBChB from Glasgow University, is a member of the International Society of Hypnosis, and Director and Founder of the Milton H. Erickson Institute of Wellington.



**Robert McNeilly, MD,** had the privilege of learning directly with Milton Erickson, was inspired by his human approach to therapy, created his own interpretation to assist clients in a respectful, dignified way and for more than 30 years, has been teaching this approach nationally and internationally.



**Rick Miller, MSW,** is a clinical social worker in private practice in Boston and on Cape Cod, Massachusetts. He is the author of *Unwrapped: Integrative Therapy with Gay Men ... the Gift of Presence* (2015). Rick has served on numerous national and international faculties, including the International Society of Hypnosis, the Brief Therapy Conference, the American Group Psychotherapy Association, and Harvard Medical School.



**Scott D. Miller, PhD** is the founder of the International Center for Clinical Excellence an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavioral health services. Dr. Miller conducts workshops and training in the United States and abroad, helping hundreds of agencies and organizations, both public and private, to achieve superior results.

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**Joyce C. Mills, Ph.D. LMFT**, is an internationally recognized, award-winning play therapist, speaker, and founder of the StoryPlay® Certification Training Program, Co-director: Phoenix Institute of Ericksonian Therapy, and adjunct faculty - Argosy University Phoenix. She is the author of *Therapeutic Metaphors for Children and the Child Within* 2nd edition, *Reconnecting to the Magic of Life, Little Tree, Gentle Willow, Sammy the Elephant & Mr. Camel*, and *Butterfly Wisdom*.



**Michael Munion, MA, LPC**, a psychotherapist in Arizona since 1979 and activist in integrated primary & behavioral health care, has been affiliated with the Milton Erickson Foundation since 1980. He has provided extensive workshops on Ericksonian & Brief Therapy in the U.S., Europe, and Mexico. He is co-author of Sage's book on *Milton H. Erickson*, and co-editor of *What is Psychotherapy?: Contemporary Perspectives*.



**Rafael Núñez, MA**, has been the co-director of the Milton H. Erickson Institute of Mexico City since 1999. He has training in industrial relations, family therapy, and Ericksonian hypnotherapy, and 23 years of experience as an Ericksonian Hypnotherapy clinician, teacher, researcher and programs designer. He has been an academic coordinator of post-graduate courses at the National Autonomous University of Mexico since 2005. He is the author of two books in hypnotherapy for Children and co-author of a 1,500 page teaching program.



**Bill O'Hanlon, MS**, studied with Milton Erickson in the 1970s, went on to write 30+ books influenced by Dr. Erickson's work, and has given over 3,500 presentations to therapists around the world. He has been a top-rated presenter at many national conferences and was awarded the Outstanding Mental Health Educator of the Year in 2001 by the New England Educational Institute.



**Jane Parsons-Fein LCSW, BCD, DAHB** is a graduate of Smith College and the Columbia School of Social Work co-founded and founded two New York Ericksonian training organizations and one Stockholm eight-year training. An ASCH Fellow, she heads the Manhattan Society of Clinical Hypnosis. She produced a rare, one-of-a-kind DVD set of Milton Erickson's 1979 training. She practices independently in New York City.



**Maggie Phillips, PhD**, is a clinical psychologist in private practice and the author of four books, including *Freedom From Pain* with Peter Levine (2012), papers and articles on hypnosis, trauma, ego-state therapy, and mindbody healing. She specializes in the treatment of traumatic stress, dissociative disorders, and pain disorders. Dr. Phillips has taught at major conferences on hypnosis, Somatic Experiencing, EMDR, and Energy Psychology worldwide. She is creator and host of a monthly webinar and teleseminar series called "Ask the Experts," which recently featured "Healing Trauma and Pain through Polyvagal Science and its Interlocking Somatic Interventions" with Peter Levine and Stephen Porges.



**Wendel Ray, PhD**. Endowed Chair of Marriage & Family Therapy, University of Louisiana-Monroe, and Senior Research Fellow, the Mental Research Institute (MRI), Dr. Ray, author of 8 books & 100+ scholarly papers in a dozen languages, leads workshops in Systemic Theory & Therapy across North and Central America, Europe, & Asia.



**Michele Ritterman, PhD**, is recognized as the Mother of the integration of hypnosis and family therapy, in her classic text: *Using Hypnosis in Family Therapy*. One of Milton Erickson's leading students, she originated the concept of the symptom as a trance state that is suggested by people and social structures. Her book, *Hope Under Siege*, (1986), considers the applications of psychotherapeutic principles in the larger context of political and social reality. Her latest book *The Tao of a Woman* (2009) is a tool to move from the symptom trance to the healing stance. Her book in progress: *From Trance to Stance*, is her latest understanding in a therapy of shifts in mental states and stances, as occur in martial arts.



**Teresa Robles, PhD** is founder of the Milton H. Erickson of Mexico City and the Centro Ericksoniano de México. She teaches in different countries, and different languages. In 2011 she received from the MHE Foundation the Lifetime Achievement Award For Outstanding Contributions to the Field of Psychotherapy and other from Mexican and International Societies



**Ernest Lawrence Rossi, PhD**, is internationally recognized as a gifted psychotherapist and teacher of innovative approaches to facilitating the creative process. In recent years he has pioneered new approaches to bioinformatics, and the role of human consciousness in facilitating gene expression and brain plasticity in optimizing human performance and rehabilitation.



**Kathryn Rossi PhD, eRYT-500**, is a Founding Director of the Milton H. Erickson Institute, California Central Coast (MHE-CCC). She has edited, authored, or co-authored 21 books and 50+ scientific articles and chapters. She conducts workshops and consultations internationally and also through Skype. Her private practice is in Los Osos, California.



**Alexander and Anellen Simpkins, PhDs**, are psychologists who have 28 published books including *Neuro-Hypnosis* (Norton, 2010), *Neuroscience for Clinicians* (Springer, 2012), *The Yoga and Mindfulness Therapy Workbook* (PESI, 2014), *The Tao of Bipolar* (New Harbinger, 2013), *Meditation and Yoga in Psychotherapy* (Wiley, 2010), *Zen Meditation in Psychotherapy* (Wiley, 2011), and the *Dao of Neuroscience* (Norton, 2010). They have researched their ideas and teach clinicians how to translate the latest neuroscience findings into therapeutic techniques. They lead workshops around the world on hypnosis, meditation, and neuroscience to professionals and popular audiences. They are the Reviews Editors for the Erickson Newsletter and studied with Erickson (1976-1980).



**Robert Schwarz, PsyD** is psychologist and author of 3 books including *Tools for Transforming Trauma*, has presented internationally on Treating Trauma, Ericksonian hypnosis and Energy Psychology. He organized over 20 conferences on Trauma, Hypnosis, Brief therapy and Energy psychology. Currently he is the Executive Director of the Association for Comprehensive Energy Psychology (ACEP).



**Dan Short, PhD**, is Director of the Phoenix Erickson Institute, former Editor for the Foundation Newsletter, and former Assistant Director at the Erickson Foundation. He is the author of *Hope and Resiliency*, co-written with Betty Alice Erickson and Roxanne Erickson-Klein. Dan teaches hypnosis at Southwest College of Naturopathic Medicine, conducts consultation groups for local professionals, as well as serving as visiting faculty at institutes around the world.



**Albina M. Tamalonis, Psy.D.**, is a licensed clinical psychologist in NYC. She treats an assortment of age groups and disorders, and specializes in Ericksonian approaches. Dr. Tamalonis teaches nationally and internationally. She is currently writing a book on the treatment of SUDS. She plans on teaching children how to alter their consciousness before they become dependent on substances. Dr. Tamalonis has appeared on radio, television and movies. She produces hypnosis CDs with original music with her husband Thomas.



**Susy Signer-Fischer, Lic. Phil.**, is a psychologist and psychotherapist FSP, specializing in working with children, adolescents and adults. She works at the Institute for Developmental and Personality Psychology at the University of Basel in Switzerland and is also in private practice in Basel and Bern. She was director of the Family and Educational Counselling Centre in Basel, Switzerland for ten years. She is a supervisor and trainer in psychotherapy, mainly in hypnotherapy, psychotherapy for children, adolescents, adults, families and couples. She is the past-president and founding member of the Swiss Society of Clinical Hypnosis (GHypS).



**Bernhard Trenkle, Dipl.Psych.**, is Director of the Milton Erickson Institute Rottweil Germany, and member of the Board of Directors of the Milton Erickson Foundation. He is Member of Board of Directors International Society of Hypnosis ISH and Past President of Milton Erickson Society of Clinical Hypnosis Germany (1996-2003). Author of *Ha Ha Handbook of Hypnosis and Psychotherapy* a bestselling joke book in Germany (translated in English, Russian and Italian). Co-Organizer of the European Evolution of Psychotherapy Conference 1994 in Hamburg and organizer of 7 international child hypnosis conferences in Germany.



**Bill Wade, PhD** is a Licensed Professional Counselor and Marriage and Family Therapist and in a private practice for over 30 years. He is an Approved Consultant for ASCH and a frequent lecturer at Jade Buddha Temple in Houston where he gives Dharma talks and instruction in meditation. He is an international trainer and is co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation* published by WW Norton and several professional articles.

## Eligibility

The International Congress is open to professionals in health-related fields, including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (e.g., AMA, APA, ADA), and to professionals with mental health-related graduate degrees (e.g., MSW, MA, MS, MSN) from accredited institutions. Applications also will be accepted from full-time graduate students in accredited programs who supply a letter from their department certifying their full-time student or intern status as of December 2015.



**Bart Walsh, MSW, LCSW, DCSW** conducts a private clinical practice and directs The Milton H. Erickson Institute of Portland (Oregon). Bart's clinical orientation is essentially a strengths perspective with a solution focus. In addition to direct clinical work with individuals, couples and families, Bart offers hypnotherapy training to qualified professionals and conducts workshops domestically and in Europe. His articles have been published in The American Journal of Clinical Hypnosis.



**Michael D. Yapko, Ph.D.**, is a clinical psychologist who is internationally recognized for his work in advancing clinical hypnosis and outcome-focused psychotherapy, routinely teaching to professional audiences all over the world. Dr. Yapko is the author of 13 books including his widely acclaimed text, *Trancework* (4th ed.), and the award-winning *Mindfulness and Hypnosis*. More information about Dr. Yapko's teaching schedule and publications can be found on his website: [www.yapko.com](http://www.yapko.com). Dr. Yapko is the recipient of lifetime achievement awards from The American Psychological Association's Division 30 (Society of Psychological Hypnosis), the International Society of Hypnosis, and The Erickson Foundation.



**Reid Wilson, Ph.D.** is associate clinical professor of psychiatry at the UNC School of Medicine and Director of the Anxiety Disorders Treatment Center. He is author or co-author of 5 books, including *Don't Panic: Taking Control of Anxiety Attacks*; *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*; and *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*. He serves as the Expert for WebMD's Anxiety and Panic Community. In 2014 he was honored as the 2nd ever recipient of the highest award given by the Anxiety and Depression Association of America.



**Jeffrey K. Zeig, PhD**, is the Founder and Director of The Milton H. Erickson Foundation. Dr. Zeig is the architect of The Evolution of Psychotherapy Conference, the Brief Therapy Conference, the Couples Conference, and the International Congresses on Ericksonian Approaches to Psychotherapy. He is a Distinguished Practitioner in the National Academy of Practice in Psychology of the National Academies of Practice and an Approved Supervisor of the American Association for Marriage and Family Therapy. Dr. Zeig has been an invited speaker at major universities and teaching hospitals, and has edited, co-edited, authored or coauthored more than 20 books on psychotherapy that appear in 14 foreign languages.

## Co-Presenters

Nadine Hartman (B.Clin-Psych Hons) • Richard Hill, MBMSc, Med, MA  
 Carolina Perrella, Psychologist • Gary Ruelas, DO, PhD • Carolyn Sauer, PhD

## Short Course Faculty

Bob Bertolino, PhD  
 Dale E. Bertram, PhD & Mike Rankin, LMFT  
 Betty Blue, PhD  
 Jose Cava, Licensed Psychologist, Psychotherapist  
 Erika Chovanec, PhD  
 Mauro Cozzolino, PhD, & Giovanna Celia, PhD  
 Jenny Da Silva  
 Maria Escalante de Smith, MA  
 John Dye, ND  
 Audrey Ellenwood, PhD  
 Jeffery Feldman, PhD  
 Miguel Fernandez, PhD  
 Bette Freedson, MSW  
 Jef Gazley, MS  
 Lawrence Graber MA, CBT & Katherine Rosemound, LPC, EMT-B  
 Hank Griffin, MA  
 Tobi Goldfus, MSW  
 Christine Guilloux, DESS Psychology

Virgil Hayes, DO, MSW  
 Richard Hill, MBMSc, Med, MA  
 Rachel Hott, PhD  
 Wei-Kai Hung, Ed.M., L.M.H.C.  
 Stimec Isabelle, Psychiatrist, Psychotherapist  
 Anita Jung, MS  
 Jamie Keyes, PhD  
 Paul Koek, MD  
 Paul J. Leslie, EdD, LPC  
 Cindy Levy, MA  
 Paul Loundsbury, MA  
 Lindasue Marshall, MSW  
 Donald Miretsky, M.Ed.  
 Clifton Mitchell, PhD  
 Antonella Monini, MD  
 Rodrigo Murrer, PhD  
 Bob Musikantow, PhD  
 Lianna Oren, PhD  
 Gabrielle Peacock, MBBS  
 Susan Pinco, PhD

Michael D. Reiter, PhD  
 & Rondal J. Chenail, PhD  
 Steven Rogers, PhD,  
 Carrell Dammann, PhD,  
 & Shannon Downs, PsyD  
 Nicole Ruyschaert, MD  
 David Ryback, PhD  
 Bradley Samuel, PhD  
 Robert Staffin, PsyD, ABPH  
 Beatriz Suarez-Buratti, MSC  
 William Symes, M.Div  
 Mindy Szalap, MSW, LCSW & David Gottsegen, MD ABMH  
 Robert Voyle, PsyD  
 Jennifer Walsh, PsyD  
 Ann Webster, PhD  
 Claudia Weinspach, Psychologist  
 Jenna Wilson, PhD  
 Robert Wubbolding, EdD  
 Edwin Yager, PhD  
 Foojan Zeine, PsyD  
 Arthur Zipris, PhD

## Continuing Education

After Congress, go to [ericksoncongress.com](http://ericksoncongress.com), use the password you will be given, complete the evaluation form, and print out your Certificate of Attendance. You get a *separate Documentation of Attendance for Law & Ethics or the Special Workshop (pre-conference workshops), both online*. If you don't have internet access, stop by the registration desk and we'll help you get a paper form.

Please be aware that your certificate will take 8-10 weeks to be mailed!

## Program Objectives

Attendees will increase their clinical effectiveness by learning:

1. Techniques of inducing and utilizing hypnosis from an Ericksonian perspective;
2. To use techniques of Ericksonian hypnotherapy naturalistically in their clinical practice;
3. Ericksonian principles of assessment thereby improving observational skills;
4. The use of multilevel therapeutic communication; and
5. Methods of utilizing hypnosis in specific situations encountered in the practice of medicine, dentistry, social work and counseling.



How can you  
attend Congress  
for only \$35?

## Volunteer!

Volunteers will be assigned on a random basis to monitor meeting rooms, assist with registration, and assist faculty and staff. You will be scheduled to work approximately four to five hours per day. Please see the schedule for any evening events, as you may be scheduled to volunteer during that time.

You should be able to attend the **Full Conference** and have open availability throughout including any Pre, Post or Special Event day(s). The **MANDATORY** volunteers meeting will be held on **Wednesday, December 9 at 6:00PM**. Please be sure to arrive at the hotel before 6PM to attend this meeting. You will be notified in advance of the Conference if there are any time changes for this meeting.

You will not be able to choose the workshops for which you are assigned; however, when not assigned, you may attend any sessions you prefer. Remember: *You will also be able to claim credit toward a Certificate of Attendance* stating your hours for all sessions worked! Closer to the conference, you will be contacted about specific availability for Pre and Post Conference days. Volunteers should be able to understand and communicate in English. Volunteers should also have legible handwriting. Volunteers should also be able to communicate rules and regulations, do not sign up if you are not comfortable confronting attendees.

There is a deposit of \$120. The cost of attending as a volunteer is \$35.00—you will be refunded \$85 of the original deposit after you have successfully completed your volunteer duties as assigned.

ALL THE DETAILS ARE AT [ERICKSONCONGRESS.COM](http://ERICKSONCONGRESS.COM), CLICK ON "VOLUNTEERS"

The Milton H. Erickson Foundation  
2632 E Thomas Road, Suite 200  
Phoenix, AZ 85016  
Toll Free: 877-212-6678  
Fax: 602-956-0519  
Email: [support@erickson-foundation.org](mailto:support@erickson-foundation.org)

# PRE-CONFERENCE

WEDNESDAY • December 9

## LAW & ETHICS

*Your Choice!*

or

## SPECIAL EVENT

### Workshop/Fundraiser

8:00 AM-12:00 PM

PART 1

LUNCH BREAK

2:00 PM-4:00 PM

PART 2



with STEVEN FRANKEL, PhD, JD

### WTF???

### WHAT'S THE FUTURE & WHERE TO FIT

This 6-hour program addresses the profound changes that are taking place in the health system in the U.S., the implications for mental health care, and, in turn, the implications for mental health care providers. We begin with a discussion of the role of the insurance industry in health care and how that role has expanded over the past 50-60 years, affecting the licensure and practices of mental health professionals. From there, we move to the current changes themselves, including:

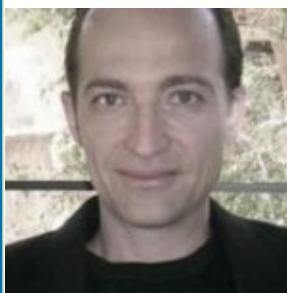
- the Affordable Health Care Act
- Accountable Care Organizations
- Current Procedural Terminology
- DSM vs. ICD
- Electronic Health Care Records
- HIPAA Changes

Also covered are insurance panels for independent practitioners, the Parity Law, "Professional Wills," alternatives to licensed mental health practice, and licensing board action summaries.

Only \$129 (Save \$50)  
Good through September 25th.

Help preserve the Erickson Home Museum, by registering for the 2015 Congress Workshop and Fundraiser, which will be held Wednesday, December 9, 2015, the day before the Congress begins. A full-day of training at the Hyatt Hotel will be followed by a reception at the home of Milton Erickson. The \$99 registration fee entitles attendees to a full day of training and a personal invitation to the home of Milton Erickson, which has been transformed into a museum. This unique experience will be hosted by Roxanna Erickson-Klein and Dan Short. The doors will be open from 6PM to 8PM. Each person will be responsible for arranging his or her own transportation to this memorable event.

Schedule of Events:



9:00AM-12:00PM:  
Dan Short, PhD

Transformational Hypnosis:  
Using the Unconscious to Turn Problems into Opportunity

1:00-4:00PM:  
Roxanna Erickson-Klein, PhD, RN

Going Deep:  
Using the Individual Personality of the Therapist to Enrich Hypnosis



6-8PM:  
Reception at the Museum

Only \$99 For All Day!

# THURSDAY • December 10

*(Included with your registration)*

## All-Day Workshops. Take Your Choice!

Betty Alice Erickson & Eric Greenleaf • Brent Geary • Stephen Gilligan  
Joyce Mills • Kathryn Rossi & Ernest Rossi • Alex & Annellen Simpkins • Reid Wilson

### 8:15 AM - 8:45 AM CONVOCATION CONGRESS BEGINS

#### 9:00 AM-12:00 PM

##### THE ERICKSON WAY:

##### TELLING STORIES WHERE THEY BELONG

**Betty Alice Erickson, MS, LPC, LMFT  
and Eric Greenleaf, PhD**

Therapists often forget how easily stories reach into the hearts of clients, how much they give, teach and heal. This workshop will teach construction of effective therapy stories drawn from each person's own life experiences and then how to make these stories an active part of client therapy.

##### INTRODUCTION TO ERICKSONIAN HYPNOSIS

**Brent Geary, PhD**

Designed for participants with little or no previous exposure to Ericksonian hypnosis and psychotherapy, the course will familiarize attendees with essential tenets, terms, and principles of the approach. Topics covered include a historical perspective of Erickson's work, important prehypnotic treatment considerations, and discussion of the typical course of a hypnotic session.

##### GENERATIVE PSYCHOTHERAPY:

##### THE STRUCTURE AND PROCESS

##### OF CREATIVE LIFE CHANGE

**Stephen Gilligan, PhD**

This day-long workshop provides an overview of the innovative approach of Generative Psychotherapy. In this neo-Ericksonian approach, each client is seen as being on a creative journey, wherein even significant negative setbacks and suffering can be positively utilized. Integral to realizing this is the creative state that needs to be activated in both therapist and client. We will see how this can be done within the guiding structure of a 6-step process: (1) Opening a creative field; (2) Setting positive intentions/goals; (3) Developing a creative state in both therapist and client; (4) Elucidating the steps for creative change; (5) Transforming obstacles; and (6) Homework and life practices. Through lecture, demonstration, case examples, and experiential exercises, participants will learn new methods and techniques for making psychotherapy a conversation that supports both client and therapist in living life in positive and fulfilling ways.

##### LOOKING THROUGH THE KALEIDOSCOPE OF LIFE:

##### REAWAKENING THE RESILIENT CHILD WITHIN

**Joyce C. Mills, PhD**

Children and adolescents often come to us with fractured, broken lives leaving them feeling hopeless and seriously troubled. With Dr. Erickson's philosophies as the taproot, along with Indigenous teachings, and the innovative approaches, this experiential workshop will provide participants with the key elements of the resiliency-focused model of StoryPlay®, that draws upon the nature inner resources, skills, and strengths of each child, adolescent, adult or family member that transforms the broken pieces into a beautiful new design for their lives.

##### OM UP! FACILITATING ERICKSONIAN MIND-BODY HEALING WITH SPIRITUAL YOGA

**Kathryn Rossi, PhD, Ernest Rossi, PhD**

**and Carolyn Sauer, PhD**

This experiential workshop utilizes Ericksonian approaches with the entire audience as well as individual volunteers. Through story and movement we will access new dimensions of our emerging consciousness with the 4-stage creative psychosocial genomic cycle. Our work is entirely consistent with the new neuroscience of brain plasticity in modern psychotherapy. We illustrate how easy it is to integrate yoga narrative and movement with Ericksonian mind-body work. Every level of fitness and mindfulness from beginners to mature wisdom gurus are welcome!

##### TRANSFORMATION THROUGH NEUROSCIENCE:

##### BRAIN CHANGE FOR PSYCHOTHERAPY

**C. Alexander Simpkins, PhD**

**and Annellen M. Simpkins, PhD**

It has long been known that the brain can change the mind, but recent neuroscience research reveals that the mind and experience bring literal structural and functional changes to the brain. By keeping the brain in mind, practitioners can activate neuroplasticity and neurogenesis to foster a healthier balance in clients' nervous system, reversing some of the adverse effects of psychological disorders. This workshop teaches how to think brain, to view clients through the exciting new lens of neuroscience that will focus practitioners' sensitivities on the vast new reservoir of evidence-based techniques to add to their protocols. Included are experiential techniques along with clear models to promote healing transformation in the traumatized, stressed, addicted, anxious, and depressed brain.

# THURSDAY • December 10

9:00 AM-12:00 PM (cont'd)

CHANGING THE ANXIOUS MIND, RAPIDLY:  
AN ADVANCED TRAINING  
**Reid Wilson, PhD**

CBT is a first-line treatment for panic disorder, social anxiety, phobias and OCD. Yet despite its efficacy, it can require a substantial amount of client time, discomfort, and cost, which can lead to treatment refusal, dropouts and lack of engagement. Preliminary studies are now exploring the efficacy of briefer treatments for anxiety disorders and OCD. We will start with a short review of these results and on rapid gain, then explore a method of initiating treatment, which is engagement-oriented versus compliance-oriented. The principal goal is to induce clients to adopt a long-term self-help protocol to voluntarily, purposely and aggressively seek out and embrace uncertainty and anxiety moment-by-moment as their ticket out of suffering. Attention will focus on how the clinician presents the paradigm in a manner persuasive enough to counter the dread of symptoms and their feared consequences.

12:00-1:15 PM  
Lunch Break

1:15-4:15 PM

## All-Day Workshops *cont'd*

THE ERICKSON WAY: TELLING STORIES WHERE THEY BELONG  
Betty Alice Erickson, MS, LPC, LMFT  
and Eric Greenleaf, PhD

INTRODUCTION TO ERICKSONIAN HYPNOSIS  
Brent Geary, PhD

GENERATIVE PSYCHOTHERAPY: THE STRUCTURE AND PROCESS OF  
CREATIVE LIFE CHANGE  
Stephen Gilligan, PhD

LOOKING THROUGH THE KALEIDOSCOPE OF LIFE: REAWAKENING  
THE RESILIENT CHILD WITHIN  
Joyce C. Mills, PhD

OM UP! FACILITATING ERICKSONIAN MIND-BODY HEALING WITH  
SPIRITUAL YOGA  
Kathryn Rossi, PhD, Ernest Rossi, PhD  
and Carolyn Sauer, PhD

TRANSFORMATION THROUGH NEUROSCIENCE:  
BRAIN CHANGE FOR PSYCHOTHERAPY  
C. Alexander Simpkins, PhD  
and Annellen M. Simpkins, PhD

CHANGING THE ANXIOUS MIND, RAPIDLY:  
AN ADVANCED TRAINING  
Reid Wilson, PhD

4:30-5:30 PM



**Keynote 1**  
**Bill O'Hanlon**

THERE'S NO SUCH THING AS A WEED:  
ERICKSONIAN UTILIZATION TO DISSOLVE RESISTANCE

Milton Erickson considered one of his two original contributions to the field of psychotherapy to be his concept of "utilization," radically accepting and using whatever the client/patient may bring, however difficult or pathological it may seem at first glance. Bill O'Hanlon shows how to understand and use utilization to decrease resistance and increase positive results in therapy.

5:45-6:45 PM



**Keynote 2**  
**Michael Yapko**

KEY THINGS MILTON ERICKSON WAS RIGHT ABOUT

No single individual in the last century has done more to redefine the field of hypnosis than Milton H. Erickson. Now, many decades after his passing away, he has been glorified by some and demonized by others. But, we now have an opportunity to critically examine some of his bold assertions to see how they have held up over time in light of subsequent research findings. Erickson wasn't right about everything, of course, but the evidence we'll consider in this address makes it clear that he truly was a remarkable man ahead of his time.

# FRIDAY • December 11

➔ 8:30-10:00 AM



Fundamental Hypnosis I  
INDUCTION  
Brent Geary

## Short Courses 1-15

SC1 Mentoring in Clinical Supervision:  
What We can Learn from Erickson's Relationship  
with Haley and Weakland  
**Dale E. Bertram, PhD & Mike Rankin, LMFT**

SC2 Once Upon A Fairytale:  
Utilizing Fairytale Stories and Characters  
In Ericksonian Hypnotherapy To Bring About  
Healing In a Child  
**Jenny Da Silva**

SC3 "Heart Rate Variability Biofeedback  
in Psychotherapy"  
A Powerful Tool for the Ericksonian Therapist  
**Jose Cava, Licensed Psychologist**

SC4 The Neuroscientific Evolution of  
Ericksonian Approach as a Metamodel of Healing:  
A 10 Point Guideline to be Used With Patients to  
Lead Them to Mind-Body Healing  
**Mauro Cozzolino, PhD, & Giovanna Celia, PhD**

SC5 Embodiment and Cultural Expressions  
of Trauma and Healing: Transformation through  
Body Poetry and Embodied Writing  
**Lawrence Graber MA,CBT  
& Katherine Rosemound, LPC, EMT-B**

SC6 With a Mixture of Curiosity and Confidence  
and Empathy: Taking Anxiety, Depression, and  
Trauma Treatment to the Next Level  
**Virgil Hayes, DO, MSW**

SC7 Technique for Eliminating  
Addictive Behaviors  
**Rachel Hott, PhD**

SC8 When Lao Tze meets Milton Erickson  
Tai Chi and Trance: An Ericksonian  
experiential approach to anxiety  
**Wei-Kai Hung, Ed.M., L.M.H.C.**

SC9 Hypnotic Scaling, Live Demonstration  
of an Ericksonian Solution-Focused  
Self-Hypnotic Technique  
**Paul Koek, MD**

SC10 Hoodoo Therapy: What I Learned  
About Psychotherapy From studying  
Low Country Root Doctors  
**Paul J. Leslie, EdD, LPC**

SC11 Ericksonian Linguistic Techniques for  
Managing Resistance Through Priming  
and Embedded Suggestions  
**Clifton Mitchell, PhD**

SC12 Moving From Small Glass to Vast Sea:  
The Psychotherapeutic Work of Bradford  
and Hillary Keeney  
**Bob Musikantow, PhD**

SC13 Healing Trauma with Ritual  
and Ceremony: Connecting Ericksonian Hypnosis  
and Native American Spirituality  
**Claudia Weinspach, Psychologist**

SC14 Treating Psychogenic Problems  
with Subliminal Therapy  
**Edwin Yager, PhD**

SC15 Thinking Systems:  
Implications of the Evolution of the Family  
Therapy Movement for Current Clinical Work  
**Arthur Zipris, PhD**

➔ 10:15-11:45 AM



Fundamentals of Hypnosis II  
PRINCIPLES OF INDUCTION  
Jeffrey Zeig, PhD

## Short Courses 16-30

SC16 Illuminating Darkness with the  
Compassionate Spirit of Namaste and the "Trance  
-Sending" Light of Playfulness  
**Betty Blue, PhD**

SC17 As Treatment by Discrete Diagnosis  
Sinks Slowly in the West: Ericksonian and Strate-  
gic Interventions with the Severely Mentally Ill  
**Hank Griffin, MA**

SC18 Heroes as Inner Resources  
**Christine Guilloux, DESS Psychology**

SC19 Curiosity for Possibility -  
A Modern Perspective of Ericksonian Utilization  
and Client-Responsive Therapy.  
**Richard Hill, MBMSc, Med, MA**

SC20 Integrative Hypnosis:  
How Creativity and Inventiveness in Hypnosis  
Take Place in French Culture  
**Stimec Isabelle, Psychiatrist, Psychotherapist**

SC21 A Multi-Systematic Approach  
to Improving Chronic Pain  
**Jamie Keyes, PhD**

SC22 The Age of Mindfulness:  
Advaita Hinduism, Self-Inquiry,  
and Ericksonian Psychotherapy  
**Donald Miretsky, MEd**

SC23 The Therapist on Stage:  
How to Activate the Body's Thinking  
Through Acting Techniques  
**Antonella Monini, MD**

# FRIDAY • December 11

➔ 10:15-11:45 AM (cont'd)

- SC24 Psychodrama and Hypnosis:  
Trance in Action  
**Cindy Levy, MA**
- 
- SC25 Focus is the Focus  
in Solution Focused Brief Therapy  
**Michael D. Reiter, PhD & Rondal J. Chenail, PhD**
- 
- SC26 The Neuroscience of Mindfulness,  
Deep Empathy and Emotional Intelligence  
**David Ryback, PhD**
- 
- SC27 The Transpersonal Dance:  
Re-visioning R.D. Laing and Erickson in an Era  
of Evidence Eclipsing Personal Experience  
**Bradley Samuel, PhD**
- 
- SC28 Practical Dream Analysis:  
The Structure, Function, Translation, and  
Transformation of Dream Images  
**William Symes, M.Div**
- 
- SC29 Teach Them How to Forgive  
**Robert Voyle, PsyD**
- 
- SC30 Addictions and Ericksonian Hypnosis  
as the Pathway to Healing and Creativity  
**Lanna Oren, PhD**

11:45-1:00 PM LUNCH BREAK

➔ 1:00-3:00 PM



Fundamental Hypnosis III  
**CONTEMPLATING CURRENT MODELS  
OF HYPNOSIS: HOW YOU THINK ABOUT  
HYPNOSIS DEFINES HOW YOU'LL USE  
HYPNOSIS**

**Michael Yapko, PhD**

Just as the field of psychotherapy is divided into many different conceptual and practical models, so is the field of clinical hypnosis. As researchers and clinicians continue to examine hypnosis and hypnotic phenomena with the greater goal of trying to better understand what goes on during the experience of hypnosis, it becomes ever more apparent that how you conceptualize hypnosis, mental processes, and the interface between the two in therapy will largely determine your hypnotic approaches. In this workshop, we'll consider different models of hypnosis and their implications for effective utilization of hypnotic methods.

## CLINICAL DEMONSTRATIONS

- CD1 Core Transformation (1-2 PM)  
*Connirae Andreas, PhD*
- CD2 Enhancing Brief Outcomes (2-3 PM)  
*Michael Munion, MA, LPC*

## WORKSHOPS 1-13

- WS1.  
UTILIZATION: PRINCIPLES AND PRACTICE  
**Douglas Flemons, PhD**  
Utilization, the signature feature of Ericksonian hypnosis, is not a technique but, rather, a way of relating to clients, trance, and therapeutic change. Come learn and practice the ideas and skills that distinguish a utilization approach: a Taoist sensibility, a resource-focused curiosity, a metaphoric (associational) sensitivity, and improvisational creativity.
- 
- WS2.  
THE BEGINNERS BRIEF QUANTUM  
DYNAMICS 101: ERICKSONIAN HYPNOSIS  
& PSYCHOTHERAPY TODAY  
**Ernest Rossi, PhD and Kathryn Rossi, PhD**  
Where is science and innovation in psychotherapy and Ericksonian therapeutic hypnosis going today? This brief beginner's 101 workshop outlines a very broad quantum update for all cultural perspectives and schools of psychotherapy via the evidence-based psychosocial genomic sciences of stress reduction for optimizing health. We will engage the entire audience in live demonstrations of how to experience, recognize and enhance our natural 90-120 minute 4-stage creative cycle of problem solving and healing with Rossi's Hand Polarity Techniques to illustrate Erickson's brief therapeutic hypnosis and psychotherapy.
- 
- WS3.  
SUPER MIND: Access the Neuro-Flow State  
for Achieving the Optimal Self  
**Carol Kershaw, EdD and Bill Wade, PhD**  
Revolutionary discoveries in neuroscience and human potential have increased the impact of hypnosis in not only resolving depression and anxiety, but creating a process that empowers flow and leads toward the Optimal Self. This workshop will present practical tools for activating brain wave control, shifting neural states, and accelerating the path to mastery.
- 
- WS4.  
WIRRARIKA INDIAN POINT OF VIEW OF  
EMOTIONS FOR SELF-KNOWLEDGE  
AND SOCIAL GROWTH  
**Jorge Abia, MD and Rafel Núñez, MA**  
Wirrarika Indian view emotions, conceive emotions as teachers useful for self knowledge, nature preservation and social growth. Through Hypnosis these goals are widened, to promote self learning along with learning from nature, achieving personal, community and social development as well as ecological care.

# FRIDAY • December 11

WS5.

## A MEETING BETWEEN MILTON ERICKSON AND MARTIN SELIGMAN: THE INTERSECTION OF HYPNOSIS AND POSITIVE PSYCHOLOGY

**Sofia Bauer, MD and Carolina Perrella**

Protocols How to use Positive Psychology (PP) and Hypnosis...imagine a meeting between the famous guys in this 2 areas...how could be? Well, we have some hypnoses made with PP and the protocols that we can mixed all PP understandings and some ways of doing in a natural way to happier with the news about PP. This is a kind of canary we can imagine...Dr. Milton Erickson utilizing the new approach that comes in this century!

WS6.

## BOOST YOUR COUPLES, FAMILY AND GROUP THERAPY SESSIONS

**Danie Beaulieu, PhD**

Dealing with two or more clients in a therapy session can sometimes be quite a challenge. A lot of skills and tools are required to make such sessions useful and enriching for everyone involved. Need some new ideas? Very innovative ones? You've come to the right place! Moving beyond the lecture format, this workshop will engage the participants in the experience of Impact Techniques with groups, families and couples. Forget the slow lane: imagination, creativity and experimentation will put this group into high gear!

WS7.

## THE ST. JUDE DILEMMA\*: WHAT TO DO WHEN THE CASE IS "HOPELESS"

**Norma Barretta, PhD**

*\*St. Jude is the Patron Saint of Hopeless Causes*  
Many patients present seemingly "hopeless" stories when they come for therapy. Often, they have seen several therapists, they have been working on "the problem" for years, they are discouraged and they are at the "end of the line". (Eligible for inclusion in "Uncommon Therapy" - Jay Haley). We will discuss several of these unusual cases and the metaphors that made a difference for them. Participants will have the opportunity to describe one of their own "hopeless" cases and have the group create some "hopeful" metaphors to change the story into one with a happier ending.....or beginning. All those cases you wished you had never encountered will elicit a different response in the future!

WS8.

## SEVEN HYPNOTIC STRATEGIES TO ELICIT PATIENT'S RESILIENCE

**Consuelo Casula, Dipl. Psych**

The workshop shows seven hypnotic techniques to help patients to overcome traumas, utilize their creativity, enhance their potentialities, build positive beliefs and solve problems by developing resilience. During the workshop we explore and practice hypnotic techniques to learn from trauma, elicit empowering emotions, and discover hidden talents and resources.

WS9.

## REACH: PUSHING YOUR CLINICAL EFFECTIVENESS TO THE NEXT LEVEL

**Scott Miller, PhD**

Pulitzer Prize winning author Thomas Friedman recently observed, "The era of average is over. In the 21st century, everyone is going to have to find something extra to stand out in their field." What can mental health and substance abuse professionals do to enhance their performance? Research documents three evidence-based steps clinicians can use for improving outcome while simultaneously reducing drop out and deterioration rates.

WS10.

## POLYVAGAL SOLUTIONS TO TRAUMA AND PAIN: ERICKSONIAN PATHWAYS

**Maggie Phillips, PhD**

The polyvagal theory, as explicated by Stephen Porges, has made ground-breaking shifts in our understanding of neurophysiological foundations of emotions, attachment, communication, and self-regulation. This workshop demonstrates how Ericksonian portals into polyvagal functions and how specific Ericksonian strategies can facilitate the effectiveness of interlocking somatic interventions will be identified, practiced and demonstrated.

WS11.

## THE RIPPLE EFFECT LIFE: ADDICTION-FREE, HAPPY AND MEANINGFUL

**Albina Tamalonis, PsyD**

This workshop offers a comprehensive Ericksonian approach to the treatment of Substance Use Disorders (SUDs). Research suggests that the creation of a healthy and enriched life reduce the need for harmful substances and activities. This workshop will delineate positive and realistic ideas that can be seeded during an altered state. These ideas eventually grow and ripple into an addiction-free lifestyle. The workshop will end with a clinical demonstration of an altered state with positive imaging. This demonstration will make sense of what was presented and how to incorporate Ericksonian principles into a single hypnotic session. Five hypnotic protocols with the main ideas presented will be distributed to participants.

WS12

## THE ART OF PERSUASION: CHANGING THE MIND ON OCD

**Reid Wilson, PhD**

Persuading OCD clients to adopt a new frame of reference is the therapist's primary task. Altering perception—not adding technique—helps them change directions, because belief always trumps exposure practice. Participants will learn a persuasive strategy—built out of whole cloth within the first session—that will frame the entire treatment protocol.

# FRIDAY • December 11

WS13

## SYMPTOMS AS A JOURNEY TOWARDS HEALTH AND CONSCIOUS LIVING

**Robert Dilts**

Milton Erickson used to claim, "the symptom is the solution." What he meant by this was that symptoms are frequently a key factor in a person's healing or transformation as opposed to simply an obstacle to be eliminated. In case after case, Erickson creatively utilized his clients' symptoms as major stepping-stone on a path to greater health and more conscious living. This workshop will cover some key skills and methods for building the resources necessary to transform symptoms into solutions and perceive them as an essential part of the journey towards health and conscious living.

→ 3:15-5:15 PM



## Fundamental Hypnosis IV THE ESSENTIAL ELEMENTS OF ERICKSONIAN HYPNOSIS

**Dan Short, PhD**

As the father of modern hypnosis, Erickson added the revolutionary elements of indirect suggestion, confusion, and permissive suggestion to the practice of hypnosis. These innovations have helped decrease resistance while increasing learning as experiences are re-evaluated within new mental frameworks, thus facilitating psychological growth while decreasing the likelihood of relapse or symptom replacement.

### CLINICAL DEMONSTRATIONS

- CD3 Om Up! Facilitating Ericksonian Mind-Body with Spiritual Yoga  
*Kathryn Rossi, PhD*  
& *Ernest Rossi, PhD* (3:15-4:15 PM)
- CD4 Freedom from Pain  
*Maggie Phillips, PhD* (4:15-5:15 PM)

### WORKSHOPS 14-26

WS14.

## MIND/BODY COPING SKILLS: A TEMPLATE FOR NAVIGATING LIFE'S TRAUMAS

**Helen Adrienne, MSW**

This workshop will present a template for change developed from 35 years of working with patients struggling with inordinate stress. Come to this workshop and learn to reframe as inspiration for growth and healing what feels like insurmountable obstacles. You will learn strategies to empower your patients to find inner resources, resilience, perspective and self-care.

WS15.

## SOME NEW AND SOME OLD TOOLS FOR DOING VERY BRIEF THERAPY WITH HYPNOSIS

**Rubin Battino, MS**

Expectation is the essence of doing very brief therapy, and its importance will be explained. The following methods will be illustrated and experienced via group inductions: Miracle Question; As-If Behavior; Narrative Therapy's Externalization; Inclusivity; Ideomotor Signaling; Reframing; What is Really Important in Life; and a closing healing meditation.

WS16.

## STRATEGIC SELF-THERAPY

**John Beahrs, MD**

Personal identity is both heavily defended and reframable. When accepted as a given, rapport ensues. Patients are then challenged to define themselves: self-description, value priorities, and goals/perceived roadblocks/plan. Being held responsible for what is under their sole control minimizes regression, and promotes responsibility and morale.

WS17.

## CAN INTUITION, NEUROPSYCH, AND ERICKSON BECOME BFFS?

**Cheryl Bell-Gadsby, MA, MFCC, RCC**  
and **Kathleen Donaghy, PhD**

This session will explore the integration of intuition and the latest neuropsych research to create a two-way attunement with the client's unique experience to facilitate a tailored therapeutic outcome. We will review research and theory (Siegel, viscera, Hanson, attachment, HeartMath, Einstein, Pert, Erickson, vibrational medicine) and include demonstration and hands-on skill practice.

WS18

## STOPPING RUNAWAY EMOTIONS: LIFE- CHANGING TOOLS FOR AFFECT REGULATION

**Carolyn Daitch, PhD**

Mastery of affect regulation is often impeded by individuals' habitual knee-jerk reactions to environmental frustrations and interoceptive responses. This workshop focuses on what affect dysregulation is, how it affects our clients and their relationships, and how it can be controlled through self-regulation tools. Affect dysregulation is present at the core of most clinical disorders, as well as sub-clinical presentations where poor emotional management negatively impacts daily functioning. This workshop will teach practical tools designed to facilitate the development of skills to manage affective flooding. Participants will learn an array of techniques that incorporate hypnosis, cognitive behavioral approaches, and mindfulness. With the right tools, therapists can help reactive clients stay calm in stressful situations and gain mastery over their emotions.

Register at

**EricksonCongress.com**

# FRIDAY • December 11

WS19.

## THE THREE PILLARS OF A FIRST SESSION: ANXIETY, SELF-ESTEEM AND THE CLIENT'S PERCEPTION OF THE PROBLEM

**Teresa Garcia-Sanchez, MA, ECP**

The first session needs to calm the client's anxiety (everything has a solution) make the client accept her/his own resources to solve the problem and treat the client's ability to see the extent of his/her Reality, as opposed to being able to only focus on the problem. We'll cover how to use seemingly simple and yet very creative metaphors which yield spectacular results. It will be a very interactive workshop.

WS20.

## DIAMONDS IN THE ROUGH: A HYPNO- SOMATIC APPROACH TO ELICIT UNTAPPED RESOURCES IN TRAUMATIZED CLIENTS

**Woltemade Hartman Ph.D**

and **Nadine Hartman B.Clin-Psych Hons**

Trauma causes internal chaos created when a devastating moment is frozen in time. It impedes psychological growth and the unfolding of being. It disconnects us from ourselves, others, nature and spirit. Ericksonian therapists nowadays look more like treasure hunters seeking the unrecognized diamonds and resources in their clients' personalities and bodies. In this workshop participants will learn techniques for enhancing experiential activation of untapped resources by using hypno-somatic techniques. Special emphasis will be placed on how to design corrective experiences and to recreate self-regulation, wholeness, coherence and "flow".

WS21.

## HYPNOSIS WITH COUPLES AND FAMILIES

**Camillo Loredano, MD, PhD**

The use of hypnosis with families appears to be an easy and natural process because family provides the most common context for early hypnotic experiences. Specific direct and indirect techniques are required to activate family resources and to induce a deep and meaningful change of the most rigid family patterns. In this framework hypnosis will be presented no more as an individual/linear event but rather, within a system perspective, as a circular and evolving process. The demonstration of a family hypnotic session gives a clear idea of the powerful and subtle resistances a family may develop in the course of the hypnotic treatment as well as of the many different solutions a therapist may adopt to overcome these resistances.

WS22.

## NEUROSCIENCE INFORMED HYPNOSIS: ACTIVATE UNCONSCIOUS BRAIN PROCESSES FOR THERAPEUTIC CHANGE

**C. Alexander Simkins, PhD** and  
**Annellen M. Simpkins, PhD**

Description: The unconscious is a reservoir of potential, and hypnosis is the way to access it. Recent neuroscience research corroborates in finding many intelligent, unconscious brain pathways. The workshop provides a quick 3-D tour through the brain, neuroscience of hypnosis, and experiential learning to facilitate these unconscious pathways hypnotically. With cases, trances, and protocols, this workshop informs, uplifts, and transforms.

WS23.

## 3- MINUTE SLOW-MO TRANCE AND UNIQUE STANCE

**Michele Ritterman, PhD**

This workshop is a kind of Andy Goldsworthy meets Milton Erickson with a woman's spin on it all. Michele will help attendees learn how to traverse the unique terrain of each client to gather their unique resources into one readily available mental state. From the clients practice to get to this state, the client can ultimately shift spontaneously from an unhelpful reactive posture, to a proactive posture, in fewer than three minutes and most importantly within the flow of daily interactions.

WS24.

## TRAUMA & TIME CAPSULES: HYPNOTIC AP- PROACHES TO DISSOCIATED SELF-ESTATES

**Steven Frankel, PhD, JD**

This workshop provides an orientation to the hypnotic treatment of individuals with Dissociative Identity Disorder, focusing on the view that "alters" may be understood as being caught in traumatic "time capsules," from which they need to be released in order for higher functioning levels to be reached. In addition to lecture/discussion, a video presentation in which hypnotic techniques are utilized will be shown.

WS25.

## HYPNOTHERAPEUTIC METHODS TO HELP WITH SLEEP AND WAKING CYCLES

**Susy Signer-Fischer, Lic. Phil.**

Some children, adolescent, and adults have difficulties falling asleep over a long period of time or even during a certain lifespan. Others find it difficult to wake up in the morning or stay awake during the day. This condition of starts during puberty thus making it hard for them to stay focused and attentive. In the workshop hypnotherapeutic methods will be developed in order to help them with their sleeping and waking cycle.

*Register at*

**EricksonCongress.com**

# FRIDAY • December 11

WS26

## SYSTEMIC TRANCE WORK: NEW DIMENSIONS IN CREATIVE THERAPY **Stephen Gilligan, PhD**

This workshop will explore Dr. Gilligan's newly developed Systemic Trance Work (STW), which sees creativity as the organizing principle for effective therapy. STW assumes that (1) reality and identity are constructed via filters, and that systems are a prototype filter; and that (2) generative trance is an exceptional method for holding and transforming these core patterns. You will learn how generative trance can facilitate two core elements of creative change: (1) conscious/ unconscious dialogue, and (2) part/whole integration ("aesthetic intelligence"). Lecture, exercise, demo, and clinical examples will be used.

→ 5:30-7:00 PM



## Fundamental Hypnosis V UTILIZATION IN A TRANCE INDUCTION **Lilian Borges, MA, LPC**

Utilization is one of the cornerstones of Ericksonian Therapy and Hypnosis. Dr. Erickson was once asked about his contributions to the field of psychotherapy, and hypnosis, and he replied: "The confusion technique and the Utilization technique" Utilization is not only a technique, but a principle he used in his work and his life.

### Short Courses 31-44

SC31 Shake-Up Your Effectiveness with Clients Through Enhancing Your Maneuverability and Flexibility  
**Audrey Ellenwood, PhD**

SC32 Solution Spot Therapy: 5 Years On  
**Miguel Fernandez, PhD & Vanessa Quintal, PhD**

SC33 Using Ericksonian Psychotherapy with Children During Times of Physical Illness  
**Maria Escalante de Smith, MA**

SC34 The Issue is in the Tissues!  
Utilizing Manual Muscle Testing to Access the Subconscious. The Other Ideomotor Technique  
**Jef Gazley, MS**

SC35 Using Clinical Hypnosis and "Parts" Work as a "Search Engine" to Help Adolescents/ Young Adults Absorbed in Cyberspace Find Their "Inner Selfie"  
**Tobi Goldfus, MSW**

SC36 A Hypnotic Framework for Using Ericksonian Hypnosis in a Group-As-A-Whole Approach to Therapy

**Paul Loundsbury, MA**  
SC37 Quit: Say Goodbye to Smoking  
**Patrick McCarthy, MBCHB**

SC38 Extensions of Being and Existence Hypnotic Strategies for Well-Being  
**Bob Bertolino, PhD**

SC39 How to Train Your Hormones: A Simple, Human Approach to Resolving Pre-Menstrual Syndrome  
**Gabrielle Peacock, MBBS**

SC40 Healing in the 4th Dimension: Utilizing Silence to Vivify and Enhance Transformance  
**Susan Pinco, PhD**

SC41 My Tummy Hurts!  
Clinical Hypnosis in the Treatment of Common Pediatric GI Conditions  
**Mindy Szelap, MSW, LCSW**  
and **David Gottsegen, MD ABMH**

SC42 Self, Other and Circumstance: Deconstructing Utilization  
**Robert Staffin, PsyD, ABPH**

SC43 Utilization Sobriety: Incorporating the Essence of Body-Mind Communication for Brief Individualized Substance Abuse Treatment  
**Bart Walsh, MSW**

SC44 Aging without an Expiration Date  
**Ann Webster, PhD**

→ 8:00-9:30 AM



## Fundamental Hypnosis VI ANECDOTES & METAPHORS Betty Alice Erickson

### Short Courses 45-58

SC45 The Power of Unconscious Body-Images: Using Mindfulness and Hypnotherapy When Treating Anxiety, Trauma and Somatoform Disorders  
**Erika Chovanec, PhD**

SC46 Naturopathic Treatments for Mental Illness  
**John Dye, ND**

7:15-9:00 PM

# DANCE PARTY!

# SATURDAY • December 12

SC47 The Soul Wisdom Way: An Ericksonian Approach to Psychotherapy with Single Parents  
**Bette Freedson, MSW**

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SC48  
TBA

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SC49 The Rhythmic Finger Focus Hypnotic Induction Technique: The Utilization and Entertainment of Interacting Neurological Processes to Transform Sympathetic to Parasympathetic Nervous System Activation and Coherence  
**Jeffery Feldman, PhD**

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SC50 Utilizing Ericksonian Techniques and Naturalistic Trance in Supervision  
**Lindasue Marshall, MSW**

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SC51 An Introduction to Experiential Reframing: An Ericksonian Inspired Approach to the Treatment of Trauma  
**Steven Rogers, PhD; Carrell Dammann, PhD, and Shannon Downs, PsyD**

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SC52 Shelter After the Storm...  
**Nicole Ruyschaert, MD**

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SC53 Ericksonian Solutions to Panic Attacks During Pregnancy and Assisted Reproductive Technologies  
**Beatriz Suarez-Buratti, MSC**

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SC54 Utilization of Body Language in Session: Ericksonian-Infused Intervention with Social Anxiety and Depression  
**Jennifer Walsh, PsyD**

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SC55 Using Utilization to Build Hope in Solution-Focused Brief Therapy  
**Jenna Wilson, PhD**

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SC56 The Solution Is Unrelated to the Problem. Or Is It? Action Centered Reality Therapy Converges with Ericksonian Principles  
**Robert Wubbolding, EdD**

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SC57 Awareness Integration® Model: An Integrative Approach to Psychotherapy  
**Foojan Zeine, PsyD**

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SC58 Musical Voyage of Discovery: Inspire and Motivate by adding Musicality to your Sessions  
**Anita Jung, MS**

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## *Erickson Congress 2011*

*— Some of the faculty —*



# SATURDAY • December 12

## Morning Interactive Events

9:45-10:45 AM	11:00-12:00 PM	1:15-2:15 PM
<b>Clinical Demonstration 5</b> Jeffrey Zeig	<b>Clinical Demonstration 7</b> Stephen Gilligan	<b>Clinical Demonstration 9</b> Bill O'Hanlon
<b>Clinical Demonstration 6</b> Alexander & Annellen Simpkins	<b>Clinical Demonstration 8</b> Betty Alice Erickson	<b>Clinical Demonstration 10</b> Lillian Borges
<b>Topical Panel 1</b> OCD/ ANXIETY Carolyn Daitch Reid Wilson Krzysztof Klajs Lynn Lyons	<b>Topical Panel 4</b> ABOUT MILTON ERICKSON Richard Gellerman Robert McNeilly Neil Fiore Connirae Andreas	<b>Topical Panel 7</b> DEPRESSION Michel Yapko Teresa Robles Sofia Bauer Connirae Andreas
<b>Topical Panel 2</b> SPIRITUALITY John Lentz Kathryn Rossi Kathleen Donaghy Bill Wade	<b>Topical Panel 5</b> FAMILY APPROACHES Michele Ritterman Camillo Lorioedo John Frykman Wendel Ray	<b>Topical Panel 8</b> HYPNOSIS IN BRIEF THERAPY Consuelo Casula John Beahrs Richard Gellerman Kathleen Donaghy
<b>Topical Panel 3</b> HOMEWORK ASSIGNMENTS Maggie Phillips Bernhard Trenkle, Teresa Garcia-Sanchez Susan Dowell	<b>Topical Panel 6</b> ANECDOTES & METAPHORES Bill O'Hanlon Rick Miller Eric Greenleaf Joyce Mills	<b>Topical Panel 9</b> UTILIZATION Joseph Dowling Betty Alice Erickson Dan Short Wendel Ray
<b>Dialogue 1</b> ERICKSONIAN SUPERVISION Helen Adrienne Camillo Lorioedo Scott Miller	<b>Dialogue 3</b> CREATIVITY Krzysztof Klajs Ronald Alexander Rubin Battino Cheryl Bell-Gadsby	<b>Dialogue 5</b> ABOUT MILTON H. ERICKSON II Neil Fiore Jane Parsons Fein Norma Baretta Robert Dilts
<b>Dialogue 2</b> THERAPIST INSPIRATION AND RENEWAL Michael Munion Michael Hoyt Cheryl Bell-Gadsby Sheldon Cohen	<b>Dialogue 4</b> AFFECT REGULATION Carolyn Daitch Joseph Dowling Reid Wilson Sheldon Cohen	<b>Dialogue 6</b> MEDITATION & HYPNOSIS I Douglas Flemons Kathryn Rossi John Lentz
<b>Conversation Hour 1</b> ABOUT MRS. ERICKSON Marilia Baker	<b>Conversation Hour 2</b> Robert Dilts	<b>Conversation Hour 3</b> Scott Miller

12:00-1:15 PM Lunch Break • 12:00-1:15 PM Lunch Break • 12:00-1:15 PM Lunch Break • 12:00-1:15 PM Lunch Break

• 12:00-1:15 PM Lunch Break •



# SATURDAY • December 12

## Afternoon Interactive Events

2:30-3:30 PM	3:45-4:45 PM	5:00-6:00 PM
<b>Clinical Demonstration 11</b> Stephen Lankton	<b>Clinical Demonstration 13</b> Michael Yapko	<b>Clinical Demonstration 15</b> Robert Dilts
<b>Clinical Demonstration 12</b> Steve Andreas	<b>Clinical Demonstration 14</b> Brent Geary	<b>Clinical Demonstration 16</b> Dan Short
<b>Topical Panel 10</b> RESISTANCE Douglas Flemons Scott Miller Bruce Gregory Michael Munion	<b>Topical Panel 12</b> TRAUMA Dan Short Richard Schwarz Maggie Phillips Tamer Dovucu	<b>Topical Panel 14</b> MIND/BODY/MEDICAL HYPNOSIS Jorge Abia Ronald Alexander Gary Ruelas Claude Virot
<b>Topical Panel 11</b> MEDITATION & HYPNOSIS II Stephen Gilligan Helen Adrienne Carol Kershaw John Frykman	<b>Topical Panel 13</b> HYPNOTIC LANGUAGE Stephen Lankton Steve Andreas Rubin Battino Claude Virot	<b>Topical Panel 15</b> USE OF HUMOR Bernhard Trenkle Albina Tamalonis Michael Hoyt Richard Landis
<b>Dialogue 7</b> EGO STATES Woltemade Hartman Susan Dowell Robert Schwarz	<b>Dialogue 10</b> TEACHING HYPNOSIS Robert McNelly Teresa Robles Norma Barretta	<b>Dialogue 13</b> WORKING WITH SYSTEMS Stephen Lankton Tamer Dovucu Bruce Gregory
<b>Dialogue 8</b> HABITS Albina Tamalonis Richard Landis Jorge Abia Neil Fiore	<b>Dialogue 11</b> HYPNOSIS AND NEUROSCIENCE Carol Kershaw Alex & Annellen Simpkins Bill Wade	<b>Dialogue 14</b> CHILDREN & ADOLESCENTS Susy Signer-Fisher Lynn Lyons Joyce Mills
<b>Dialogue 9</b> WOMEN AND HYPNOSIS Consuelo Casula Lilian Borges Michele Ritterman Teresa Garcia-Sanchez	<b>Dialogue 12</b> ABOUT MILTON H. ERICKSON III Bill O'Hanlon Eric Greenleaf Stephen Gilligan Gary Ruelas	<b>Dialogue 15</b> SEX/GENDER Rick Miller Jane Parsons Fein Sophia Bauer
<b>Conversation Hour 4</b> Ernest Rossi	<b>Conversation Hour 5</b> Roxanna Erickson Klein	<b>Conversation Hour 6</b> Michael Yapko

6:15-6:45 pm

Author's  
Hour —

Book Signing



# SUNDAY • December 13

→ 8:30-10:30 AM



Fundamental Hypnosis VII  
THE NINE ESSENTIAL ELEMENTS  
OF INDUCTION  
Bill O'Hanlon, MS

## CLINICAL DEMONSTRATIONS

- CD17 Utilizing the Unconscious Mind  
*Eric Greeleaf, PhD (8:30-9:30 AM)*
- CD18 Hypnosis & Anxiety: Opportunities  
Beyond Relaxation  
*Lynn Lyons, LICSW (9:30-10:30 AM)*

## WORKSHOPS 27-39

WS27

THE WHOLENESS PROCESS:  
A NEW FORM OF MEDITATION  
THAT RESOLVES LIFE ISSUES  
**Connirae Andreas, PhD**

Eastern spiritual teachings tell us that "suffering" goes away when we dissolve the ego. But what is the 'ego' and how does one dissolve it? You'll be introduced to a new way of doing inner work, which offers a precise way of dissolving the everyday sense of the ego. It can be used both to heal and resolve problems, AND as a gentle personal practice. Typical results include deep relaxation of the nervous system, greater capacity to deal with stress with grace and humor, resolves sleep issues. The session will include group experience and a short demonstration.

WS28.

KEEPING THE NATURE  
IN ERICKSONIAN THERAPY  
**Sheldon Cohen, MD**

Milton Erickson's life was filled with his vibrant interaction with nature. His solo canoeing feats were unbelievable and therapeutic. His home office was in a quiet residential neighborhood. He sent patients hiking up Squaw Peak Mountain (now Piastawa Peak) so that this physical interaction with nature would improve their thoughts and feelings. The author's office is in the basement of his home surrounded by a variety of native plants. Patients pass a bird feeder constantly filled with avian delights. The presenter often engages in walking-talking therapy with patients.

WS29.

UNDERSTANDING THE LANGUAGES  
OF THE CLIENTS  
**Betty Alice Erickson, MS, LPC**

Clients tell us their symptoms but rarely directly tell us the causes. Sometimes they don't know; sometimes it's too painful. This workshop will discuss ways to hear more effectively and then communicate back various ways of healing in ways they will accept and absorb. There will be exercises and demonstrations.

WS30.

OVERCOME PROCRASTINATION BY INTEGRATING YOUR EGO STATES  
**Neil Fiore, PhD**

Procrastination keeps students and professionals stuck in avoidance, guilt and depression. 30-year's research has led to an effective treatment for focusing on productivity, including: Dialectic Behavioral and Ego-State Therapy, Desensitization and hypnosis to create a stress-free work environment. Benefits include improved time management, productivity, self-efficacy, efficiency, and sense of worth.

WS31.

HOW TO MANAGE ANOMALOUS  
EXPERIENCES DURING DEEP TRANCE  
ON CHALLENGING PATIENTS  
**Ricardo Feix, MD**

Dr. Feix describes five challenging cases of high-hypnotizable patients of his own medical practice. During deep trance, those patients expressed anomalous experiences like: automatic writing, deep memories, psi-related experiences, mystical experiences and near death experiences. He also discusses technical and ethical issues on clinical special management.

WS32.

THE BUTTERFLY AND THE ELECTRON:  
THE INTEGRATION OF QUANTUM PHYSICS  
WITH MIND-BODY HYPNOTHERAPY IN THE  
TRANSFORMATION OF CONSCIOUSNESS  
**Bruce Gregory, PhD**

The workshop will address how quantum principles and variables can be integrated into treatment in the facilitation of unconscious healing processes and the transformation of consciousness. The Erickson Resistance protocol will be utilized as a template to demonstrate how creativity, validation, appreciation, and the utilization of opposites can support the transformation of resistance into receptivity.

WS33.

SINGLE SESSION THERAPY  
**Michael Hoyt, PhD**

Many therapies involve brief lengths of treatment, including a single session. A structure will be presented for organizing the tasks and skills involved in different phases (pre, early, middle, late, and follow-through) of therapy. Numerous case examples, including video, will illustrate brief therapy techniques useful both in initial sessions and in the course of longer treatments.

# SUNDAY • December 13

WS34.

## TOOLS OF INTENTION Stephen Lankton, LCSW, DAHB

This workshop will teach five positive techniques that can make experiential hypnosis successful. Dysfunctional families fail to teach children how to use their experiences to succeed. Consequently, clients learn dozens of self-defeating habits and later present in our offices as adults with depression, anxiety, phobias, etc. Yet, experience is the key to cure. The Tools of Intention protocols go beyond self-talk and words and create targeted experiences. These are invaluable tools for overcoming learned limitations and achieving self-mastery in various desired situations. Therapy can proceed without them, but with them, the therapeutic process is explicit, focused, and efficient

WS35.

## INTEGRATIVE THERAPY WITH GAY MEN...THE GIFT OF PRESENCE Rick Miller, MSW

Clinical hypnosis offers a powerful approach to enhancing and increasing sensory awareness for gay men. This creates a powerful resource for restoring connections, due to histories of alienation both from society as well as internally. Such connections provide a bridge between the self and body, something that is disowned by many gay men. This workshop defines and illustrates successful hypnosis-facilitated interventions to enhance the treatment of gay men.

WS36.

## EXPERIENCE MILTON H. ERICKSON: WATCH HIS FACE, HEAR HIS VOICE, LEARN FROM HIS CASES Jane A. Parsons-Fein

"In the Room with Milton H. Erickson, M.D." focuses exclusively on Erickson. Going beyond Freud, Erickson conversed with the unconscious of his students saying, "Trust your unconscious; It knows more than you do." Experiencing Erickson shifting his inner states in a continuous flow of unconscious communication is the closest participants can come to learning hypnosis from Erickson himself.

WS37.

## CHANGING "PROBLEM" ADOLESCENT BE- HAVIOR BY COACHING PARENTS Wendel Ray, PhD

Identifying relationship dynamics out of which problem behavior emerges and evoking constructive change by coaching parents is essential to the Family Therapy Don Jackson pioneered - Original recordings will illustrate such learnable skills as comprehending implied relationship messages, and utilizing the client's world view to facilitate success in parenting.

WS38.

## OM UP! OPTIMIZING SPIRITUAL YOGA WITH ERICKSONIAN MIND-BODY WORK

**Kathryn Rossi, PhD and Carolyn Sauer, PhD**  
How can we optimize classical yoga with Ericksonian mind-body work? This experiential workshop utilizes Ericksonian approaches with the entire audience as well as individual volunteers. Through story and movement we will access new dimensions of our emerging consciousness with the 4-stage creative psychosocial genomic cycle. Open for all fitness levels.

WS39.

## ACCESSING THE BODY'S WISDOM: TRANSFORMING SYMPTOMS TO HEALING RESOLUTIONS WITH ERICKSONIAN HYPNOSIS, SOMATICS AND MINDFULNESS BASED PSYCHOTHERAPY Ronald Alexander, PhD

"Symptoms are unique forms of communication...." Milton Erickson the creator of the Ericksonian approach for mind body healing held the view that psychosomatic symptoms were a direct gateway to the healing power of the creative unconscious. Meditation and visualization practices help to cultivate self-regulation through awareness training-developing concentration, releasing painful affects and applying the principles of Buddhist psychology to resolve afflictive factors of mind-body trauma. This workshop will highlight use of storytelling, metaphor and rapid trance induction—allowing the body to open healthier pathways for new somatic recoveries.

→10:45 AM-12:45 PM



## Fundamental Hypnosis VIII LANGUAGE IN HYPNOSIS

**Stephen Lankton, LCSW, DAHB**

One of the most important aspects of the development of a deep and relevant hypnotic experience in therapy is the use of language. The skillful use of language is necessary for both induction and treatment. While direct suggestion might seem to be an easy technique to master, there are many considerations that should guide the therapist's selection and choice of words and delivery. The use of indirect suggestions, binds, confusion technique, and metaphor is commonly associated with Dr. Erickson's later work. These language-forms create a still greater challenge for therapists. Dozens of ideas and guidelines and formulas for creating the language of hypnosis will be shared by one of Erickson's former students who specializes in teaching basic and advanced language patterns.

## CLINICAL DEMONSTRATIONS

- CD19 Deep Trance for Problem Resolution  
*Carol Kershaw, PhD*  
(10:45 AM-11:45 AM)
- CD20 Ericksonian Time Distortion  
Technique  
*Bernhard Trenkle, Dipl.Psych.*  
(11:45 AM-12:45 PM)

# SUNDAY • December 13

## WORKSHOPS 40-52

WS40.

### THE NUTS AND BOLTS OF SELF-CONCEPT— AND HOW TO ADJUST THEM

**Steve Andreas, PhD**

Our identity provides both a keel and a compass as we sail through the seas of life, maintaining stability and direction. However, if it's poorly designed, it won't work very well in stormy weather, and stability can also interfere with changing direction when we want to do that.

WS41.

### OPTIMUM BALANCE MODEL (OBM) THE BRIDGE BETWEEN ERICKSONIAN THERAPY AND SYSTEMS THINKING

**Tamer Dovucu, MA**

Tamer Dovucu will explain 3 main models of OBM and it's relationships with system thinking and Ericksonian approach. So what Erickson did could be visible by identifying background system dynamics of his therapy. He will also show some techniques of OBM which can be used in therapy with great impact.

WS42.

### ZONEFULNESS: AN ERICKSONIAN APPROACH TO PEAK PERFORMANCE IN THE GAME OF LIFE

**Joseph Dowling, MS**

Zonefulness is the integration of mindfulness mediation, hypnotic zone exercises, and solution-oriented/strategic therapy. This workshop will enable participants to learn How To Become Smart Enough To Know When To Stop Thinking; How To Dismantle Atomic What-Ifs; and how to seamlessly access their peak performance zone. This workshop will afford participants to experience group hypnotic zone exercises, a live client demonstration, as well as a discussion of case studies. The work and influence of Dr. Milton H. Erickson will be highlighted throughout.

WS43.

### ERICKSONIAN APPROACHES, APPLIED IN FOUR DISTINCT WAYS: THE COLLECTED WORKS OF MILTON H. ERICKSON

**Roxanna Erickson-Klein, PhD,**

**Kathryn Rossi, PhD, Ernest Rossi, PhD  
& Richard Hill, MBMSc, Med, MA**

The presenters review the case work of Milton H. Erickson, MD in counseling, psychotherapy, therapeutic hypnosis and rehabilitation as evidence-based cognitive behavior therapy to treat anxiety, depression and trauma. This experiential workshop explores the timeless nature of the work of Milton H. Erickson, who substantially influenced the manner that psychotherapy is practiced in the 21 century.

WS44.

### NARRATIVES OF RECOVERY

**Eric Greenleaf, PhD and  
Christine Guilloux, Psychotherapist**

Participants write brief narratives of their path to vocation, read them in groups of two, then write and share narratives of their recovery from serious illness. Then, each will conduct an interview of their partner, to search out a narrative of the most powerful factor in their recovery.

WS45.

### "KNOWING AS SKILLS: PERSON THROUGH ACCEPTANCE & CHANGE OF NEW TECHNOLOGIES"

**John Frykman, MDiv. PhD**

There are so many ways we can learn to know each other, work with each other. Redefine who the other is. In this workshop you will learn about acceptance, change and radical change. Meet and interact with real people aged 21-100 years. Actively begin a journey to participate.

WS46.

### A LOOK BEHIND THE CURTAIN: DEEPER MECHANISMS OF CHANGE

**Richard Landis, PhD**

Using Ericksonian perspectives, this workshop will offer theory, tools and practice to understand, engage and use molecular and intangible forces that surround and affect all of us. We will discuss research-based nutrients, fluids and common energy fields that can result in mitochondrial efficiency, cellular membrane resonance, co-enzyme utilization all working in balance to enhance optimal mental and physical health.

WS47.

### USING HYPNOSIS WITH CHILDREN: HOW TO CREATE GREAT INTERVENTIONS

**Lynne Lyons, LICSW**

Hypnosis and children are made for each other. Children offer us their imaginations, love of stories, and often their curiosity and openness; hypnosis as a therapeutic tool is a way to capitalize on all of this. This workshop provides a template for identifying the best targets and creating effective interventions, and discusses how to integrate hypnotic techniques into your work with children.

WS48.

### THE LEADING EDGE OF TRAUMA TREATMENT: INTEGRATING ERICKSONIAN & ENERGY PSYCHOLOGY APPROACHES

**Robert Schwarz, PsyD**

Following the idea that the mind controls the flow of information and energy, this workshop presents an elegant integration of Interpersonal neurobiology, polyvagal theory and memory reconsolidation that underlies both Ericksonian and Energy Psychology approaches to trauma treatment. Specific clinical tools and strategies to tailor tools to clients will be presented.

# SUNDAY • December 13

WS49.

## CULTURE, METAPHORS AND PLAY: FINDING THE RAINBOWS THROUGH THE STORMS **Joyce Mills, PhD, LMFT**

Currently, trauma and attachment garner major attention in psychotherapy. However, seriously overlooked is the impact historical oppression has on healing children, adolescents, and families. This resiliency-focused, experiential workshop provides a socio-cultural lens through which to expand our ability to develop and utilize positive metaphors and imaginative play into our practices.

WS50.

## EASY HYPNOSIS: A COMMON EVERYDAY APPROACH AFTER ERICKSON **Robert McNeilly, MD**

Building on Erickson's description of the common everyday trance and his invitation to look for solutions, we will explore a fail-safe method of inviting anyone into trance to assist individual clients to reliably and respectfully create their own individual solutions. The workshop will include lecture, demonstration and practice.

WS51.

## EFFECTIVE MANAGEMENT OF CHRONIC ANXIETY AND DEPRESSION WITH ESSENTIAL NEUROBIOLOGICAL COMMUNICATION **Bart Walsh**

Chronic anxiety and depression present significant challenges for those affected by these conditions. A behavioral treatment which accesses deep levels of mind-body functioning facilitates remission of these debilitating conditions. This treatment, conceptualized as essential neurobiological communication (ENBC), incorporates a form of body language known as ideomotor signaling. Because these are chronic conditions, the affected individual learns how to fully manage these states on their own. Also presented is a non-invasive, structured protocol for reducing the adverse influence of unresolved emotion on present experience. Essential to this model is a progressive ratification sequence intended to ground emotional adjustments in thought, perception and behavior. This brief procedure is a useful adjunct to other treatment modalities and instrumental in clarifying the focus of treatment. Given adequate time, a demonstration with a volunteer will illustrate this approach.

12:45-2:00 PM  
LUNCH BREAK

WS52.

## PROCESS-ORIENTED HYPNOSIS: BEING GENERAL DELIBERATELY TO PRODUCE SPECIFIC RESULTS **Michael Yapko, PhD**

Milton Erickson was often credited with being a "mind-reader," but he simply said he was more observant than most. Realistically, there are many common denominators of human experience that can make one seem a mind reader to a client when touching on them in the course of therapy. Hypnosis can be especially well used to address generalities that have very specific effects. In this workshop, we'll explore this gentle style of hypnotic intervention.

→ 2:00-4:00 PM



## Fundamentals of Hypnosis IX THE PRIMACY OF NONVERBAL COMMUNICATION IN CREATIVE TRANCE WORK **Stephen Gilligan, PhD**

In therapeutic trance, a person releases from rigid ego positions, thereby opening to the resources and healing capacities of the creative unconscious. In this process, nonverbal communications—such as limbic resonance, felt sense, somatic centering, and musicality—are of central importance. The workshop explores how therapists may attune to these nonverbal patterns and utilize them to develop and guide creative trance work.

## CLINICAL DEMONSTRATIONS

- CD21 Chatting as Brief Therapy  
*Rubin Battino, MS* (2:00-3:00 PM)
- CD22 Integrating Energy Psychology and Ericksonian Hypnosis to Remove the Pain of a Traumatic Event  
*Robert Schwarz, PsyD*  
(3:00-4:00 PM)

## WORKSHOPS 53-65

WS53.

## A YOUNG MAN AND HIS CANOE. THE LIFE-CHANGING JOURNEY THAT PAVED THE WAY FOR MHE'S THERAPEUTIC STRATEGIES. **Marila Baker, MSW**

Twenty-four months after recovering from an acute, life-threatening episode of poliomyelitis, still barely able to walk without crutches, twenty-one year old Erickson, undertook a voyage of discovery and transformation. He paddled solo his canoe through a chain of lakes and rivers in Wisconsin and Illinois all the way to the Mighty Mississippi, and back to his alma mater in Madison. In my view, this experience contains the basic patterns of 'the hero's journey' as described by Joseph Campbell.

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WS54.

## UTILIZATION IN A TRANCE INDUCTION

**Lilian Borges, MA, LPC**

Sometimes individuals bring a long history of unsatisfying, or dysfunctional relationships they are tired of and are willing to change. They complain that they leave one relationship just to find another one with the same dysfunctional pattern they had previously. This workshop will address how to use experiential therapy to address attachment issues and change working models in individual therapy.

WS55.

## FOOTPRINTINGS:

### EGO-STATE THERAPY IN THREE DIMENSIONS

**Susan Dowell, LCSW, BCD**

Footprintings is a new three-dimensional treatment approach designed to help patients get unstuck from self-limiting personal narratives. Nine color sets of Footprintings become literal tools to represent, explore and track shifting states of consciousness and to access untapped resources and body wisdom. This workshop will be both didactic and experiential.

WS56.

## CONVERSATIONAL UNCONSCIOUS COMMUNICATION

**Richard Gellerman, PhD**

This is a therapeutic structuring of a therapist's speech in which there are two separate levels of meaning to the communication. The first level contains a normal everyday social context and the second level of the communication contains a concealed therapeutic message that is hopefully of value to the client and is understandable to the unconscious mind of the client. The purpose of this kind of communication is to enable the therapist to bypass the client's natural resistance to outside influence which is protective in nature but which can inhibit the client's natural learning process.

WS57.

## TRANCE PHENOMENA AND COOPERATION IN PSYCHOTHERAPY WITH OCD CLIENTS

**Krzysztof Klajs, Dipl. Psych.**

OCD affects an estimated 2-3% of the adult population and is recognised by therapists as a difficult and long-lasting disorder. In this workshop will be presented a number of useful strategies based on B.B.Geary's continua of the trance phenomena concept in the OCD treatment. I will discuss especially Catalepsy, Age Regression and Dissociation as the main phenomena visible in compulsive symptoms. The importance of cooperation with client and the client's family will be discussed.

WS58.

## ACHIEVING GOALS: A HYPNOTICALLY BASED INNOVATIVE APPROACH

**John Lentz, DMin**

This advanced workshop is designed to offer participants tools to personalize and assist people in achieving goals, for weight loss, stop smoking, etc. The Author has developed a method that both personalizes and bypasses the usual glitches to success that utilizes hypnotic principles in unique ways.

WS59.

## ADVANCED TECHNIQUES OF HYPNOSIS & THERAPY

**Jeffrey Zeig, PhD**

Language is both informative and expressive. It is the expressive component that elicits changes in emotion, sensation, "state," and physiology. Para-verbal forms will be described, including facial expression; voice modulation; gestures; sound effects; behavioral modeling; social mimicry; hesitations, and proximity. Lecture, demonstration, exercises.

WS60.

## LOVE & INTENTION

**Michael Munion, MA, LPC**

This workshop provides a framework for assessing clients along two important dimensions that impact therapeutic outcome: motivation and agency (perception of ability to create change). This fosters interventions that enhance the capacity for strategic interventions to be truly brief and solution focused. Participants will have the opportunity to observe and practice this approach.

WS61.

## THE CLASS OF PROBLEMS/CLASS OF SOLUTIONS MODEL:

### NEVER BE STUCK AGAIN CLINICALLY

**Bill O'Hanlon, MSW**

You will learn a generative model for hypnosis and therapy derived from Dr. Erickson's work that will keep you from being stuck clinically. Once you get this, you will be able to emulate some part of what Dr. Erickson did in therapy and hypnosis.

WS62.

## THERAPY BASED IN UNIVERSAL WISDOM

**Teresa Robles, PhD**

After introducing the concept of Universal Wisdom and the fundamental proposals of this therapy, focused on finishing with the "Culture of Suffering", Dr. Robles will demonstrate exercises that participants will practice and comment in the group. Before ending participants will share the tools they are taking for their practice.

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WS63.

## TREATMENT PLANNING WITH DISSOCIATION

**Brent Geary, PhD**

This workshop explores the assumption that dissociation is involved in all psychological problems. If a clinician views patients' difficulties from this perspective, myriad possibilities for intervention are available, both hypnotic and otherwise. The manner in which dissociation can be considered in assessment, involved in treatment planning, and utilized in clinical techniques will be explained and illustrated.

WS64.

## THE ESSENTIAL ELEMENTS OF ERICKSONIAN HYPNOSIS

**Dan Short, PhD**

As the father of modern hypnosis, Erickson added the revolutionary elements of indirect suggestion, confusion, and permissive suggestion to the practice of hypnosis. These innovations have helped decrease resistance while increasing learning as experiences are re-evaluated within new mental frameworks, thus facilitating psychological growth while decreasing the likelihood of relapse or symptom replacement.

WS65.

## TREATING PHOBIA AND PANIC: HYPNOTIC SELF-TREATMENT TECHNIQUES

**Bernhard Trenkle, Dipl.Psych.**

The Workshop teaches the use of hypnosis and self-hypnosis for treating phobias and panic disorders. Building hope and diminishing helplessness is essential for a successful therapy and the workshop will address different possibilities to achieve this. The core of the workshop is the demonstration of a self-treatment technique including self-hypnosis. Homework Assignments, Pattern disruption, systemic considerations and Stabilizing the treatment results are further topics.

WS66.

## HOW TO USE HYPNOSIS TO HELP SLEEP DISORDERS

**Patrick McCarthy, MBChB**

This course will teach the best behavioral approach to insomnia followed by the role of hypnosis to address, initiatory insomnia, mid-phase insomnia and early morning waking, as well as ways to treat nightmares, night terrors and parasomnias. Dr. McCarthy has used these techniques with over 4,000 people in New Zealand.

4:15-5:15 PM



### KEYNOTE 3

**Ernest Rossi, PhD**

## BITS OR QUBITS: HOW SHOULD WE EXPERIENCE OUR CONSCIOUSNESS?

*An Introduction to the Quantum Dynamics  
of Mind/Gene Communication and Healing*

The emergence of the quantum world view a century ago poses new questions about the nature of human consciousness and how we should cultivate it. Classical cognition as we all use it in everyday life and computers is based upon the Limited Yes/No Logic of Bits—only 2 choices are available to respond to any life situation. Quantum consciousness, by profound contrast, defines the Qubit as a Superposition of Both Yes/No—with infinity more choices for responding to any situation! Tragedies of the human condition such as war, stress and illness can be ameliorated greatly in learning how to optimize human choice by facilitating the Quantum Dynamics of Mind/Gene Communication and Healing in politics, governance, business, education, ethics and psychotherapy.

5:30-5:45 PM CLOSING REMARKS

MONDAY • December 14

## POST-CONFERENCE



### MASTER CLASS

Jeffrey Zeig, PhD  
and Stephen Gilligan, PhD

9:00 AM-12:00 PM

BRIEF THERAPY

MASTER CLASS

1:30 PM-4:30 PM

BRIEF THERAPY

12:00-1:30 PM LUNCH BREAK

MASTER CLASS 2



Ericksonian hypnotherapy and the Self-Relations approach are experiential methods of change. In combination they can be synergistic. Psychotherapy is best when clients have a first-hand experience of an alive therapeutic process. Such dynamic empowering experiences pave the way for dynamic understandings. Drs. Gilligan and Zeig will engage with each other and the participants to examine commonalities and differences in their work.



# FEES & DEADLINES

## DISCOUNT DEADLINE DATES →

	September 25	November 13	December 1	Onsite
Special Event Program (Wednesday, Dec. 9)	\$99	\$99	\$99	n/a
Law & Ethics Pre-Conference (Wednesday, Dec. 9)	\$129	\$179	\$179	\$179
FULL CONFERENCE REGISTRATION (Thursday-Sunday, Dec. 10-13)	\$399	\$499	\$549	\$649
Master Class Post-Conference (Monday, Dec. 14)	\$129	\$179	\$179	\$179

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Cancellation Policy: Please email support@erickson-foundation.org for written registration cancellations. Cancellations submitted in writing before September 1, 2015 will receive a full refund less a \$50.00 service fee. Cancellations made after September 1st and before November 30, 2015 will receive a 50% refund. We will not issue refunds for cancellations made after November 30, 2015. Please allow 8-10 weeks processing. Cancellations received before November 30, 2015, will be processed in January 2016. If paying by check, all non-sufficient funds check will be charged a \$20 service fee payable by issuer.

# REGISTRATION FORM

Name \_\_\_\_\_  
(As you want it on your name badge—please print)

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City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Country \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Email Address \_\_\_\_\_ University Attended \_\_\_\_\_

University Major \_\_\_\_\_ Highest degree \_\_\_\_\_

Professional License # \_\_\_\_\_ Physically Challenged?  Yes\*

*\*The Hyatt is ADA compliant. Please inform the hotel about any special needs. Any special concerns must be brought to the attention of the Milton H. Erickson Foundation prior to September 25, 2015.*

I verify that I meet the minimum eligibility requirements to attend the 12th International Congress.

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- Full conference registration (Thursday, Dec. 10 through Sunday, Dec. 13)
- Full Conference Registration **WITH** Pre-Conference Law & Ethics or Special Event Fundraiser (Wednesday, Dec. 9 through Sunday, Dec. 13)
- Full Conference Registration **WITH** Post-Conference Master Class (Mon. Dec. 14)
- Full Conference Registration **WITH BOTH** Pre-Conference AND Post-Conference (Wednesday Dec. 9 through Mon. Dec. 14)

## INDIVIDUAL DAY-TICKETS (for those NOT attending the Full Conference)

- Wednesday, December 9
- Thursday, December 10
- Friday, December 11
- Saturday December 12
- Sunday December 13
- Monday, December 14

I am enclosing the following amount \$ \_\_\_\_\_

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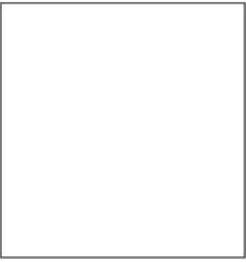
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# THE 12TH INTERNATIONAL CONGRESS

ON ERICKSONIAN APPROACHES TO PSYCHOTHERAPY



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