

Sponsored by *THE MILTON H. ERICKSON FOUNDATION*

The conference you'll be hearing about in 2011  
takes place this December in **ORLANDO**—*don't be left out!*

**NOVEMBER  
15<sup>TH</sup>**

**Last Chance  
to Save on  
Registration!**



**brief therapy**  
LASTING SOLUTIONS

**DECEMBER 9-12, 2010 • HILTON *in the* WALT DISNEY WORLD® RESORT**



55 Workshops  
44 Short Courses  
5 Fundamental Hypnosis Workshops  
12 Topical Panels  
6 Dialogues  
12 Conversation Hours  
12 Clinical Demonstrations  
6-Hour Pre-conference Law & Ethics Workshop  
6-Hour Post-Conference Brief Therapy Master Class  
**Earn up to 43 CE Credits!**

## A great opportunity...

The Brief Therapy Conference provides an opportunity for leaders in the field of psychotherapy to present and interact by discussing their approach to brief psychotherapy, and its evolution. Therapists represent all major disciplines and are linked by their practical emphasis on the change process. Sponsored by the Milton H. Erickson Foundation, the Conference promotes integration among what previously have been disparate schools.



*Brief Therapy '08*

## Great topics...

The workshops, short courses and interactive events cover practical approaches on improving your clinical skills, plus specific issues such as creative breakthroughs in therapy; using hypnosis with children and their parents; what “expert” therapists do; integrating attachment, differentiation and neuroscience in couples therapy; the science of persuasion and brief therapy; strategic techniques for controlling worry, and over a hundred more topics! *Including the Fundamental Hypnosis Track, under the direction of Dr. Michael Yapko.*

## At a great location...



All in the luxurious and comfortable environment of the Hilton in the Walt Disney World® Resort—at special conference discount rates!

## And a great faculty...

Your faculty is the “who’s-who” of modern brief therapy. They will expand your knowledge base, reveal how to utilize brief therapy techniques in specific situations, help you improve observational skills and clinical methods, and instruct you on the uses of multi-level therapeutic communication.



*Michael Yapko, Jeffrey Zeig & Reid Wilson at Brief Therapy '08*

Equals a great conference!

Register now and become a part of this exciting and enriching experience—[www.BriefTherapyConference.com](http://www.BriefTherapyConference.com)

PRE-CONFERENCE

# BRIEF THERAPY CONFERENCE

POST-CONFERENCE

WEDNESDAY  
DECEMBER 8

THURSDAY  
DECEMBER 9

FRIDAY  
DECEMBER 10

SATURDAY  
DECEMBER 11

SUNDAY  
DECEMBER 12

MONDAY  
DECEMBER 13

8:30 AM - 12:30 PM  
**LAW & ETHICS  
WORKSHOP**  
Part 1

8:30 AM - 10:00 AM  
22 SHORT COURSES  
  
10:15 AM - 11:45 AM  
22 SHORT COURSES

8:30 AM - 11:30 AM  
 Fundamental  
Hypnosis  
Workshop 2  
  
**WORKSHOPS 12-22**

8:00 AM - 11:30 AM  
21 Interactive Events  
*(clinical demonstrations,  
tropical panels, dialogues,  
and conversation hours)*

8:30 AM - 11:30 AM  
 Fundamental  
Hypnosis  
Workshop 4  
  
**WORKSHOPS 34-44**

9:00 AM - 12:00 PM  
**BRIEF THERAPY  
MASTER CLASS 1**

LUNCH

LUNCH

LUNCH

LUNCH


LUNCH

LUNCH

2:00 PM - 4:00 PM  
**LAW & ETHICS  
WORKSHOP**  
PART 2



1:00 PM - 1:15 PM  
CONVOCATION  
  
1:15 PM - 2:15 PM  
Keynote Address 1  
**Sue Johnson**

2:30 PM - 5:30 PM  
 Fundamental  
Hypnosis  
Workshop 1

**WORKSHOPS 1-11**

7:00 PM - 9:00 PM  
Keynote Address 2  
**Robert Sapolsky**  
*(followed by author  
book-signing)*

12:45 - 1:45 PM  
Keynote Address 3  
**Bessel van der Kolk**  
  
2:00 PM - 5:00 PM  
 Fundamental  
Hypnosis  
Workshop 3

**WORKSHOPS 23-33**

5:15 PM - 6:15 PM  
Keynote Address 4  
**Donald Meichenbaum**

6:15 PM - 7:15 PM  
Authors' Hour  
  
8:30 PM - 9:30 PM  
Action Comedy with  
Charles Peachock

12:45 PM - 1:45 PM  
Keynote Address 5  
**Judith Beck**

2:00 PM - 5:30 PM  
21 Interactive Events

7:00 PM - 8:30 PM  
Special Tribute  
to **THOMAS SZASZ**  
Keynote Address 6

12:45 PM - 3:45 PM  
 Fundamental  
Hypnosis  
Workshop 5  
  
**WORKSHOPS 45-55**

4:00 PM - 4:30 PM  
CLOSING REMARKS

1:30 PM - 4:30 PM  
**BRIEF THERAPY  
MASTER CLASS 2**



**SPECIAL NOTE**— All conference programs (including the Fundamental Hypnosis Track) are open to attendees on a first-come basis. There's no need to sign up for individual workshops.



**STEVE ANDREAS, MA**, has been learning, teaching, and developing therapeutic methods in Neuro-Linguistic Programming (NLP) for 30 years. He is author of *Six Blind Elephants*; *Transforming Yourself*; *Virginia Satir: the Patterns of Her Magic*; and coauthor of *Heart of the Mind and Change Your Mind - and Keep the Change*.



**ELLYN BADER, PhD.**, is in private practice and is Co-Director of The Couples Institute in Menlo Park, California. Over the past 25 years she has conducted professional training programs in couples therapy and has trained therapists throughout the United States as well as Europe, Asia, South America, and Australia. She is a past-president of the International Transactional Analysis Association and a recipient of the Clark Vincent Award for an outstanding literary contribution to the field of marital therapy from the California Association of Marriage and Family Therapists. She and her husband, Peter Pearson, Ph.D., co-authored the book, *In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy*.



**JUDITH BECK, PhD**, is Director of the Beck Institute for Cognitive Therapy ([www.beckinstitute.org](http://www.beckinstitute.org)); Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania, Philadelphia; and Past President of the Academy of Cognitive Therapy. She is a consultant for several NIMH research studies. Her book, *Cognitive Therapy: Basics and Beyond* is the textbook on the subject, and has been translated into 12 languages. Her latest book is *The Beck Diet Solution: Train Your Brain to Think Like a Thin Person*.



**JON CARLSON, PsyD, EdD, ABPP**, is Distinguished Professor in the Division of Psychology and Counseling at Governors State University, Illinois, and a Psychologist at the Lake Geneva Wellness Clinic, Wisconsin. He holds doctoral degrees in both counseling and clinical psychology and is a Diplomate of the American Board of Professional Psychology in Family Psychology. Dr. Carlson has received awards from several professional associations including being named one of five "Living Legends in Counseling" by the American Counseling Association. He has authored 45 books, including *Alderman Psychotherapy*; *Inclusive Cultural Empathy*; *Bard Therapy*; *Couples Therapy*; *Moved by the Spirit*; and *Time for a Better Marriage*.



**FRANK DATTILIO, PhD, ABPP** is a board certified clinical psychologist and marital and family therapist. He maintains a dual faculty position in the Department of Psychiatry at both Harvard Medical School and the University of Pennsylvania. Dr. Dattilio is one of the leading figures in the world on Cognitive-Behavioral Therapy. He is author of 230 professional publications, including 15 books. He also is the recipient of numerous state and national awards. His works have been translated into 25 languages and are used in 80 countries.



**ROBERT DILTS** is a leading developer, author, coach, trainer and consultant in the field of Neuro-Linguistic Programming (NLP). He has worked closely with NLP cofounders John Grinder and Richard Bandler at the time of its creation and also studied with Milton H. Erickson and Gregory Bateson. Robert pioneered the applications of NLP to education, creativity, health, leadership, belief systems and the development of "Third Generation NLP." He is the principle author of Neuro-Linguistic Programming, Vol. I, which serves as the standard reference text for the field. He has authored or coauthored numerous other books on NLP, including *Changing Belief Systems with NLP*; *Beliefs: Pathways to Health and Well-Being*; *Tools of the Spirit*; and *From Coach to Awakener*.



**STEVEN FRANKEL, PhD, JD**, is an ABPP certified clinical and forensic psychologist, as well as an attorney at law. He received his PhD in Clinical Psychology from Indiana University and completed an Internship at Columbia University's Psychiatric Institute. 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 healthcare 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 academic career.



**STEPHEN GILLIGAN, PhD**, is a licensed psychologist practicing in Encinitas, California. He studied extensively with Milton H. Erickson and Gregory Bateson. After receiving his doctorate from Stanford University, Dr. Gilligan became known as one of the premier teachers and practitioners of Ericksonian Hypnosis and Psychotherapy. He later developed Self-Relations Psychotherapy, an approach that integrates mind, body and spiritual experience. In 2004, he received the Lifetime Achievement Award from the Milton H. Erickson Foundation. His numerous publications include *Therapeutic Trances: The Cooperation Principle in Ericksonian Hypnotherapy*; *Brief Therapy*; *Therapeutic Conversations*; *The Courage to Love: Principles and Practices of Self-Relations Psychotherapy*; *The Legacy of Milton Erickson*; and *Walking in Two Worlds: Self-Relations in Theory*. His website address is [www.StephenGilligan.com](http://www.StephenGilligan.com).



**KENNETH HARDY, PhD**, is Professor of Family Therapy at Drexel University in Philadelphia, Pennsylvania, and Director of the Eikenberg Institute for Relationships in New York City, where he maintains a private practice specializing in working with children, families and trauma. Dr. Hardy's work has been featured on the Oprah Winfrey Show, ABC's 20/20, Dateline NBC and PBS. He is a frequent presenter at conferences devoted to understanding the needs of traumatized youth and their families. He has published extensively in the field and is the co-author of *Teens Who Hurt: Clinical Interventions for Breaking the Cycle of Youth Violence*, and *Minorities and Family Therapy*.



**SUE JOHNSON, EdD**, is a clinical psychologist and a recognized leader in the new science of relationships. She is the developer of Emotionally Focused Couples Therapy (EFT), an approach to building loving relationships. Dr. Johnson is Director of the Ottawa, Canada, Couples and Family Institute and the International Center for Excellence in Emotionally Focused Therapy (ICEEFT), as well as Professor of Clinical Psychology at the University of Ottawa and Research Professor at Alliant University in San Diego, CA. She is author of the book *Hold Me Tight: Seven Conversations for a Lifetime of Love*, a streamlined version of EFT for the general public, in addition to several professional books and numerous articles and papers.



**JEFFREY KOTTLER, PhD**, is the author of 80 books including a dozen texts for counsellors and therapists that are used in universities around the world, and many classics for practicing therapists and educators. Some of his most highly regarded works include: *On Being a Therapist*, *The Client Who Changed Me*, *Divine Madness*, *Changing People's Lives While Transforming Your Own*, and more recently, *The Assassin and the Therapist: An Exploration of Truth in Psychotherapy* and in *Life and Creative Breakthroughs in Therapy: Tales of Transformation and Astonishment*. Dr. Kottler has served as a Fulbright Scholar and Senior Lecturer in Peru, Thailand, and Iceland, as well as worked as a Visiting Professor in New Zealand, Australia, Hong Kong, Singapore, and Nepal. Jeffrey is currently Professor of Counselling in the Department at California State University, Fullerton. He has also co-founded Empower Nepali Girls ([www.EmpowerNepaliGirls.org](http://www.EmpowerNepaliGirls.org)) which provides educational scholarships for lower caste girls at-risk in Nepal.



**PAT LOVE, Ed.D.** is a Distinguished Professor, Certified Love Educator, and has published several professional articles, and been featured in many professional books. She has developed relationships education media and materials being used nationally and internationally. Her most popular books are *Hot Monogamy* and *The Truth About Love*, and her latest, co-authored with Dr. Steven Stosny, is *How to Improve Your Marriage Without Talking About It*. Pat is in demand as an expert presenter at national and international conferences. She has appeared numerous times on Oprah, The Today Show and CNN. Dr. Love is a Licensed Marriage and Family Therapist, an Approved Supervisor in AAMFT, and a past president of the International Association for Marriage and Family Counseling.



**LYNN LYONS, LICSW** is in private practice in Concord, New Hampshire and specializes in the treatment of anxiety. Lynn has created many acclaimed workshops on managing anxiety for children, parents, and professionals, focusing on usable, concrete skills to handle stress and worry. She is the co-author of a forthcoming book on anxiety and children. Her website is <http://lynnlyonsnh.com>



**DONALD MEICHENBAUM, PhD**, is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada where he took early retirement. He is presently Research Director of the Melissa Institute for Violence Prevention, Miami (see [www.melissainstitute.org](http://www.melissainstitute.org)) and Distinguished Visiting Professor, University of Miami. He is one of the founders of Cognitive Behavior Therapy. A survey of North American clinicians identified Dr Meichenbaum as "one of the 10 most influential psychotherapists of the 20th century." He is presently working with returning soldiers and their families using IPOD technology ([www.warfighterdiaries.org](http://www.warfighterdiaries.org)).



**SCOTT MILLER, PhD**, is founder of the Center for Clinical Excellence, an international consortium of clinicians and researchers dedicated to helping behavioral health practitioners achieve superior performance. He is the author of numerous articles and research studies. His most recent books include *The Heart and Soul of Change: What Works in Therapy*, *The Heroic Client*, and the forthcoming *Supershrinks: Empirical Lessons from the Field's Most Effective Practitioners*.



**JOHN NORCROSS, PhD, ABPP**, is Professor of Clinical Psychology and Distinguished University Fellow at the University of Scranton, Pennsylvania, and an internationally recognized authority on behavior change and psychotherapy. Author of more than 300 publications, his most recent books are *Leaving It at the Office: A Guide to Psychotherapist Self-Care; Psychotherapy Relationships that Work*; and the 7th edition of *Systems of Psychotherapy: A Transtheoretical Analysis* (with James Prochaska). Among his awards are APA's Distinguished Career Contributions to Education & Training, Pennsylvania Professor of the Year from the Carnegie Foundation, and election to the national Academies of Practice. Dr. Norcross has conducted workshops in 25 countries.



**BILL O'HANLON, MS**, has authored or co-authored 30 books and published 57 articles or book chapters. He has appeared on *Oprah* with his book *Do One Thing Different* and has given over 2000 talks 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. He is known for his storytelling, irreverent humor, clear and accessible style.



**ESTHER PEREL, MA, LMFT** is a marriage and family therapist and an acknowledged international authority on couple therapy, cross-cultural relations and culture and sexuality. Fluent in nine languages, she brings a rich multicultural perspective to her clinical practice, her teaching and in her many publications. She is the author of the bestseller: *Mating in Captivity: Unlocking Erotic Intelligence* now available 25 languages. Her book won the 2009 book award from the Society for Sex Therapy and Research. Trained and supervised by Dr. Salvador Minuchin, Ms. Perel serves on the faculty of The Family Studies Unit, Department of Psychiatry, New York University Medical Center, The International Trauma Studies Program, The Ackerman Institute for the Family and The Scandinavian Institute for Expressive Arts Therapies. She is a member of the American Family Therapy Academy and the International Society for Sex Therapy and Research. [www.estherperel.com](http://www.estherperel.com)



**MAGGIE PHILLIPS, PhD** has 30 years of experience in the field of mind-body healing and trauma treatment with special interests in multimodal approaches with chronic pain and atypical stress disorders. Her most recent book is *Reversing Chronic Pain*. A Fellow in the International Society for the Study of Trauma and Dissociation, Maggie is also a Diplomate in Energy Psychology and teaches Energy Psychology approaches in the US, Canada, Europe and China. She offers an online course "Advances in Energy Psychology" sponsored by the National Institute of Clinical Applications of Behavioral Medicine (NICABM).



**JAMES PROCHASKA, PhD**, is Director of Cancer Prevention Research Center and Professor of Clinical and Health Psychology at the University of Rhode Island. He is author of over 300 publications, including three books: *Changing for Good; Systems of Psychotherapy;* and *The Transrational Approach*. He is internationally recognized for his work as a developer of the stage model of behavior change. He is principal investigator on over \$60 million dollars in research grants for the prevention of cancer and other chronic diseases. Dr. Prochaska has won numerous awards, including the Top Five Most Cited Authors in Psychology from the American Psychology Society; an Innovator's Award from the Robert Wood Johnson Foundation; and is the first psychologist to win a Medal of Honor for Clinical Research from the American Cancer Society.



**WENDEL RAY, PhD**, is a senior research fellow and former director of MRI, where he has served as a research associate and director of their Don D. Jackson Archive since the late 1980s. Dr. Ray is professor of family therapy at the University of Louisiana at Monroe. He conducts trainings internationally and nationally on a variety of topics, including brief therapy with adolescent substance abuse, ADHD, and family violence. Dr. Ray lectures regularly on the contributions of Gregory Bateson as well as Jackson. Published widely, his most recent books are *Focused Problem Resolution: Selected Papers of the MRI Brief Therapy Center*, *Paul Watzlawick: Insight May Cause Blindness and Other Essays*, and *Don D. Jackson, M.D. — Interactional Theory in the Practice of Therapy: Selected Papers, Volume 2*.



**ERNEST ROSSI, PhD** is internationally renowned psychotherapist, teacher and pioneer in the psychobiology of mind-body healing. He has a private practice in Los Osos, California. He is Diplomate in Clinical Psychology, the recipient of the Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy from the Milton H. Erickson Foundation in 1980, and the American Association of Psychotherapy in 2003, and the American Society of Clinical Hypnosis in 2008. Dr Rossi is a Jungian Analyst, the Science Editor of *Psychological Perspectives*, and the author, co-author and editor of 31 professional books and more than 140 published scientific papers in the areas of neuroscience, psychotherapy, dreams, and therapeutic hypnosis, which have been translated into a dozen languages. His most recent books are *The Breakout Heuristic: The New Neuroscience of Mirror Neurons, Consciousness and Creativity in Human Relationships* and *A Dialogue with Our Genes: The Psychosocial Genomics of Therapeutic Hypnosis and Psychotherapy*.



**ROBERT SAPOLSKY, PhD** is a MacArthur “Genius” Fellow, a professor of biology and neurology at Stanford University, and a research associate with the Institute of Primate Research at the National Museum of Kenya. In 2008, National Geographic and PBS aired an hour-long special on stress featuring Dr. Sapolsky and his research on the subject. In addition to *A Primate’s Memoir*, which won the 2001 Bay Area Book Reviewers Award in nonfiction, Robert Sapolsky has written three other books, including *The Trouble with Testosterone, Why Zebras Don’t Get Ulcers,* and *Monkeys and Other Essays on Our Lives as Animals*. Dr. Sapolsky was awarded Rockefeller University’s Lewis Thomas Prize for Writing about Science for 2008. The New York Times called him “One of the finest natural history writers around.”



**THOMAS SZASZ, M.D. D.Sc. (Hon.), L.H.D. (Hon.)**, is Professor of Psychiatry Emeritus, State University of New York Upstate Medical University, Syracuse, New York. Dr. Thomas Szasz is widely recognized as the world's foremost critic of psychiatric “coercions and excuses.” Dr. Szasz has received many awards for his defense of individual liberty and responsibility. A frequent and popular lecturer, he has addressed professional and lay groups, and has appeared on radio and television, in North, Central, and South America as well as in Australia, Europe, Japan, and South Africa. He is the author of 35 books, among them the classic, *The Myth of Mental Illness* (HarperCollins, 1961). His most recent work is: *Antipsychiatry: Quackery Squared* (Syracuse University Press, 2009). His books have been translated into every major language.

#### PLAN TO ATTEND

*A special tribute to DR. THOMAS SZASZ*  
**SATURDAY, DECEMBER 11 • 7:00-8:30 PM**



**CASEY TRUFFO, M.S., M.F.T.**, is the Founder and CEO of International Therapist Leadership Institute and Be A Wealthy Therapist. Her mission is to enhance the lives and careers of therapists worldwide. Her publications include *Be A Wealthy Therapist: Finally, You Can Make a Living While Making a Difference* and *How to Build a Full and Rewarding Private Practice, Pink Spoon Marketing for Therapists™* and *Beyond One To One Sessions: Multiple Streams of Therapy Income*.



**BESSEL VAN DER KOLK, MD**, has been the Medical Director of The Trauma Center in Boston for the past 25 years and is Professor of Psychiatry at Boston University Medical School. He is Director of the National Child Traumatic Stress Network Community Program in Boston and past President of ISTSS. He has published well over 100 peer reviewed scientific articles on various aspects of trauma. He participated in the first neuroimaging study of PTSD, in the first study to link Borderline Personality Disorder with childhood trauma; was co-principal investigator of the DSM IV Field Trial for PTSD and is chair of the NCTSN DSM V workgroup on Developmental Trauma Disorder. Dr. van der Kolk has taught at universities and hospitals across the United States and around the world. He co-edited the book, *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*, which remains the authoritative text on the subject.



**MICHELE WEINER-DAVIS, MSW, LCSW**, is an internationally renowned relationship expert, bestselling author and psychotherapist specializing in a solution-oriented approach that helps people revitalize flat-lined marriages. Some of her books include *In Search of Solutions : a New Direction in Psychotherapy*, *The Sex-Starved Marriage: A Couple's Guide to Boosting Their Marriage Libido*, and her most recent title: *The Sex-Starved Wife: What to Do When He's Lost Desire*. Michele is Director of The Divorce Busting Center and Founder of [www.divorcebusting.com](http://www.divorcebusting.com).



**REID WILSON, Ph.D.** is author of *Don't Panic* and co-author, with Edna Foa, of *Stop Obsessing!* and co-author of *Achieving Comfortable Flight*. Dr. Wilson served on the Board of Directors of the Anxiety Disorders Association of America for 12 years. His free self-help website – [anxieties.com](http://anxieties.com) – serves 385,000 visitors (16 million hits) per year.



**MICHAEL D. YAPKO, Ph.D.**, is a clinical psychologist residing in Fallbrook, California. Michael is the author of eleven books, and is internationally recognized for his innovative work in clinical hypnosis, brief psychotherapy, and the strategic treatment of depression. He routinely teaches to professional audiences all over the world. Michael is the recipient of Lifetime Achievement Awards from The Milton H. Erickson Foundation and the International Society of Hypnosis.



**JEFFREY K. ZEIG, PhD** Is founder and Director of the Milton H. Erickson Foundation. He has edited, co-edited, authored or co-authored more than 20 books on psychotherapy that appear in twelve foreign languages. Dr. Zeig is the architect of The Evolution of Psychotherapy Conferences, considered the most important conferences in the history of psychotherapy. He organizes the Brief Therapy Conferences, the Couples Conferences and the International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. A psychologist in private practice in Phoenix, Arizona, Dr. Zeig conducts workshops internationally (40 countries). He is president of Zeig, Tucker & Theisen, Inc., publishers in the behavioral sciences.

## Conference Sponsor



**The Milton H. Erickson Foundation, Inc.** is a federal nonprofit corporation, formed to promote and advance the contributions to the health sciences by the late Milton H. Erickson, MD. In addition to organizing congresses, workshops, and the eight previous Brief Therapy Conferences, the Erickson Foundation also organized six landmark Evolution of Psychotherapy Conferences in 1985, 1990, 1995, 2000, 2005, and 2009 attracting more than 7,000 professionals from around the world at each conference. The Milton H. Erickson Foundation Board of Directors are Jeffrey K. Zeig, PhD; Roxanna Erickson-Klein, RN, MS, PhD; Camillo Lorio MD; J. Charles Theisen, MA, MBA, JD; and Bernard Trenkle, Dipl Psych.

The Milton H. Erickson Foundation does not discriminate on the basis or race, color, religion, age, national or ethnic origin, physical challenge, gender or sexual orientation.

MILTON H. ERICKSON FOUNDATION  
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Toll-Free in the US: 1-877-212-6678 • VOICE: 602-956-6196  
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## Program Objectives

Attendees will increase their clinical effectiveness by learning:

1. Methods of utilizing brief therapy techniques in specific situations encountered in the practice of medicine, dentistry, psychiatry, psychology, social work and counseling;
2. The basic principles and techniques of contemporary schools of brief therapy;
3. The uses of multi-level therapeutic communication;
4. Brief therapy principles of diagnosis, thereby improving observational skills;
5. The commonalities that underlie successful clinical work; and,
6. The historical development of psychotherapeutic disciplines.

## Continuing Education

### EARN UP TO 43 CONTINUING EDUCATION CREDIT HOURS

- 31 Continuing Education Credit Hours for the Brief Therapy Conference
- 6 Continuing Education Credit Hours for Law & Ethics (Pre-Conference)
- 6 Continuing Education Credit Hours for Post-Conference Workshops

## Accreditation

**A.M.A.** The Milton H. Erickson Foundation, Inc., is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Milton H. Erickson Foundation, Inc., designates this live activity for a maximum of 43.0 AMA PRA Category I Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**A.P.A.** The Milton H. Erickson Foundation, Inc., is approved by the American Psychological Association to sponsor continuing education for psychologists. The Milton H. Erickson Foundation, Inc. maintains responsibility for this program and its content. Credit is provided on an hour-per-hour basis (43.0 hours maximum).

**N.B.C.C.** The Milton H. Erickson Foundation, Inc., is recognized by the National Board for

Certified Counselors to offer continuing education for National Certified Counselors (Provider No. 5056). We adhere to N.B.C.C. Continuing Education Guidelines. This program provides a maximum of 43.0 contact hours.

**B.R.N.** The Milton H. Erickson Foundation, Inc. Provider approved by the California Board of Registered Nursing, Provider Number CEP 9376 for 43.0 contact hours.

**State of Illinois Department of Professional Regulation-Registered Social Worker Continuing Education Sponsorship.** The Milton H. Erickson Foundation, Inc., is approved by the State of Illinois Department of Professional Regulation to offer continuing education for social workers at The Brief Therapy Conference. (License No. 159-000501).

**B.B.S.** The Milton H. Erickson Foundation, Inc., is a board-approved provider (PCE No. 398). This course meets the qualifications for 43.0 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences.

**State of Florida Department of Professional Regulation.** The Milton H. Erickson Foundation, Inc. is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling as a provider of continuing education (CE Provider #: 50-2008).

*Please note that it is your responsibility to contact your licensing/certification board directly to determine eligibility to meet your continuing education requirements.*

*The Milton H. Erickson Foundation, Inc. is applying to other certification boards for continuing education approval. Information will be updated as approvals are received. For updates, log on to [BriefTherapyConference.com/continuinged](http://BriefTherapyConference.com/continuinged)*

## CE Procedures

Get your certificate in minutes online. Just complete your evaluation form and print it out. No more standing in line or waiting for the mail! You can now get your certificate in the hotel, at the airport, at home, at the office, or anywhere you have access to the internet and a printer.

**Note:** Attendees will receive a separate Documentation of Attendance onsite for Law & Ethics (pre-conference workshops).

WEDNESDAY, DECEMBER 8

SPECIAL PRE-CONFERENCE WORKSHOP  
**LAW & ETHICS**



with STEVE FRANKEL, PHD, JD

REGISTRATION: 7:00 AM - 8:30 AM

PART 1

8:30 AM-12:30 PM

This workshop reviews the areas of professional functions that have been most associated with regulatory problems for mental health professionals, including sexual and non-sexual boundary violations, “law-psych” interfaces, competence, “moral” offenses, licensing board and malpractice actions. The workshop covers causes for these problems and ways of avoiding them and/or managing them.

4 CE Hours

PART 2

2:00-4:00 PM

A continuation of topics and issues from Part 1. The education objectives for this workshop: 1) List the most frequent causes for discipline of mental health professionals. 2) State the primary vulnerability factors for clinicians. 3) State the primary vulnerability factors for patients. 4) List two types of “moral” offenses. 5) List at least two steps in licensing board action procedures. 6) List at least two steps in the malpractice action procedures

2 CE Hours

Thursday • December 9 Thursday • December 9 Thursday • December 9 Thursday • December 9 Thursday • Dec

8:30-10:00 AM

SHORT COURSES, SESSION I

- |      |   |  |
|------|---|--|
| SC 1 | Mind-Body Brief Therapy Solutions for Long Term Success in Body-Dysmorphia Patients                         | Marc Oster, PsyD • Carolyn Sauer, PsyD |
| SC 2 | Reinventing the WDEP System of Reality Therapy for Each Client  | Robert Wubbolding, EdD                 |
| SC 3 | Unconscious-Centered Brief Therapy  | James Rini, EdD • Melissa Rini, MA     |
| SC 4 | The Way Out of the Cave: Using Language to Generate Solutions in Brief Therapy with Children & Adolescents  | Marilyn Wedge, PhD                     |
| SC 5 | Leading Depressed Patients to H.A.R.M.O.N.Y.  | Consuelo Casula, Lic Psych             |
| SC 6 | How to Become Smart Enough to Know When to Stop Thinking: A Brief Ericksonian Approach to Lasting Solutions | Joseph Dowling, MS                     |
| SC 7 | Cure and Coping: The Use of Brief-Brief Therapy with the Elderly  | Lisa Lande, PhD                        |

SC 8	The Interpersonal Neurobiology of Living in a Competitive "Winner/Loser" World	Richard Hill, MA
SC 9	Food for Thought: A Resolution for Disordered Eating in Childhood	Christine Silverstein, EdD
SC 10	Soothing Slumber: Tucking the Day's Pain Away	Deborah Beckman, MS
SC 11	Strengths-Based Therapy with Adolescents and Families: Effective, Time-Sensitive Strategies for Improving Outcomes	Bob Bertolino, PhD
SC 12	Brief Therapy Does Not Mean Insufficient Therapy	Virgil Hayes, DO, MSW
SC 13	Humor in the Clinical Setting: Turning Whine Into Laughter	Howard Richmond, MD
SC 14	Equine-Assisted Psychotherapy (EAP) and Animal Assisted Therapy (AAT): Exploring a Brief Effective Alternative to Traditional Cognitive-Behavioral Therapy	Dale Klein-Kennedy, MA
SC 15	Creating Lasting Solutions by Using Hypnotherapy to Enhance Metavalues and Being Motivation	Erika Chovanec, PhD
SC 16	Therapeutic Uses of Clothing and Appearance in Brief Therapy	John Littrell, EdD
SC 17	Systemic Family Constellations: A Broken Heart Can Heal...Sometimes in One Beat	Dan Booth Cohen, PhD
SC 18	The Solution is in the Interaction: Understanding and Applying a Social Interaction Model of Resistance Management	Clifton Mitchell, PhD • Linda Mitchell, EdD
SC 19	Heart-Focused Hypnotherapy - A Brief Therapy Approach	Jeffrey Feldman, PhD
SC 20	A New Model for Intimate Relationships	Robert Johansen, PhD • Ian Johansen, PhD
SC 21	An Introduction to Subliminal Therapy	Edwin Yager, PhD
SC 22	Feel the Feeling, Find the Strength: A Theory of Emotion	Linda Duncan, PhD

**10:15 AM - 11:45 AM****SHORT COURSES, SESSION II**

SC 23	Brief Therapy in a World of Globalism, Secularism, and Fundamentalism	Naji Abi-Hashem, PhD
SC 24	The Miracles of Mindfulness, CBT and Aerobic Exercise for ADD and Depression	Joseph Sestito, MSSA, LiSW-S
SC 25	Brief Therapy with Children and Adolescents	Charlotte Wirl, MD
SC 26	Use of Ericksonian Psychotherapy with Women Who Face Unexpected Pregnancies	Maria Escalante de Smith, MA
SC 27	Restoring and Maintaining Internal Harmony: Borrowing Native American Traditions	Jeanne Hernandez, PhD
SC 28	Humor Matters: Clinical Applications of Humor in Cognitive Therapy	Steven Sultanoff, PhD
SC 29	Brief Therapy for Children Coping with Anxiety, Headaches, Loyalty Conflicts, and Emotional Learning Blockages	Carme Timoneda-Gallart, PhD
SC 30	Utilization Sobriety: Incorporating the Essence of Mind-Body Communication for Brief, Individualized Substance Abuse Treatment	Bart Walsh, MSW
SC 31	From Arguing to Affirmation: A Brief Therapy Intervention for Lasting Change	John Lentz, DMin
SC 32	Healing the Jagged Rift: Strategies for Treatment of Families of High Conflict Divorce and Separation	David Barnum, PhD
SC 33	Solution-Focused Marathon Sessions	Michael Reiter, PhD • Arlene Brett-Gordon, PhD
SC 34	Motivational Interviewing and Solution Focused Brief Therapy: Partners for Lasting Change	Ernest Marshall, LCSW • Linda Marshall, LCSW
SC 35	Utilizing Hypnosis in Supervision	Dale Betram, PhD • Mike Rankin, MA
SC 36	Couples Enacting a Lasting Solution with Psychodrama	Jeanne Burger, EdD
SC 37	Autism Spectrum Disorders: Treatment from a Core Issues Perspective	Sheri Reynolds, MA
SC 38	Utilizing Hypnosis to Enhance Outcome in Brief Therapies and Prevent Relapse	Assen Alladin, PhD



- |   |   |                     |
|---|---|---------------------|
| WS 1  | <b>WORKING WITH EMOTION IN COUPLE THERAPY</b>                           | SUE JOHNSON, EDD    |
| <p>This workshop will focus on unpacking negative emotional responses that fuel a couples dance of distress, and using emotion to shape powerful positive bonding interactions that then fuel transformative positive emotions. Theory, research and interventions will be outlined with the viewing of therapy sessions and experiential exercises.</p>  |   |                     |
| WS 2  | <b>SEXY BODY/SEXY BRAIN: A NEW WAY OF UNDERSTANDING SEXUAL RESPONSE</b> | PAT LOVE, EDD       |
| <p>Sexual satisfaction is a sheer delight of life yet many clients fail to achieve it. Couples and individuals alike, struggle with understanding the complexity of sexual response and contentment. Participants will learn a new paradigm designed to elucidate hidden keys to sensual pleasure. The workshop includes a short lecture, video, and experiential exercise.</p>   |   |                     |
| WS 3  | <b>CHILDREN, FAMILIES, AND TRAUMA: A RELATIONAL APPROACH</b>            | KENNETH HARDY, PHD  |
| <p>Ignoring the impact of the trauma on the client's family overlooks powerful dynamics that are crucial to treatment outcome. Participants in this workshop will learn how to involve the trauma sufferer's partner and other family members as resources in the healing process.</p>  |   |                     |
| WS 4  | <b>RADICAL SELF-ACCEPTANCE AND SELF-FORGIVENESS</b>                     | MAGGIE PHILLIPS PHD |
| <p>This workshop explores the practice of radical self-acceptance and self-forgiveness as an antidote to the suffering that stems from loneliness, loss, alienation, past trauma, physical and emotional pain, and health disorders. Participants will explore the links between self-regulation, self-forgiveness, and radical acceptance. Participants will also explore the practice of mindfulness and hypnotic self-suggestion as ways to address imbalances while strengthening feelings of well-being and happiness. The model of radical forgiveness as a spiritual practice and as a product of spiritual intelligence will also be discussed.</p> |   |                     |
| WS 5  | <b>STRATEGIC TECHNIQUES FOR CONTROLLING WORRY</b>                       | REID WILSON, PHD    |
| <p>Dr. Wilson will explore the fundamental structure of worry—how it ignores data that isn't negative, how it squeezes out room for corrective information, and how it gives rise to erroneous beliefs. Participants will then learn practical strategies, based on the latest research, on how to challenge worry, including courting it rather than trying to avoid it.</p>   |   |                     |
| WS 6  | <b>Creating a COACHing Container</b>                                    | ROBERT DILTS        |
| <p>The ability to effectively solve problems and cope with change comes from being centered and connected with something beyond the confines of our egos. These processes are characterized by the <i>COACHing Container™</i>:<br/> <b>C</b>entered   <b>O</b>pen   <b>A</b>ttending with Awareness   <b>C</b>onected   <b>H</b>olding</p> <p>Creating an effective COACHing Container allows clients to access their own resources and find their own solutions. This workshop will explore how to accomplish this through verbal and non-verbal interactions.</p>   |   |                     |

WS 7

**BRIEF ADLERIAN THERAPY**

Jon Carlson, PsyD, EDD, ABPP

Adlerian psychotherapy is an effective brief therapy model that integrates many other approaches. Adler's ideas highlight the importance of not only understanding the individual but the social context. This approach emphasizes working from a multi-cultural orientation and highlights personal responsibility, using a four-step process: Engagement, Assessment, Insight, and Reorientation. The focus of the treatment is positive as the therapist uses encouragement strategies to help the client identify their assets and strengths. DVD examples of actual sessions will be used to highlight the process and demonstrate how short-term change is possible with this approach.

WS 8

**HOW TO BUILD A FULL AND REWARDING PRIVATE PRACTICE WITH SELF-PAYING CLIENTS**

CASEY TRUFFO, LMFT

Feel uncomfortable about marketing your private practice? Or maybe you tried marketing with disappointing results. You are not alone. In this presentation, Casey Truffo offers practical, step-by-step instructions to building an effective, ethical and low-cost marketing plan to attract self-paying clients, and addresses specific methods of increasing your marketing confidence.

WS 9

**VERY BRIEF THERAPY FOR ANXIETY AND OTHER STRONG FEELINGS**

STEVE ANDREAS, MA

Most treatments for anxiety are directed at managing the symptoms, rather than the causes, and are primarily directed at the content that elicits the anxiety. Steve Andreas will demonstrate and teach two very rapid ways to resolve anxiety at the source, by changing nonverbal process elements of the triggers for anxiety.

WS 10

**COGNITIVE-BEHAVIORAL TECHNIQUES WITH FAMILIES**

FRANK M. DATTILIO, PhD, ABPP

This workshop focuses on the specific use of cognitive-behavioral strategies as an adjunct to the many treatment modalities of family therapy. It offers a basic overview of the theories of cognitive-behavioral therapy, particularly as it applies to families. Participants will learn first-hand techniques and strategies for working with difficult families and how to integrate these strategies with their respective modes of treatment. The presentation is followed by a videotape that demonstrates the implementation of these techniques and interventions.

WS 11

**THERAPIST SCULPTING: AN EXPERIENTIAL METHOD TO TREAT THE MENTALLY ILL**

LILIAN BORGES ZEIG, MA

In this workshop, participants will learn how to provide effective experiential treatment rather than offering didactic information or treatment protocols. We can enter the patient's phenomenological world even with the most difficult patients. Lilian Borges Zeig will demonstrate an integrative approach that is brief, experiential, phenomenological, and effective. Therapist sculpting allows the therapist to attune to the client's experience; empathize with them; help the client to disengage from the problem; focus on what is important; and help the client discover new possibilities.

7:00-9:00 PM

## Keynote Address 2

ROBERT SAPOLSKY, PHD

### SUCCESSFUL BRAIN AGING *AND* THE BIOLOGY OF MEMORY

We are the sum of our memories, and of the memories that others have of us. This lecture examines the biology of how memory works (and fails to work). After an overview of the subtypes of memory, there will be a progression from large to small biology—brain regions relevant to different facets of memory, neural networks within those brain regions, the role of individual neurons, and finally, of individual molecules and genes. This will segue into the second hour, which is to consider how the neurobiology of memory (along with executive function) intersects with aging. The emphases will be on plasticity—the fact that little about the brain, including its inevitable decline with age, is set in stone, and on individual differences—why do some brains age more successfully than others?



AUTHOR BOOK-SIGNING FOLLOWS DR. SAPOLSKY'S KEYNOTE

Friday • December 10

8:30-11:30 AM

## FUNDAMENTAL HYPNOSIS TRACK 2

JEFFREY ZEIG, PHD

### A PHENOMENOLOGICAL APPROACH TO INDUCTION



Deconstructing trance into phenomenological components allows the hypnotherapist to target intensions strategically. Hypnosis will be divided into social, psychological, and interpersonal elements. The workshop includes a lecture, demonstration, and small group practice.



8:30-11:30 AM

## WORKSHOPS 12-22

WS 12

### COGNITIVE THERAPY FOR PERSONALITY DISORDERS

JUDITH BECK, PHD

Clients with Axis II disorders can be a challenge in treatment when their dysfunctional beliefs about themselves, their worlds, and other people become activated in session. This interactive workshop will focus on how to conceptualize Axis II clients and use this conceptualization to plan treatment; and how to maintain a strong therapeutic alliance, vary standard treatment, and modify highly negative, global, rigid, longstanding beliefs and behavioral patterns.

WS 13

### TAILORING THE THERAPY RELATIONSHIP TO THE INDIVIDUAL CLIENT: EVIDENCE-BASED PRACTICES

JOHN C. NORCROSS, PHD

Psychotherapy will maximize its effectiveness by targeting the most powerful sources of change: the therapeutic relationship and the patient him/herself. This workshop will provide demonstrably effective methods to tailor therapy relationships to individual patients. You will learn to reliably assess and rapidly apply 4 evidence-based methods (patient preferences, stages of change, reactance level, real-time feedback) for constructing the “relationship of choice.”

WS 14

**THE STATE OF AFFAIRS: RETHINKING OUR CLINICAL ATTITUDES TOWARDS AFFAIRS**

ESTHER PEREL, MA, LMFT

Infidelity is generally regarded as a symptom of a troubled relationship, and the revelation of an affair triggers a crisis of trust and connection. In this workshop, we'll explore the multiple motives and meanings behind affairs against the complexities of marriage, sex, intimacy, and monogamy. We'll examine the benefits and costs of truth-telling and transparency, how couples can rebuild trust and intimacy, and why affairs can actually stabilize a marriage and prevent its dissolution. In particular, we will focus on how couples can turn the crisis into an opportunity. Combining didactic material, case studies and video vignettes, we will lay out a nuanced and multicultural therapeutic approach for working with extramarital relations secret or revealed.

WS 15

**“WHAT WORKS” IN THERAPY: TRANSLATING 40 YEARS OF OUTCOME RESEARCH INTO STRATEGIES FOR EFFECTIVE CLINICAL PRACTICE**

SCOTT MILLER, PHD

For today's practitioner, finding reliable information about “what works” in therapy—separating fact from fiction—can be challenging. Since the 1960's, the number of treatment approaches has exploded, going from 60 to over 400 at last count. During the same time period, over 10,000 books and 100,000 articles and research reports have been published. Without exception, developers and devotees to particular methods claim superiority in conceptualization and outcome of their chosen approach. Meanwhile, governmental bodies, professional organizations, and third party payers are assembling, mandating adherence, and in some instances limiting payment to lists of treatments considered “evidence-based. So, “what works?” Scott Miller will identify core factors responsible for therapeutic success regardless of theoretical orientation or psychiatric diagnosis. The research on “what works” will be carefully translated into practical, common sense, and empirically-supported therapeutic skills that can be used for the efficient and effective resolution of problems clients bring to treatment.

WS 16

**Working with Teens Who Hurt: A Strengths-Based Approach**

KENNETH HARDY, PHD

This workshop will provide a strengths-based approach for working effectively with at risk teens who hurt. The VCR Approach, a strengths-based model, for working with at risk youth will be discussed as a conceptual framework and clinical strategy. Special attention will be devoted to working with youth from marginalized backgrounds.

WS 17

**Contract, Causality, Congruence: A Provocative Model for Couples Therapy**

PAT LOVE, EDD

This brief model has a powerful effect on couples. Misleading in its simplicity but potent in its outcome, the Three C's approach uses the couples' own words to design and realign the relationship in a strategic manner. Lecture, live demonstration, experiential exercise and discussion will be used for meaningful exchange.

WS 18

**The Generative Self in Psychotherapy: How Higher States of Consciousness Can Transform Problems into Solutions**

STEPHEN GILLIGAN, PHD

The Generative Self approach emphasizes how the state of consciousness in which an experiential challenge is held determines whether a problem or solution develops. The model identifies three types of mind—Somatic, Cognitive, and Field—and how each mind can be operating at a Primitive, Ego, or Generative Level. We will see how a problem degrades a person's consciousness level so that change is impossible, and how that low-level state can be improved to a Generative level, so that the problematic experience either spontaneously changes or is more easily engaged. Numerous practical techniques and clinical examples will be offered.





### TREATMENT PLANNING IN ERICKSONIAN HYPNOSIS: THE CLASS OF PROBLEMS/CLASS OF SOLUTIONS MODEL

In this session, you will learn a clear model that will allow you to rapidly conceptualize problems, sort them for appropriateness for hypnotic intervention, and create multiple interventions. You will also learn five delivery methods for interventions.



WS 23

#### Frontiers of Trauma Treatment

The study of psychological trauma has been accompanied by an explosion of knowledge about how experience shapes the central nervous system and the formation of the self. We have learned that most experience is automatically processed on a subcortical level, i.e. by “unconscious” interpretations that take place outside of awareness. Insight and understanding have only a limited influence on the operation of these subcortical processes. When addressing the problems of traumatized people who, in a myriad of ways, continue to react to current experience as a replay of the past, there is a need for therapeutic methods that do not depend exclusively on understanding and cognition. This workshop surveys current research on how people’s brains, minds and bodies respond to traumatic experiences, and will specifically address the use of affect modulation techniques, EMDR, yoga, theater, and neurofeedback in overcoming various aspects of the destabilization and disintegration caused by trauma.

BESSEL VAN DER KOLK, MD

WS 24

#### Successful Dieting and Maintenance: A Cognitive Behavioral Program

The reason so many dieters have experienced difficulty in losing weight or keeping it off is that they never learned how. In this interactive workshop, participants will learn essential techniques to help dieters motivate themselves everyday, decatastrophize hunger, cope with cravings, eat favorite foods in moderation, and get back on track immediately when they make a mistake. When individuals learn these techniques, dieting—and then maintenance—becomes much easier.

JUDITH BECK, PHD

WS 25

#### Leaving it at the Office: Psychotherapist Self-Care

What about you – the therapist? Conducting brief treatment places additional and special burdens on the person of the therapist. This workshop puts the Socratic dicta of “know thyself” and “heal thyself” into practice. We shall focus on 12 self-care strategies that are clinician-recommended, research-based, and practitioner-tested. Come join us for focused lectures, copious handouts, group demonstrations, thought experiments, and interactive discussions.

JOHN C. NORCROSS, PHD

WS 26

#### The Creative Psychosocial Genomic Healing Experience

Dr. Rossi conducts live demonstrations of The Creative Psychosocial Genomic Healing Experience—a new 20 minute protocol facilitating the ideo-plastic faculty of therapeutic hypnosis and mind-body healing. It is the only evidence based psychotherapy with DNA microarrays optimizing (1) gene expression characteristic of stem cell growth, (2) reduced cellular oxidative stress, and (3) reduced chronic inflammation.

ERNEST ROSSI, PHD

- WS 27 **One Foot Out the Door — Working With Couples on the Brink** MICHELE WEINER-DAVIS, MSW  
Few couples seem as unlikely to profit from therapy as those in which one partner has already decided to leave. Yet, even at this point, a therapist has an opportunity to turn the situation around. In this workshop, you will learn concrete, step-by-step techniques to help people with seemingly intractable problems—one spouse’s unwillingness to seek therapy, a divorce in process, and on-going infidelity—to resolve their difficulties and reclaim their lives.
- WS 28 **The Double Flame: Reconciling Intimacy and Sexuality** ESTHER PEREL, MA, LMFT  
This workshop probes the intricacies of love and desire—how they relate and how they conflict. Participants will learn how emotional intimacy can inhibit sexual desire and why “good intimacy” doesn’t necessarily make for “good sex.” Through case material and video vignettes, we’ll explore our emotional history—“how we were loved” shapes our erotic blueprints and, in turn, expresses itself in the physicality of sex—“how we make love.” We will show how to break through erotic impasses and help couples balance the dual needs for security and freedom. This model applies to couples and individuals from all sexual orientations.
- WS 29 **Creative Breakthroughs in Therapy** JEFFREY KOTTLER, PHD  
Brief therapy often requires an extraordinary degree of inventiveness and flexibility. Based on interviews with the world’s most creative therapists, this workshop explores those dimensions that are most conducive to breakthroughs—not only for changes in the client’s behavior, but also in the therapist. Greater creativity is possible for any professional who is willing to critically examine cherished assumptions and revitalize work in new ways.
- WS 30 **Achieving Clinical Excellence: Empirical Lessons from the Field’s Most Effective Practitioners** SCOTT MILLER, PHD  
Thanks to a number of recent studies, there is now solid empirical evidence for what distinguishes highly effective from average therapists. In this workshop, participants will learn three specific strategies that separate the great from the good. Participants will also learn a simple method for measuring success rates that can be used to develop a profile of their most and least effective moments in therapy—what works and what doesn’t. Not only will attendees get a far more exact idea of their clinical strengths and weaknesses and how to use the findings to improve their own practice, but they will also come away with concrete tools that will immediately boost clinical abilities and effectiveness.
- WS 31 **Brief Strategic Treatment for the Anxiety Disorders** REID WILSON, PHD  
Anxiety disorders manipulate people by injecting rules into consciousness, then using that set of laws to take over mental territory. Clients can gain ground by engineering their own tactics and strategies, including the second-order change of switching game boards altogether. Purposely seeking out anxiety and doubt is their ticket to freedom from crippling fear.

WS 32

### **Mindfulness and Trance: A Third Generation Approach to Transformational Change**

STEPHEN GILLIGAN, PHD

This workshop presents a third generation approach to the therapeutic use of trance. The first generation was authoritarian, "knocking out" the conscious mind and programming the unconscious mind. The second generation, developed by Milton Erickson, respected the creative unconscious but not the conscious intelligence of the client. This third generation work emphasizes the complementary intelligences of the conscious and creative unconscious minds, and explores how to shift both to a generative level that allows significant transformational change. Integral to this generative level is the emergent presence of mindfulness, defined as a subtle field of self-awareness that permeates all contents of consciousness in a way that allows gentle and effective transformational work. The workshop will present a practical format for how to develop this generative trance, and then a four-step model for utilizing it to dissolve symptoms and create positive futures. The format will include a theoretical framework, clinical examples, step-by-step guidelines, and a demonstration.

WS 33

### **Transtheoretical Therapy with Clients at Each Stage of Change**

JAMES PROCHASKA

Overcoming Chronic Problems involves progress through six stages of change: pre-contemplation, contemplation, preparation, action, maintenance and termination. Therapeutic principles need to be matched to each stage of change. Innovative interventions for applying these principles and processes will be presented along with evidence and examples of how stage-matched therapy can out-perform brief action-oriented therapies.

5:15-6:15 PM

### **Keynote Address 4**

DONALD MEICHENBAUM, PHD

#### **CORE TASKS OF PSYCHOTHERAPY: WHAT "EXPERT" THERAPISTS DO**

Following a brief discussion of the nature of expertise, the implications for psychotherapists will be considered. How to formulate collaboratively a Case Conceptualization Model that informs treatment decision-making will be presented. How to implement the Core Tasks of Psychotherapy and evidence-based behavioral change principles will be examined.



6:15-7:15 PM



### **AUTHORS' HOUR/BOOK SIGNING Meet & Greet the Brief Therapy Faculty**

8:30-9:30 PM TAKE A BREAK!

ACTION COMEDY WITH Charles Peachock

For registration questions call 651-487-3001. For program questions call 877-212-6678



**12:45-1:45 PM**

**Keynote Address 5**

**JUDITH BECK, PHD**

**OVERWEIGHT AND OBESITY:**

**STATE OF THE ART RESEARCH-BASED TREATMENT**

Millions of Americans are overweight or obese. Medication and psychotherapy may result in modest weight loss but nearly all regain weight within five years. The missing ingredient for successful treatment is cognition. To make permanent changes in their eating behavior, and thus their weight, individuals must learn how to change their dysfunctional ideas about food, eating, other people, and themselves and learn how to cope with a sense of unfairness, deprivation, disappointment, and discouragement. Cognitive behavioral approaches have been demonstrated to be effective for this problem.



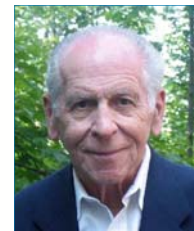
## **INTERACTIVE EVENTS - PM**

2:00-3:00 PM	3:15-4:15 PM	4:30-5:30 PM
<b>Clinical Demonstration 7</b>	<b>Clinical Demonstration 9</b>	<b>Clinical Demonstration 11</b>
Stage One of EFT for Couples <b>Sue Johnson</b>	Strength-Based Brief Therapy <b>Bill O'Hanlon</b>	Focusing on What's Right: Hypnosis and Amplifying Personal Resources <b>Michael Yapko</b>
<b>Clinical Demonstration 8</b>	<b>Clinical Demonstration 10</b>	<b>Clinical Demonstration 12</b>
Crossing Belief Barriers By Creating a Belief Bridge <b>Robert Dits</b>	Brief Couples Therapy <b>Jon Carlson</b>	Eliciting the Internal Sequence of a Problem in Detail <b>Steve Andreas</b>
<b>TP 7 - About Milton Erickson</b> <b>Steve Andreas</b> <b>Stephen Gilligan</b> <b>Bill O'Hanlon</b> <b>Jeffrey Zeig</b>	<b>TP 9 - Essential Aspects of Brief Therapy</b> <b>Steve Andreas</b> <b>Sue Johnson</b> <b>Michael Yapko</b>	<b>TP 11 - Mind-Body Issues</b> <b>Robert Dits</b> <b>Stephen Gilligan</b> <b>Lilian Borges Zeig</b> <b>Maggie Phillips</b>
<b>TP 8 - Homework Assignments in Brief Therapy</b>	<b>TP 10 - Brief Therapy for Anxiety Disorders</b>	<b>TP 12 - Addictive Behavior</b>
<b>Frank Dattilio</b> <b>Lynn Lyons</b> <b>Maggie Phillips</b>	<b>Frank Dattilio</b> <b>Lynn Lyons</b> <b>Reid Wilson</b>	<b>Frank Dattilio</b> <b>Esther Perel</b> <b>James Prochaska</b> <b>Reid Wilson</b>
<b>Dialogue 4</b>	<b>Dialogue 5</b>	<b>Dialogue 6</b>
Affairs <b>Pat Love</b> <b>Esther Perel</b>	Practice Development <b>Elyn Bader</b> <b>Casey Truffo</b>	When Clients Lie <b>Jon Carlson</b> <b>Jeffrey Kotler</b>
<b>Conversation Hour 7</b>	<b>Conversation Hour 9</b>	<b>Conversation Hour 11</b>
Overweight and Obesity <b>Judith Beck</b>	Psychotherapy Relationships that Work <b>John Norcross</b>	Personal Reflections on the Masters: Erickson, Frankl, Whitaker, Rogers & Satir <b>Jeffrey Zeig</b>
<b>Conversation Hour 8</b>	<b>Conversation Hour 10</b>	<b>Conversation Hour 12</b>
Paul Watzlawick: Brief Therapy Master <b>Wendel Ray</b>	Post-Traumatic Stress Disorder <b>Maggie Phillips</b>	Brief Therapy on the Internet <b>Casey Truffo</b>

7:00 - 8:30 PM

**Keynote Address 6**  
**A SPECIAL TRIBUTE TO THOMAS SZASZ**  
**“What is Psychotherapy?”**

**THOMAS SZASZ, MD**



Life is dialogue. It begins with the newborn’s cry and the mother’s response to it. The cessation of dialogue is death. Psychotherapy is a moral, linguistic, and political enterprise. Medical therapy is a materialist, rational-scientific, remedial enterprise. Modern science led to the divorce of medical healing from faith healing. Psychotherapy as dialogic engagement leads to its divorce from medical treatment. A critic may assert that prayer does not “work,” meaning that it fails to cure lung cancer or pneumonia, without implying—much less asserting – that there is no God. He thus avoids being categorized and calumniated as an atheist. Similarly, a critic may assert that psychiatric drugs do not “work,” meaning that they fail to cure depression or schizophrenia, without implying – much less asserting – that there is no mental illness. He thus avoids being categorized and calumniated as a know-nothing denying the reality of diseases of the mind.

8:30-11:30 AM

**FUNDAMENTAL HYPNOSIS TRACK 4**

**STEPHEN GILLIGAN, PHD**



**THE PRINCIPLE OF UTILIZATION IN ERICKSONIAN HYPNOTHERAPY**

This workshop provides an overview of the Ericksonian theory of utilization and then explores through demonstration, clinical examples, and a brief group exercise how to incorporate a client's processes—positive and negative associations, positive goals, desired futures, ongoing behaviors—in both the induction and utilization parts of Ericksonian hypnotherapy.



8:30-11:30 AM

**WORKSHOPS 34-44**

**WS 34 The Developmental Model of Couples Therapy: Integrating Attachment, Differentiation and Neuroscience in Couples Therapy**

**ELLYN BADER, PHD**

Using a developmental lens is powerful to lead couples to make sustained change. Learn to use developmental principles to assess what is wrong and to direct your treatment decisions. Videotapes and clinical case examples will be used throughout the workshop to demonstrate how to promote development in hostile and conflict avoidant couples.

**WS 35 The Science of Persuasion and Brief Therapy**

**BILL O’HANLON, MS**

In brief therapy, we have to be better than long-term therapists in getting people to change and cooperate with treatment. Recent research from social psychology, behavioral economics and new brain science show three powerful principles for being persuasive. Why do marketers know this and most therapists do not? Learn how to be at least as persuasive as marketers.

8:30-11:30 AM

**WORKSHOPS 34-44** (CONTINUED)

WS 36

**The Art of Impact**

JEFFREY ZEIG, PHD

The purpose of art is to impact, whether it is painting, theatre, movies, music, dance, poetry, literature. Psychotherapist can take methods from the creative arts and use them to empower the healing arts to empower emotional impact.

WS 37

**Changing People's Lives While Transforming Your Own**

JEFFREY KOTTLER, PHD

Therapy processes often affect all participants in the room, clients and clinicians alike. This experiential workshop helps participants to examine the reciprocal change processes that take place, fostering deep level personal and professional changes. Examples are presented from prominent practitioners, as well as interventions initiated within communities and social action projects. Therapists are encouraged to promote their own growth and development as a model for what they expect from their clients.

WS 38

**What Makes Us Human? The New Neuroscience of Therapeutic Hypnosis & Psychotherapy**

ERNEST ROSSI, PHD

Live demonstrations of "The Creative Psychosocial Genomic Healing Experience," our new, easy-to-learn 20 minute protocol for facilitating the ideo-plastic faculty of therapeutic hypnosis & brief psychotherapy. Why bust your chops trying to make sense of the old, out-of-date Stanford and Harvard Hypnotic Susceptibility Scales that never were appropriate for optimizing "What makes us human?"

WS 39

**Brief Therapy for the Treatment of Anxious Children**

LYNN LYONS, LICSW

Anxious children, and often their parents, engage in predictable cognitive processes and coping strategies that create a cycle of avoidance, social isolation, and depression. This workshop will identify these common patterns, and focus on the development of interventions that help shift the anxious family toward flexibility, creativity, and the tolerance of uncertainty.

WS 40

**Cognitive-Behavioral Techniques with Couples**

FRANK DATTILIO, PHD, ABPP

This workshop focuses on the specific use of cognitive-behavioral strategies as an adjunct to the many treatment modalities of couples therapy. It offers a basic overview of the theories of cognitive-behavioral therapy, particularly as it applies to couples. Participants will learn first-hand techniques and strategies for working with difficult couples and how to integrate these strategies with their respective modes of treatment. The presentation is followed by a videotape that demonstrates the implementation of techniques and interventions.

WS 41

**Competency Based Brief Therapy — John Weakland and Richard Fisch at Work**

WENDEL RAY, PHD

John Weakland and Richard Fisch's MRI brief therapy is among the most influential models of practice in use today. Original writings and clinical recordings will be used to outline Weakland and Fisch's contributions to interactional theory and therapy. MRI Brief Therapy conceptual framework and clinical techniques for competency based brief therapy will be demonstrated.

For registration questions call 651-487-3001. For program questions call 877-212-6678



WS 46	<p align="center"><b>The Initiator-Inquirer Process: Not a Communication Technique</b></p> <p>Couples come to therapy and say “we can’t communicate”. They want your help with communication. Yet effective communication often reveals trauma, accumulated resentment, narcissism or anxiety about intimacy. Resolution requires internal self development that may be resisted by one or both partners. This advanced workshop will use video and clinical transcripts to demonstrate the intricacies of resolving predictable communication breakdowns and supporting development.</p>	ELLYN BADER, PHD
WS 47	<p align="center"><b>Transforming Survival Strategies</b></p> <p>A key issue in brief therapy involves clients’ regression into survival strategies. Survival strategies are activated by a perceived threat to our physical or psychological survival, and include: fight (attack), flight (escape), freeze (paralysis) or surrender (submit). Updating survival strategies involves reviewing key life situations and bringing new resources into these experiences at several levels..</p>	ROBERT DILTS
WS 48	<p align="center"><b>Interaction Focused Therapy (IFT)</b></p> <p>Knowledge of Interaction Focused Therapy (IFT) equips the therapist with skill in immediately understanding problematic behavior. Derived from the Communication Theory of Don Jackson, Gregory Bateson and colleagues—and effective with the widest range of problems—basic premises of this evidence-based approach will be taught, with emphasis on specific strategies for promoting change.</p>	WENDEL RAY, PHD
WS 49	<p align="center"><b>Advanced Techniques of Psychotherapy: Making the Moment Visually Alive</b></p> <p>Experiential methods enliven therapy through dynamic experiences that promote dynamic realizations. We will explore methods that make therapy a visual art, recognizing the visual realizations are neurologically encoded more robustly than words, hence more easily accessed when needed. We will explore the use of gestures, objects, and even sounds to empower change. We will learn the latest advances in therapist sculpting. Lecture, demonstration, and small group exercises will be used.</p>	JEFFREY ZEIG, PHD
WS 50	<p align="center"><b>Sensory Acuity: The Key to Making Brief Therapy Last</b></p> <p>A huge difference between skill and artistry in doing therapy briefly is the ability to observe and listen with astute understanding. Noticing and then utilizing subtle non-verbal responses transmitted by the patient enhances the therapist’s credibility at deeper levels and gives him/her a distinct advantage. This workshop presents a series of experiential activities to sharpen visual and auditory sensory acuity.</p>	PHILIP BARRETTA, MA NORMA BARRETTA, PHD
WS 51	<p align="center"><b>Beyond One to One Sessions: How to Create Multiple Streams of Therapy Income</b></p> <p>The current model of delivering psychotherapy services—one fee for one session—may not sustain us as we move further into the 21st century. One answer is a “multiple streams of therapy income” business—to create passive income for therapists. This workshop will discuss the steps to creating your first information product.</p>	CASEY TRUFFO, LMFT

12:45-3:45 PM

WORKSHOPS 45-55 (CONTINUED)

- |       |  |                        |
|-------|--|------------------------|
| WS 52 | <b>Process Oriented Hypnosis: Blending Positive Psychology, Mindfulness and Hypnotic Treatments</b><br>Positive Psychology suggests a shift in focus to what's right with people. Mindfulness suggests a shift in focus toward acceptance and being more fully present. As soon as suggestion and focal shifts are employed in treatment, the patterns of hypnosis are inevitably involved. How can hypnosis amplify the merits of Positive Psychology and Mindful Meditation? In this workshop, we will explore the roles of selective attention and unconscious processes in engaging people in experiential learning. | MICHAEL D. YAPKO, PHD  |
| WS 53 | <b>Buddhist/Mindful Marriage</b><br>Mindfulness is a deceptively simple way of relating to experience that has been successfully practiced for over 2500 years to alleviate human suffering and to increase awareness. Recently clinicians are discovering that mindfulness holds great promise as an add-on to couples therapy and education leading to greater kindness, love and acceptance. This program will discuss, demonstrate and offer experiential activities on how mindfulness can facilitate brief changes when working with couples.  | JON CARLSON, PSYD, EDD |
| WS 54 | <b>Strategic Intervention</b><br>This course combines lecture and experiential exercises to teach the skills of accurate case conceptualization, that is the foundation for development of effective strategic interventions. The inter-relationship among brief, solution focused, and strategic therapy is explored. A model for assisting clients in the development of planned positive outcome is presented.  | MICHAEL MUNION, MA     |
| WS 55 | <b>Brief Therapy with Gay Men</b><br>Successful brief psychotherapeutic work with gay men includes the use of clinical hypnosis as well as an accepting compassionate stance of the psychotherapist. Ego state work and positive self-representations create healing from years of internalized shame. Specific psychosocial issues for gay men, core issues common in the gay male community, customized hypnosis scripts, and effective short-term treatment strategies will be discussed.   | RICHARD MILLER, MSW    |

4:00– 4:30 PM

Closing Remarks

MONDAY, DECEMBER 13

SPECIAL POST-CONFERENCE WORKSHOP

BRIEF THERAPY MASTER CLASS *with* STEPHEN GILLIGAN, PHD AND JEFFREY ZEIG, PHD

9:00 AM -12:00 PM / PART I

12:00-1:30 PM LUNCH

1:30-4:30 PM / PART 2

MC 1

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.

MC 2

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## CONFERENCE FEES & REGISTRATION DEADLINES

### FULL CONFERENCE

*Thursday - Sunday December 9-12, 2010*

Registration Deadlines	U.S. Professionals	Foreign Professionals • Foreign Students Graduate Students • Interns • Seniors
------------------------	--------------------	---

November 15	<b>\$549</b>	<b>\$449</b>
Onsite	\$649	\$649

Add \$100 to attend the Law & Ethics pre-conference  
 Add \$100 to attend Brief Therapy Master Class post-conference  
Add only \$150 to attend both pre- and post- conference workshops!

### DAY TICKETS

Law & Ethics Workshop I & 2 6-hour session, Wednesday Dec. 8	Brief Therapy Conference Thur.-Sun., Dec. 9-12	Brief Therapy Master Class 6-hour Session Mon. Dec 13
<b>\$179</b>	<b>\$179</b>	<b>\$179</b>

### GROUP RATE SAVINGS

**Group reservations can be made on line!**

*All registrations must be submitted at the same time—No additions may be made to receive a lower rate once your Group Rate Application has been submitted.*

5	Attendees	10% OFF each full conference registration.
6-10	Attendees	15% OFF each full conference registration.
11+	Attendees	20% OFF each full conference registration.

Milton H. Erickson Foundation DUNS Number: 149131880

### REMINDER

Your registration fee also includes the Fundamental Hypnosis Track. All events are open to attendees on a first-come basis—there's no need to sign up for individual programs.

### ELIGIBILITY

The Brief Therapy Conference 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 in the above fields who supply a letter from their department certifying their full-time student or intern status as of December 2010.

### CANCELLATION POLICIES

Requests for refunds **MUST BE IN WRITING** and are subject to a \$50 administrative fee. Full refunds, less the service charge, will be made if the request is postmarked by October 29, 2010. Requests postmarked from October 30 to November 30 will receive a 50% refund of paid fees. No refunds can be made after November 30, 2010. No exception to this policy can be made. Please allow 8-10 weeks for processing. Cancellations received after November 1, 2010 will be processed in January 2011.

### FOR REGISTRATION INFORMATION

Contact AMEDCO at 651-487-3001 or fax 651-489-3387. You can send mail to AMEDCO c/o Brief Therapy Conference, 90 County Rd C West #300, St. Paul, MN 55117.

### FOR PROGRAM INFORMATION

Log on to [www.BriefTherapyConference.com](http://www.BriefTherapyConference.com) or contact The Milton H. Erickson Foundation toll-free at 877-212-6678 or 602-956-6196. You can also fax them at 602-956-0519. Mail the Foundation at 3606 North 24th Street, Phoenix, Arizona 85016.

# REGISTRATOR FORM

REGISTER ONLINE — OR FOLLOW THESE 5 EASY STEPS TO MAIL OR FAX YOUR FORM

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

Street Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_

Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email Address \_\_\_\_\_

University Attended \_\_\_\_\_ University Major \_\_\_\_\_ Highest degree only \_\_\_\_\_

Professional License # \_\_\_\_\_ Physically Challenged?  Yes. (The Hilton in the Walt Disney World Resort 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 1, 2010.)

**2.** I verify that I meet the minimum eligibility requirements to attend the Brief Therapy Conference  
And that I am a... (Please check one of the following boxes)

US Professional     Foreign Professional/Foreign Student     Senior Citizen providing proof of age (65 years or older)

Graduate Student/Intern (providing a letter from the department head verifying your student/intern status as of December 2010).

**3.** I am registering for the following:

Full Conference Registration (Thursday - Sunday, December 9-12, 2010)

Full Conference WITH Law & Ethics Pre-Conference (Wednesday, December 8, 2010)

Full Conference WITH Brief Therapy Master Class Post-Conference (Monday, December 13, 2010)

Full Conference WITH BOTH Pre- and Post-Conference Events (Wednesday - Monday, December 8-13, 2010)

I am not attending the full conference, but would like **Day-Tickets** for the following days:

Wednesday, December 8     Thursday, December 9     Friday, December 10     Saturday, December 11

Sunday, December 12     Monday, December 13

**4.** I am enclosing the following amount \$ \_\_\_\_\_

Personal / Company Check # \_\_\_\_\_ (Make checks payable to Milton H. Erickson Foundation)

Credit Card:     Visa     MasterCard     Discover     American Express

Credit Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name \_\_\_\_\_ (as it appears on the card)

Signature \_\_\_\_\_

Billing Address (if different from above): \_\_\_\_\_

Purchase Order # \_\_\_\_\_ (Attach copy of P.O.)

**5.** Send completed forms with full payment and accompanying paperwork to **AMEDCO c/o Brief Therapy Conference, PO Box 17009, St. Paul, MN 55117. Or fax: 1-651-489-3387**

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