THE MILTON H. ERICKSON FOUNDATION
presents

brief therapy
Bringing out the Best

DECEMBER 8-11, 2016
TOWN & COUNTRY RESORT
SAN DIEGO, CALIFORNIA

Fresh perspectives, new strategies, and creative approaches
Shared by this extraordinary faculty—

BriefTherapyConference.com
Prepare to be challenged, fascinated, and inspired!

The Brief Therapy Conference: Bringing Out the Best is all about the science and art of helping others. It’s advanced material presented in a no-nonsense atmosphere. Plus, beyond what you will learn from scheduled events, is the wealth of knowledge you gain by sharing your ideas with new friends and colleagues from across the country.

Join with your peers in a 4-day, high-energy intellectual adventure designed to take your clinical work to the next level.

The goal: Help you provide higher quality professional services in today’s mental healthcare environment.

- EXPERIENCE quality “face time” with an outstanding faculty
- LEARN cutting-edge information in a give-and-take environment
- NETWORK with your peers in an exciting setting

It all adds up!

4 Keynote Addresses
44 Short Courses
43 Workshops
12 Clinical Demonstrations
6 Topical Panels
6 Dialogues
12 Conversation Hours
2 Pre-Conference Workshops
   (Law & Ethics or Hypnosis)
1 Post-Conference Workshop
   (Brief Psychotherapy Master Class)
ASSEN ALLADIN, PHD, is a Clinical Psychologist and Adjunct Associate Professor, University of Calgary Medical School. He is a Fellow of Royal Society of Medicine, President of American Society of Clinical Hypnosis and 2005 recipient of Best Research Paper from APA Division 30. Internationally recognized as an expert in the integration of CBT with hypnosis in the management of emotional disorders. He has published over 30 peer-reviewed papers and four books: Integrative CBT for Anxiety Disorders (2016); Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders (2008); Hypnotherapy explained (2008); and Handbook of Cognitive Hypnotherapy for Depression (2007).

CONNIRAE ANDREAS, PHD, an innovator in the field of personal development for almost 4 decades, is best known for her groundbreaking work, 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, strongly influenced by her experience with Dr. Erickson in 1979, has been published in over 14 languages.

STEVEN FRANKEL, PHD, JD, ABPP is a practicing licensing board defense attorney and clinical/forensic psychologist. He received his PhD in clinical psychology from Indiana University, interned at Columbia University, and served as a full-time clinical psychology faculty member at USC for 11 years, 5 years as Director of Clinical Training. A Clinical Professor at USC and a past Adjunct faculty member at Loyola (L.A.) and Golden Gate law schools, Steve has received awards for teaching excellence in law/psychology interfaces and in trauma assessment and treatment, which has been his specialty since 1980. He has authored the chapter on Risk Management for trauma clinicians in APA’S forthcoming Handbook of Trauma. His Practice-Legacy Programs work was created to protect clinicians, their families and patients/clients from failures to prepare for unanticipated death or disability.

STEPHEN GILLIGAN, PHD, is a Psychologist in Encinitas, CA. He was one of the original NLP students at UC Santa Cruz; Milton Erickson and Gregory Bateson were his mentors. After receiving his psychology doctorate from Stanford University, he became one of the premier teachers and practitioners of Ericksonian hypnotherapy. In 2004, he received the rarely given Lifetime Achievement Award from the Erickson Foundation in honor of his many contributions. His work has evolved into various forms of generative change, including generative trance as well as the generative coaching work he has developed with Robert Dilts.

JOHN GOTTMAN, PHD, was one of the Top 10 Most Influential Therapists of the past quarter-century by the Psychotherapy Networker. Dr. Gottman is a professor emeritus in psychology known for his work on marital stability and relationship analysis through scientific direct observations, many of which were published in peer-reviewed literature. He is the author or co-author of over 200 published academic articles and more than 40 books, including the bestselling The Seven Principles for Making Marriage Work; What Makes Love Last; The Relationship Cure; Why Marriages Succeed or Fail, and Raising An Emotionally Intelligent Child, among many others.

JULIE GOTTMAN, PHD, is the co-founder and President of The Gottman Institute, and Clinical Supervisor for the Couples Together Against Violence study. A highly respected clinical psychologist, she is sought internationally by media and organizations as an expert advisor on marriage, sexual harassment and rape, domestic violence, gay and lesbian adoption, same-sex marriage, and parenting issues. She is the co-creator of the immensely popular The Art and Science of Love weekend workshops for couples, and she also co-designed the national clinical training program in Gottman Couples Therapy.
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.

STEPHEN R. LANKTON, MSW, DAHB, is the Editor-in-Chief of the American Journal of Clinical Hypnosis, a Fellow, and an Approved Consultant, American Society of Clinical Hypnosis. He is the recipient of a “Lifetime Achievement Award” (Milton Erickson Foundation) and a “Lifetime Achievement Award” (American Society of Clinical Hypnosis). He is the author and/or editor of 18 books translations into 6 languages.

HARRIET LERNER, PHD is a clinical psychologist, and one of our most respected voices on the psychology of women and family relationships. She is the author of numerous scholarly articles and 12 books including The New York Times bestseller, The Dance of Anger. Her forthcoming book, Why Won’t You Apologize? will be released January 2017.

LYNN LYONS, LICSW, specializes 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 is the author of Using Hypnosis with Children: Creating and Delivering Effective Interventions. She has a private practice in Concord, New Hampshire.

CLOE MADANES, HDL, LIC, in Psychology, is a world-renowned innovator and teacher of family and strategic therapy and one of the originators of the strategic approach to family therapy. She has authored seven books that are classics in the field: Strategic Family Therapy; Behind the One-Way Mirror; Sex, Love, and Violence; The Secret Meaning of Money; The Violence of Men; The Therapist as Humanist, Social Activist and Systemic Thinker; and Relationship Breakthrough. She has presented her work at professional conferences all over the world and has given keynote addresses for The Evolution of Psychotherapy Conference, the American Association of Marriage and Family Therapy; the National Association of Social Workers, The Erickson Foundation, the California Psychological Association and many other national and international conferences. Madanes has won several awards for distinguished contribution to psychology and has counseled outstanding individuals from all walks of life.

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 is the author of many books and papers. He conducts workshops and training in the United States and abroad, helping hundreds of agencies and organizations, both public and private, to achieve superior results.
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.

JOHN C. NORCROSS, PHD, ABPP, is an internationally recognized authority on behavior change and psychotherapy. His PhD is in clinical psychology, ABPP, Distinguished Professor of Psychology at the University of Scranton, Adjunct Professor of Psychiatry at SUNY Upstate Medical University, and a board-certified clinical psychologist. Author of more than 400 scholarly publications, Dr. Norcross has co-written or edited 20 books, including Psychotherapy Relationships that Work, Psychologists' Desk Reference, Leaving It at the Office: Psychotherapist Self-Care, and Systems of Psychotherapy: A Transtheoretical Analysis, now in its 8th edition. Dr. Norcross has served as president of multiple professional associations and conducted workshops and lectures in 30 countries. John lives in northeast Pennsylvania with his wife, two grown children, and their two new grandkids.

BILL O’HANLON, MS, has written 35+ books, one of which, Do One Thing Different, got him on Oprah. He has given more than 3,500 talks around the world. He studied directly with Milton Erickson. He was the founding editor of The Milton Erickson Foundation Newsletter. Bill lives in Santa Fe, New Mexico and writes songs as well.

CHRISTINE A. PADESKY, PHD, (Clinical Psychology), Co-Founder of Center for Cognitive Therapy in Huntington Beach, California is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and a leading CBT innovator. She provides workshops and consultation to therapists worldwide (www.padesky.com) and develops audio CD & DVD therapist training materials (described at www.store.padesky.com). She is co-author of five books, including the new Mind Over Mood, 2nd Edition (www.mindovermood.com). With over a million copies sold worldwide in 23 languages, the first edition was named the most influential CBT book of all time by the British Association of Behavioural and Cognitive Therapies (BABCP). Dr. Padesky is recipient of BABCP’s Most Influential International CBT Therapist award and the California Psychological Association’s Distinguished Contribution to Psychology award. In 2007 the Academy of Cognitive Therapy bestowed on her its Aaron T. Beck Award for her enduring contributions to the field.

ERVING POLSTER, PHD, is a veteran teacher of Gestalt therapy and has attracted students worldwide to home base in San Diego. He has authored five books, including the classic Gestalt Therapy Integrated: Contours of Theory & Practice, Uncommon Ground: To Enhance Everyday Living, and From the Radical Center: The Heart of Gestalt Therapy, as well as numerous anthology chapters, elaborating therapy basics. His most recent book is Beyond Therapy: Igniting Life Focus Community Movements.

WENDEL RAY, PHD, is Spyker Chair & Professor of Family System Theory, University of Louisiana at Monroe (ULM). Don Jackson Archive Director, and Mental Research Institute (MRI) Senior Research Fellow, he is the author of 9 books and 100 juried articles available in multiple languages.

ROBERT W. RESNICK, PHD, Clinical Psychologist, (and former New York City Taxi driver) has been a Gestalt Therapist and Couples Therapist for over 50 years and an international trainer for over 45 years. Trained (1965-1970) and personally examined/certified (1969) by Drs. Fritz Perls and Jim Simkin. He was chosen by Perls to introduce Gestalt Therapy to Europe in 1969. He has been doing training in Europe multiple times annually for the past 45 years in addition to ongoing training programs in Los Angeles and Seattle. Bob’s style is warm and engaging and he speaks with clarity and humor.
Faculty (cont’d.)

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.

RONALD D. SIEGEL, PSYD, is assistant Professor of Psychology, part-time, Harvard Medical School; Board of Directors and faculty, Institute for Meditation and Psychotherapy; author, The Mindfulness Solution: Everyday Practices for Everyday Problems; coauthor, Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy; coeditor, Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice.

DAN SHORT, PHD, is the current Director of the Milton H. Erickson Institute of Phoenix. He is the former Executive Editor for the Milton H. Erickson Foundation Newsletter, and he has served as Assistant Director at the Milton H. Erickson Foundation. Dan is the lead author of Hope and Resiliency, which was written with Betty Alice Erickson and Roxanne Erickson-Klein. He is the author of Transformational Relationships. He recently collaborated with Roxanne Erickson-Klein to define Ericksonian Psychotherapy in the SAGE Encyclopedia of Counseling and Theory. Dan currently teaches hypnosis at Southwest College of Naturopathic Medicine. He conducts consultation groups for local professionals, provides supervision of professionals inside and outside the United States, as well as serving as visiting faculty at institutes around the world.

ANDREAS STEINER, DIPL.-PSYCH., M.A., psychotherapist, artist, film theorist, musician and novelist. He was the director of the Milton Erickson Institute Cologne/Germany from 1992-97 and teaches Ericksonian hypnotherapy and systemic therapy at the University of Cologne. Andreas Steiner is an expert in utilizing family constellations in a scientific as well as emotional, solution-focused way that can help in solving fundamental and recalcitrant problems such as depression, problematic life scripts, relationship problems, amongst others, in a short time. Besides, he is known for his deck of cards “Masters of Psychotherapy” featuring the great pioneers of psychotherapy as caricatures.

STAN TATKIN, PSYD, MFT, is a clinician, researcher, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). He has a clinical practice in Calabasas, CA, where he has specialized for the last 15 years in working with couples and individuals who wish to be in relationships. He and his wife, Tracey Boldemann-Tatkin, developed the PACT Institute for the purpose of training other psychotherapists to use this method in their clinical practice.

MICHELE WEINER-DAVIS, MSW, is a best-selling author and renowned marriage therapist. Among the first in her field to courageously speak out about the pitfalls of unnecessary divorce, Michele is the author of seven books including the bestselling, Divorce Busting, and The Sex-Starved Marriage. Michele is the Director of The Divorce Busting® Center in Boulder, Colorado and the founder of divorcebusting.com. Michele’s is the recipient of AAMFT’s prestigious Outstanding Contribution to the Field of Marriage and Therapy Award and Smart Marriages’ Impact Award. Michele also received an alumni award for lifetime achievement from Grinnell College.
REID WILSON, PHD, is a clinical psychologist and author of the just released Stopping the Noise in Your Head and the classic self-help book Don’t Panic; co-author of Stop Obsessing!, and Anxious Kids, Anxious Parents, as well as Playing with Anxiety. He is a Founding Clinical Fellow of the Anxiety and Depression Association of America and Fellow of the Association for Behavioral and Cognitive Therapies.

MICHAEL D. YAPKO, PHD, is a clinical psychologist who is internationally recognized for his work in clinical hypnosis, brief psychotherapy, and the strategic treatment of depression, routinely teaching to professional audiences all over the world. He is the author of 15 books, including his newest, The Discriminating Therapist. He is the recipient of numerous major awards for his innovative contributions to advancing the fields of hypnosis and brief therapy. His website is www.yapko.com.

JEFFREY K. ZEIG, PHD, is the Founder and Director of the Milton H. Erickson Foundation. He has edited, co-edited, authored or coauthored more than 20 books on psychotherapy that appear in fourteen foreign languages. Dr. Zeig is the architect of The Evolution of Psychotherapy Conferences, the Brief Therapy Conferences, the Couples Conferences, and the International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. A psychologist and marriage and family therapist 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.

Short Course Faculty

Naji Abi-Hashem, PhD
Helen Adrienne, MSW
Gloria Diaz Arnal, MFT Intern
Norma Barretta, PhD
Rubin Battino, MS
Cheryl Bell-Gadsby, MA, MFCC, RCC
Bob Bertolino, PhD
Suzanne Alexandra Black, PsyD
Gregg Bloche, MD, JD
David Chametsky
Erika Chovanec, PhD
Elliott Connie, MA, LPC
Kathleen Donaghy
Susan Dowell, MSW
Joseph Dowling, MS
Maria Escalante de Smith, MA
Jeffrey Feldman, PhD
Bette Freedson, MSW
Brent Geary, PhD
Tobi Goldfus, LCSW-C, BCD
Birgitta Gregory, PhD
Bruce Gregory, PhD
Christine Guilloux, DESS Psychology
Virgil Hayes, DO, MSW
Richard Hill, MA, MEd, MBMSc
Wei-Kai Hung, Master of Education
Debbie Joffe Ellis
James Keyes, PhD
Paul Koeck, MD
John Lentz, D.Min
Mauro Mariotti, MD
Patrick McCarthy, MB ChB
Robert McNeilly, MBBS
Clifton Mitchell, PhD
Carol Nack, MSW
Gabrielle Peacock, MBBS
Lawrence Peltz, MD
Susan Pinco, PhD
Teresa Robles, PhD, MA
Steven Rogers, PhD
Karín Schlanger, MFT
Robert Schwarz, PsyD
Enayatollah Shahidi, MD
Bart Walsh, MSW
Susan Warren Warshow, MSW
Ann Webster, PhD
Claudia Weinspach, Psychologist
Sandra White, PhD
Robert Wubbolding, EdD
Foojan Zeine, PsyD
Shannon Zivot, PsyD

Bringing Out the Best
Welcome Brief Therapy Conference Attendees:

The Town & Country has been a landmark resort hotel, in San Diego, CA for over 60 years. The newly refurbished Town and Country is a modern expression of the 1960's Southern California vibe—relaxed, playful and connected—with service that is engaging, approachable yet unobtrusive. Where everyone feels welcome. Nostalgic style blends with fresh pops of color and unexpected delights in a modern facility that exudes the laid back attitude of a true California resort. Where we swap out business suits for bathing suits and frivolity blurs the lines of formality and everyone can enjoy some fun in the sun, even when hard at work. It’s smart not structured. It’s business meets casual. It’s just who we are.

500 Hotel Circle North
San Diego, CA 92108
800-772-8527

Conference Rates: $105 single
$115 double / $125 triple
$135 quad occupancy

Parking: $6 per day for hotel guests
$4 per hour not to exceed $12 per day for drive in attendees WITH in and out privileges

Plus, with nearby Balboa Park, San Diego Zoo, historic golf at the Riverwalk Golf Course and the San Diego light rail steps from our back door will get you anywhere you want to go in San Diego, even the urban explorer will find themselves immersed in the unique experiences of Southern California. Make your reservations now. It’s easy and convenient: log on to the conference website and click on “Accommodation.”

— The Management

Reservation Due Date: November 15, 2016
Saturday, December 10th, the hotel will provide juice, coffee, danish, and fruit breakfast for the entire group
Reduced fitness center access for in-house guests at only $5 per day
“What goes around...” is a 6-hour law/ethics workshop and is focused on recent and emerging developments in law and ethics that will impact clinicians of all disciplines, starting with changes to child abuse reporting obligations, then moving to cover changes for custody evaluators, record-keeping and maintenance, emerging issues and risks regarding telehealth practice, updates on duties to inform and warn when violent behavior may occur, modifications of laws concerning “retirement” of professionals, receiving subpoenas, testifying in court, risk management for supervisors, suicide risk management, and “selected slippery slopes.

Part 1 / 8:00 AM – 12:00 PM
Part 2 / 1:30 – 3:30 PM

_— OR —_

Fundamentals of Hypnosis
with Brent Geary, PhD

Coverage begins with essential topics and terminology in hypnosis. The process of a hypnotic session will be explained. (Participants will practice observing and elicitation of focused awareness in hypnotic subjects.) Various frameworks for hypnotic induction will be explained, demonstrated. The utilization of hypnosis always involves the hypnotic phenomena. A part of the workshop will explore the various phenomena and their role in clinical contexts. Participants will practice elicitation of hypnotic phenomena. And finally, one of Erickson’s landmark contributions to hypnosis was his introduction of indirection as a therapeutic approach. This final section of the training explores the ways in which anecdotes, metaphors, and other indirect methods can be utilized.

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 29th year.

Part 1 / 8:30 AM – 12:00 PM
Part 2 / 1:30 – 4:00 PM

Whichever workshop you wish to attend on December 7, please note that you must register for either separate from your full conference registration. See the conference website for easy-to-follow instructions.
Thursday, December 8

Short Courses

8:00 – 8:15 AM

JEFFREY K. ZEIG, PHD
Convocation

8:30-10:00 AM

ERIKA CHOVAIIE, PHD
Multifocal brain images self-synchronization - using mindfulness and hypnotherapy when treating anxiety, trauma and somatoform disorders

MARIA ESCALANTE DE SMITH, MA
Using Brief Psychotherapy with Children Experiencing Difficult Situations such as Diseases, loss, and Parental Divorce

RICHARD HILL, MA, MED, MBMSC
Shifting the Stuck Client/Therapist with Arbitrary Mental Mapping - A Curiosity Approach Technique

JAMES KEYES, PHD, PSYCH
Brief Treatment of Chronic Pain

MAURO MARIOTTI, MD
Relational style profile: an instrument for a better coupling

PATRICK MCCARTHY, MB CHB
Relax: Say Goodbye to Anxiety and Panic Abstract

CLIFTON MITCHELL, PHD
Prim ing the Mind for Solution Creation Abstract

GABRIELLE PEACOCK, MBBS
Working with Dissociation: When Reconnecting is not Enough

SUSAN PINCO, PHD
Quantum Creativity

10:15 – 11:45 AM

STEVEN ROGERS, PHD, SANDRA WHITE, PHD, AND SHANNON ZIVOT, PSYD
An Introduction to Experiential Reframing: An Ericksonian Inspired Approach to the Treatment of Trauma

BART WALSH, MSW
Utilization Sobriety: Incorporating the Essence of Mind-Body Communication for Brief Individualized Substance Abuse Treatment

HELEN ADRIENNE, MSW
Short Cuts to Stress Reduction

NORMA BARRETTA, PHD
Brief Therapy Enhanced by the Healing Power of Sound

SHELDON KRAMER
Transformational Mind/Body Tools for Brief Couples Therapy

TERESA ROBLES, PHD, MA
Therapy Based on Universal Wisdom for the Treatment of Chronic Pain

BRENT GEARY, PHD AND CLAUDIA WEINSPACH, PSYCHOLOGIST
Utilization Interviewing

WEI KAI HUNG, MASTER OF EDUCATION
One Plus One Equals Three: When Zen and Erickson Approach Anxiety Together

ROB MCNEILLY, MBBS
Easy hypnosis - bringing out the best in brief therapy

TOBI GOLDFUS, MSW
Using Hypnotherapy as the Search Engine and Parts Work as the Home Page to Help Adolescents/Young Adults Absorbed in Cyberspace Find their “Inner Selfie”
10:15 – 11:45 AM (cont’d)

ELLIOTT CONNIE, MA, LPC
Solution Focused Brief Therapy: Mastering the Language in Session

ROBERT WUBBOLDING, EDD
Listening for Change Talk and In-Control Talk: The Significance of “Throw Away” Patient Comments

FOOJAN ZEINE, PSYD
Bringing Depth into Brief Therapy with Awareness Integration ®Model.

1:15 – 2:45 PM

NAJI ABI-HASHEM, PHD
Promoting Resiliency: Integrating the Mental-Emotional, Socio-Cultural, and Spiritual -Existential Aspects in Short Term Care.

BOB BERTOLINO, PHD
Renaissance in Brief Therapy and Beyond: Exploring Intersections of Possibility

GREGG BLOCHE, MD, JD
Psychotherapy & the Hippocratic Dilemma

SUSAN DOWELL, MSW
Footprintings: Ego State Therapy in Three Dimensions

JOSEPH DOWLING, MS
Zonefulness: An Ericksonian Approach to Peak Performance in the Game of Life.

BRUCE GREGORY, PHD
AND BIRGITTA GREGORY, PHD
Treasure Hunting in the Caves of the Unconscious: The Integration of Quantum Physics in the context of the transformation of resistance in the treatment of Individuals and Couples

ENAYATOLLAH SHAHIDI, MD AND JOHN LENTZ, D.MIN
From East to West: Utilizing Consciousness and Strengths

3:00 – 4:30 PM

CHERYL BELL-GADSBY, MSW
AND KATHLEEN DONAGHY, PHD
How to Create an Energy Psychology Toolbox: Brief, One-session Energy Interventions

SUZANNE ALEXANDRA BLACK, PSYD
Utilizing Creative Strategies for Obtaining Successful Treatment Outcomes with Bipolar Affective Spectrum Disorder

JEFFREY FELDMAN, PHD
Two brief hypnotic techniques to generate emotional coherence through Ericksonian utilization and psychophysiological entrainment:

BETTE FREEDSON, MSW
The SOLVE Method: Reach Them While They Dream: Brief Therapy That Endures for Kids and Teens

CHRISTINE GUILLOUX, DESS PSYCHOLOGY
The Hero Within

DEBBIE JOFFE ELLIS
The Empowering, Transformational and Compassionate Approach of Rational Emotive Behavior Therapy.

JOHN LENTZ, D.MIN
One Liners that Change People

LAWRENCE PELTZ, MD
The Mindful path to habit transformation: A four quadrant model

KARIN SCHLANGER, MFT
AND GLORIA DIAZ ARNAL, MFT INTERN
Brief Therapy Within Schools in Poor and Diverse Communities

SUSAN WARREN WARSHOW, MSW
DEFTly Penetrating Defenses and Surmounting Shame: An Accelerated, Relational Psychodynamic Model emphasizing Depth Emotion Processing and Integration

ANN WEBSTER, PHD
Aging Without an Expiration Date

BETTE FREEDSON, MSW
The SOLVE Method: Reach Them While They Dream: Brief Therapy That Endures for Kids and Teens
John Gottman, PhD and Julie Gottman, PhD
A RESEARCH-BASED COUPLES TREATMENT FOR DOMESTIC VIOLENCE

Drs. John and Julie Gottman will present a state-of-the-art review of how to conceptualize and treat the highly intractable problem of domestic violence toward intimate partners. They will review the research literature and present a conceptualization of the issues in treating this population. They will describe a highly successful randomized clinical trial study and the results that demonstrate long-term follow up effectiveness.

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Reach health and mental health practitioners including psychologists, psychiatrists, physicians, social workers, and counselors

Exhibit space is limited, and exhibits must serve the professional and scientific interests of the Brief Therapy Conference and its sponsors.

Go to the conference website, click on Exhibitors and you'll get all the information you need to exhibit, place materials on the Take-One tables, or advertise in the conference syllabus.

BriefTherapyConference.com
8:30 – 11:30 AM

CONNIRAE ANDREAS, PHD
The Wholeness Process:
A new form of meditation that resolves life issues
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 and practical way of doing inner work that 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, *a greater capacity to deal with stress with grace and humor, *resolves sleep issues. The session will include group experience, demonstration, and practice of the first Wholeness Process.

STEPHEN GILLIGAN, PHD
The Three Positive Connections Needed for Creative Therapeutic Change.
Generative psychotherapy is an exploration of how individuals can forge positive, therapeutic responses to life challenges. This invited address concentrates on the three core connections that allow clients to do this: (1) Positive intention and goals (What do you most want to create in your life?); (2) Somatic Centering (Where do you feel the deepest resonance in your body?); and (3) Field Resources (What can most deeply support your path of change?). I will describe how these connections are absent in a repetitive problem and, more importantly, how their presence allows positive changes in difficult areas—e.g., a past trauma, a present difficulty, or a future possibility. Clinical examples and technique description will illustrate how such positive transformational states can be practically developed.

STEPHEN LANKTON, MSW, DAHB
Self-Image Thinking and Tools of Intention
Self-Image Thinking (SIT) is one of the cognitive – experiential interventions that every therapist will find useful for almost every client. The ‘Tools of Intention’ are best seen as techniques of positive-oriented psychotherapy. They can be practiced in therapy with or without hypnosis. These tools are protocols taken from an analysis of how minds already function but with an important twist: The protocols rely upon the cognitive-experiential mechanisms can be used in harmony with both conscious and unconscious thoughts and feelings. In addition to SIT, this workshop will teach 3 other interventions that actually make therapeutic decisions work – explicitly and experientially.

CLOE MADANES, HDL, LIC IN PSYCH
Include Strategic Coaching Skills in Your Tool-Kit
Madanes will present a series of coaching strategies that therapists can use with a variety of clients in individual, family and group settings. She will model some of these strategies by interacting with the audience and some will be illustrated with videos. You will learn what is a “key decision;” how to consider power and hierarchy when coaching a group, family or team; the use of humor in coaching; and the importance of repentance in relationships.

SCOTT MILLER, PHD
Feedback Informed Treatment (FIT):
Improving the Quality and Outcome of Behavioral Health Services
One Person at a Time
A simple, valid, and reliable alternative exists for maximizing the effectiveness and efficiency of treatment based on using ongoing feedback to empirically tailor services to the individual client needs and characteristics. Research from multiple randomized clinical trials documents that this simple, trans-theoretical approach as much as doubles the effectiveness of treatment while simultaneously reducing costs, drop-out rates and deterioration

ERVING POLSTER, PHD
Personhood and Therapy Technique Converged
Dr. Polster will feature concentration, curiosity, fascination and simplicity of observation as agents of personhood. He will also offer four cornerstones of methodology. These are: the tightening of therapeutic sequences, establishing good quality contact, eliciting relevant stories, and identifying parts of the self. Live therapeutic sessions will illustrate the principles.
JOHN NORCROSS, PHD
A New Therapy for Each Patient:
Evidence-based Methods of Personalizing Psychotherapy
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 integrative methods for tailoring the psychotherapy relationship and treatment methods to the individual client and his/her singular context. Learn how to reliably assess and rapidly apply 3+ evidence-based means for improving treatment success. Discover how practice and research converge in relational responsiveness that fits both clients and clinicians.

CHRISTINE PADESKY, PHD
For Best Outcomes, Teach Mood-Specific Skills
Clients who learn mood management skills improve more quickly and are less likely to relapse. But what skills make the biggest difference in the shortest amount of time? Drawing from three decades of research, this workshop illustrates the best evidence-based skills (from CBT, mindfulness, acceptance therapies, and positive psychology) to help clients understand and manage depression, anger, guilt and shame. Learn: a) why it is better to use gratitude diaries weekly than daily, b) when a focus on core beliefs can actually make depression worse, and c) how the new 2nd Edition of Mind Over Mood (Greenberger & Padesky, 2016) provides an evidence-based roadmap for therapists who want to teach mood-specific skills.

RON SIEGEL, PSYD
Mindfulness for Anxiety and Depression
Mindfulness is being touted lately as the cure for everything that ails us as human beings. How can a simple set of practices possibly help with so many psychological disorders? This presentation will examine the common factors in psychological difficulties, and explore how mindfulness practices can help us with two of the most common: anxiety and depression. You’ll learn practical mindfulness-based exercises that can be integrated with a wide range of therapeutic approaches to help resolve these disorders.

MICHELE WEINER-DAVIS, MSW
Healing from Infidelity
If you work with couples, you’re no stranger to infidelity. And because healing from infidelity is challenging, it behooves us to have a clear roadmap of the territory. In this workshop, we’ll go over an array of post-affair issues, including ways to deal with intense emotions, whether to discuss the details of the betrayal, how to begin rebuilding trust in the aftermath of the discovery, whether to have clinical ultimatums about ending affairs, how to handle setbacks, and how to deal with residual feelings for the affair partner. You’ll learn methods for overcoming the most common therapeutic impasses and discover the nuances involved in deciding how much disclosure is best for each couple By the time you leave, you’ll know how to coach couples through a healing process that’s flexible and adaptable.

REID WILSON, PHD
Mastering the Anxiety Game:
Teaching Clients to Welcome their Fears
Therapists are supposed to make clients safe and secure, creating a cozy haven from a cruel world, right? Well, when it comes to treating anxiety, there’s growing evidence that the quickest, most effective approach involves instructing them to ramp up their fears while telling themselves how much they welcome the experience. In this workshop, you’ll learn how to help clients shift their relationship with their fears and override the responses that perpetuate them.

Lunch Break 11:30 AM-1:00 PM

Eligibility
The Brief Therapy Conference is open to professionals in health or mental health-related fields, including physicians, doctoral-level psychologists and dentists who are qualified for membership in, or are members of, their respective professional organizations (eg. AMA, APA, ADA), and to professionals with health-related graduate degrees (eg. MSW, MSN, MA or MS) from accredited institutions. Full-time graduate students in accredited programs leading to such degrees will be accepted if they supply a letter from their department on letterhead stationery, certifying their full-time status as of December 2016.
Friday December 9

Workshops (cont’d)

1:00 – 4:00 PM

STEVE FRANKEL, PHD, JD
Trauma and Dissociation:
Overview and Current Status
This three-hour workshop deals with dissociative disorders, addresses the history of controversy surrounding these disorders, how scientific research has resolved the controversies, and addresses principles of diagnosis and treatment. Diagnostic comorbidities, treatment trajectories and relevant bibliographic material will be presented, along with available video presentations.

STEPHEN GILLIGAN, PHD
Transforming Negative States:
An essential skill in Generative Psychotherapy
This workshop presents the Generative Psychotherapy approach to human states of suffering—depression, anxiety, trauma, addiction, etc. This practical and positive approach assumes that each core human experience has equivalent potential to be positive or negative, depending on the human relationship to it; and thus focuses on how problems may be transformed to resources by skillful human connection. This process operates at two levels: (1) developing a generative state (in the therapist, client, and relationship field) and then (2) using specific methods of transforming negative experiences and behaviors. Multiple techniques and examples for will be given, along with an exercise and demonstration.

STEPHEN LANKTON, MSW, DAHB
To Experience Change, You Have to Change Experience
Milton Erickson taught that symptoms were a breakdown of relations between people. Looking at personal or family traumatic problems through this lens it is relatively easy to recognize the existence and connection between past and present disordered relationships. More importantly, the required experiential resources that individuals need to correct these conditions becomes apparent. Once identified, therapy can concentrate on helping trauma-suffering clients acquire needed experiences and help clients learn to use them systematically and appropriately.

SCOTT MILLER, PHD
How Psychotherapy Lost its Magic
(and what practitioners can do to get it back)
Over the last 40 years, thousands of research studies and how-to books on psychotherapy have been published. Presently, hundreds of treatment approaches exist, each claiming to contain ingredients essential to therapeutic success. Despite the steady parade of the “new and improved,” the overall effectiveness of psychotherapy has not changed a single percentage point. Not one point—no improvement in effectiveness, whatsoever. Meanwhile, practitioners are facing an economic environment never before seen in history. The cost of training is up, incomes are down, and fewer people are seeking psychotherapy as a remedy to their problems. What’s more, the majority of people who could benefit, choose never set foot in a therapist’s office. How did this happen? How did psychotherapy lose its ability to attract and enchant? More importantly, what can therapists do to get it back? At this provocative workshop, therapists will be pushed to move beyond the narrow narratives characterizing modern clinical practice, reconnecting psychotherapy with practical strategies from its deepest roots in magic, healing, and religion.

JOHN NORCROSS, PHD
Leaving it at the Office:
Psychotherapist Self-Care
What about you – the psychotherapist? 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; leave with an individualized self-care plan.
1:00-4:00 PM Workshops (cont’d)

CHRISTINE PADESKY, PHD
CBT for Anxiety Disorders: Keep the focus on central fears
The success of brief therapy with anxiety disorders largely depends on how well and consistently the therapy targets central fears maintaining anxiety. Live demonstrations and guided clinical exercises show participants how to a) identify the central thoughts and images that maintain anxiety disorders, b) use worksheets from the 2nd Edition of Mind Over Mood to construct fear ladders and identify underlying assumptions to guide treatment, and c) set up and evaluate behavioral experiments to help clients test out anxious underlying assumptions (central fears).

ERNEST ROSSI, PHD AND CAROLYN SAUER, PSYD, ERYT-500
Om Up!
Optimizing Spiritual Yoga with Ericksonian Mind-Body Work
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.

RON SIEGEL, PSYD
Wisdom & Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice
What do we look for in a psychotherapist? When we are in pain, the answer probably isn’t academic knowledge or training. Rather, we hope that our therapist will be wise—have a deep understanding of how to live life—and compassionate—able to supportively enter into our suffering with us. This workshop will explore how wisdom and compassion can be cultivated in therapy, for both the therapist and the client. We’ll explore how to foster psychological insight, spiritual awakening, self-knowledge, cognitive flexibility, empathy, and caring action. We’ll see how to use mindfulness practice to become wiser and more compassionate ourselves, and in the process enhance our therapeutic relationships, prevent burnout, and deal skillfully with seemingly impossible situations.

MICHELE WEINER-DAVIS, MSW
The Sex-Starved Marriage
It is said that one in three couples experience a sexual desire gap, a difference that often wreaks havoc in every aspect of marital life. When you add to this the compelling statistic that one out of ten couples has a sexless marriage, it’s easy to understand why so many couples are losing touch both literally and figuratively. A marriage that is void of healthy intimacy and physical connection risks divorce and/or infidelity. Beyond the usual “build your emotional foundation and your sexual relationship will improve” advice, learn what you can do to help couples bridge the desire gap and bring passion back to their marriage.

REID WILSON, PHD
The Logic and Power of Self-Talk Cues during Performance
Taking advantage of our ever-present inner dialogue, we can help clients alter their self-talk in a way that transforms their relationship with any intimidating performance. By activating “approach” emotions and an opportunity-mindset, clients can decrease fear and improve performance. This protocol eliminates one significant step in the typical treatment process, since it is arousal congruent: clients do not need to shift their anxiety down before they step forward.

4:15 – 5:15 PM

Keynote 2
Harriet Lerner, PhD
WHY WON’T YOU APOLOGIZE?: HEALING BIG BETRAYALS AND EVERYDAY HURTS
As imperfect human beings, we take turns being the offender and the offended until our very last breath. Lerner will take a fresh look at the power of the good apology and the high relationship stakes of the bad one. We’ll see what drives the non-apologizer and the female over-apologizer, why the people who do the worst things won’t own up, and how we can help the offending party to restore trust, and the hurt party to resist the forgiveness cops.
Keynote 3
ERVING POLSTER, PHD
BEYOND PSYCHOTHERAPY:
LIVING AND TELLING IN COMMUNITY

Living is composed of a supreme flow of experiences. It faces us with a far too commanding challenge to our integrative powers. Telling is the selective option to revisit this landscape and to reveal the accessibly hidden markers of a lifetime. Dr. Polster will show how a sharply pointed attention within a group process will light up our lives, giving shape to personal perspective. Techniques and precedents for conducting this process will be addressed.

Approvals
A.C.C.M.E. The Milton H. Erickson Foundation, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

A.M.A. The Milton H. Erickson Foundation, Inc., designates this live activity for a maximum of 41.0 AMA PRA Category 1 Credits™. 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.

B.R.N. The Milton H. Erickson Foundation, Inc. Provider approved by the California Board of Registered Nursing, Provider Number CEP 9376 for 41.0 contact hours.

N.A.S.W. This program is Approved by the National Association of Social Workers (Approval # 886392793-3884) for 41.0 continuing education contact hours.

N.B.C.C. The Milton H. Erickson Foundation has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5056. Programs that do not qualify for NBCC are clearly identified. The Milton H. Erickson Foundation, Inc. is solely responsible for all aspects of the programs.

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).

New York State Education Department’s State Board for Social Work. The Milton H. Erickson Foundation is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0304.

As of January 1, 2015, BBS no longer approves continuing education providers. Licensee may continue to obtain continuing education hours from board-recognized approval agencies, including NASW, APA, and NBCC. By selecting any of these, you will still be able to receive credit.

CREDIT BREAKDOWN
Wednesday, December 7: (Pre Conference Law and Ethics or Fundamentals of Hypnosis) 6.0 credits
Thursday, December 8: 8.0 credits
Friday, December 9: 8.0 credits
Saturday, December 10: 7.0 credits
Sunday, December 11: 6.0 credits
Monday, December 12 (Post Conference Master Class): 6.0 credits
Full Conference: 29.0 credits
Full Conference + Pre-Conference: 35.0 credits
Full Conference + Post-Conference: 35.0 credits
Full Conference + Pre-Conference + Post Conference: 41.0 credits
Saturday December 10
Interactive Events AM

<table>
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<tr>
<th>Time</th>
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| 8:00 – 9:00 AM | Clinical Demonstration 1
EXPERIENTIAL ADAPTATIONS  
Jeffrey Zeig |
|          | Clinical Demonstration 2
THE QUANTUM DYNAMICS OF EASY-TO-LEARN ROSSI HAND POLARITY TECHNIQUES  
Ernest Rossi, Richard Hill |
|          | Topical Panel 1
CLIENT RESOURCES THERAPIST RESOURCES  
Steve Frankel, Scott Miller, Ron Siegel, Michael Yapko |
|          | Dialogue 1:  
CREATIVE THERAPY ELICITS AND REQUIRES UNIQUE EXPERIENCES  
Steve Lankton, Stephen Gilligan |
|          | Conversation Hour 1
Lynn Lyons |
|          | Conversation Hour 2
John Norcross |
| 9:15 – 10:15 AM | Clinical Demonstration 3
GENERATIVE PSYCHOTHERAPY: HOW TO CREATE TRANSFORMATIONAL CHANGE  
Stephen Gilligan |
|          | Clinical Demonstration 4
BEYOND CALMING DOWN: HYPNOSIS, ANXIETY, AND THE NEED FOR ACTION OVER AVOIDANCE  
Lynn Lyons |
|          | Topical Panel 2
DEPRESSION  
Christine Padesky, Erv Polster, Stan Tatkin, Michael Yapko |
|          | Dialogue 2  
THE INTERACTIONAL APPROACH  
Bill O’Hanlon, Wendel Ray |
|          | Conversation Hour 3
Michele Weiner-Davis |
|          | Conversation Hour 4
Scott Miller |
| 10:30 – 11:30 AM | Clinical Demonstration 5
USING HYPNOSIS IN BRIEF THERAPY  
Stephen Lankton |
|          | Clinical Demonstration 6
ACCESSING & UTILIZING RELATIONSHIP AND CONTEXTUAL INFORMATION IN BRIEF THERAPY  
Wendel Ray |
|          | Topical Panel 3
TRAINING THERAPISTS  
Stephen Gilligan, Scott Miller, John Norcross, Bill O’Hanlon |
|          | Dialogue 3  
MINDFULNESS, BUDDHIST PSYCHOLOGY, NEUROSCIENCE, AND ATTACHMENT  
Ron Siegel, Stan Tatkin |
|          | Conversation Hour 5
Michael Yapko |
|          | Conversation Hour 6
Christine Padesky |
| LUNCH BREAK  11:30 AM-12:45 PM |

**Keynote 4**
Cloe Madanes, HDL, LIC in Psych  
TRANSPARENCY IN THERAPY

Madanes will discuss the importance of bringing transparency to therapy. Being transparent means to share all relevant information with our clients in a way that is timely and valid. It means sharing the reasoning and intent underlying our statements, questions and actions. When you are transparent you create better results because clients understand your thinking. Therapy no longer needs to be based on mysterious, privileged knowledge – this is, after all, the age of Google, when anyone can get any question answered in a matter of seconds. Therapists need to step up and share as much of their knowledge and thinking as possible. Examples and case stories will illustrate how therapists can become transparent.
Interactive Events PM

2:00 – 3:00 PM
Clinical Demonstration 7
CLINICAL HYPNOSIS AS A VEHICLE FOR PROMOTING BETTER DECISIONS
Michael Yapko

Clinical Demonstration 8
STRATEGIC TREATMENT OF ANXIETY
Reid Wilson

Topical Panel 4
ANXIETY DISORDERS
Lynn Lyons, Christine Padesky, Wendel Ray, Ron Siegel

Dialogue 4
DEVELOPMENT OF EXPERTISE
Scott Miller, Jeff Zeig

Conversation Hour 7
Stan Tatkin

Conversation Hour 8
Bill O’Hanlon

3:15 – 4:15 PM
Clinical Demonstration 9
STORYTELLING FOR EFFECTIVE BRIEF THERAPY
Bill O’Hanlon

Clinical Demonstration 10
MINDFULNESS
Ron Siegel

Topical Panel 5
FAMILY AND MARITAL THERAPY
Lynn Lyons, Wendel Ray, Stan Tatkin, Jeff Zeig

Dialogue 5
ACTION PACKED THERAPY: HELPING CLIENTS LEARN FROM EXPERIENCE
Christine Padesky, Michael Yapko

Conversation Hour 9
Stephen Gilligan

Conversation Hour 10
Reid Wilson

4:30 – 5:30 PM
Clinical Demonstration 11
Stan Tatkin

Clinical Demonstration 12
HELP ME UNDERSTAND MY PROBLEMS
Christine Padesky

Topical Panel 6
ABOUT MILTON H. ERICKSON
Stephen Gilligan, Steve Frankel, Bill O’Hanlon, Jeff Zeig

Dialogue 6
THE EXPERIENCES OF TWO SEASONED THERAPISTS: DEVELOPING YOUR OWN STANCE SEPARATE FROM CHANGING TRENDS, EXPECTATIONS, AND DIAGNOSES
Lynn Lyons, Rick Miller

Conversation Hour 11
Ron Siegel

Conversation Hour 12
Stephen Lankton

5:45 PM-6:45 PM
Authors’ Hour-Book Signing

Bringing Out the Best
Sunday, December 11

Workshops

8:30 - 11:30 AM

CONNIRAE ANDREAS, PHD
Metaphors of Movement
Explore a new way to discover and work with our unconscious metaphors for our life issues, developed by Andrew T. Austin of the UK. Do you feel “stuck”? Is something “holding you back”? Is it difficult to know what direction to go? Instead of creating metaphors for our clients, we can elicit the metaphor they already have, and explore it in depth. Once this inner landscape is revealed, new directions and possibilities often become blatantly obvious. This introduction will include brief demonstration(s) and group explorations.

MICHAEL HOYT, PHD
Single Session Therapy: When the First Session May Be the Last
The most common length of treatment is one session. In this workshop, guidelines will be presented for recognizing which patients are most likely to benefit from a single session and how we can provide it successfully. A structure will be presented for organizing the specific tasks and skills involved in different phases of therapy (pre-, early, middle, late, follow-through). Case examples, some on videotape, will illustrate brief therapy techniques applicable in a one-session-at-a-time therapy and in the course of longer treatments. The discussion will highlight productive attitudes, methods for finding a focus, ways of facilitating and utilizing clients’ strengths, and application to workshop participants’ own clinical cases. The presenter is the co-originator of the Single Session Therapy approach and has published widely and presented numerous workshops on brief and single session therapy.

LYNN LYONS, LICSW
Humor, Hypnosis and Homework: Concrete Strategies for Helping Anxious and Depressed Kids In and Out of the Therapy Office
Anxiety and depression go hand in hand; untreated anxiety during childhood is a top predictor of depression in adolescents and young adults. This workshop teaches how to interrupt the patterns of anxiety and depression in children, first by recognizing what patterns need to change and then using creative and hypnotic language, homework, humor to actively make shifts happen. Concrete strategies are based on three frames that help simplify and target the patterns so common in anxiety, depression, somatic, and sleep problems.

RICK MILLER, MSW
Integrative Therapy With Gay Men...the Gift of Presence
It is essential to know something of the deep and complicated background of all gay men, including the myriad consequences of growing up a minority even in one’s own family, in which self-identity takes shape when there is no mirror. In this workshop, you will be introduced to powerful strategies for enhancing and increasing sensory awareness, and for creating resources for restoring connections within. Such connections provide a bridge between the self and body, something that is often disowned by gay men. Internal unification provides healing from old wounds creating a shift to internal happiness. These beneficial therapeutic processes indirectly address unresolved issues that may not even be in patients’ awareness. Addressing this provides integrative healing to clients, offering possibilities for a profound sense of happiness in new ways.

BILL O’HANLON, MS
No Theory Therapy:
A simple way to do and think about brief therapy
There are features that most brief therapies share. Dropping all the theoretical jargon, it becomes very simple. This presentation will provide a simple way to get therapy started on the right foot so it ends well and as quickly as possible.
WENDEL RAY, PHD
Systemic Therapy-
Lessons from the Palo Alto Group
Fundamental concepts central to present-day effective systemic therapy will be described in this presentation. The connection between present day systemic therapies and research conducted during the 1950s and 1960s by the Palo Alto Group and the Mental Research Institute (MRI) will be described. Featured will be the contributions of Palo Alto Group members Gregory Bateson, Don Jackson, MD, John Weakland, Jay Haley, and William Fry. Seven specific, learnable concepts and techniques will be taught that make treatment more effective and efficient.

ERNEST ROSSI, PHD AND RICHARD HILL, MA, MED, MBMSC
How to Find Your Passion as a Mind-Body Psychotherapist
We will summarize the Rossi 50+ year saga of exploring the theory, research and practice of Mind-Body Psychotherapy with live demonstrations for the entire audience as well as individual volunteers with a focus on 4 Essential keys: 1. Milton Erickson’s Minimal Cues Optimizing Therapeutic Hypnosis, 2. The 90-120 minute 4-Stage Creative Cycle, 3. The Novelty-Numinosum-Neurogenesis Effect, 4. The Basic Rest-Activity Cycle of Everyday Mind-Body Healing. Yoga activity will be experienced as appropriate through-out.

ANDREAS STEINER, DIPL.-PSYCH., MA
The Fundamentals of Family Constellations
Family Constellations are a treatment method invented by Bert Hellinger and developed by his expositors. This well-grounded and solution-oriented application can change recalcitrant problems in a short time because it addresses core issues and utilizes the power of the family system, revealing hidden gemstones of love. Restoring the natural symmetry of respect and affiliation rids clients of the burdens that make life painful and sad. Constellations can optimize life energy and diffuse problematic scripts that cause redundant dysfunctional patterns. This workshop is suitable not only for therapists who practice the method of family constellations—the knowledge of this therapeutic strategy can be applied in every kind of counseling.

STAN TATKIN, PSYD, MFT
Informal Trance Induction in Couple Therapy: Partners in Chairs
This first of two workshops will demonstrate the use of informal trance in couple therapy. PACT therapists use rolling chairs (office chairs) as a major therapeutic tool for both the couple and therapist in managing arousal, attention, and for inducing trance states. Attendees will learn the basic tenants of PACT and a common approach to inducing informal trance states in partners using rolling chairs. Partners go into a deeper state whereby the therapist can probe, prod, and investigate more implicit issues that plague the relationship. Attendees will view clinical video demonstrations as well as live demonstrations to further illustrate this technique.

MICHAEL YAPKO, PHD
Keys to Unlocking Depression
Depression is the most common mood disorder in the world and is currently ranked by the World Health Organization (WHO) as the second greatest cause of human suffering and disability. It is growing in prevalence in every demographic group, but especially young people. Depression’s tentacles reach into every aspect of peoples’ lives, including relationships, productivity and physical health. What have we learned about depression? What are the factors that give rise to depression and what can we do to treat and even prevent depression? Too often therapists think they know all there is to know about depression, yet what we know continues to be challenged and corrected as new studies emerge. In this workshop, we’ll consider some of the best therapeutic strategies available for treating depression actively and experientially.

JEFFREY ZEIG, PHD
Attunement
Attunement can be considered the deepest level of rapport, a foundation of empathy. We will learn how to attune to affect, behavior, cognition, attitude, perception, and relationship patterns—even how to attune to the preconscious associations that drive behavior. A precursor to every intervention, attunement will be described from the perspective of hypnosis, psychotherapy, and social psychology. Clinical applications will be demonstrated and discussed. Includes small-group practice exercises.
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<tr>
<th>Time</th>
<th>Workshop Title</th>
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<td>1:00 – 4:00 PM</td>
<td><strong>Accessing and Healing Emotional Injuries in Anxiety Disorders</strong> by Asen Alladin, PhD</td>
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<td>Accessing and Healing Emotional Injuries in Anxiety Disorders by Asen Alladin, PhD</td>
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<td>The concept of Wounded Self, derived from the work of Alladin (2013, 2014, and 2016) and Wolfe (2005) provides theoretical rationale for utilizing both conscious, and in some clients, unconscious psychotherapies for treating anxiety disorders. The Short Course will focus on brief unconscious strategies for accessing and healing emotional injuries.</td>
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<td><strong>Why Calming Down is Not Enough:</strong> Active Strategies to Help Anxious Kids and Parents** by Lynn Lyons, LICSW</td>
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<td>Why Calming Down is Not Enough: Active Strategies to Help Anxious Kids and Parents by Lynn Lyons, LICSW</td>
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<td>When children and their parents are in the grips of worry and stress, it feels overwhelming and mysterious. Anxiety is a very persistent master; when it moves into families, it takes over daily routines, schoolwork, bedtime and recreation. To make matters worse, the things adults (including many therapist and school systems) do to help and console anxious children actually make the anxiety stronger. This workshop teaches concrete strategies that normalize worry and put families on offense rather than defense. The goal is not the elimination of symptoms, but the ability to respond and react to worry in a different way. Emphasis will be on the use of process-based versus content-based interventions as the key to lasting change.</td>
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<td><strong>Becoming Strategic</strong> by Michael Munion, MA</td>
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<td>This workshop examines the distinctions among Brief, Solution-Focused, and Strategic interventions, with emphasis given to development of genuinely strategic interventions. The workshop also provides a framework for assessing clients along two important dimensions that impact therapeutic outcome: motivation and sense of agency (one’s perception of their ability to create change in their own lives).</td>
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<td><strong>The Science of Persuasion and Brief Therapy</strong> by Bill O’Hanlon, MS</td>
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<td>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 the new brain science show three powerful principles for being persuasive. Why do marketers know all this and most therapists do not? Come and learn how to be at least as persuasive as marketers.</td>
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<td><strong>MRI Brief Therapy - From the Initial Contact to the Final Interview</strong> by Wendel Ray, PhD</td>
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<td>Conceptually simple, MRI Brief Therapy takes seriously the idea that it is not so much problems in living that bring people into therapy, but ineffective efforts being made to resolve those difficulties that inadvertently exacerbate and perpetuate the problem into irresolvable vicious cycles. Effective brief therapy facilitates clients to interrupt efforts being made to resolve the problem that inadvertently perpetuate the problem, and in doing so the problem often dissipates on its own. This workshop will use rare video recordings of John Weakland and Richard Fisch, two pioneers of the mode to teach basic components of the approach to achieve effective and efficient brief therapy.</td>
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<td><strong>“Under The Radar”: Contemporary Gestalt Therapy Fifty Years Later Theory, Film and Live Demonstrations</strong> by Robert Resnick, PhD</td>
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<td>“Under The Radar”: Contemporary Gestalt Therapy Fifty Years Later Theory, Film and Live Demonstrations by Robert Resnick, PhD</td>
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<td>A powerful, process and solidly theoretical model, Contemporary Gestalt therapy is based on Applied Dialogic Existential Phenomenology. Bob Resnick, trained and personally certified by Fritz Perls (1969) was chosen by Perls to introduce Gestalt Therapy to Europe. Theory and live demonstrations. Comments, questions, discussions—and a sense of humor—are welcome.</td>
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ERNEST ROSSI, PHD, AND RICHARD HILL, MA, MED, MBMSC
The MHE Mind-Body STEM Research Group

We will review the little-known history of the MHE/Ravitz/Rossi research, which developed the first quantum electrodynamic field theory of therapeutic hypnosis from 1950 to 2016. We will use the STEM (Science, Technology, Engineering, and Math) perspective to plan, promote & publish research on MHE’s naturalistic hypnosis, consciousness, cognition & therapeutic states in Open Access High Impact Scientific Journals. Everyone is welcome to this first organizational meeting.

STAN TATKIN, PSYD, MFT
Informal Trance Induction in Couple Therapy: Partners in a Pose
This second of two workshops will demonstrate the use of informal trance in couple therapy. PACT therapists use of posing (partners holding stationary positions) as a major therapeutic tool for both the couple and therapist in managing arousal, attention, and for inducing trance states. Attendees will learn a common PACT approach to inducing informal trance states in partners using what’s been termed, The Lovers Pose. Partners go into a deeper state whereby the therapist can probe, prod, and investigate more implicit issues that plague the relationship. Attendees will view clinical video demonstrations as well as live demonstrations to further illustrate this technique.

MICHAEL YAPKO, PHD
The Discriminating Therapist: Knowing Why Doesn’t Teach You How
In this workshop, we will explore the patterns of thought involved in how people make important life choices, especially those that carry the potential to really make a critical difference in their emotional well-being and quality of life. Instead of asking why and then theorizing why someone makes poor choices, our emphasis will be on how one decides to do this, not that, in especially vulnerable situations, i.e., those that hold great potential for causing psychological distress. Specifically, we will focus on helping our clients develop what are called “discrimination criteria,” the key factors that help one determine whether to take one path or another in some particular situation. The value of asking “how” questions during the client interview as a means for identifying quickly where the client needs discrimination criteria will be emphasized as the precursor to effective use of hypnosis in treatment.

JEFFREY ZEIG, PHD
Evolving the Clinician
Skills and experience, research and theory ... each plays a central role in the development of effective therapy practice. And then there is something else. When we recall the work of such figures as Milton Erickson, Virginia Satir, and Carl Whitaker, we detect another layer: artistry. Surprisingly, artistry is something that can be taught, or more accurately, expanded. Everyone has the capacity. And it is artistry that brings forth all of that skill, experience, research and theory in effective and generative ways. In this course, we will identify the creative patterns of Erickson (and others) and then bring them to life through demonstration and experiential exercises. We will expand our lenses (ways of viewing), strengthen our muscles (ways of doing), and foster greater flexibility (ways of being).

DAN SHORT, PHD
Transformational Problem Solving:
The Applied Science of Brain Growth, Happiness, and Self-Empowerment
Learn the essential mindsets, strategies and dialogue needed to help clients become independent and happy. In this model, each and every problem is viewed as an opportunity to discover new abilities and expanded choice. In addition to solving the presenting problem, clients are empowered for a lifetime of skillful problem solving.

Closing Remarks
4:15 – 4:30 PM
Master Class

BRIEF THERAPY:
EXPERIENTIAL APPROACHES COMBINING GESTALT AND HYPNOSIS

JEFFREY ZEIG, PHD AND ERVING POLSTER, PHD

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

Educational Objectives: 1) Describe the synergy between Gestalt Therapy and Ericksonian Hypnotherapy. 2) List at least two commonalities and two differences between Gestalt Therapy and Ericksonian Hypnotherapy.

Lunch Break 12:00-1:30 PM

Be a Volunteer!

We have a limited number of spaces reserved for graduate students in accredited programs, interns, and professionals with financial limitations to assist as Volunteers. The Cost: of attending as a volunteer is $35.00. You will be refunded $85.00 of the original deposit ($120.00) after you have successfully completed your volunteer duties as assigned. The checks will be mailed 6 to 8 weeks after the conference. (Details are on the form.) Volunteers are randomly assigned to monitor meeting rooms, assist with registration, and help faculty and staff. You will be scheduled to work approximately four to five hours per day. This may include evening events.

You can receive Continuing Education Credits for all sessions you worked or attended!

Check out the BriefTherapyConference.com website and click on VOLUNTEER.
**Conference Purpose and Objectives**

*The Brief Therapy Conference: Bring Out The Best* is an opportunity for leaders in the field to present and interact by discussing their individual approaches, and the progress of psychotherapy in general. Presenting at this conference are experts—each of whom has made seminal contributions to the field of psychotherapy. *The Brief Therapy Conference 2016* is the eleventh comprehensive gathering of master practitioners from major contemporary disciplines.

Attendees will increase their clinical effectiveness by:

1. Applying methods of brief therapy techniques in specific situations encountered in the practice of medicine, psychiatry, psychology, social work and counseling.
2. Comparing basic principles and techniques of contemporary schools of brief therapy.
3. Utilizing multi-level therapeutic communication, and demonstrating brief therapy principles of diagnosis, thereby improving observational skills.

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**CE Procedures**

The *Application for Continuing Education and Evaluation* forms will be available online beginning Tuesday, December 13th. More information and instructions on CE procedures will be presented in your free onsite syllabus.

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**THE MILTON H. ERICKSON FOUNDATION**

**Policy on Disclosure**

The Milton H. Erickson Foundation is proud of the conferences and other educational opportunities it sponsors, taking care that the conduct of these activities conforms to the standards and principles of behavioral and medical sciences, thus ensuring balance, independence, objectivity and scientific rigor in all individually sponsored or jointly sponsored educational activities.

All faculty members participating in a sponsored activity, and those who review and therefore are in control of content, are requested to disclose any relevant financial relationship prior to the CME activity, including but not limited to specific commercial interests, financial remuneration received by faculty member or spouse, and what role or activity was performed for this remuneration. If a conflict of interest exists as a result of a financial relationship it will be resolved prior to the activity. A faculty member will not be allowed to present if the conflict is not or cannot be resolved.
Hotel Rooms

Book now to guarantee the conference rate!

Reserving your hotel room is easy. Go to the conference website and click on ACCOMMODATION, check out the description and pictures and, when you’re ready, just “click here to reserve.” You will be taken to the secure page set up by the Town & Country Resort specifically for our conference.

Cancellation Policy: Please email support@erickson-foundation.org for written registration cancellations. Those who submit cancellations in writing before September 2, 2016 will receive a full refund, less a $50 service fee. Those who cancel after September 2nd and before November 16th will receive a 50% refund. We will not issue refunds for cancellations made after November 16, 2016. Please allow 8-10 weeks processing. If paying by check, please note that those who submit a non-sufficient fund check will be charged a $20 service fee.

CANCELLATION POLICY

The Town & Country Resort is ADA compliant. Please inform the hotel about any special needs. Special concerns must be brought to the attention of the Milton H. Erickson Foundation prior to October 14, 2016. You can email the Foundation at support@erickson-foundation.org or call 602-956-6196.

Table:

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<tr>
<th>DEADLINE DATE</th>
<th>Pre-Conference*</th>
<th>Full Conference</th>
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*Whether you register for Law & Ethics or the Fundamentals of Hypnosis Workshops, the fee is the same.
If you cannot go online to register, use this form.

Your Name ____________________________________________________________________________
(As you want it on your name badge—please print)
Street Address _________________________________________________________________________
City __________________________________ State/Province ________________________________
Zip/Postal Code _________________   Country _______________________________________________
Daytime Phone ____________________  Email Address _______________________________________
University Attended __________________________________________    Highest degree ____________

I am registering for the following:

☐ Full Conference Registration (December 8 - December 11, 2016)
☐ Pre-Conference Only: LAW & ETHICS or Fundamentals of Hypnosis (December 7, 2016)
☐ Post-Conference Brief Therapy Master Class (December 12, 2016)
☐ The Complete Conference (Pre-Conference, Post-Conference, plus Full-Conference)

I am not attending the full conference, but wish Day Tickets for the following days at $179 each:
☐ Thursday, December 8        ☐ Friday, December 9               ☐ Saturday, December 10
☐ Sunday, December 11

I am enclosing the following amount $_______________
Personal / Company Check # ____________________
Credit Card:      Visa       MasterCard        Discover        American Express
Credit Card No. _______________________________________ Exp. Date _________  CVV/CCV ______
Name ________________________________________________________________________________
(as it appears on the card)
Signature _____________________________________________________________________________
Billing Address (if different from above):
____________________________________________________________________________________
Purchase Order # ________________________________   (Attach copy of P.O.)

Send completed forms, full payment and any other paperwork to
THE MILTON H. ERICKSON FOUNDATION
2632 East Thomas Rd., Suite 200
Phoenix, Arizona 85016
Phone: 602-956-6196 ● Fax: 602-956-0519 ● TOLL FREE: 877-212-6678
brief therapy

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DECEMBER 8-11, 2016

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