



# The Evolution of Psychotherapy

# Syllabus • Syllabus • Syllabus

## KEYNOTE SPEAKERS



AARON BECK   DEEPAK CHOPRA   SALVADOR MINUCHIN   ROBERT SAPOLSKY   ANDREW WEIL   IRVIN YALOM   PHILIP ZIMBARDO

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DANIEL SIEGEL   MICHELE WEINER-DAVIS   DERALD WING SUE   MICHAEL YAPKO

**ANAHEIM, CALIFORNIA**

**DECEMBER 9-13, 2009**



DANIEL AMEN   ANDREW WEIL

**PRE-CONFERENCE** Tues, Dec 8th  
**OPTIMAL BRAIN • OPTIMAL BODY**  
 with DANIEL AMEN and ANDREW WEIL

**POST-CONFERENCE** Mon, Dec 14th **EXPERIENTIAL APPROACHES**  
**COMBINING GESTALT & HYPNOSIS** with ERVING POLSTER and JEFFREY ZEIG

## **In Dedication**

*The sixth Evolution of Psychotherapy Conference is dedicated to those presenters from the 1985, 1990, 1995, 2000, and 2005 Evolution Conferences who cannot be with us, but who always are with us in spirit. Their wisdom and knowledge added immeasurably to the well-being of humankind.*

**BRUNO BETTLEHEIM**

**MURRAY BOWEN**

**JAMES BUGENTHAL**

**ALBERT ELLIS**

**VIKTOR FRANKL**

**ROBERT GOULDING**

**MARY GOULDING**

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**MIRIAM POLSTER**

**CARL ROGERS**

**VIRGINIA SATIR**

**OLGA SILVERSTEIN**

**MARGARET SINGER**

**PAUL WATZLAWICK**

**CARL WHITAKER**

**MICHAEL WHITE**

**LEWIS WOLBERG**

**JOSEPH WOLPE**

**And to ARNOLD LAZARUS, JAMES MASTERSON and ZERKA MORENO  
who could not attend due to age or illness.**



**Dear Colleagues:**

**Welcome to the Evolution of Psychotherapy Conference! The Conference has great promise as an exceptional opportunity for learning and sharing. I hope that it is deeply rewarding, both personally and professionally.**

**When I organized the first Evolution Conference in 1985 as a celebration of the 100th birthday of psychotherapy, I could not envision the enduring meaning this event would have to both faculty and colleagues. The first Conference had a subtext of "star wars" as many faculty had not previously met. Over the years the faculty have used the Conference to share ideas, promoting convergence, highlighting unifying principles that guide effective clinical work.**

**Colleagues who attended the first Conference remember it vividly. Carl Rogers got a five-minute standing ovation...before he spoke with a longer ovation to follow. Jay Haley and James Masterson dueled over the concept of borderline personality. The grandchildren of Freud, Adler, and Jung met in a special panel to symbolize a healing of rifts. Virginia Satir spearheaded a special evening session to promote world peace.**

**The Conference itself has evolved over the years becoming more clinical, organized around practice-oriented workshops and interactive events. Earlier Conferences were more academic, with printed proceedings. But the theme of consilience predominates—let's underscore commonalities rather than extol differences.**

**At the original recommendation of Virginia Satir, the Evolution Conference has convened every five years. Due to unforeseen circumstances, the Milton Erickson Foundation organized the Conference in 2009 rather than 2010. Perhaps the next Evolution Conference will be held in 2013, location to be decided.**

**On behalf of the Board of Directors of the Milton Erickson Foundation, we express our deep appreciation to the faculty who grace our podium, and the registrants who honor us with their attendance, especially those who have traveled so far to be here. Attendees represent every State in the Union and 50 foreign countries. There are 400 attendees from Canada, 200 from Australia, and 150 from China.**

**The Evolution Conference has become iconic, part of the lore of psychotherapy. Thanks for being an integral part of its history.**

**Kind regards,**

A handwritten signature in black ink that reads "Jeff Zeig".

**Jeffrey K. Zeig, Ph.D.**

**Director and Founder**

**The Milton H. Erickson Foundation**







*The Milton H. Erickson Foundation  
welcomes you to  
The Evolution of Psychotherapy Conference  
2009*

Remember to pick up your free copy of the Milton H. Erickson Foundation Newsletter at the "Take-One" tables in Exhibit Hall A.



**A subscription is free to US professionals!  
Use the subscription form  
on the back page.**

## Simultaneous Spanish Translation

The Milton H. Erickson Foundation will provide Spanish translation for all sessions held in the Pacific Ballroom and keynotes held in the Arena, beginning with Robert Sapolsky's Kick-Off Keynote on December 8, 2009.

Please visit the Erickson Foundation Desk to check out equipment. There will be a limited number of headsets available on a first-come, first-served basis.

We want to know  
your wishes

and needs

for the next  
Evolution  
conference...

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2008



*The Evolution of  
Psychotherapy*

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Tenth International  
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on Ericksonian  
Approaches to Hypnosis  
and Psychotherapy

**2007**



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# The Evolution of Psychotherapy

Hilton & Marriott  
and Anaheim Convention Center

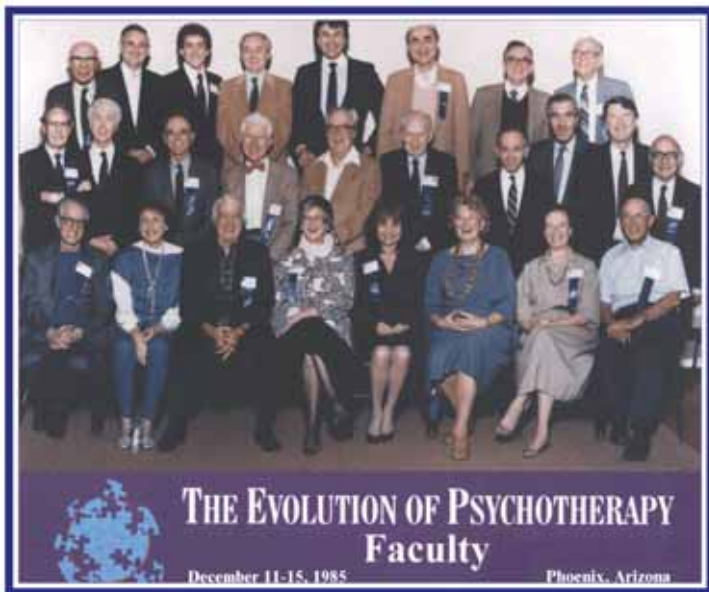
Anaheim, California  
December 9-13, 2009

The Evolution of Psychotherapy Conference has been, since 1985, an international forum for masters in the field to meet, interact, and discuss a wide range of topics, including their current work and latest research, as well as the future of psychotherapy.

The programs in the Evolution Conference are designed to maximize opportunities for interaction among the faculty, as well as between the faculty and you.

You will increase your knowledge base and enhance your therapeutic skills by

- Learning the basic principles and techniques of contemporary schools of psychotherapy
- Analyzing the commonalities that underlie successful clinical work
- Examining historical developments in psychotherapy and future projects of its masters



## 1985 Evolution of Psychotherapy Faculty

**Back row** (from left) Bruno Bettelheim, James Masterson, Jeffrey Zeig, Ronald Laing, Ernest Rossi, Erving Polster, Salvador Minuchin, Lewis Wolberg.

**Middle row** (from left) Rollo May, Arnold Lazarus, Judd Marmor, Aaron Beck, Carl Whitaker, Murray Bowen, Thomas Szasz, Paul Watzlawick, Jay Haley, Joseph Wolpe

**Front row** (from left) Albert Ellis, Mary Goulding, Robert Goulding, Zerka Moreno, Cloé Madanes, Virginia Satir, Mirian Polster, Carl Rogers

December 9, 2009

# Happy Hanukkah

from



Milton H Erickson Foundation

# Season's Greetings

from



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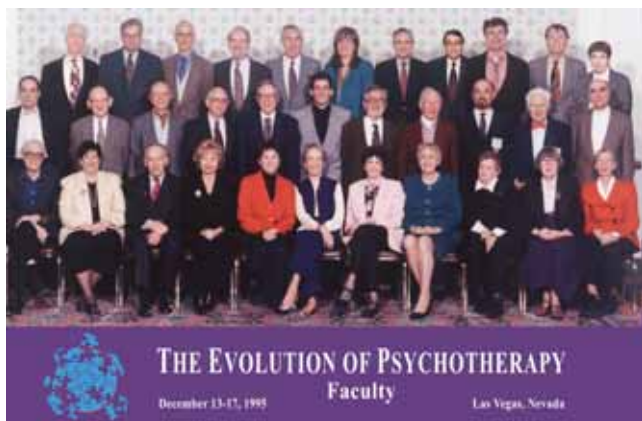


## 1990 Evolution of Psychotherapy Faculty

**Back row** (from left) Kaplan, Szasz, Lowen, Marmor, Wolpe, Polster, Whitaker, Beck, Glasser, Friedan

**Middle row** (from left) Zeig, Bugental, Lazarus, Hillman, Rossi, Masterson, Haley, Watzlawick, Meichenbaum

**Front row** (from left) Ellis, May, Goulding, Minuchin, M. Polster, Madanes, Frankl, Palazzoli

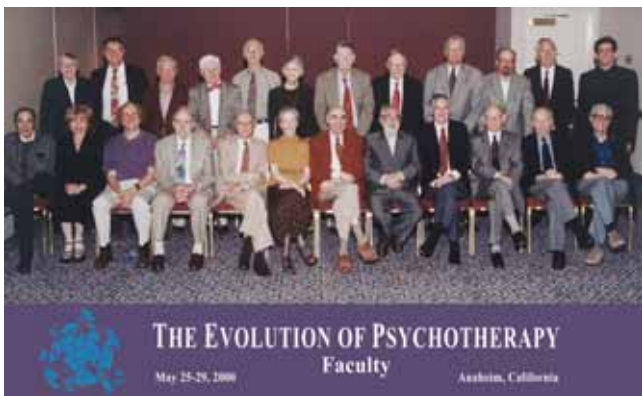


## 1995 Evolution of Psychotherapy Faculty

**Back row** (from left) Lazarus, Meichenbaum, Hillman, Bugental, Watzlawick, Shapiro, Masterson, LoPiccolo, Rossi, Haley, Hoffman

**Middle row** (from left) Gendlin, Kernberg, Marmor, Wolpe, Glasser, Zeig, Minuchin, Lowen, Yalom, Beck, E. Polster

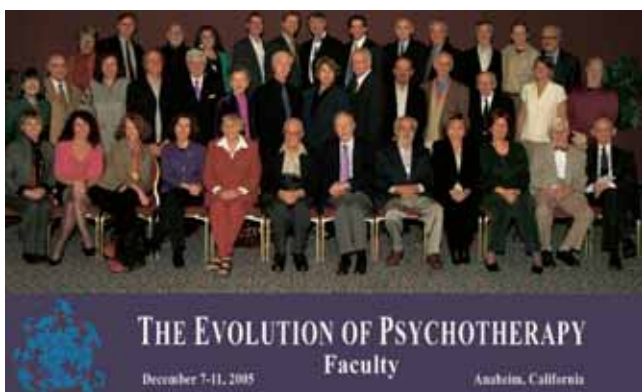
**Front row** (from left) Ellis, Walker, Szasz, Madanes, Black, M. Polster, Papp, Goulding, Silverstein, Singer, Chess



## 2000 Evolution of Psychotherapy Faculty

**Back row** (from left) Goulding, Rossi, Lowen, Beck, Hillman, Moreno, Haley, Glasser, Meichenbaum, Yalom, Watzlawick, Zeig

**Front row** (from left) Gendlin, Madanes, White, Bugental, Marmor, M. Polster, E. Polster, Minuchin, Masterson, Kernberg, Szasz, Ellis



## 2005 Evolution of Psychotherapy Faculty

**Back row** (from left) McGoldrick, Van der Kolk, the Gottmans, Dilts, Miller, Rossi, Zeig, Masterson, Barlow, Hendrix, Siegel, Bandura

**Middle row** (from left) Dolan, Polster, Houston, White, Cummings, Woodman, Lazarus, Linehan, Meichenbaum, Yalom, Hillman, Szasz, Padesky, Seligman

**Front row** (from left) Black, Weiner-Davis, Lerner, J. Beck, Goulding, Ellis, Glasser, Minuchin, Madanes, Shapiro, A. Beck, Kernberg



**DON'T MISS THIS OPPORTUNITY**

Sign up now for the Evolution of Psychotherapy  
Post-Conference Master Class

# Brief Therapy:

Experiential Approaches Combining  
Gestalt and Hypnosis



Erving Polster, PhD



Jeffrey Zeig, PhD

Monday December 14, 2009  
9:00 AM to 4:30 PM  
in the Hilton California Ballroom Section D

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# Evolution of Psychotherapy attendees

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**December 9 - 13, 2009**

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## How to be a winner.



Enter the Evolution daily drawing and win books, dinners, DVDs, even free registration for an upcoming conference!

Stop by any participating exhibitor's booth and get an entry card for that day's drawings. (Visit more booths, get more entry cards.)

Fill them out and drop them off at Registration.



There are different drawings each day — you can enter them all!

All winners will be announced at the next keynote address. Remember...

Pick up your entry cards at the exhibit booths, fill them out and drop it off at Registration at the back of the Exhibit Hall.

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## Evolution of Psychotherapy Conference



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### MIX Lounge

Mix Lounge, the contemporary  
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lobby, is Anaheim's favorite new  
gathering place to enjoy signature  
cocktails,  
an extensive wine list and delectable  
appetizers.

Food Menu until 12:00am  
Drinks Menu available until 1:30am  
Opens: 11:30am - 1:30am



### FOOD COURT



Regular Hours: 10:00am—7:00pm



# Anaheim Marriott Welcomes Evolution of Psychotherapy!



## Café Del Sol

The menu is an inspired mix of California cuisine and contemporary American with added touches of favorite comfort foods aimed to make your dining experience delightful. We offer a full breakfast buffet along with a la carte items. Open for breakfast, lunch and dinner.

## Starbucks and Marketplace

For on-the-go drinks and snacks, Starbucks is the stop to make. In addition to freshly brewed coffees and teas, we also offer a variety of deli-style sandwiches, breakfast breads and pastries.

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The setting is beautifully simple, with touches of modern elegance along with a polished, professional staff. The menu selection is sure to please a variety of palates.

**Make Your Reservations TODAY at [www.opentable.com](http://www.opentable.com)**  
(Book early due to limited seating) We will also be offering discounted wine!

## Degrees Wine & Patio Bar

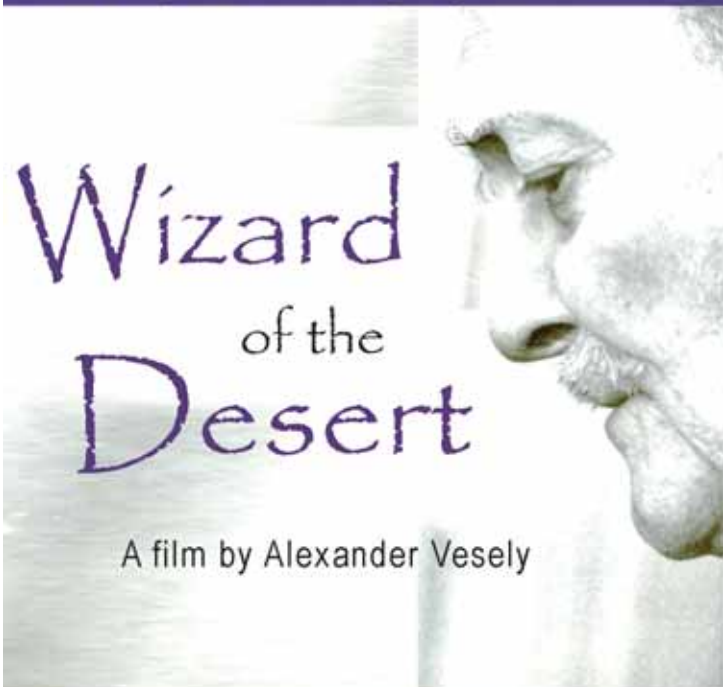
A favorite of many of our guests, it's the ideal spot to wind down, talk shop or recharge after a day of Anaheim adventure. Our menu offers an array of appetizers as well as heartier options.

## Make a statement...



Available only at the  
Erickson Foundation Booth in the Exhibit Hall  
—and only while supplies last!

You are cordially invited to contribute  
to this important work in progress . . .



Share your personal experiences with or about  
Dr. Milton H. Erickson in an on-camera interview with the director.  
Contact Alex Vesely at 623-239-2131 or [alexvesely@gmx.net](mailto:alexvesely@gmx.net)



YOU ARE INVITED TO THE U.S. PREMIER  
OF THE NEW DOCUMENTARY ABOUT VIKTOR FRANKL...

# Viktor and I

a film by Alexander Vesely

8:00-9:30 PM  
Thursday  
December 10th  
in the  
Hilton Pacific  
Ballroom



Filmmaker Alexander Vesely (grandson of the late Viktor Frankl, author of *Man's Search for Meaning*), travelled around the world to interview former friends, students, and colleagues of his world renowned grandfather. His aim was to get a personal view on Frankl, and discover how Frankl's theories are connected to him as a person. The result of his efforts is a one hour documentary film that for the first time gives a unique and personal look at Viktor Frankl.

## PUBLIC SERVICE ANNOUNCEMENT



Dear Colleagues and Friends:

We are trying to address a very serious problem: military personnel who need effective psychological/psychiatric treatment but who are not receiving it. To address this urgent problem, we have embarked upon a new initiative to offer partial scholarships to our Cognitive Behavior Therapy training programs for mental health professionals who treat soldiers, veterans, and their families ([www.cbtforsoldiers.org](http://www.cbtforsoldiers.org)).

Cognitive behavior therapy (CBT) has been demonstrated in hundreds of controlled trials worldwide to be effective for a wide range of problems, including depression, suicide, post traumatic stress disorder, anxiety disorders, substance abuse, and many more. The non-profit Beck Institute in suburban Philadelphia is recognized as one of the premiere training sites for this kind of psychotherapy.

The application of cognitive therapy to the needs of our military veterans is clear. The RAND Corporation conducted a study for the military on Predicting the Consequences of PTSD, Depression and Traumatic Brain Injury. One of the study's summary conclusions is that the capacity to provide evidence-based psychotherapies for PTSD and major depression (for example, CBT) would be important in closing the treatment gap.

We would like to bring our expertise to mental health professionals who treat soldiers, veterans, and their families. Please contact us at 610-664-3020 or [education@beckinstitute.org](mailto:education@beckinstitute.org) for more information.

—Aaron Beck, M.D., President, Beck Institute  
University Professor Emeritus of Psychiatry  
University of Pennsylvania

—Judith S. Beck Ph.D.,  
Director, Beck Institute  
Clinical Associate Professor  
of Psychology in Psychiatry,  
University of Pennsylvania





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Attendees**





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Tuesday 4:00PM-7:00PM

Wednesday 8:00AM-7:00PM

Thursday 8:00AM-7:00PM

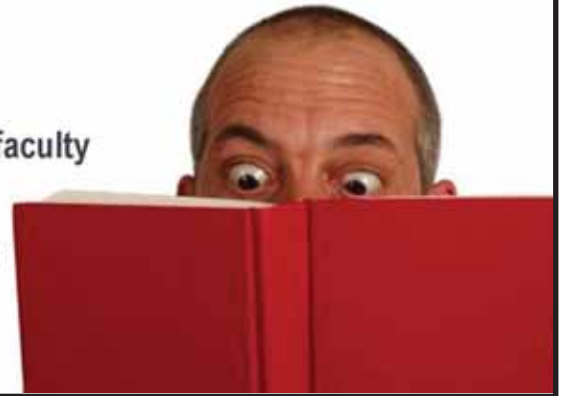
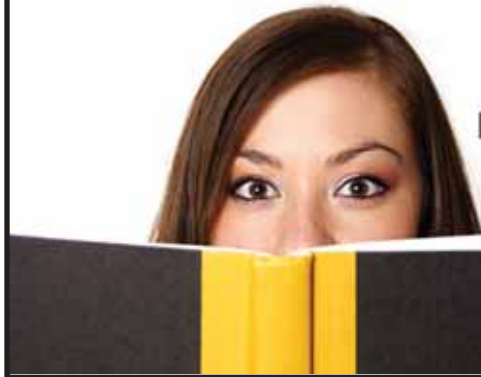
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Saturday 8:00AM-7:00PM

Sunday 8:00AM-12:00PM

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*Thursday & Saturday*

### Milton H. Erickson, M.D.

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# Evolution 2009 Faculty



## Daniel Amen, MD

Physician, psychiatrist, brain imaging specialist, Distinguished Fellow of the American Psychiatric Association, and the CEO and medical Director of Amen Clinics, Inc., in Newport Beach and Fairfield (California), Tacoma (Washington), and Reston (Virginia). He is Assistant Clinical Professor of Psychiatry and Human Behavior at the University of California, Irvine School of Medicine, where he teaches medical students and psychiatric residents about using brain imaging in clinical practice. Dr. Amen is also the author of 35 professional articles, four book chapters and 22 books, including the New York Times bestseller, *Change Your Brain, Change Your Life*. His most recent book is *Magnificent Mind at Any Age*. He also has co-produced a show called The Truth about Drinking, on alcohol education for teenagers, which won an Emmy Award for the Best Educational Television Show.



## Albert Bandura, PhD

Professor of Psychology at Stanford University. A major focus of Dr. Bandura's work concerns the human capacity for self-directedness. This research is adding new insights on how people's beliefs in their efficacy contribute to their aspirations, accomplishments, and well-being. Dr. Bandura is past president of the American Psychological Association.



## David Barlow, PhD

Professor of Psychology and Psychiatry, and Founder and Director Emeritus of the Center for Anxiety and Related Disorders at Boston University. He has published over 500 articles and 60 books, mostly in the area of the nature and treatment of emotional disorders. Recipient of numerous awards, including the Distinguished Scientific Award for Applications of Psychology from the American Psychological Association.



## Aaron Beck, MD

President of the non-profit Beck Institute for Cognitive Therapy and Research, and Professor Emeritus of Psychiatry, University of Pennsylvania, Philadelphia. He is the recipient of numerous awards and honorary degrees. Dr. Beck is the only psychiatrist to receive research awards from the American Psychological Association and the American Psychiatric Association. He is author and co-author of more than 375 articles and 13 books.



## Judith Beck, PhD

Director of the Beck Institute for Cognitive Therapy and Research in suburban Philadelphia, and Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania. She divides her time between administration, supervision and teaching, clinical work, program development, research and

writing. Dr. Beck is a founding fellow and past president of the Academy of Cognitive Therapy. She has written numerous articles on a variety of topics related to cognitive therapy, and is the author of the widely adopted textbooks, *Cognitive Therapy: Basics and Beyond* and *Cognitive Therapy for Challenging Problems*, which have been translated into 20 languages. Her other books include *Cognitive Therapy for Personality Disorders* and *The Oxford Textbook of Psychotherapy*. She has written extensively on a cognitive behavioral approach to weight loss, including three books for consumers, *The Beck Diet Solution: Train Your Brain to Think Like a Thin Person with workbook*, and *The Complete Beck Diet for Life*.



## Claudia Black, PhD

Renowned author and trainer, internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. Dr. Black presents training workshops and seminars to professional audiences in the fields of family service, mental health, addiction and correctional services. She is a Clinical Consultant for The Meadows Treatment Center in Wickenburg, Arizona, and serves on the Advisory Board for the national Association of Children of Alcoholics as well as the Advisory Council of the Moyer Foundation. Dr. Black is the recipient of numerous national awards including the 2004 Distinguished Alumni Award from the University of Washington School of Social Work. She is the author of *It Will Never Happen to Me; Changing Course, My Dad Loves Me; My Dad Has A Disease; Repeat After Me; It's Never too Late to have a Happy Childhood; Relapse Toolkit; A Hole in the Sidewalk; Depression Strategies*; and her newest title, *Deceived: Facing Sexual Betrayal, Lies and Secrets*.



## David Burns, MD

Adjunct Professor Emeritus of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *The Feeling Good Handbook* have sold more than five million copies worldwide and are books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest book, *When Panic Attacks*, illustrates new approaches to the treatment of anxiety disorders. Dr. Burns has won many awards for his research and teaching, including the Outstanding Contributions Award from the National Association of Cognitive-Behavioral Therapists, the A.E. Bennett Award, and the Distinguished Contribution to Psychology through the Media Award. The graduating residents at the Stanford Medical School have named him "Teacher of the Year" on three occasions.



**Deepak Chopra, MD**

Physician, board-certified in internal medicine. He is licensed to practice medicine in Massachusetts and California. He is a member of the American Medical Association, and a Fellow of the American College of Physicians. Dr. Chopra is co-founder of the Chopra Center located in Carlsbad, California; with a branch in New York City. He teaches an update in Internal Medicine at Beth Israel Deaconess Medical Center, a teaching hospital of Harvard Medical School. Dr. Chopra has written more than 50 books. They range broadly across spiritual and health topics; including bestsellers on aging, *The Seven Spiritual Laws of Success*, *the Existence of God*, *Arguments for the After-life and World Peace*. He also has written novels and edited collections of spiritual poetry from India and Persia.

**Janet L. Cummings, PsyD**

Co-director of the new Doctor of Behavioral Health Program at Arizona State University, Tempe, AZ, adjunct professor of psychology at the University of Nevada, Reno, NV, and in halftime private practice in Scottsdale, AZ. She is an authority on suicidal behavior and the treatment of Axis II patients, and is sought after as an expert therapy supervisor. She is author or co-author of eight books, including *Psychology's War on Religion*.

**Nicholas A. Cummings, PhD, ScD**

Former president of the American Psychological Association, founded the California School of Professional Psychology, and the National Council of Schools of Professional Psychology (NCSPP), as well as the National Academies of Practice. Dr. Cummings founded American Biodyne, the only psychology-driven national mental health care company. He is currently Distinguished Professor at the University of Nevada, Reno and President of the Cummings Foundation for Behavioral health. He is author or co-author of 47 books, including his most recent title, *Psychology's War on Religion*.

**Robert Dilts**

Leading developer, author, coach, trainer and consultant in the field of Neuro-Linguistic Programming (NLP). Robert worked closely with NLP co-founders, John Grinder and Richard Bandler at the time of its creation, and also studied with Milton H. Erickson, MD, and Gregory Bateson. Robert pioneered the applications of NLP to education, creativity, health, leadership, belief systems and the development of what has become known as "Third Generation NLP." Robert is the principal author of *Neuro-Linguistic Programming, Vol. 1*, which serves as the standard reference text for the field, and has authored or co-authored numerous other books on NLP including *Changing Belief Systems with NLP*; *Beliefs: Pathways o Health and Well Being*; *Tools for the Spirit*; and *From Coach to Awakener*.

**Eugene Gendlin, PhD**

Internationally recognized as a major American philosopher and psychologist and founder of the Focusing Institute. He has been honored three times by the American Psychological Association for his development of Experiential Psychotherapy.

Gendlin received the first "Distinguished Professional Psychologist of the Year" award from the Clinical Division, an award from Philosophical Psychology Division, and he and the Focusing Institute received an award from the Humanistic Division. His book, *Focusing*, has sold more than 400,000 copies and is in twelve languages. His other books include, *Let Your Body Interpret Your Dreams*, and *Focusing-Oriented Psychotherapy*.

**Stephen Gilligan, PhD**

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 books 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).

**William Glasser, MD**

Board certified in psychiatry and has received the honorary degree of Doctor of Human Letters, Honoris Causa. He is President and Founder of the William Glasser Institute, which provides training in Reality Therapy and Choice Theory worldwide. Dr. Glasser is author of more than 20 books. His latest publication is *Treating Mental Health as a Public Health Problem*.

**John Gottman, PhD**

World-renowned for his work on marital stability and divorce prediction, involving the study of emotions, physiology and communication. His breakthrough research on marriage and parenting has earned him numerous major awards. he is author or co-author of 119 published academic articles and 37 books. John has appeared on numerous TV programs, including Good Morning, America, Today, CBS Morning News, Discovery Health, and Oprah. Dr. Gottman is co-founder of the Gottman Institute. He is executive director of the non-profit Relationship Research Institute.

**Jule Schwartz Gottman, PhD**

Co-founder and Clinical Director of the Gottman Institute and co-teaches the Institute's Advanced Training Seminar in Couples Therapy and the Art and Science of Love Couples Weekend Workshop with Dr. John Gottman. Julie co-founded the Gottman Institute and established its affiliated marriage Clinic at which she serves as Clinical Director. Julie also is in private practice in Seattle, Washington.



# Evolution 2009 Faculty



## Steven C. Hayes, PhD

Nevada Foundation Professor of Clinical Psychology at the University of Nevada, Reno. An author of more than 400 scientific articles and 32 books, including *Get Out of Your Mind and Into Your Life*, his work focuses on the role of language and cognition in human suffering. He is one of the leading voices for Acceptance and Commitment Therapy, an acceptance and mindfulness-based behavioral and cognitive therapy.



## Harville Hendrix, PhD

Co-created Image Relationship Therapy and co-founded Imago Relationships International. He lectures to the public and trains professionals. Dr. Hendrix authored the two million copy, bestseller, *Getting the Love You Want* and has co-published eight additional books. He has been on the Oprah Show 17 times, and has received an honorary doctorate and two distinguished service awards.



## James Hillman, PhD

Jungian psychologist, is considered to be one of the most original thinkers of the 20th century. He was trained at the Jung Institute in Zurich, Switzerland. Dr. Hillman developed Archetypal Psychology. He was awarded the 2001 Medal of the Presidency of the Italian Republic as the originator of Archetypal Psychology. He teaches Archetypal Psychology at Pacifica Graduate Institute in Carpinteria, CA. A prolific writer and international lecturer, Dr. Hillman maintains a private practice in Connecticut.



## Jean Houston, PhD

Protégé of the late anthropologist Margaret Mead, a scholar and researcher in human capacities, specializing in the development and application of multiple methods of increasing physical and mental skills, learning and creativity. She has been invited to work personally with heads of state (including Hillary Clinton), to assist in the rethinking of goals and agendas. Having taught in more than 75 countries, Dr. Houston's work has been the core of hundreds of teaching-learning communities throughout the world. Dr. Houston is author or co-author of 20 books.



## Kay Redfield Jamison, PhD

Professor of Psychiatry at the Johns Hopkins University School of Medicine and co-director of the Johns Hopkins Mood Disorders Center. She is also Honorary Professor of English at the University of St. Andrews in Scotland. She is the author of the national bestsellers *An Unquiet Mind* and *Night Falls Fast*, as well as *Touched with Fire and Exuberance*. She is co-author of the standard medical text on bi-polar illness, *Manic-Depressive Illness: Bipolar Disorders and Recurrent Depression* and author or co-author of more than 100 scientific papers about mood disorders, creativity, and psychopharmacology. Dr. Jamison is the recipient of numerous national and international scientific awards, as well as a John D. and Catherine T. MacArthur Fellowship.



## Sue Johnson, EdD

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.



## Otto F. Kernberg, MD, FAPA

Director of the Personality Disorders Institute at the New York Presbyterian Hospital, Westchester Division, and Professor of Psychiatry at the Weill Medical College of Cornell University. Dr. Kernberg is a Past-President of the International Psychoanalytic Association. He is also Training and Supervising Analyst of the Columbia University Center for Psychoanalytic Training and Research. Dr. Kernberg is the author of twelve books and co-author of twelve others. His most recent books are *Psychotherapy for Borderline Personality: Focusing on Object Relations* and *Handbook of Dynamic Psychotherapy for Higher Level Personality Pathology*.



## Bessel van der Kolk, MD

Professor of Psychiatry, Boston University Medical School and Harvard University, and Medical Director of the Trauma Center at HRI Hospital, Brookline, Massachusetts. He was co-principal investigator of the DSM IV Field Trials for Post-traumatic Stress Disorder. Dr. van der Kolk is past-president of the International Society for Traumatic Stress Studies. His book *Traumatic Stress*, a classic in the field, describes the impact of trauma on the whole human being and analyzes factors affecting recovery.



## Jack Kornfield, PhD

Clinical psychologist who was trained as a Buddhist monk in monasteries of Thailand, India and Burma. He is one of the key teachers to introduce Buddhist mindfulness practice to the West. Dr. Kornfield co-founded the Insight Meditation Society in Barre, Massachusetts. He is also a founding teacher of the Spirit Rock Center in Woodacre, California. His books have been translated into 20 languages and sold more than a million copies. His most recent book is *A Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology*.



**Harriet Lerner, PhD**

One of our nation's most respected voices on the psychology of women and family relationships. She has authored numerous scholarly articles and ten books, including *The Dance of Anger*, *Women in Therapy*, and *The Dance of Fear*. Formerly a senior staff psychologist at the Menninger Clinic, she is currently in private practice in Lawrence, Kansas.

**Marsha Linehan, PhD**

Professor of Psychology and Director of the Behavioral Research and Therapy Clinics at the University of Washington, Seattle, WA. Her primary research is in the application of behavioral models to suicidal behaviors, drug abuse, and borderline personality disorder. She has received several awards recognizing her clinical and research contributions and is past president of the Association for the Advancement of Behavior Therapy. A fellow of the American Psychological Association and the American Psychopathological Association, Dr. Linehan is a diplomate of the American Board of Behavioral Psychology.

**Cloé Madanes, HDL, LIC**

World-renowned teacher of psychotherapy. She is the author of seven books that are classics in the field. Her two latest books are *The Therapist as Humanist, Social Activist and Systemic Thinker* and *Relationship Breakthrough*. She has won numerous awards for her contributions to psychotherapy. She is the Director of the Madanes Institute in La Jolla, California.

**Donald Meichenbaum, PhD**

Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada and Research Director of the Melissa Institute for Violence Prevention, Miami, Florida [www.melissainstitute.org](http://www.melissainstitute.org). He was voted "one of the most influential psychotherapists of the century" and is one of the Founders of cognitive-behavior therapy. Dr. Meichenbaum is the recent recipient of the Lifetime Achievement Award from the American Psychotherapy Association. For his most recent work, see [www.warfighterdiaries.com](http://www.warfighterdiaries.com).

**Scott D. Miller, PhD**

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*.

**Salvador Minuchin, MD**

Retired family therapist living in Boca Raton, Florida. He has been Research Professor of Psychiatry, New York University. Professor of Child Psychiatry and Pediatrics, University of Pennsylvania and Director Emeritus, Family Therapy Training Center of the Philadelphia Child Guidance Clinic. Dr. Minuchin lectures nationally and internationally and is author of seven books and numerous papers and articles.

**Violet Oaklander, PhD**

Clinical psychologist and Certified Gestalt Therapist. she is author of two books on her unique approach to working with children and adolescents. Dr. Oaklander has given numerous seminars worldwide. and has received many awards for her contributions to work with children and adolescents. The Violet Solomon Oaklander Foundation has been formed to carry on her work as she begins retirement – [www.vsof.org](http://www.vsof.org).

**Christine A. Padesky, PhD**

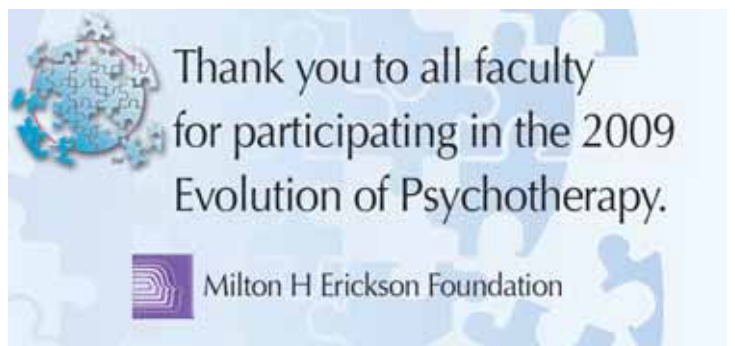
Co-Founder of the Center for Cognitive Therapy in Huntington Beach, California. She is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and former President of the International Association for Cognitive Therapy. British CBT therapists have voted her the "Most Influential International CBT Therapist." The California Psychological Association recognized her "Distinguished Contribution to Psychology," and the Academy of Cognitive Therapy awarded her its 2007 Aaron T. Beck Award for enduring contributions to the field. Dr. Padesky is a leading cognitive therapy innovator and develops audio CD and DVD therapist training materials (described at [www.store.padesky.com](http://www.store.padesky.com)). Her recent book, *Collaborative Case Conceptualization*, joins five previous books, translated into 18 languages. BABCP voted her best selling self-help book *Mind Over Mood* ([mindovermood.com](http://mindovermood.com)) the most influential cognitive therapy book of all time.

**Mary Pipher, PhD**

Psychologist living in Lincoln, Nebraska, and the author of eight books, including the New York Times bestsellers *Reviving Ophelia*, *The Shelter of Each Other*, and *Another Country*, as well as *Writing to Change the World*. Her work has been translated into more than 25 languages, and she has lectured to groups and conferences worldwide.

**Erving Polster, PhD**

Veteran teacher of Gestalt Therapy, and has attracted students to San Diego from all over the world. He also has authored five books and numerous anthology chapters, elaborating on a wide range of therapy basics. His recent book, *Uncommon Ground*, is a novel twist on the communal mission of psychotherapy.





# Evolution 2009 Faculty



## Ernest Rossi, PhD

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 24 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 Psychobiology of Gene Expression: Neuroscience and Neurogenesis in Hypnosis and the Healing Arts* and *A Dialogue with Our Genes: The Psychosocial Genomics of Therapeutic Hypnosis and Psychotherapy*.



## Robert Sapolsky, PhD

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 *Monkeyluv and Other Essays on Our Lives as Animals*. His articles have appeared in publications such as *Discover* and *The New Yorker*. 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."



## Martin Seligman, PhD

Fox Leadership Professor of Psychology, Department of Psychology, University of Pennsylvania. His main mission has been the promotion of the field of Positive Psychology. Dr. Seligman is past president of the American Psychological Association, and has received the Association's Laurel Award and Lifetime Achievement Award. He has received numerous other awards from a large variety of organizations, both national and international. Author of 20 books and 200 articles, his books have been translated into twenty languages. Dr. Seligman's latest book is *Authentic Happiness*.



## Francine Shapiro, PhD

Senior Research Fellow at the Mental Research Institute in Palo Alto, California, Director of the EMDR Institute, and founder of the EMDR Humanitarian Assistance Programs (a nonprofit organization coordinating services worldwide). A recipient of the International Sigmund Freud Award of the City of Vienna for distinguished contribution to psychotherapy, the American Psychological Association Division 56 Award for Outstanding Contributions to Practice in Trauma Psychology, and the Distinguished Scientific Achievement in Psychology Award, from the California Psychological Association. She wrote the primary text on EMDR, entitled *Eye Movement Desensitization and Reprocessing: Basic Principles and Procedures*, and co-authored or edited three others: *EMDR: The Breakthrough Therapy for Overcoming Anxiety Stress and Trauma*, *EMDR as an Integrative Psychotherapy Approach*, and the *Handbook of EMDR and Family Therapy Processes*.



## Daniel Siegel, MD

Director of the Mindsight Institute and the author of *The Developing Mind*, *Parenting From the Inside Out* and *The Mindful Brain*. His latest book is *Mindsight*. He is the Founding Editor of the Norton Series on Interpersonal Neurobiology, and at UCLA serves as the Co-Director of the Mindful Awareness Research Center, and Co-Investigator of the Center for Culture, Brain and Development. (MindsightInstitute.com; MARC.ucla.edu; CBD.ucla.edu)



## Thomas Szasz, MD

Professor Psychiatry Emeritus at the State University of New York Upstate Medical University in Syracuse, New York. He is author of 36 books, among them the classic *The Myth of Mental Illness* and, most recently, *Antipsychiatry: Quackery Squared*. 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 threatened by the Therapeutic State (the alliance of psychiatry and the state). His books have been translated into every major language. His website is [www.szasz.com](http://www.szasz.com).



## Andrew Weil, MD

Director of the Arizona Center for Integrative Medicine at the University of Arizona, where he also holds the Lovell-Jones Endowed Chair in Integrative Rheumatology and is Clinical Professor of medicine and Professor of Public Health. The Center is the leading effort in the world to develop a comprehensive curriculum in integrative medicine. Graduates serve as directors of integrative medicine programs around the United States, and through its Fellowship, the Center is now training doctors and nurse practitioners around the world. Dr. Weil is author of many scientific and popular articles, and of ten books. Oxford University Press is currently producing the *Weil Integrative Medicine Library*, a series of volumes for clinicians in various medical specialties. Dr. Weil writes a monthly newsletter, and maintains a website at [drweil.com](http://drweil.com). He lives near Tucson, Arizona.





**Derald Wing Sue, PhD**

Professor of Psychology and Education in the Department of Counseling and Clinical Psychology at Teachers College, Columbia University. He has served as Presidents of the Asian American Psychological Association, Society for the Psychological Study of Ethnic Minority Issues, and the Society of Counseling Psychology. Dr. Sue is a pioneer in the field of multicultural counseling and therapy, and the psychology of racism/antiracism. He is author of more than 100 publications, 13 books, and numerous media productions. Two of Dr. Sue's books, *Counseling and the Culturally Diverse: Theory and Practice* and *Overcoming Our Racism: The Journey to Liberation* have become classics in the field.



**Michele Weiner-Davis, MSW, LCSW**

Internationally renowned relationship expert, best-selling author and psychotherapist specializing in a solution-oriented approach that helps people revitalize flat-lined marriages. Michele is Director of The Divorce Busting Center and Founder of [www.divorcebusting.com](http://www.divorcebusting.com).



**Irvin Yalom, MD**

Professor Emeritus of psychiatry at Stanford University. He also maintains a private practice in San Francisco and Palo Alto, California. Dr. Yalom is the author of *Love's Executioner*, *The Theory and Practice of Group Therapy*, *Existential Psychotherapy*, *When Nietzsche Wept*, *The Schopenhauer Cure*, *Lying on the Couch*, *The Gift of Therapy*, *Momma and the Meaning of Life*, and his latest, *Staring at the Sun*.



**Michael Yapko, PhD**

Internationally recognized for his work in clinical hypnosis, brief psychotherapy, and the strategic treatment of depression. He is the author of ten books, including *Depression is Contagious*, *Breaking the Patterns of Depression*, *Hand-Me-Down Blues*, and the classic: *Trancework*. He is the recipient of Lifetime Achievement Awards from the International Society of Hypnosis and the Milton H. Erickson Foundation for his innovative contributions to the fields of hypnosis and brief therapy.



**Jeffrey K. Zeig, PhD**

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.



**Philip Zimbardo, PhD**

Internationally recognized scholar, educator, researcher and media personality, winning numerous awards and honors in each of these domains. He has been a Stanford University professor since 1968, having taught previously at Yale, NYU and Columbia. Zimbardo's career is noted for giving psychology away to the public through his popular PBS-TV series, *Discovering Psychology*, along with many text and trade books, among his 300 publications. He was recently president of the American Psychological Association.

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**Moderators**

**Robert Bohanske, PhD**

**Lilian Borges Zeig, MA**

**Jon Carlson, PsyD, EdD**

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

**Brent Geary, PhD**

**Jeffrey Kottler, PhD**

**Richard Landis, PhD**

**Michael Munion, MA**

**Dan Short, PhD**

**Alexander Simpkins, PhD**

**Annellen Simpkins, PhD**

**Bernhard Trenkle, Dipl. Psych.**

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**Evolution of Psychotherapy, 1994  
Hamburg, Germany**



# MY SCHEDULE

AM	PM
<b>Tuesday</b> December 8	
<b>Wednesday</b> December 9	
<b>Thursday</b> December 10	
<b>Friday</b> December 11	
<b>Saturday</b> December 12	
<b>Sunday</b> December 13	
<b>Monday</b> December 14	

REMINDERS





# CONFERENCE PROGRAM-AT-A-GLANCE

TUESDAY Pre-Conference December 8	WEDNESDAY Evolution Conference December 9	THURSDAY Evolution Conference December 10	FRIDAY Evolution Conference December 11	SATURDAY Evolution Conference December 12	SUNDAY Evolution Conference December 13	MONDAY Post-Conference December 14
7:45 AM - 2:30 PM Pre-Conference Registration	7:00 AM - 6:00 PM Evolution Conference Registration	7:30 AM - 6:00 PM Evolution Conference Registration	7:00 AM - 6:00 PM Evolution Conference Registration	7:00 AM - 6:00 PM Evolution Conference Registration	7:00 AM - 2:00 PM Evolution Conference Registration	
9:00 - 9:15 AM Convocation	8:00 - 8:30 AM Convocation	8:30 - 11:30 AM Workshops 15-21	8:00 - 9:00 AM Clinical Demos 1-2 Topical Panels 1-2 Dialogues 1-2 Conversation Hrs 1-2	8:00 - 9:00 AM Clinical Demos 13-14 Topical Panels 13-14 Dialogues 10-11 Conversation Hrs 16-17	8:00 - 9:00 AM Invited Addresses 11-15	
9:15 AM - 12:15 PM Pre-Conference Workshop 1  <i>Change Your Brain - Change Your Life</i> Daniel Amen, MD	8:30 - 9:30 AM Keynote 2 Andrew Weil, MD	8:30 - 10:00 AM Point/Counterpoint 5  10:15 - 11:45 AM Point/Counterpoint 6	9:20 - 10:20 AM Clinical Demos 3-4 Topical Panels 3-4 Dialogues 3-4 Conversation Hrs 3-4	9:20 - 10:20 AM Clinical Demos 15-16 Topical Panels 15-16 Dialogues 12-14 Conversation Hr 18	9:15 - 11:15 AM Workshops 36-43	9:00 AM - 12:00 PM Post-Conference Master Class I  <i>Experiential Approaches Combining Gestalt &amp; Hypnosis</i> Erving Polster, PhD Jeffrey Zeig, PhD
12:15 PM Daniel Amen Book Signing	10:00 AM - 1:00 PM Workshops 1-7  10:00 - 11:30 AM Point/Counterpoint 1  11:45 AM - 1:15 PM Point/Counterpoint 2		10:40 - 11:40 AM Clinical Demos 5-6 Topical Panels 5-6 Dialogues 5-6 Conversation Hrs 5-6	10:40 - 11:40 AM Clinical Demos 17-18 Topical Panels 17-18 Dialogues 15-16 Conversation Hrs 19-20  12:00 - 1:00 PM Invited Addresses 6-10	11:30 AM - 1:30 PM Keynote 7 Philip Zimbardo, PhD	
12:30 - 2:00 PM Buffet Lunch	1:00 - 2:30 PM Lunch Break	11:30 AM - 1:00 PM Lunch Break	11:40 AM - 1:10 PM Lunch Break	1:00 - 2:30 PM Lunch Break	1:30 - 2:00 PM Closing Remarks	12:00 - 1:30 PM Lunch Break
2:00 - 5:00 PM Pre-Conference Workshop 2  <i>Healthy Aging</i> Andrew Weil, MD	2:30 - 5:30 PM Workshops 8-14  2:30 - 4:00 PM Point/Counterpoint 3  4:15 - 5:45 PM Point/Counterpoint 4	1:00 - 4:00 PM Workshops 22-28  1:00 - 2:30 PM Point/Counterpoint 7  2:45 - 4:15 PM Point/Counterpoint 8  4:30 - 5:30 PM Keynote 4 Aaron Beck, MD Interview by Judith Beck, PhD	1:10 - 2:10 PM Invited Addresses 1-5  2:30 - 3:30 PM Clinical Demos 7-8 Topical Panels 7-8 Conversation Hrs 7-10  3:50 - 4:50 PM Clinical Demos 9-10 Topical Panels 9-10 Dialogue 7 Conversation Hrs 11-13  5:10 - 6:10 PM Clinical Demos 11-12 Topical Panels 11-12 Dialogues 8-9 Conversation Hrs 14-15	2:30 - 5:30 PM Workshops 29-35  2:30 - 4:00 PM Point/Counterpoint 9  4:15 - 5:45 PM Point/Counterpoint 10		1:30 - 4:30 PM Post-Conference Master Class II  <i>Experiential Approaches Combining Gestalt &amp; Hypnosis</i> Erving Polster, PhD Jeffrey Zeig, PhD
4:00 - 7:00 PM Evolution Conference Registration		5:45 - 6:45 PM Keynote 5 Salvador Minuchin, MD	6:30 - 7:30 PM Author's Book-Signing Reception			
Conference Kick-Off 7:00 - 9:00 PM Keynote 1 Robert Sapolsky, PhD	7:00 - 9:00 PM Keynote 3 Deepak Chopra, MD	8:30 - 10:00 PM Special Video Presentation <i>Viktor and I</i>	8:30 - 10:30 PM Evolution Dance Party	7:00 - 9:00 PM Keynote 6 Irvin Yalom, MD		
9:00 PM Robert Sapolsky Book Signing	9:00 PM Deepak Chopra Book Signing			9:00 PM Irvin Yalom Book Signing		

## The Evolution of Psychotherapy

A collage featuring four book covers and two photographs of Daniel Amen, MD. The books are: 'Making a Good Brain Great' (blue cover), 'Sex on the Brain' (red cover), 'Change Your Brain, Change Your Life' (blue and yellow cover), and '22 Lessons to Enhance Your Love Life' (red cover). The photos show Dr. Amen speaking in a classroom or lecture setting.

**Daniel Amen, MD**, is a physician, psychiatrist, brain imaging specialist, Distinguished Fellow of the American Psychiatric Association, and the CEO and medical Director of Amen Clinics, Inc. in Newport Beach and Fairfield, California, Tacoma, Washington and Reston, Virginia. He is an Assistant Clinical Professor of Psychiatry and Human Behavior at the University of California, Irvine School of Medicine, where he teaches medical students and psychiatric residents about using brain imaging in clinical practice. Dr. Amen is the author of 35 professional articles, four book chapters and 22 books, including the New York Times bestseller, *Change Your Brain, Change Your Life*. His most recent book is *Magnificent Mind at Any Age*. He also has co-produced a show called *The Truth about Drinking*, on alcohol education for teenagers, which Won an Emmy Award for the Best Educational Television Show.

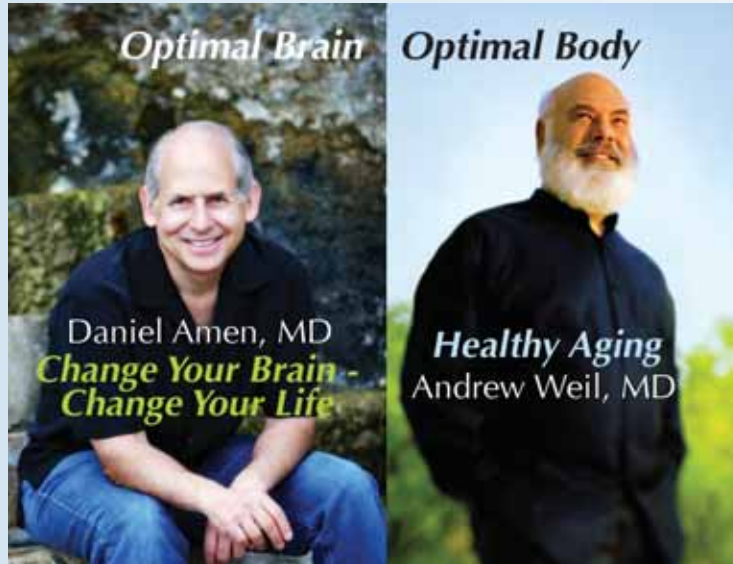
## The Evolution of Psychotherapy

A collage featuring two covers of Time magazine and two book covers. The Time magazine covers feature Dr. Andrew Weil and headlines such as 'Can Old Guy Make You Healthy?' and 'LIVING BETTER LONGER'. The books are 'Breathing: The Master Key to Self Healing' and 'Dr. Andrew Weil's Guide to Optimum Health'.

**Andrew Weil, MD** is Director of the Arizona Center for Integrative Medicine at the University of Arizona, where he also holds the Lovell-Jones Endowed Chair in Integrative Rheumatology and is Clinical Professor of medicine and Professor of Public Health. The Center is the leading effort in the world to develop a comprehensive curriculum in integrative medicine. Graduates serve as directors of integrative medicine programs around the United States, and through its Fellowship, the Center is now training doctors and nurse practitioners around the world. Dr. Weil is author of many scientific and popular articles, and of ten books. Oxford University Press is currently producing the *Weil Integrative Medicine Library*, a series of volumes for clinicians in various medical specialties. Dr. Weil writes a monthly newsletter, and maintains a website at [drweil.com](http://drweil.com). He lives near Tucson, Arizona.



7:45 AM – 2:30 PM • Pre-Conference Registration  
Anaheim Hilton Registration Area, Ballroom Level



9:00 – 9:15 AM • Convocation

9:15 AM – 12:15 PM • Pre-Conference Workshop 1

Pre-Conference  
Workshop 1

**Daniel Amen, MD**

Hilton  
California Ballroom AB

***Change Your Brain – Change Your Life***

Get a good look into a “working brain.” Based on his brain imaging work with more than 50,000 scans, Dr. Amen will teach what specific parts of the brain do. He will show what happens when things go wrong, and discuss effective treatments, both natural and pharmaceutical.

Educational Objectives

- 1) To describe how imaging technology applies to clinical practice.
  - 2) To describe how medication and certain forms of psychotherapy affect brain function.
- \* A special book-signing will follow this Workshop.

12:15 PM • Daniel Amen Book Signing

Hilton Registration Area  
Ballroom Level

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12:30 – 2:00 PM • Buffet Lunch

Hilton  
Pacific Ballroom AB

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2:00 – 5:00 PM • Pre-Conference Workshop 2

Pre-Conference  
Workshop 2

**Andrew Weil, MD**

Hilton  
California Ballroom AB

***Healthy Aging***

This workshop will define Healthy Aging, and identify the most important strategies for achieving it. Healthy Aging rejects Anti-Aging Medicine and challenges the dominance of anti-aging philosophy in our society. Participants will provide examples from their experience where aging increases value. What in human life gets better with age? Relative contributions of genetics and lifestyle to the aging process will be discussed and specific recommendations given about diet, physical activity, mental/emotional health, and stress management in order to promote healthy aging.

Educational Objectives

- 1) To define healthy aging and “compression of morbidity.”
- 2) To list the most important lifestyle strategies to promote healthy aging.

**Pre-Conference attendees are invited to attend Dr. Robert Sapolsky’s Keynote at 7:00 PM.**

4:00 – 7:00 PM • Conference Registration  
 Anaheim Convention Center, Exhibit Hall A

7:00 – 9:00 PM • Evolution Conference Kick-Off • Keynote 1

Keynote 1

**Robert Sapolsky, PhD**

Hilton  
 Pacific Ballroom



***The Biology and Psychology of Depression***

In “The Biology and Psychology of Depression,” Dr. Sapolsky will consider the latest findings in both fields regarding this devastating, and devastatingly common disorder, showing how it is impossible to understand what this disease is about without appreciating the interactions between biology and psychology.

Educational Objectives

- 1) To describe the interaction of biology and psychology in depression.
- 2) Given a patient with depression, suggest a treatment approach.

***Why Zebras Don't Get Ulcers***

“Why Zebras Don't Get Ulcers” is a discussion of stress and where stress-related diseases come from, and is based on Dr. Sapolsky's book by the same title.

Educational Objectives

- 1) To list three origins of stress-related diseases.
  - 2) Given a patient with stress, describe a course of treatment.
- \* A special book-signing will follow this Keynote

9:00 PM • Robert Sapolsky Book Signing

Hilton Registration Area  
 Ballroom Level

Purchase books in advance at the Conference Bookstore  
 in Anaheim Convention Center,  
 Exhibit Hall A, Tuesday 4:00-7:00 PM

**The Evolution of 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 *Monkeyluv and Other Essays on Our Lives as Animals*. His articles have appeared in publications such as *Discover* and *The New Yorker*. 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.”



7:00 AM – 6:00 PM • Conference Registration • Anaheim Convention Center, Exhibit Hall A

## 8:00 – 8:30 AM • Convocation

Convocation

Jeffrey Zeig, PhD

Convention Center  
Arena

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## 8:30 – 9:30 AM • Keynote 2

Keynote 2

Andrew Weil, MD

Convention Center  
Arena*Integrative Medicine, the Mind-Body  
Connection, and the Future of Health Care*

Integrative Medicine (IM) is healing-oriented medicine that takes account of the whole person and all aspects of lifestyle. It emphasizes the importance of the practitioner-patient relationship, and makes use of all appropriate therapies, both conventional and alternative. Because of its focus on prevention and lifestyle, and because of its use of therapies that are not dependent on expensive technology, it can lower the staggering costs of American health care. Practitioners of IM often recommend treatments that take advantage of mind/body interactions. Even though these approaches are both clinically effective, they are largely ignored in conventional medical settings.

Educational Objectives

- 1) To define Integrative Medicine and "Body-Mind Medicine."
- 2) To describe three ways Integrative Medicine and Body-Mind Medicine can help resolve the current crisis in health care.

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## 10:00 AM – 1:00 PM • Workshops 1-7

Workshop 1

Otto Kernberg, MD

Marriott  
Platinum Ballroom 1-5*Transference-Focused Psychotherapy  
in the Treatment of Borderline Patients*

Dr. Kernberg will describe strategies, techniques and tactics in TFP beginning with diagnostic assessment and contracting. He will continue with main developments in transference and countertransference assessment and management. The concepts of technical neutrality and priorities of intervention will be outlined. Clinical examples will illustrate all these procedures.

Educational Objectives

- 1) To describe how to initiate clinical work with borderline patients geared to transference focused psychotherapy.
- 2) To describe three channels of communication for clarifying, confronting and interpreting the transference.

Workshop 2

Christine Padesky, PhD

Hilton  
Pacific Ballroom*Identify Client Strengths to Build Resistance*

Resilience helps people persist in the face of obstacles and, when necessary, accept circumstances that cannot be changed. Learn six main areas of competence that are characteristic of resilient individuals. Guided exercises show participants how to search for strengths that can serve as a basis for constructing a personal model of resilience. These strengths can be encapsulated within imagery and metaphor for ready use by client and therapist.

Educational Objectives

- 1) To list six main areas of competence that are characteristic of resilient individuals.
- 2) To describe a guided exercise that shows how to search for strengths that can serve as a basis for a personal model of resilience.

## 10:00 AM – 1:00 PM • Workshops 1-7 (Continued)

## Workshop 3

**Jean Houston, PhD**Marriott  
Platinum Ballroom 6-10***Myth, Psychology and the Mystery  
of Transformation of Self and Society***

Drawing on the findings of her own mythic life and work in over 100 countries, 40 cultures, and with leaders the world over, Dr. Houston will offer a workshop rare for its ability to evoke new ways of being through the consideration of the dynamics of both old and emergent myths and stories of transformation. Participants will experience state of the art methods in experiencing sensory, psychological, symbolic and spiritual growth, and discovery in ways both practical and profound. Liberating thoughtways, shifts in perception and understanding, and growth in capacity will enable the participant to take these discoveries back to his or her own clients, communities and organizations. Full of music and high theatre, and often hilarious (Houston's father wrote the joke, "Who's on First?"), this workshop will explore the mystery of living in a time of whole system transition when what we can do as individuals can make a significant difference in the lives of many.

Educational Objectives

- 1) To list two ways to achieve psychological growth.
- 2) To list two ways to achieve spiritual growth.

## Workshop 4

**Michele Weiner-Davis, MSW**Convention Center  
Ballroom A & B***One Foot Out the Door:  
Working with Couples on the Brink***

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 how to step in, even at the 11th hour, and help couples with seemingly intractable problems – hopelessness, ongoing affairs, and one spouse's unwillingness to seek therapy, to resolve their difficulties, recommit to their marriage, and reclaim their lives.

Educational Objectives

- 1) To list three strategies for working with a spouse who won't end an affair.
- 2) To describe three techniques for doing couples therapy with one spouse.

## Workshop 5

**Scott Miller, PhD**Hilton  
California Ballroom***Achieving Clinical Excellence:  
Empirical Lessons from the Field's Most Effective Practitioners***

Thanks to a number of recent studies, there is now solid empirical evidence for what distinguishes highly effective therapists. In this workshop, participants will learn in detail the qualities and practices that separate the great from the good. Participants also will find out about a system of feedback procedures 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 in which to improve their own practice, but they also will come away with concrete tools that will immediately boost clinical abilities and effectiveness.

Educational Objectives

- 1) To list four specific practices employed by highly effective therapists.
- 2) To describe a method for identifying cases at risk for dropping out of treatment.

## Workshop 6

**Claudia Black, PhD**Convention Center  
Ballroom D & E***Deceived: Facing Sexual Betrayal, Lies and Secrets***

Many women are in a coupleship riddled with deception, lies, and false perceptions as a result of her partner's compulsive sexual acting out. Dr. Black will describe the dynamics of co-sex addiction and the role of family of origin issues in this partnership. She will address early stabilization issues as well as treatment and recovery issues.

Educational Objectives

- 1) To identify traits common to a co-addict living with sexual compulsivity.
- 2) To describe the framework for co-sex addiction recovery.



10:00 AM – 1:00 PM • Workshops 1-7 (Continued)

Workshop 7

**Ernest Rossi, PhD**

Convention Center  
Ballroom C

***Gene Expression and Brain Plasticity  
in the Evolution of Psychotherapy***

Neuroscience implies creative activity in art, science, dreaming, meditation, therapeutic hypnosis, and psychotherapy can turn on activity-dependent gene expression and brain plasticity to facilitate positive human transformations. A variety of group processes will explore Rossi's Novel Activity-Dependent and Mirroring Approaches to Erickson's General Waking Trance during brief psychotherapy.

Educational Objectives

- 1) To list three novel activity-dependent and mirroring approaches to brief therapy.
- 2) To list three characteristics of the general waking trance.

10:00 AM – 1:15 PM • Point/Counterpoint Speeches 1 & 2

Point/Counterpoint 1

10:00 – 11:30 AM

Convention Center  
Arena

**Thomas Szasz, MD**, presenter • **Jeffrey Zeig, PhD**, discussant

***Law and Psychotherapy***

**Bernhard Trenkle, Dipl. Psych.**, moderator

Civil liability law has, in effect, abolished the conditions necessary for the practice of confidential, private psychotherapy.

Educational Objectives

- 1) To list the legal duties of a psychotherapist.
- 2) To describe the historical changes in the legal framework of psychotherapy practice.

Point/Counterpoint 2

11:45 AM – 1:15 PM

Convention Center  
Arena

**Donald Meichenbaum, PhD**, presenter • **Erving Polster, PhD**, discussant

***How to Make Interventions "Work":  
An Examination of Generalization Treatment Guidelines***

**Bernhard Trenkle, Dipl. Psych.**, moderator

A major challenge for any skills-oriented intervention is the issue of treatment generalization. Psychotherapists cannot just "train and hope" for transfer. In this presentation, Dr. Meichenbaum will discuss and demonstrate what needs to be done before, during and after interventions to make them more effective. He will discuss specific steps that psychotherapists should take to increase the likelihood of maintenance and generalization across settings and across response domains.

Educational Objectives

- 1) To list the specific steps required to enhance the likelihood of treatment generalization.
- 2) Given a specific training program, describe how it could be improved in order to increase the likelihood of generalization.

1:00 – 2:30 PM • Lunch Break

2:30 – 5:30 PM • Workshops 8-14

## Workshop 8

**Donald Meichenbaum, PhD**Marriott  
Platinum Ballroom 6-10***Treatment of Individuals Who Have Been Traumatized:  
Meeting the Needs of Returning Soldiers and Their Families***

Dr. Meichenbaum will discuss the “State of the Art” in treating PTSD and use videos to demonstrate how to conduct integrative treatment intervention. He will highlight the value of a Constructive Narrative Perspective. Finally, some 300,000 soldiers are returning from combat with PTSD and comorbid disorders. Dr. Meichenbaum will address their needs and discuss ways to bolster resilience. (see [www.warfighterdiaries.com](http://www.warfighterdiaries.com))

Educational Objectives

- 1) To describe how to use a Case Conceptualization Model that informs assessment and treatment decision making.
- 2) To describe specific ways to treat individuals with PTSD and Complex PTSD.

## Workshop 9

**Harville Hendrix, PhD**Convention Center  
Ballroom A & B***Imago Couples Therapy***

In this workshop, using lectures, demonstrations and practice, participants will distinguish between the individual and relational paradigm, and learn how to use the Imago Dialogue Process to help couples create a conscious partnership in which difference is accepted, conflict is transformed into creative tension, love is born and sustained, and personal healing and growth are facilitated.

Educational Objectives

- 1) To list the steps of the dialogue process.
- 2) To describe the stages of intimate partnership.

## Workshop 10

**Judith Beck, PhD**Hilton  
Pacific Ballroom***Cognitive Therapy for Personality Disorders***

Clients with Axis II disorders can be a challenge in treatment 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, know how to maintain a strong therapeutic alliance, vary standard treatment, and modify highly negative, global, rigid, longstanding beliefs and behavioral patterns.

Educational Objectives

- 1) To list four ways to strengthen the therapeutic alliance.
- 2) Given a client, explain core beliefs.

## Workshop 11

**Cloé Madanes, Lic Psic, HDL**Marriott  
Platinum Ballroom 1-5***How to Change Relationships***

Cloé Madanes will present a theoretical framework and tools that therapists can use to understand what relationships need to change in order to solve the problem presented to therapy. Madanes will present 20 of her favorite strategies illustrated with case examples and with experiential exercises.

Educational Objectives

- 1) To list five tools for understanding relationships.
- 2) To describe 20 strategies of psychotherapy.

## Workshop 12

**Michael Yapko, PhD**Convention Center  
Ballroom D & E***Hypnotic and Strategic Approaches to Treating Depression***

Despite the common framing of depression as a medical illness, there is much more hard evidence pointing to social factors leading to the large and still growing population of depression sufferers. In this presentation, the focus will be on the social factors that lead to and exacerbate depression. How therapy, itself a social process, can make use of hypnotic and strategic approaches to experientially teach skills known to reduce and even prevent depression will be explored.

Educational Objectives

- 1) To identify four key socially acquired patterns that cause and maintain depression in individuals.
- 2) Given a depressed client, design hypnotic or other experiential method for helping the client to build the social skills needed to reduce depression, as well as the risk of relapse.



## 2:30 – 5:30 PM • Workshops 8-14 (Continued)

Workshop 13

**Nicholas Cummings, PhD, ScD • Janet Cummings, PsyD**Convention Center  
Ballroom C***Differentiating Onion and Garlic Clients: Strategies and Pitfalls***

Psychotherapists' training, as well as their own compassion, prepares them well for treating Onion clients, but these techniques result in therapeutic failure, and in the extreme, even lawsuits from Garlic clients. This is especially true because Garlic clients are adept at simulating Onion clients. This workshop will present a comprehensive differentiation and extensive treatment approaches that will result in a dramatic reduction in therapeutic failures, and a marked increase in effectiveness.

Educational Objectives

- 1) To describe two strategies in dealing with onion versus garlic patients.
- 2) To describe two pitfalls in dealing with onion versus garlic patients.

Workshop 14

**Jack Kornfield, PhD • Daniel Siegel, MD**Hilton  
California Ballroom***The Clinical Wisdom of Modern Neuroscience and Buddhist Psychology***

There is a vast wisdom describing the capacity for self-transformation and healing central to Buddhist psychology, now a focus of current neuroscience research as well. We will delineate the principles and clinical/therapeutic applications of mindfulness, compassion and forgiveness trainings, attunement, mental health and wellbeing, as well as the profound shift of identity that has parallels in eastern psychology and recent neuroscience research. We will explore the wedding of a spiritual psychology of the heart in tune with clinically sound modern science.

Educational Objectives

- 1) To describe the clinical application of five principles of Buddhist psychology.
- 2) To describe how to apply three findings of modern neuroscience in formulating treatment of children and adults.

## 2:30 – 5:45 PM • Point/Counterpoint Speeches 3 &amp; 4

Point/Counterpoint 3

2:30 – 4:00 PM

Convention Center  
Arena**Francine Shapiro, PhD**, presenter • **Jean Houston, PhD**, discussant***Treating Victims of Trauma Worldwide*****Brent Geary, PhD**, moderator

EMDR has been used worldwide over the past decade as an empirically validated trauma treatment. During that time, it has become clear that it is possible to simultaneously alleviate suffering, help stop the cycle of violence, and address the devastating effects of trans-generational transmission. The clinical implications for simple symptom reduction versus personal growth and resiliency will be explored.

Educational Objectives

- 1) To describe the effects of trauma treatment in relation to perpetrator behavior.
- 2) To describe the effects of trauma treatment in relation to personal growth and resilience.

Point/Counterpoint 4

4:15 – 5:45 PM

Convention Center  
Arena**Otto Kernberg, MD**, presenter • **Thomas Szasz, MD**, discussant***The Almost Untreatable Narcissistic Patient*****Brent Geary, PhD**, moderator

Dr. Kernberg will present prognostically unfavorable indications for a psychodynamic psychotherapy of narcissistic patients, and the management of the corresponding difficulties. The description of general characteristics of narcissistic personality disorder, clinical syndromes including the diagnosis, and general principles of psychodynamic therapy for them will compliment this presentation.

Educational Objectives

- 1) Given a narcissistic patient, diagnose and assess prognosis for treatment.
- 2) Given a narcissistic patient, describe the management of dominant transference developments.

7:00 – 9:00 PM • Keynote 3

Keynote 3

**Deepak Chopra, MD**

Convention Center  
Arena

*Reinventing the Body; Resurrecting the Soul* \*

Dr. Chopra will discuss the nature of consciousness as a fundamental reality that differentiates in-to cognition, moods and emotions, perception, behaviors, biology, social interactions, personal relationships, environment and the forces of nature. He will address the deeper meaning of our existence, and explain how the greatest spiritual secrets are tied up in this simple answer. It takes a total shift in perception to realize that you are not in the world; the world is in you.

Educational Objectives

- 1) To define the nature of consciousness.
- 2) To describe three elements that address the deeper meaning of existence.

\* Special book-signing to follow Keynote

9:00 PM

Book Signing

**Deepak Chopra, MD**

Convention Center  
Arena Lobby

**ICONOCLASTS**  
Change the way you see celebrity

**THE THIRD JESUS**

**REINVENTING THE BODY, RESURRECTING THE SOUL**  
DEEPAK CHOPRA

**The Evolution of Psychotherapy**

**Deepak Chopra, MD** is a physician, board-certified in internal medicine. He is licensed to practice medicine in Massachusetts and California. He is a member of the American Medical Association, and a Fellow of the American College of Physicians. Dr. Chopra is co-founder of the Chopra Center located in Carlsbad, California; with a branch in New York City. He teaches an update in Internal Medicine at Beth Israel Deaconess Medical Center, a teaching hospital of Harvard Medical School. Dr. Chopra has written more than 50 books. They range broadly across spiritual and health topics; including bestsellers on aging, *The Seven Spiritual Laws of Success*, *The Existence of God*, *Arguments for the Afterlife and World Peace*. He also has written novels and edited collections of spiritual poetry from India and Persia.



## 8:30 – 11:30 AM • Workshops 15-21

## Workshop 15

David Barlow, PhD

Convention Center  
Ballroom D & E***A Unified Trans-Diagnostic Treatment Protocol  
for Emotional Disorders***

This workshop will review the evidence supporting and discussing recent applications of a trans-diagnostic, unified, cognitive behavioral and emotion focused approach to treating emotional disorders. Participants will learn how to apply treatment components organized in modules to a wide range of emotional disorders in adults through instruction, case examples, and video clinical vignettes.

Educational Objectives

- 1) To list the seven modules of the unified protocol for emotional disorders.
- 2) Given a case, conceptualize it from a unified transdiagnostic perspective.

## Workshop 16

Marsha Linehan, PhD

Marriott  
Platinum Ballroom 6-10***Updates in Emotional Regulation and Crisis Survival Skills***

Instruction in coaching and emotion regulation skills and strategies for getting through crisis without making things worse is often necessary in psychotherapy no matter what the approach, and no matter what the presenting problem. Dialectic Behavior Therapy (DBT) is empirically supported treatment for individuals with severe emotion regulation problems. Part of the treatment is consistent teaching and coaching individuals in very specific emotion regulation and crisis survival skills. Participants will learn an overview of the specific skills, including advances that have been made to the original skill set in DBT, and how to regulate these skills into their clinical practice.

Educational Objectives

- 1) To describe the specific skills essential for Dialectic Behavior Therapy.
- 2) Given a clinical practice for individuals with severe emotion regulation problems, describe the use of DBT.

## Workshop 17

Susan Johnson, EdD

Convention Center  
Arena***The Practice of Emotionally Focused Therapy (EFT):  
Established Wisdom and New Developments***

This workshop will summarize the key conceptual underpinnings of EFT; the attachment perspective on the nature of love, and the integration of experiential and systemic perspectives that constitute the EFT theory of change. The basics of EFT practice and the steps of change will be outlined. Interventions will be illustrated with video tapes and transcripts. Exercises will be offered for play and practice. This workshop also will present more recent developments in EFT, including the EFT model of forgiveness.

Educational Objectives

- 1) To list the key concepts of EFT and attachment theory.
- 2) To list the main elements in EFT and their interventions.

## Workshop 18

Eugene Gendlin, PhD

Convention Center  
Ballroom A & B***Focusing***

Dr. Gendlin will work with volunteers from the audience to show how to find "Focusing." The physically felt body sense of a problem is at first unclear and gradually opens and becomes clear. There will be discussion and demonstrations to show how Focusing is used in the context of psychotherapy.

Educational Objectives

- 1) To describe how to find "Focusing."
- 2) Given a case, describe how someone can access a bodily sense of a problem.

## Workshop 19

John Gottman, PhD • Julie Gottman, PhD

Hilton  
Pacific Ballroom***Gottman Method Couples Therapy: An Introduction***

A systemic research-based approach to assessing and treating distressed couples will be presented. Multi-method assessments using questionnaires, interviews, observations, and physiological measurement will be reviewed. Key interventions based on the Gottman Sound Relationship House Theory will be described, and video segments of in-office therapy sessions will be shown to demonstrate them.

Educational Objectives

- 1) To describe three benefits of the Gottman systemic research-based approach to treating couples.
- 2) Given a troubled couple, describe an intervention based on the Gottman Sound Relationship House Theory.

8:30 – 11:30 AM • Workshops 15-21 (Continued)

Workshop 20

**Donald Meichenbaum, PhD**

Hilton  
California Ballroom

*Treatment of Individuals with Anger Control Problems:  
Life Span Treatment Approach*

Dr. Meichenbaum will trace how aggressive behavior develops, and consider both the treatment and preventive implications. He will use video training films to demonstrate how to conduct cognitive-behavioral Stress Inoculation Training with angry and aggressive individuals. He will consider how to incorporate generalization guidelines into any training program.

Educational Objectives

- 1) To describe how aggressive behavior develops, and how it differs by gender.
- 2) To describe a cognitive-behavioral treatment plan for aggressive individuals.

Workshop 21

**David Burns, MD**

Marriott  
Platinum BR 1-5

*Advanced Empathy Training:  
Helping the Angry, Mistrustful Client*

Empathy failures in the clinical setting are far more common than clinicians realize. In this workshop, you will learn how to accurately identify and reverse failures of the therapeutic alliance, as well as failures in your relationships with colleagues, friends and family members. Clinicians who attend this workshop would be advised to check their egos at the door, because these skills can only be learned through repeated and embarrassing failures. If you are willing to pay that price, you will have the opportunity to develop world-class empathy skills that can transform your clinical work.

Educational Objectives

- 1) To describe two ways to accurately identify failures of the therapeutic alliance.
- 2) To describe two ways to reverse failures of the therapeutic alliance.

8:30 – 11:45 AM • Point/Counterpoint Speeches 5 & 6

Point/Counterpoint 5

8:30 – 10:00 AM

Convention Center  
Ballroom C

**Erving Polster, PhD**, presenter • **Ernest Rossi, PhD**, discussant

*A Look into the Future*

**Brent Geary, PhD**, moderator

Psychotherapy, an originally private medical procedure, faces two immediate challenges: 1) an asocial pharmaceutical ethos and 2) its own populist success, which now call out for a more inclusive format. The latter represents a growing option for life-long large groups tapping the innermost sensibilities of people and creating the embodiment of belonging.

Educational Objectives

- 1) To identify two of the four processes shared by religion and psychotherapy.
- 2) To describe how the major mission of psychotherapy can be met by creating Life Focus Communities.

Point/Counterpoint 6

10:15 – 11:45 AM

Convention Center  
Ballroom C

**Ernest Rossi, PhD**, presenter • **Francine Shapiro, PhD**, discussant

*Activity Dependent Gene Expression & Brain Plasticity in Psychotherapy*

**Brent Geary, PhD**, moderator

Revolutionary research in neuroscience and functional genomics documents show experiences of 1) Novelty, 2) Environmental Enrichment, and 3) Exercise (both mental and physical) can optimize gene expression, brain plasticity and mind-body healing during therapeutic hypnosis and meditation.

Educational Objectives

- 1) To list three experiences that can turn on activity-dependent gene expression and brain plasticity.
- 2) To list two mind methods of turning on activity-dependent gene expression and brain plasticity.

11:30 AM – 1:00 PM • Lunch Break



## 1:00 – 4:00 PM • Workshops 22-28

## Workshop 22

**John Gottman, PhD • Julie Gottman, PhD**Convention Center  
Arena***Growing Edge Workshop: A Couples' Group Approach  
to the Treatment of Low-Level Situational Domestic Violence***

This workshop describes a 22-session couples' group intervention and curriculum for lower and middle-class couples. Each session begins with a talk-show video showing discussions with couples in poverty on curriculum topics, e.g.' healing from infidelity, avoiding and healing from domestic violence, etc. The video is followed by group discussion, a brief teaching, and an exercise that focuses on learning new skills. Throughout most of the curriculum,, physiological soothing is taught through biofeedback. Details of the curriculum and video samples will be shown.

Educational Objectives

- 1) To describe the difference between characterological and situational domestic violence.
- 2) Given a couple in a domestic violence situation, suggest an intervention and curriculum.

## Workshop 23

**Eugene Gendlin, PhD**Convention Center  
Ballroom A & B***Processing Dreams with Focusing***

In this experiential workshop, volunteers will be asked to describe a dream in detail and then to work on it with Dr. Gendlin. It is not necessary to tell everything; private space and silent meditation are essential. The use of Focusing will be demonstrated.

Educational Objectives

- 1) To describe the use of Focusing in processing dreams.
- 2) To describe how Focusing advances the effectiveness of therapeutic work.

## Workshop 24

**Derald Wing Sue, PhD**Convention Center  
Ballroom C***Multicultural Counseling and Psychotherapy (MCT)***

What is multicultural counseling/therapy? How applicable are our standards of clinical practice for racial/ethnic minority populations? Are there differences in therapy between white and clients of color? This workshop will present the theory, practice and assumptions of MCT via lectorettes, case vignettes and brief video samples. Culture specific and culture universal approaches will be presented.

Educational Objectives

- 1) To describe three culture-bound characteristics of traditional approaches to therapy.
- 2) To define the characteristics of multicultural counseling and psychotherapy.

## Workshop 25

**Otto Kernberg, MD**Hilton  
California Ballroom***Complications in the Treatment of Borderline Patients***

This workshop will focus on the complications in psychodynamic treatment with Transference Focused Psychotherapy. It will explore the management of suicidal and parasuicidal behavior, disruptive of the treatment, severe acting out in and outside the sessions, dishonesty, severe affect storms, and primitive forms of aggression. The treatment of trauma, paranoid regression, erotization, and secondary gain will complement this workshop.

Educational Objectives

- 1) To list the most frequent complications in the treatment of borderline patients.
- 2) To describe how to continue a strict treatment limit setting with an attitude of technical neutrality.

## Workshop 26

**Jeffrey Zeig, PhD**Convention Center  
Ballroom D & E***Advanced Techniques of Psychotherapy:  
Making the Moment Visually Alive***

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

Educational Objectives

- 1) To take a therapy goal and create a living sculpture of a part or process of that goal.
- 2) Given a problem or solution, describe how to use gestures to enhance the therapeutic moment, making the words "scaffolding."

1:00 – 4:00 PM • Workshops 22-28 (Continued)

Workshop 27

**Judith Beck, PhD**

Hilton  
Pacific Ballroom

***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 every day, de-castrophize 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.

Educational Objectives

- 1) To identify cognitive techniques to facilitate weight loss and maintenance.
- 2) To identify behavioral techniques to facilitate weight loss and maintenance.

Workshop 28

**David Burns, MD**

Marriott  
Platinum Ballroom 1-5

***Paradoxical Agenda Setting Techniques:  
Heading Off Therapeutic Resistance at the Pass***

In the past five to ten years, there have been dramatic improvements in the effectiveness of short-term therapy techniques, with many patients now experiencing high-speed recovery. This breakthrough has resulted, in part, from the development of sophisticated techniques to pinpoint the reverse therapeutic resistance before attempting to use any cognitive behavioral exposure of interpersonal therapy techniques. Dr. Burns will describe the eight most common forms of therapeutic resistance in clients suffering from depression, anxiety disorders, relationship problems, or habits and addictions. He will illustrate how you can diagnose and overcome these patterns using powerful and paradoxical agenda setting techniques.

Educational Objectives

- 1) To list the eight most common forms of therapeutic resistance.
- 2) To describe two techniques to pinpoint and reverse therapeutic resistance.

1:00 – 4:15 PM • Point/Counterpoint Speeches 7 & 8

Point/Counterpoint 7

1:00 – 2:30 PM

Marriott Platinum  
Ballroom 6-10

**Albert Bandura, PhD**, presenter • **Cloé Madanes, Lic. Psic, HDL** discussant

***Moral Disengagement***

**Jeffrey Kottler, PhD**, moderator

This presentation addresses how otherwise good people can do cruel things. They do so through selective disengagement of moral self-sanctions from inhumane conduct. At the behavior locus, worthy ends are used to sanctify harmful means by social and moral justification. At the agency locus, people obscure personal responsibility by displacement and diffusion of responsibility. At the outcomes locus, the detrimental social effects of one's actions are ignored, minimized, or disrupted. At the victim locus, perpetrators dehumanize and blame recipients for bringing the maltreatment on themselves. These mechanisms operate at both individual and social systems levels. Disengagement of moral agency is illustrated in the workings of the corporate world, terrorism, the use of military force, application of the death penalty, and in ecological destruction that is heating the planet and making it less habitable.

Educational Objectives

- 1) To describe the different mechanisms through which people disengage moral self-sanctions from detrimental conduct.
- 2) To list the social conditions that foster moral disengagement.

Point/Counterpoint 8

2:45 – 4:15 PM

Marriott Platinum  
Ballroom 6-10

**David Barlow, PhD**, presenter • **Albert Bandura, PhD**, discussant

***DSM-V and Dimensions: Implications for Therapy***

**Jeffrey Kottler, PhD**, moderator

DSM-V will likely organize groups of disorders, including emotional disorders, along some as yet undecided dimensions. One possible scheme will be presented that collapses current DSM-IV emotional disorders into a single unified consideration of the dimensional severity of fundamental temperaments and key features shared, to some extent, by most emotional disorders with implications for psychological interventions.

Educational Objectives

- 1) To list temperaments and key features that comprise the emotional disorders.
- 2) To describe common therapeutic strategies to treat emotional disorders.



4:30 – 5:30 PM • Keynote 4

Keynote 4

**Aaron Beck, MD**

Convention Center  
Arena

interview by **Judith Beck, MD**

***Cognitive Behavioral Therapy in the 21st Century***

In this keynote address, the following topics will be covered: the development of cognitive therapy; applications to other psychiatric and medical conditions; the relationship of brain abnormalities to symptoms; the use of neuro-imaging and cognitive therapy; and predictions of the future for cognitive therapy, and psychotherapy in general.

Educational Objectives

- 1) To describe the applications of neuro-imaging to cognitive therapy.
- 2) To describe the application of cognitive therapy to other psychiatric and medical conditions.

5:45 – 6:45 PM • Keynote 5

Keynote 5

**Salvador Minuchin, MD**

Convention Center  
Arena

***Reflections on Family Therapy***

After a brief description of Family Therapy on the 1960s, and an equally brief description of where it is today, we will make a comparison of the success of family therapy in Europe and the shrinkage in the U.S. A new model of family assessment in four easy steps will be described.

Educational Objectives

- 1) To compare and contrast the different ways of doing Family Therapy.
- 2) To describe the four steps of family assessment.

8:30 – 10:00 PM • Special Video Presentation

**Alex Vesely**

Hilton  
Pacific Ballroom

***Viktor and I***

*Filmmaker Alexander Vesely, who is also the grandson of the late Viktor Frankl (author of "Man's Search for Meaning"), traveled around the world to interview former friends, students, and colleagues of his world renowned grandfather. His aim was to get a personal view on Frankl, allowing to discover how Frankl's theories are connected to him as a person. The result of his efforts is a one hour documentary film that for the first time gives a unique and personal look at Viktor Frankl.*

**Please see ad on Page x.**

**Aaron Beck, MD** is President of the non-profit Beck Institute for Cognitive Therapy and Research, and Professor Emeritus of Psychiatry, University of Pennsylvania, Philadelphia. He is the recipient of numerous awards and honorary degrees. Dr. Beck is the only psychiatrist to receive research awards from the American Psychological Association and the American Psychiatric Association. He is author and co-author of more than 375 articles and 13 books.

**Judith Beck, PhD** is Director of the Beck Institute for Cognitive Therapy and Research in suburban Philadelphia, and Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania. She divides her time between administration, supervision and teaching, clinical work, program development, research and writing. Dr. Beck is a founding fellow and past president of the Academy of Cognitive Therapy. She has written numerous articles on a variety of topics related to cognitive therapy, and is the author of the widely adopted textbooks.

**Salvador Minuchin, MD** is a retired family therapist living in Boca Raton, Florida. He has been Research Professor of Psychiatry, New York University; Professor of Child Psychiatry and Pediatrics, University of Pennsylvania and Director Emeritus, Family Therapy Training Center of the Philadelphia Child Guidance Clinic. Dr. Minuchin lectures nationally and internationally and is author of seven books and numerous papers and articles.

8:00 – 9:00 AM

**Clinical Demonstration 1**

**Jeffrey Zeig, PhD**  
*Essentials of Experiential Therapy (Live)*

Hilton  
Pacific Ballroom

Educational Objectives

- 1) To list three essentials of experiential therapy.
- 2) Given a patient, propose an experiential treatment plan to elicit change.

**Clinical Demonstration 2**

**Harville Hendrix, PhD**  
*The Behavior Change Request Dialogue (Live)*

Hilton  
California Ballroom

Educational Objectives

- 1) To describe two patterns used for a behavior change.
- 2) Given a patient with a behavior problem, propose a behavior change dialogue.

**Topical Panel 1**

**David Barlow, PhD • Nicholas Cummings, PhD**  
**Christine Padesky, PhD**  
*Anxiety Disorders*

Convention Center  
Ballroom D & E

**Brent Geary, PhD**, moderator

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 2**

**Stephen Gilligan, PhD • Jean Houston, PhD**  
**Erving Polster, PhD**  
*Resistance*

Convention Center  
Ballroom A & B

**Richard Landis, PhD**, moderator

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 1**

**Bessel van der Kolk, MD • Francine Shapiro, PhD**  
*Trauma*

Convention Center  
Room 204

**Betty Alice Erickson, MS, LPC, LMFT**, moderator

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 2**

**Marsha Linehan, PhD • Daniel Siegel, MD**  
*Meditative Methods*

Marriott  
Platinum Ballroom 1-5

**Dan Short, PhD**, moderator

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 1**

**Thomas Szasz, MD**

Marriott  
Platinum Ballroom 6-10

Educational Objective: To learn the philosophies of various practitioners and theorists.

**Conversation Hour 2**

**Michele Weiner-Davis, MSW, LCSW**

Convention Center  
Ballroom C

Educational Objective: To learn the philosophies of various practitioners and theorists.



9:20 – 10:20 AM

**Clinical Demonstration 3**

**Judith Beck, PhD**

***A Cognitive Approach to Weight Loss (Live)***

Hilton  
Pacific Ballroom

Educational Objectives

- 1) To identify three sabotaging thoughts of dieters.
- 2) To describe a response for each sabotaging thought.

**Clinical Demonstration 4**

**Cloé Madanes, Lic. Psic.**

***Strategic Therapy with a Couple (Live)***

Hilton  
California Ballroom

Educational Objectives

- 1) To name two strategies for therapy.
- 2) To list three important questions to ask in therapy.

**Topical Panel 3**

**Albert Bandura, PhD • Nicholas Cummings, PhD**

**Otto Kernberg, MD • Thomas Szasz, MD**

***History of Psychotherapy***

**Brent Geary, PhD, moderator**

Convention Center  
Ballroom D & E

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 4**

**David Barlow, PhD • Steven Hayes, PhD**

**Scott Miller, PhD**

***Research in Psychotherapy***

**Richard Landis, PhD, moderator**

Convention Center  
Ballroom A & B

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 3**

**Violet Oaklander, PhD • Mary Pipher, PhD**

***Children and Adolescents***

**Betty Alice Erickson, MS, LPC, LMFT, moderator**

Convention Center  
Room 204

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 4**

**Ernest Rossi, PhD • Michael Yapko, PhD**

***Hypnosis in Psychotherapy***

**Dan Short, PhD, moderator**

Marriott  
Platinum Ballroom 1-5

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 3**

**John Gottman, PhD • Julie Gottman, PhD**

Marriott  
Platinum Ballroom 6-10

Educational Objective: To learn the philosophies of various practitioners and theorists.

**Conversation Hour 4**

**Jeffrey Zeig, PhD**

Convention Center  
Ballroom C

Educational Objective: To learn the philosophies of various practitioners and theorists.

10:40 – 11:40 AM

**Clinical Demonstration 5**

**Daniel Siegel, MD**

***Mindsight and Integration in the Cultivation of Well-Being (Live)***

Hilton Pacific Ballroom

Educational Objectives

1) To define Mindsight. 2) To describe the capacity of Mindsight to promote Integration.

**Clinical Demonstration 6**

**Michael Yapko, PhD**

***Hypnosis as a Context for Developing Inner Resources (Live)***

Hilton California Ballroom

Educational Objectives

1) To give three examples of specific forms of hypnotic suggestion.  
2) To identify three ways to utilize client concerns in developing a hypnotic strategy.

**Topical Panel 5**

**Albert Bandura, PhD • Marsha Linehan, PhD**

***Donald Meichenbaum, PhD  
Post-Traumatic Disorders***

Lilian Borges Zeig, MA, moderator

Convention Center Ballroom D & E

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 6**

**John Gottman, PhD • Julie Gottman, PhD  
Harville Hendrix, PhD • Michele Weiner-Davis, MSW**

***Couples Therapy***

Jeffrey Kottler, PhD, moderator

Convention Center Ballroom A & B

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 5**

**Jean Houston, PhD • Cloé Madanes, Lic. Psic.**

***Spirituality***

Alexander Simpkins, PhD, moderator

Convention Center Room 204

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 6**

**James Hillman, PhD • Thomas Szasz, MD**

***The Myth of Psychotherapy***

Michael Munion, MA, moderator

Marriott Platinum Ballroom 1-5

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 5**

**Salvador Minuchin, MD**

Marriott Platinum Ballroom 6-10

Educational Objective: To learn the philosophies of various practitioners and theorists.

**Conversation Hour 6**

**Bessel van der Kolk, MD**

Convention Center Ballroom C

Educational Objective: To learn the philosophies of various practitioners and theorists.

~•~  
**11:40 AM – 1:10 PM • Lunch Break**

~•~



1:10 – 2:10 PM • Invited Addresses 1-5

Invited Address 1

**Kay Redfield Jamison, PhD**

Hilton  
Pacific Ballroom

*Life after Public Disclosure of Mental Illness*

Robert Bohanske, PhD, moderator

Writing a memoir about bipolar illness has predictable and unpredictable consequences, especially if one is a professor of psychiatry. Responses from colleagues ranged from encouragement and support to criticism and silence. Students and professionals with mental illness expressed a deep level of concern about the consequences of seeking treatment or talking openly with clinical supervisors. Public response ranged from support and appreciation to religious and editorial tirades.

Educational Objectives

- 1) To list the range of responses to disclosure of mental illness.
- 2) To describe five positive ways of dealing with professionals with mental illness.

Invited Address 2

**Mary Pipher, PhD**

Marriott  
Platinum Ballroom 1-5

*Seeking Peace:*

*Reflections of the Worst Buddhist in the World*

Jon Carlson, PsyD, EdD, moderator

In describing her newly published memoir, Dr. Pipher explores her personal search for understanding, tranquility, and respect through her work as a psychologist and seeker.

Educational Objectives

- 1) To list four universal ways people cope with despair.
- 2) To describe trauma and resilience in the broadest spiritual/psychological manner.

Invited Address 3

**Judith Beck, PhD**

Marriott  
Platinum Ballroom 6-10

*Overweight and Obesity:*

*State of the Art Research-Based Treatment*

Betty Alice Erickson, MS, LPC, LMFT, moderator

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, 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.

Educational Objectives

- 1) To identify dysfunctional cognitions underlying poor eating habits.
- 2) To list two ways to help clients respond effectively when psychological issues that interfere with weight loss arise.

Invited Address 4

**Marsha Linehan, PhD**

Hilton  
California Ballroom

*Toward a Mindful Technology of Change*

Richard Landis, PhD, moderator

With her Dialectical Behavioral Therapy, Marsha Linehan was one of the first practitioners to show how East and West could meet in the consulting room. She will address how critical it is that psychotherapists strive for both a well-being of our clients and the scientific validation of our methods.

Educational Objectives

- 1) To list four emotion regulation skills.
- 2) To list four crisis survival skills.

Invited Address 5

**David Burns, MD**

Convention Center  
Ballroom A & B

*The Clinician's Illusion: Making Patients and Therapists Accountable*

Michael Munion, MA, moderator

Dr. Burns will describe disturbing new research on the accuracy, or lack of accuracy of clinician's perceptions of how patients feel, and how they feel about us. He will illustrate new, brief and highly accurate assessment instruments that can dramatically boost your clinical understanding and effectiveness.

Educational Objectives

- 1) To describe the recent research on the accuracy of therapist's perceptions of depression severity.
- 2) To describe how to dramatically boost therapeutic effectiveness.

**2:30 – 3:30 PM**

**Clinical Demonstration 7**

**James Hillman, PhD**

Hilton  
Pacific Ballroom

***Case History/Soul History (Live)***

Educational Objectives

- 1) To list three methods for eliciting a client's soul history,
- 2) To describe three techniques for cutting through defensive, time-wasting case history.

**Clinical Demonstration 8**

**William Glasser, MD**

Hilton  
California Ballroom

***Reality Therapy/Choice Theory (Live)***

Educational Objectives

- 1) To describe the use of reality therapy in counseling.
- 2) To describe Choice Theory.

**Topical Panel 7**

**Christine Padesky, PhD**

Convention Center  
Ballroom D & E

**Derald Wing Sue, PhD**

**Michael Yapko, PhD**

***Training Therapists***

**Jeffrey Kottler, PhD, moderator**

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 8**

**Bessel van der Kolk, MD**

Convention Center  
Ballroom A & B

**Jack Kornfield, PhD • Daniel Siegel, MD**

**Francine Shapiro, PhD**

***Mindfulness, Trauma, Healing and the Spirit***

**Jon Carlson, PsyD, EdD, moderator**

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Conversation Hour 7\***

**Kay Redfield Jamison, PhD**

Convention Center  
Room 204

**Conversation Hour 8\***

**Mary Pipher, PhD**

Convention Center  
Ballroom C

**Conversation Hour 9\***

**Judith Beck, PhD**

Marriott  
Platinum Ballroom 1-5

**Conversation Hour 10\***

**Marsha Linehan, PhD**

Marriott  
Platinum Ballroom 6-10

\*Educational Objective for all Conversation Hours:

To learn the philosophies of various practitioners and theorists.



3:50 – 4:50 PM

**Clinical Demonstration 9**

**Marsha Linehan, PhD**  
*Chain Analysis (Live)*

Hilton  
Pacific Ballroom

Educational Objectives

- 1) To define Chain Analysis
- 2) To describe the uses of Chain Analysis in psychotherapy.

**Clinical Demonstration 10**

**Ernest Rossi, PhD**  
*Facilitating Gene Expression  
in Hypnosis and Psychotherapy (Live)*

Hilton  
California Ballroom

Educational Objectives

- 1) To describe the general waking trance in brief psychotherapy.
- 2) To describe the four-stage creative cycle in brief psychotherapy.

**Topical Panel 9**

**Jean Houston, PhD**  
**Donald Meichenbaum, PhD • Derald Wing Sue, PhD**  
*Cross-Cultural Issues*  
Alexander Simpkins, PhD, moderator

Convention Center  
Ballroom D & E

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 10**

**Judith Beck, PhD • Francine Shapiro, PhD**  
**Michael Yapko, PhD**  
*Depression*

Convention Center  
Ballroom A & B

Bernhard Trenkle, Dipl. Psych., moderator

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 7**

**Harville Hendrix, MD • Susan Johnson, EdD**  
*Marital Enhancement*  
Brent Geary, PhD, moderator

Marriott  
Platinum Ballroom 1-5

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 11\***

**Harriet Lerner, PhD**

Marriott  
Platinum Ballroom 6-10

**Conversation Hour 12\***

**David Barlow, PhD**

Convention Center  
Ballroom C

**Conversation Hour 13\***

**Cloé Madanes, Lic. Psic.**

Convention Center  
Room 204

\*Educational Objective for all Conversation Hours:

To learn the philosophies of various practitioners and theorists.

5:10 – 6:10 PM

**Clinical Demonstration 11**

**Erving Polster, PhD**

Hilton  
Pacific Ballroom

***On the Road Again:  
Riding the Therapeutic Arrow (Live)***

Educational Objectives

- 1) To describe how “immediate nextness”, followed continuingly, will lead to the achievement of therapeutic goals.
- 2) To describe how absorbed relationship is a leavening process for the increased motivation of clients.

**Clinical Demonstration 12**

**Stephen Gilligan, PhD**

Hilton  
California Ballroom

***Generative Trance and Transformation (Live)***

Educational Objectives

- 1) To describe how symptoms can become solutions under conditions of generative trance.
- 2) To describe how a generative trance unfolds from the client’s unique processes and idiosyncratic values.

**Topical Panel 11**

**James Hillman, PhD**

Convention Center  
Ballroom D & E

**Cloé Madanes, Lic. Psic. • Thomas Szasz, MD**

***Suicidal Behavior***

Alexander Simpkins, PhD, moderator

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 12**

**Claudia Black, PhD**

Convention Center  
Ballroom A & B

**Harville Hendrix, PhD • Harriet Lerner, PhD**

***Homework Assignments***

Bernhard Trenkle, Dipl. Psych., moderator

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 8**

**Judith Beck, PhD • Christine Padesky, PhD**

Marriott  
Platinum Ballroom 1-5

***Advances in Cognitive Behavioral Therapy***

Brent Geary, PhD, moderator

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 9**

**Donald Meichenbaum, PhD • Scott Miller, PhD**

Marriott  
Platinum Ballroom 6-10

***Evidenced-Based Practice***

Michael Munion, MA, moderator

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 14**

**William Glasser, MD**

Convention Center  
Ballroom C

Educational Objective: To learn the philosophies of various practitioners and theorists.

**Conversation Hour 15**

**Otto Kernberg, MD**

Convention Center  
Room 204

Educational Objective: To learn the philosophies of various practitioners and theorists.



6:30 – 7:30 PM

**Author's Book-Signing Reception**

Convention Center  
Exhibit Hall A

**Author's Reception**  
*Meet & Greet the Faculty*

Meet our renowned faculty/authors in a warm and congenial atmosphere.

Friday Evening 6:30 to 7:30 PM

8:30 – 10:30 PM

**Evolution Dance Party**

*Open Dancing & Ballroom Dance Instruction*

Hilton  
Ballrooms

**DANCE INSTRUCTION!**

8:30 - 10:30 PM  
Hilton Pacific Ballroom

Learn the Foxtrot, Salsa & Swing from professional Dance instructor *Carina Fourmyle*

**DANCE PARTY**

Friday, Dec. 11  
8:30 - 10:30 PM

Hilton California Pavilion

*Dancing*  
**LIVE MUSIC**  
Cash Bar

8:00 – 9:00 AM

**Clinical Demonstration 13**

**Susan Johnson, EdD**

**Hilton  
Pacific Ballroom**

***Emotionally Focused Couples Therapy (Live)***

Educational Objectives

- 1) To describe how EFT can be used with partners with attachment injuries.
- 2) To list three of the main elements in Emotionally Focused Therapy.

**Clinical Demonstration 14**

**Donald Meichenbaum, PhD**

**Hilton  
California Ballroom**

***Cognitive Behavioral Therapy  
with a Suicidal Victimized Patient (Video)***

Educational Objectives

- 1) Given a patient describe a Constructive-Narrative Perspective of treatment.
- 2) To list risk and protective factors for suicidal patients.

**Topical Panel 13**

**John Gottman, PhD • Julie Gottman, PhD**

**Convention Center  
Ballroom D & E**

**Otto Kernberg, MD • Jeffrey Zeig, PhD**

***The Initial Interview***

**Robert Bohanske, PhD, moderator**

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 14**

**Ernest Rossi, PhD • Francine Shapiro, PhD**

**Convention Center  
Ballroom A & B**

**Daniel Siegel, MD**

***Mind-Body Issues***

**Annellen Simpkins, PhD, moderator**

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 10**

**Stephen Gilligan, PhD • Steven Hayes, PhD**

**Convention Center  
Room 204**

***Mindfulness in Therapy***

**Jeffrey Kottler, PhD, moderator**

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 11**

**Claudia Black, PhD • Robert Dilts**

**Convention Center  
Ballroom C**

***Addictive Behavior***

**Betty Alice Erickson, MS, LPC, LMFT, moderator**

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 16**

**Albert Bandura, PhD**

**Marriott  
Platinum Ballroom 1-5**

Educational Objective: To learn the philosophies of various practitioners and theorists.

**Conversation Hour 17**

**James Hillman, PhD**

**Marriott  
Platinum Ballroom 6-10**

Educational Objective: To learn the philosophies of various practitioners and theorists.

9:20 – 10:20 AM

**Clinical Demonstration 15**

**Robert Dilts**

Hilton  
Pacific Ballroom

***Active Centering: Applying Somatic Coaching  
in Psychology (Live)***

Educational Objectives

- 1) To describe a simple, powerful method to help clients transform fear and resistance to deal more effectively with challenges.
- 2) To describe the process of somatic centering to address challenging circumstances.

**Clinical Demonstration 16**    **John Gottman, PhD • Julie Gottman, PhD**

Hilton  
California Ballroom

***Gottman Method Couples Therapy (Video)***

Educational Objectives

- 1) Given a couple, describe an intervention for psychological flooding.
- 2) Given a couple, describe an intervention for childhood trauma.

**Topical Panel 15**

**Marsha Linehan, PhD • Scott Miller, PhD**

Convention Center  
Ballroom D & E

**Jeffrey Zeig, PhD**

***Treating Severely Disturbed Patients***

Robert Bohanske, PhD, moderator

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 16**

**Susan Johnson, EdD • Cloé Madanes, Lic, Psic**

Convention Center  
Ballroom A & B

**Salvador Minuchin, MD**

***Family Therapy***

Annellen Simpkins, PhD, moderator

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 12**

**Otto Kernberg, MD • Erving Polster, PhD**

Convention Center  
Room 204

***Transference/Countertransference***

Brent Geary, PhD, moderator

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 13**

**David Barlow, PhD • Martin Seligman, PhD**

Marriott  
Platinum Ballroom 1-5

***Positive Psychology and  
Evidence-Based Practice of Psychology***

Brent Geary, PhD, moderator

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 14**

**Albert Bandura, PhD • Nicholas Cummings, PhD, ScD**

Convention Center  
Ballroom C

***Evolution and Devolution of Psychotherapy***

Michael Munion, MA, moderator

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 18**

**Francine Shapiro, PhD**

Marriott  
Platinum Ballroom 6-10

Educational Objective: To learn the philosophies of various practitioners and theorists.



10:40 – 11:40 AM

**Clinical Demonstration 17**

**Otto Kernberg, MD**

Hilton  
Pacific Ballroom

***Diagnostic Interview of a Borderline Patient (Live)***

Educational Objectives

- 1) Given a patient, give an example of a structural interview.
- 2) To describe how to test reality testing.

**Clinical Demonstration 18**

**Christine Padesky, PhD**

Hilton  
California Ballroom

***The Human Face of Evidence-Based Practice (Video)***

Educational Objectives

- 1) To define Evidence-Based Practice.
- 2) Given a patient, give an example of treatment using Evidence-Based Practice.

**Topical Panel 17**

**Steven Hayes, PhD • James Hillman, PhD**

Convention Center  
Ballroom D & E

**Erving Polster, PhD**

***Psychotherapy: Art or Science?***

**Bernhard Trenkle, Dipl. Psych., moderator**

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Topical Panel 18**

**Robert Dilts • Stephen Gilligan, PhD**

Convention Center  
Ballroom A & B

**Michele Weiner-Davis, MSW**

***Approaches Derived from Milton Erickson:  
Compare and Contrast Solution-Focused, Self-Relations and NLP***

**Lilian Borges Zeig, MA, moderator**

Educational Objective: To compare and contrast clinical and philosophical perspectives of experts.

**Dialogue 15**

**John Gottman, PhD • Julie Gottman, PhD**

Marriott  
Platinum Ballroom 1-5

**Salvador Minuchin, MD**

***Healthy Marriage***

**Dan Short, PhD, moderator**

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Dialogue 16**

**Cloé Madanes, Lic. Psic. • Jeffrey Zeig, PhD**

Convention Center  
Room 204

***Humor in Therapy***

**Richard Landis, PhD, moderator**

Educational Objective: Given a topic, to describe the differing approaches to psychotherapy, and to identify the strengths and weaknesses of each approach.

**Conversation Hour 19**

**Jean Houston, PhD**

Convention Center  
Ballroom C

Educational Objective: To learn the philosophies of various practitioners and theorists.

**Conversation Hour 20**

**Martin Seligman, PhD**

Marriott  
Platinum Ballroom 6-10

Educational Objective: To learn the philosophies of various practitioners and theorists.

## 12:00 – 1:00 PM • Invited Addresses 6-10

## Invited Address 6

**Albert Bandura, PhD**Marriott Platinum  
Ballroom 1-5***On Shaping One's Future: The Influential Role of Self-Efficacy***

Dan Short, PhD, moderator

This address will present belief in one's causative power as the foundation of human motivation, aspiration, accomplishments, and well-being. Whatever other factors serve as guides and motivators, they are rooted in the core belief that one has the power to make changes in one's functioning and life conditions.

Educational Objectives

1) To describe the four ways for enhancing self-efficacy. 2) To list the four processes through which self-efficacy works.

## Invited Address 7

**Martin Seligman, PhD**Hilton  
California Ballroom***Advances in Positive Psychology***

Jeffrey Zeig, PhD, moderator

Positive education is defined as education for both traditional skills and for happiness. The high prevalence of depression, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills that increase resilience, positive emotion, engagement, and meaning can be taught to schoolchildren. Positive education is derived from Positive Psychotherapy. Dr. Seligman will present the story of teaching these skills to an entire school, Geelong Grammar School, in Australia, and will speculate that positive education will form the basis of a "new prosperity," a politics that values both wealth and well-being.

Educational Objectives

1) To list two precepts of Positive Psychotherapy. 2) To describe three positive interventions.

## Invited Address 8

**Harriet Lerner, PhD**Convention Center  
Ballroom A & B***The Secret Life of Shame:  
Transforming Buried Pain into Clinical Treasure***

Alexander Simpkins, PhD, moderator

This address will define shame, identify its hidden sources and devastating consequences, and re-examine why shame makes it difficult for people to repair harmful behaviors. Dr. Lerner also will present theoretical implications and practical advice for the restoration of accountability and self esteem in clinical work and everyday life.

Educational Objectives

1) To identify the sources of shame. 2) To identify the negative consequences of shame on human emotional functioning.

## Invited Address 9

**Violet Oaklander, PhD**Marriott Platinum  
Ballroom 6-10***What Brings Children into Therapy: A Developmental View***

Annellen Simpkins, PhD, moderator

All children are born with the capacity to develop and use all of the aspects of the organism to live healthy, productive, joyful lives. We know that trauma interrupts the healthy development of the child. There are also some very basic developmental aspects that can further thwart healthy development. An understanding of these hindrances is the first step toward helping children heal.

Educational Objectives

1) To list three components of the Therapeutic Process.  
2) To describe the most essential goal of the expressive techniques used with children.

## Invited Address 10

**Daniel Siegel, MD**Hilton  
Pacific Ballroom***Psychotherapy Transforms the Brain: Mindsight and Neural Integration***

Lilian Borges Zeig, MA, moderator

Psychotherapy is at a turning point in the new millennium. We can now draw on the principles of a vast array of sciences, including that of neuroplasticity, to create new approaches to therapeutic interventions that are aimed in specific ways to alter the connections in the brain. Mindsight is the capacity to monitor and modify the internal world. As we help others, and ourselves, to focus attention in specific ways that promote neural integration – to stimulate the linkage of different regions to one another – we can create the fundamental changes in brain structure that underlie therapeutic improvement. Effective psychotherapy can use mindsight to focus attention in ways that promote neural integration and cultivate well-being in body, mind, and relationships.

Educational Objectives

1) To list the fundamental principles of neuroplasticity.  
2) Given a therapeutic intervention, describe how to apply mindsight to focus attention in integrative ways that alter connections in the brain.

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1:00 – 2:30 PM • Lunch Break

## 2:30 – 5:30 PM • Workshops 29-35

## Workshop 29

Marsha Linehan, PhD

Convention Center  
Ballroom D & E***Mindfulness, Radical Acceptance and Willingness:  
Teaching DBT Acceptance Skills in Clinical Practice***

This workshop will focus on how to teach mindfulness in reality acceptance skills. It will consist of practicing various mindfulness exercises drawn from Dialectic Behavior Therapy (DBT), and empirically supported treatment for individuals with borderline personality disorder. This workshop will include lecture, discussion, and heavy emphasis on experiential practice. Participants will learn the newly revised and updated DVD mindfulness skills and strategies for how to integrate them into clinical practice. This course is open to both DBT and non-DBT therapists, focusing on integrating these skills within any treatment orientation.

Educational Objectives

- 1) To describe how to teach mindfulness in reality acceptance skills.
- 2) Given a borderline patient, describe two mindfulness exercises drawn from DBT.

## Workshop 30

Ernest Rossi, PhD

Convention Center  
Ballroom C***Optimizing Gene Expression and Brain Plasticity  
in Dreams, Meditation, Ritual and Early Morning Thoughts***

Revolutionary research in neuroscience and functional genomics documents show how experiences of novelty, environmental enrichment, and exercise (both mental and physical) can optimize gene expression, brain plasticity, healing and life extension in dreams, meditation and spiritual rituals. In this workshop, we will experience the four-stage creative cycle in ourselves and in others.

Educational Objectives

- 1) To list three psychological experiences that may optimize gene expression and brain plasticity.
- 2) To list the four stages of the creative cycle.

## Workshop 31

Bessel van der Kolk, MD

Marriott  
Platinum Ballroom 1-5***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.

Educational Objectives

- 1) To describe three new approaches in the treatment of trauma.
- 2) To describe the differences between how ordinary memories are stored contrasted with the memory processing of traumatic experiences.

## Workshop 32

Stephen Gilligan, PhD

Marriott  
Platinum Ballroom 6-10***The Generative Self in Psychotherapy:  
How Higher States of Consciousness Can Be used for Transformational Change***

The Generational 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.

Educational Objectives

- 1) To list three techniques for developing higher states of consciousness in a psychotherapy session.
- 2) To identify four ways to transform a problem or symptom by lifting it into a higher state of consciousness.



2:30 – 5:30 PM • Workshops 29-35 (Continued)

Workshop 33

**Susan Johnson, EdD**

Hilton  
Pacific Ballroom

***Hold Me Tight: Strengthening the Bonds of Love***

This workshop offers participants the wisdom gained from our new scientific understanding of love, and from 25 years of research and clinical practice in Emotionally Focused Couple Therapy (EFT). The first part of the workshop will present a clear picture of romantic love as the natural arena for personal health, resilience and growth. The second part of the workshop outlines and guides participants into four conversations to enhance your relationship: Recognizing Demon Dialogues, Finding Raw Spots, the pivotal Hold Me Tight conversation, and Forgiving Injuries. Better communication, more effective problem solving, more empathetic caring and improved sexual relationships are just some of the improvements associated with a more secure bond.

Educational Objectives

- 1) To list the key responses and three cycles which sabotage a felt sense of connection.
- 2) Given a couple, shape four conversations that foster a secure, lasting bond with a partner.

Workshop 34

**Erving Polster, PhD**

Convention Center  
Room 204

***Gestalt Therapy: A Coordination of Relationship, Awareness and Experimental Improvisation***

Dr. Polster will show how a deep relational duet can be created and, joined with therapeutic experiments and awareness expansion, provide a landscape of high focus, surprise, directionality and radiance in the search for a sense of personal wholeness. Creation of fluidity, dependable identity, microcosmic lessons, and fresh storytelling will serve as major vehicles.

Educational Objectives

- 1) To describe four dimensions along which a person's connectedness may be improved.
- 2) To list the key conditions for setting up a therapeutic experiment.

Workshop 35

**Martin Seligman, PhD**

Hilton  
California Ballroom

***Positive Psychology and Positive Interventions***

Happiness can be usefully dissolved into the Pleasant Life (Positive Emotions), the Engaged Life, and the Meaningful Life. The mission of Positive Psychology is to understand and build these three lives. Dr. Seligman will describe interventions that raise happiness, so defined, and will detail their effects on depression.

Educational Objectives

- 1) To describe the mission of Positive Psychology.
- 2) To describe two interventions that build happiness and fight depression.



2:30 – 5:45 PM • Point/Counterpoint Speeches 9 & 10

Point/Counterpoint 9

2:30 – 4:00 PM

Convention Center  
Ballroom A & B

**Jeffrey Zeig, PhD**, presenter • **Salvador Minuchin, MD**, discussant

*The Art and Science of Impact*

**Anellen Simpkins, PhD**, moderator

Science measures, art impacts. We will study methods of impact used in various arts, including painting, music, writing, movies and dance. These methods can be applied in therapy where they can provide impact, making clinical work more experiential, more effective. A model will be offered and explained.

Educational Objectives

- 1) To list three methods of impact from the arts that can be applied in psychotherapy.
- 2) Given a patient's problem or solution, indicate how to apply methods from the arts to effect treatment.

Point/Counterpoint 10

4:15 – 5:45 PM

Convention Center  
Ballroom A & B

**James Hillman, PhD**, presenter • **Otto Kernberg, MD**, discussant

*Encountering the Risk of Suicide*

**Anellen Simpkins, PhD**, moderator

An expanded understanding of the suicidal urge, and reasoning, belongs to the capability of any therapist, since suicide is always a human potential. The therapist needs to come to terms with his/her own suicidal urges, fears and fantasies, and ideas of death as well. Objective reports – diagnosis, demographics, age groups, psychological situation, social history, personal styles, etc. may or may not help the practitioner in encountering the client's risk of suicide.

Educational Objectives

- 1) To describe five "advanced warning signs" of heightened suicide risk.
- 2) To list three kinds of therapeutic responses to suicide threat.

7:00 – 9:00 PM • Keynote 6

Keynote 6

**Irvin Yalom, MD**

Hilton  
Pacific Ballroom

*Staring at the Sun: Overcoming the Terror of Death\**

The terror of death plays a larger role in our inner life and our psychological problems than is generally thought. Too often psychotherapists avoid inquiry into death anxiety; either because they do not know what they can offer patients or because they have not confronted their own anxiety about death. If we come to terms with mortality in our own personal therapy and familiarize ourselves with the topic, we can offer a great deal to patients terrorized by death. Individuals with much terror about death can be helped, not only to enjoy relief from fear, but also may find that an encounter with death will enhance their life. As wise men have pointed out through the millennia, death confrontation can awaken us to a fuller life. Awakening experiences, if we learn to recognize them, are amply available in everyday therapy. One important method of coping is to avoid large reservoirs of unlived life. The Zorba of Kazantzakis had it right when he urged us to "leave life nothing but a burned out castle." Dr. Yalom will describe this idea and focus also on other effective arguments available to clinicians (including the arguments of Epicurus) that will help us to overcome death terror.

Educational Objectives

- 1) To describe one method to come to terms with mortality.
  - 2) To describe how coming to terms with death can allow us to enhance our lives.
- \* A special book-signing will follow this Keynote

9:00 PM

Book Signing

**Irvin Yalom, MD**

Hilton  
Ballroom Lobby

## 8:00 – 9:00 AM • Invited Addresses 11-15

## Invited Address 11

**John Gottman, PhD • Julie Gottman, PhD**Hilton  
California Ballroom***After Baby Arrives, What About the Marriage?***

Lilian Borges Zeig, MA, moderator

Longitudinal research with newlyweds shows that 67% have a drop in marital satisfaction in the first three years of their baby's life. Hostility between the partners increases, and the baby's emotional, cognitive, and neurological development are all adversely affected. The Bringing Baby Home program, which will be described, is effective in preventing both these negative changes and post-partum depression.

Educational Objectives

- 1) To describe three negative changes in a marriage that can happen after the birth of a child.
- 2) To describe three therapies that can prevent negative changes and post-partum depression.

## Invited Address 12

**Thomas Szasz, MD**Convention Center  
Ballroom A & B***"The Myth of Mental Illness" Revisited***

Bernhard Trenkle, Dipl. Psych., moderator

Fifty years ago, the question, "what is mental illness", was of interest to psychiatrists, psychologists, philosophers, sociologists, and the general public. It no longer is. The question has been answered: A 1999 White House Fact Sheet on Myths and Facts about Mental Illness asserted: "Research in the last decade proves that mental illnesses are diagnosable disorders of the brain." In 2008, Congress required insurance companies to provide people with mental illnesses "the same access to affordable coverage as those with physical illnesses." Professional expertise and political power united in turning an important false belief into a powerful "lying fact." If we define human problems as the symptoms of brain diseases, and if we have the power to impose our definition on an entire society, then they are brain diseases, even in the absence of any medically ascertainable evidence of brain disease, can we then treat mental illnesses as if they were brain diseases? Dr. Szasz will expand on this idea.

Educational Objectives

- 1) To compare and contrast the psychiatric and social scene in the 1950s with that of the present.
- 2) To describe the impact of The Myth of Mental Illness on psychiatric thought and practice.

## Invited Address 13

**Cloé Madanes, Dipl. Psych., HDL**Marriott  
Platinum Ballroom 6-10***My Favorite Stories of Therapy***

Robert Bohanske, PhD, moderator

Cloé Madanes will present her view of what therapy should be by telling her favorite stories of people overcoming very serious challenges.

Educational Objectives

- 1) To list five strategic approaches with couples.
- 2) To describe how to understand a spouse's needs.

## Invited Address 14

**Bessel van der Kolk, MD**Hilton  
Pacific Ballroom***Trauma and Attachment: Creating a Home within One's Self***

Jon Carlson, PsyD, EdD, moderator

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. The study of trauma has probably been the single most fertile area in developing a deeper understanding of the relationship among the emotional, cognitive, social, and biological forces that shape human development.

Educational Objectives

- 1) To describe the differences between how ordinary memories are stored contrasted with the memory processing of traumatic experiences.
- 2) To describe two new approaches in the treatment of trauma.



## 8:00 – 9:00 AM • Invited Addresses 11-15 (Continued)

Invited Address 15

**Jean Houston, PhD**Marriott  
Platinum Ballroom 1-5***So You Want to Change the World:  
Energy and Aptitude in a Time of an Emerging New Story***

Betty Alice Erickson, MS, LPC, LMFT , moderator

Dr. Houston will offer ways and means to profoundly make a difference for the betterment of people, communities, organizations and cultures worldwide. Drawing on her work in over 100 countries in training leaders in human development in the light of social change, she will offer liberating thoughtways, as well as techniques of activating human and social potentials in sensory, psychological, mythic and symbolic, as well as, spiritual and integral levels of the human capacity. Together, these lead to enhanced abilities to creatively and effectively deal with present challenges. Dr. Houston will address the unique place that present movements in psychology have to offer in a world of radical shifts.

Educational Objectives

- 1) To describe two ways to make a difference for the betterment of communities worldwide.
- 2) To describe two techniques of activating human and social potentials.

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## 9:15 – 11:15 AM • Workshops 36-43

Workshop 36

**Robert Dilts**Convention Center  
Room 204***Crisis, Transition and Transformation***

Crisis, transition and transformation are three key dynamics we need to address during times of deep upheaval. It is said that things are always changing, but not always progressing. During times of dynamic change, many challenges will present themselves such as meeting the fear of the unknown and unfamiliar, dealing with loss, and a general sense of vulnerability. These can plunge us into unhelpful survival strategies: attack, escape or rigidity (fight, flight, freeze) resulting in regression, inertia and conflict. In order progress through change, it is important to cultivate qualities such as flexibility and stability, balance, connection and the ability to let go.

Educational Objectives

- 1) To describe three tools for dealing with crisis and change.
- 2) To describe two methods for transforming fear and survival strategies into more helpful responses to crisis.

Workshop 37

**Steven Hayes, PhD**Convention Center  
Ballroom A & B***Examining Acceptance, Mindfulness, Values  
Moment to Moment in Session***

This workshop will show how to detect and modify acceptance, mindfulness and values processes moment to moment in therapy sessions, based primarily on methods drawn from Acceptance and Commitment Therapy (ACT). The primary method used will be tape of real clinical sessions, with start and stop discussions.

Educational Objectives

- 1) To list an example of client difficulties in acceptance, mindfulness and values processes.
- 2) To list an example of a clinical intervention strategy to increase each of the ACT processes.

Workshop 38

**Daniel Siegel, MD**Hilton  
Pacific Ballroom***The Triangle of Well-Being***

This workshop will immerse us in an exploration of how the human brain, mind, and relationships form an interconnected “triangle of well-being” involving the flow of energy and information. The mind regulates this flow; our relationships share this flow; and the brain serves as a mechanism mediating this flow. Knowing how to work with empathic relationships, a coherent mind, and an integrated brain builds a perspective on how to approach psychotherapy from an “interpersonal neurobiology” perspective. Nine domains of integration will be highlighted for application in psychotherapy.

Educational Objectives

- 1) To define the mind and its connections to relationships and the brain.
- 2) To describe how seeing the flow of energy and information in mind, brain, and relationships can inform an effective approach to evaluation and psychotherapy.

## 9:15 – 11:15 AM • Workshops 36-43 (Continued)

## Workshop 39

Violet Oaklander, PhD

Marriot  
Platinum Ballroom 6-10***Gestalt Therapy with Children and Adolescents***

Dr. Oaklander will present an approach to working with children and adolescents that involves a variety of projective, creative and expressive techniques with Gestalt Therapy theory, philosophy, and practice as the underlying framework. Included will be an overview of the Oaklander model of the therapeutic process, case material, a direct experience, and discussion.

Educational Objectives

- 1) To list three components of the Therapeutic Process.
- 2) To describe the most essential goal of the expressive techniques used with children.

## Workshop 40

Erving Polster, PhD

Convention Center  
Ballroom C***Life Focus Communities***

Extrapolating psychotherapy leadership private sessions into Life Focus Communities would expand therapy's inter-relational purpose, combining the treasures of belonging with the inspirational powers of people joining together in a continuing examination of the lived life. Dr. Polster will offer some novel comparisons with religion and demonstrate through experiential exercises how such groups may be conducted.

Educational Objectives

- 1) To name two major purposes shared by religion and psychotherapy.
- 2) To name three types of activities to be built into the design of meetings of Life Focus Communities.

## Workshop 41

Francine Shapiro, PhD

Convention Center  
Ballroom D & E***EMDR and Adaptive Information Processing:  
Applications to Individual and Family Therapy***

EMDR directly addresses the physiologically stored memory networks that underlie both psychological problems and mental health. This orientation to both case conceptualization and treatment will be explored to address diverse clinical applications, including attachment issues, body image, chronic pain, substance abuse, sexual dysfunction, personality disorders, and other presenting complaints. The Integration of EMDR with family therapy practices will also be discussed.

Educational Objectives

- 1) To describe the types of cases amenable to EMDR treatment.
- 2) To describe the kinds of cognitive, emotional and somatic changes attainable with EMDR.

## Workshop 42

Jean Houston, PhD

Hilton  
California Ballroom***The Possible Human as the Possible Therapist***

Dr Houston will offer a spectrum of ways designed to evoke new capacities in yourself and your clients in at least four areas: sensory and physical, psychological, myths and symbols, as well as spiritual. She will hope to entice you into high sensory development, radical empathy, luminous intelligence, and a polyphrenic nature (enjoying and utilizing the many selves you contain within you). The hope is that the values offered in this workshop will stimulate a passion for the possible, and a capacity to take on the tasks of a world in transition.

Educational Objectives

- 1) To describe two ways to effect cultural change.
- 2) To name three ways a cultural therapist can help make a better world.

## Workshop 43

Jeffrey Zeig, PhD

Marriott  
Platinum Ballroom 1-5***Advanced Techniques of Psychotherapy: 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.

Educational Objectives

- 1) To define attunement.
- 2) Given a patient, list three ways of eliciting attunement.

11:30 AM – 1:30 PM • Keynote 7

Keynote 7

**Philip Zimbardo, PhD**

Hilton Pacific Ballroom

*A Journey from the Psychology of Evil to Heroism*

Dr. Zimbardo will offer a psychological account of how ordinary people sometimes turn evil and commit unspeakable acts. Although it is often hard hear about evil up close and personal, we must understand its causes in order to contain and transform it through wise decisions and innovative communal actions.

Educational Objectives

- 1) To name three factors that can lead good people to engage in evil actions.
- 2) To describe a way to promote heroism as an antidote to evil.

1:30 – 2:00 PM • Closing Remarks

**Jeffrey Zeig, PhD**

Hilton Pacific Ballroom

**The Evolution of Psychotherapy**

Philip Zimbardo, PhD is internationally recognized scholar, educator, researcher and media personality, winning numerous awards and honors in each of these domains. He has been a Stanford University professor since 1968, having taught previously at Yale, NYU and Columbia. Zimbardo's career is noted for giving psychology away to the public through his popular PBS-TV series, *Discovering Psychology*, along with many text and trade books, among his 300 publications. He was recently president of the American Psychological Association.

**The Evolution of Psychotherapy**

Irvin Yalom, MD, is Professor Emeritus of Psychiatry, Stanford University, School of Medicine and therapist in private practice in Palo Alto, California. Author of numerous books, monographs and chapters. He has received the Commonwealth Club Gold Medal Award for fiction for *When Nietzsche Wept* - Best Novel of 1993. Dr. Yalom also has received the Oscar Pfister Award for contributions to Religion and Psychiatry from the American Psychiatric Association.



**9:00 AM – 12:00 PM • Post-Conference Brief Therapy Master Class I**

Workshop 1

**Erving Polster, PhD • Jeffrey Zeig, PhD**

Hilton  
California Ballroom D

***Brief Therapy: Experiential Approaches  
Combining Gestalt and Hypnosis***

Gestalt therapy and Ericksonian hypnotherapy 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. Polster and Zeig will engage with each other and the participants to examine commonalities and differences in their work.

Educational Objectives

- 1) To describe the synergy between Gestalt Therapy and Ericksonian Hypnotherapy.
- 2) To list two commonalities and two differences between Gestalt Therapy and Ericksonian Hypnotherapy.

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**12:00 – 1:30 PM • Lunch Break**

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**1:30 – 4:30 PM • Post-Conference Brief Therapy Master Class II**

Workshop 2

**Erving Polster, PhD • Jeffrey Zeig, PhD**

Hilton  
California Ballroom D

***Brief Therapy: Experiential Approaches  
Combining Gestalt and Hypnosis***

Gestalt therapy and Ericksonian hypnotherapy 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. Polster and Zeig will engage with each other and the participants to examine commonalities and differences in their work.

Educational Objectives

- 1) To describe the synergy between Gestalt Therapy and Ericksonian Hypnotherapy.
- 2) To list two commonalities and two differences between Gestalt Therapy and Ericksonian Hypnotherapy.





# The Evolution *of Psychotherapy*

**The Milton H. Erickson Foundation  
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# The Evolution of Psychotherapy Accreditation and Continuing Education Information

## Program Purpose

*The Evolution of Psychotherapy Conference* is an opportunity for leaders in the field of psychotherapy to present and interact, by discussing the evolution of their approaches and the evolution of psychotherapy in general. Presenting at the *Evolution of Psychotherapy* are experts, each of whom has made seminal contributions to the field of psychotherapy. The Evolution of Psychotherapy 2009 is the sixth comprehensive gathering of master practitioners from major contemporary disciplines. The schedule is subject to change.

## Conference Eligibility

The Evolution of Psychotherapy Conference is open to professionals with a master's degree and above in health-related fields from accredited institutions. Applications are also accepted from full-time graduate students in accredited programs in health-related fields who supply a letter from their department certifying their full-time student status as of December 2009.

## Program Objectives

Attendees will increase their therapeutic skills by learning:

1. The basic principles and techniques of contemporary schools of psychotherapy.
2. The commonalities that underlie successful clinical work.
3. The historical development and future projections of psychotherapeutic disciplines.

## Total Credit Hours

Full Conference (Dec 9-13, 2009) .....	38.0 credit hours
Full Conference + Pre-Conference (Dec 8-13, 2009) .....	46.0 credit hours
Full Conference + Post-Conference (Dec 9-14, 2009) .....	44.0 credit hours
Full Conference + Pre-Conference and Post-Conference (Dec 8-14, 2009) .....	52.0 credit hours
Maximum Credit Hours .....	52.0 credit hours

## Credit Hours Per Day

Tuesday, December 8, 2009 (Pre-Conference) .....	8.0 credit hours
Wednesday, December 9, 2009 .....	9.0 credit hours
Thursday, December 10, 2009 .....	8.0 credit hours
Friday, December 11, 2009 .....	7.0 credit hours
Saturday, December 12, 2009 .....	9.0 credit hours
Sunday, December 13, 2009 .....	5.0 credit hours
Monday, December 14, 2009 (Post-Conference) .....	6.0 credit hours

## Conference Sponsor

The Milton H Erickson Foundation, Inc, is a federal nonprofit corporation, formed to promote and advance the contributions to the health sciences made by the late Milton H Erickson, MD. In addition to organizing congresses and workshops, the Erickson Foundation also organized five landmark Evolution of Psychotherapy Conferences in 1985, 1990, 1995, 2000 and 2005, 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 Loredano, MD; J Charles Theisen, MA, MBA, JD; and Bernhard Trenkle, Dipl Psych. The Milton H Erickson Foundation does not discriminate on the basis of race, color, religion, age, national or ethnic origin, physical challenge or gender.

The conference is co-sponsored by California State University - Fullerton; Department of Counseling.



## **Continuing Education Procedures**

***No more standing in line, or waiting for the mail!  
Get your certificate online instantly!***

To receive your CERTIFICATE OF ATTENDANCE,  
go online to [www.CmeCertificateOnline.com](http://www.CmeCertificateOnline.com)

(beginning Tuesday, December 15, 2009)

**Complete the online evaluation form.**

**You may then print your certificate immediately.**

**Beginning Tuesday, December 15, 2009, after the conclusion of the Conference,  
go to [www.CmeCertificateOnline.com](http://www.CmeCertificateOnline.com),**

**click on the Evolution of Psychotherapy Conference link  
to evaluate the workshops you attended, and the Conference as a whole.**

**As soon as you have submitted your evaluation,  
you can print your complete CE/CME certificate.**

**IMPORTANT: You must submit your evaluation no later than February 20th, 2010.**

### **NO INTERNET METHOD**

**If you are unable to go online, there will be a paper evaluation packet available  
at the Continuing Education Desk. Be sure to pick it up when you register!**

**It contains individual Workshop Evaluations that you will have to return  
after each workshop you attend. It also contains a General Evaluation form  
and the Application for Continuing Education.**

**You will need to complete these forms and do one of the following  
in order to receive a Certificate of Attendance:**

- a) Turn in this paperwork at the Erickson Foundation Desk  
located in Exhibit Hall A at the Convention Center; or,**
- b) Mail the completed forms to The Milton H Erickson Foundation;  
3606 N. 24th Street; Phoenix, AZ 85016, USA**

**You will receive your Certificate of Attendance by mail.**

**Paper evaluations, whether left at the Erickson Foundation Continuing Education Desk  
or mailed to the Foundation, will take 8 – 10 weeks to process.**

**Partial credit (i.e., arriving several minutes after the start of a session or  
leaving a session before its conclusion) will not be granted for any session.**



## 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 educational activity for a maximum of 52.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim 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 (52.0 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 52.0 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 52.0 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 Evolution of Psychotherapy 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 52.0 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).

**N.A.S.W.** This program is approved by the National Association of Social Workers (Provider # 886392793) for 52.0 continuing education hours.

The Milton H. Erickson Foundation, Inc. is applying to other certification boards for continuing education approval. Information will be updated at [www.evolutionofpsychotherapy.com](http://www.evolutionofpsychotherapy.com) and [www.erickson-foundation.org](http://www.erickson-foundation.org) as approvals are received.

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



# Milton H. Erickson Foundation Activities

## TRAINING OPPORTUNITIES

The Milton H. Erickson Foundation organizes International Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. These meetings have been held in Phoenix in 1980, 1983, 1986, 1992, 1999, 2001, 2004 and 2007; in San Francisco in 1988 and in Los Angeles in 1994. In 1993, the Foundation sponsored the Brief Therapy Conference in Orlando. The second Brief Therapy Conference was held in December 1996 (San Francisco); the third was held in 1998 (New York City); the fourth in December 2002 (Orlando, Florida); the fifth Brief Therapy was held in December 2003 (San Francisco); the sixth in December 2006 (Anaheim); and the seventh in December 2008 (San Diego). Each was attended by 1,200 — 2,000 professionals.

In the intervening years, the Foundation organizes national seminars. The four-day seminars are limited to approximately 450 attendees, and they emphasize skill development in hypnotherapy. The 1981, 1982, 1984 and 1997 seminars were held in San Francisco, Dallas, Los Angeles and Phoenix, respectively. In 1989, the Foundation celebrated its 10th Anniversary with a training seminar in Phoenix.

The Milton H. Erickson Foundation organized the first Evolution of Psychotherapy Conference in 1985 in Phoenix. It was hailed as a landmark conference in the history of psychotherapy. Faculty included Beck, the late Bruno Bettelheim, the late Murray Bowen, the late Albert Ellis, M. Goulding, the late Robert Goulding, the late Jay Haley, the late Ronald D. Laing, Lazarus, Madanes, Marmor, Masterson, the late Rollo May, Minuchin, Moreno, E. Polster, the late Miriam Polster, the late Carl Rogers, Rossi, the late Virginia Satir, Szasz, the late Paul Watzlawick, the late Carl Whitaker, the late Lewis Wolberg, the late Joseph Wolpe and Zeig. This conference was repeated in 1990 in Anaheim, Calif., with a similar faculty including Bugental, Glasser, Hillman, the late Helen Singer Kaplan, Lowen, Meichenbaum and the late Mara Selvini Palazzoli. Keynote addresses were given by the late Viktor Frankl and Betty Friedan.

The Erickson Foundation jointly sponsored the European Evolution of Psychotherapy Conference, July 27-31, 1994, in Hamburg, Germany. This Conference offered a faculty similar to previous Evolution meetings with the addition of Frankl, Gendlin, Grawe, Kernberg, Meyer, Stierlin and Yalom.

The December 1995 Evolution of Psychotherapy Conference was held in Las Vegas, Nev., and featured the same faculty. Gloria Steinem offered the keynote address. The Evolution of Psychotherapy Conference returned to Anaheim, California, for the May 2000 Conference. Keynotes were given by Elliot Aronson and Herbert Benson. In December 2005, the fifth Evolution of Psychotherapy was held in Anaheim, California; marking this conference's most impressive and diverse audience ever, with individuals representing every State in the US and 50 nations. The next Evolution of Psychotherapy Conference will be held one year early, December 2009, in Anaheim, California.

The Phoenix Intensive Programs, with Fundamental, Intermediate and Advanced (supervision) levels, are available to qualified professionals and are held regularly. Regional workshops and the Intensive Programs are announced in the Foundation's Newsletter. The Foundation provides training/supervision for professionals.

## ERICKSON ARCHIVES

In December 1980, the Foundation began collecting audiotapes, videotapes and historical material on Dr. Erickson for the Erickson Archives. The goal is to have a central repository of historical material on Erickson. More than 300 hours of videotape and audiotape have been donated to the Foundation. The Erickson Archives are available to interested and qualified professionals who wish to come to Phoenix to independently study the audiotapes and videotapes that are housed at the Foundation. There is a nominal charge for use of the Archives. Please call or write to make advance arrangements to use the Archives.

## AUDIO AND VIDEO RECORDINGS

The Milton H. Erickson Foundation has available for purchase professionally recorded audio recordings from its meetings. Professionally produced videos of one-hour clinical demonstrations by members of the faculty of the 1981, 1982, 1984, 1989 and 1997 Erickson Foundation Seminars, and the 1986, 1988, 1992, 1994, 1999, 2001, 2004, and 2007 Erickson Congresses also can be purchased from the Foundation. Audio and video recordings from the 1985, 1990, 1995, 2000 and 2005 Evolution of Psychotherapy Conferences, and the 1993, 1996, 1998, 2002, 2006, and 2008 Brief Therapy Conferences also are available from the Foundation.

## AUDIOTAPES OF MILTON H. ERICKSON, M.D.

The Erickson Foundation distributes recordings of lectures by Milton H. Erickson from the 1950s and 1960s, when Erickson's voice was strong. Releases in our audio series are announced in the Newsletter.

## TRAINING VIDEOTAPES AND DVDS FEATURING HYPNOTIC INDUCTIONS CONDUCTED BY MILTON H. ERICKSON, M.D.

*The Process of Hypnotic Induction: A Training Videotape Featuring Inductions Conducted by Milton H. Erickson in 1964.* Jeffrey K. Zeig, Ph.D., discusses the process of hypnotic induction and describes the microdynamics of techniques that Erickson used in his 1964 inductions.

In *Symbolic Hypnotherapy*, Dr. Jeffrey Zeig presents information on using symbols in psychotherapy and hypnosis. Segments of hypnotherapy conducted by Milton H. Erickson with the same subject on two consecutive days in 1978 are shown. Dr. Zeig discusses the microdynamics of Erickson's symbolic technique. Also available: *Therapy within a Marital System; Working with Resistance*; and a 5-DVD set, *Fundamentals of Ericksonian Hypnotherapy* (a 13-Hour Course with the Masters).

## PUBLICATIONS OF THE MILTON H. ERICKSON FOUNDATION

The following books are published by and can be ordered through Taylor & Francis Group, 7625 Empire Dr, Florence, KY 41042. Toll free phone: 800-634-7064.

- *A Teaching Seminar with Milton Erickson* (J. Zeig, Ed. and Commentary) is a transcript with commentary, of a one-week teaching seminar held for professionals by Dr. Erickson in his home in August 1979. (Dutch, German, Italian, Japanese, Portuguese, Spanish and Russian translations available.)
- *Ericksonian Approaches to Hypnosis and Psychotherapy* (J. Zeig, Ed.) contains the edited proceedings of the first International Erickson Congress. (Out of print.)
- *Ericksonian Psychotherapy, Volume I: Structures; Volume II: Clinical Applications* (J. Zeig, Ed.) contain the edited proceedings of the Second International Erickson Congress. (Out of print.)
- *The Lourdes of Psychotherapy* (J. Zeig, Ed.) contains the edited proceedings of the 1985 Evolution of Psychotherapy Conference. (German and Japanese translations available.)
- *Developing Ericksonian Therapy: State of the Art* (J. Zeig & S. Lankton, Eds.) contains the edited proceedings of the the Third International Erickson Congress.
- *The Evolution of Psychotherapy: The Second Conference* (J. Zeig, Ed.) contains the edited proceedings of the 1990 Evolution of Psychotherapy Conference.
- *Brief Therapy: Myths, Methods & Metaphors* (J. Zeig & S. Gilligan, Eds.) contains the edited proceedings of the Fourth International Erickson Congress.
- *Ericksonian Methods: The Essence of the Story* (J. Zeig, Ed.) contains the edited proceedings of the Fifth International Erickson Congress.
- *The Evolution of Psychotherapy: The Third Conference* (J. Zeig, Ed.) contains the edited proceedings of the 1995 Evolution of Psychotherapy Conference.



# Milton H. Erickson Foundation Activities (cont)

## THE ERICKSONIAN MONOGRAPHS

The Foundation is sponsor of The Ericksonian Monographs. The highest quality articles on Ericksonian hypnosis and psychotherapy are included in *The Monographs*. Ten issues were published under the editorship of Stephen Lankton. The Monograph series evolved into the *Annual of Brief Therapy*. These are available from Taylor & Francis.

## THE SEMINARS OF MILTON H. ERICKSON

To commemorate the Centennial Celebration of Erickson, the Foundation launched a new professional series of books and audio recordings of Milton H. Erickson, M.D. The first in this series is a seminar conducted in 1962 in San Diego, California. See [www.erickson-foundation.org/press](http://www.erickson-foundation.org/press).

## CURRENT THINKING AND RESEARCH IN BRIEF THERAPY

*Current Thinking and Research in Brief Therapy: Solutions, Strategies and Narratives*. Evolving from the Ericksonian Monographs, this series contains only the highest quality articles on brief therapy theory, practice and research. Volumes I, II and III are available from Taylor & Francis.

## THE ERICKSON FOUNDATION PRESS

The Erickson Foundation Press published the proceedings of the last Brief Therapy and Evolution of Psychotherapy Conferences. Also offered are DVDs of Dr. Erickson, discussed by Jeffrey Zeig.

## FOUNDATION NEWSLETTER

The Milton H. Erickson Foundation publishes a newsletter for professionals three times a year to inform its readers of the activities of the Foundation. Articles and notices that relate to Ericksonian approaches to hypnosis and psychotherapy are included and should be sent to [karen@erickson-foundation.org](mailto:karen@erickson-foundation.org).

Business and subscription matters should be directed to the Erickson Foundation at 3606 N. 24th St., Phoenix, AZ 85016-6500; [newsletter@erickson-foundation.org](mailto:newsletter@erickson-foundation.org).

## ERICKSON FOUNDATION NEWSLETTER STAFF

Richard Landis, PhD Executive Editor  
Sharon McLaughlin, MA Managing Editor

## ERICKSON INSTITUTES

There are 135 Milton H. Erickson Institutes/Societies in the United States and abroad that have permission to use Erickson's name in the title of their organization. Institutes provide clinical services and professional training. There are Institutes in major cities in North America, South America, Europe, Asia, Australia, New Zealand, South Africa and the Philippines.

## WEBSITES

The Milton H. Erickson Foundation's website features detailed information about the Foundation and its activities:

[www.erickson-foundation.org](http://www.erickson-foundation.org)

Other Milton H. Erickson Foundation websites include:

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

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

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

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

Milton H. Erickson Foundation Press products may be purchased at [www.erickson-foundation.org/Press](http://www.erickson-foundation.org/Press) and at [www.ericksonfoundationstore.com](http://www.ericksonfoundationstore.com)

## MILTON H. ERICKSON FOUNDATION STAFF

Matthew Braman	Audio Technician
Jeannine Elder	Program Manager Faculty Coordinator Institutes Coordinator
Inge Glees	Marketing Director
Karen Haviley	Marketing Newsletter Production Registration Coordinator Volunteer Coordinator
Chuck Lakin	Marketing
Stacey Moore	Bookkeeper
Jennifer Simmons	Front Desk/Sales
Susan Velasco	Business Manager Continuing Education Coordinator Intensive Training Coordinator
Rachel Wu	Student Intern
Tristan Zimmerman	Webmaster / IT

## A Special Thank You to the Erickson Family

The Milton H. Erickson Foundation is fortunate to have active in our organization members of the family of the late Milton H. Erickson, MD. Roxanna Erickson Klein is on our Board of Directors. Betty Alice Erickson serves as an Evolution Conference moderator. Some of the grandchildren are in attendance at this meeting. Dr. Erickson and his wife Elizabeth Erickson (now deceased) were founding Board Members of the Erickson Foundation.



## MILTON H. ERICKSON FOUNDATION

### CONTACT INFORMATION

3606 N. 24th Street

Phoenix, AZ 85016 USA

Telephone: 602-956-6196

Fax: 602-956-0519

[www.erickson-foundation.org](http://www.erickson-foundation.org)



# GENERAL INFORMATION about The Evolution of Psychotherapy Conference

## BOOKSTORE, EXHIBITS & FREE LITERATURE

Visit the Bookstore and Exhibits to see the latest in books, training materials, and other therapy products! There will be daily raffles from exhibitors and the Erickson Foundation. When you visit an exhibitor you can request a raffle ticket. The Free-Take-One tables will be located near the Registration Desk in Exhibit Hall A. Exhibitors pay for this service. No other literature should be placed in Conference venues.

**Located in the Anaheim Convention Center, EXHIBIT HALL A.**

### Bookstore & Exhibit Hours

TUESDAY, December 8	4:00 PM – 7:00 PM
WEDNESDAY, December 9	7:00 AM – 6:30 PM
THURSDAY, December 10	8:00 AM – 7:30 PM
FRIDAY, December 11	7:30 AM – 7:30 PM
SATURDAY, December 12	7:30 AM – 6:30 PM
SUNDAY, December 13	7:30 AM – 2:30 PM

## AUDIO & VIDEO RECORDINGS

Presentations will be professionally audio and video recorded and available for purchase.

**Audio & Video Recording Booths are located in the Anaheim Convention Center, EXHIBIT HALL A.**

## CONFERENCE REGISTRATION

**Registration will be held in Exhibit Hall A at the Anaheim Convention Center.**

TUESDAY, December 8	4:00 PM - 7:00 PM
WEDNESDAY, December 9	7:00 AM - 6:00 PM
THURSDAY, December 10	7:30 AM - 6:00 PM
FRIDAY, December 11	7:00 AM - 6:00 PM
SATURDAY, December 12	7:00 AM - 6:00 PM
SUNDAY, December 13	7:00 AM - 2:00 PM

## RECORDING AT SESSIONS

**No audio or video recording of sessions will be permitted.**

## FREE WI-FI

**Located in the Anaheim Convention Center, EXHIBIT HALL A.**

## CONFERENCE CAMPUS

**Hilton Anaheim** – 777 Convention Way, Anaheim, CA 92802; Tel: 1-800-445-8667 / 1-714-750-4321

**Marriott Anaheim** – 700 West Convention Way, Anaheim, CA 92802; Tel: 1-714-750-8000

**Anaheim Convention Center** – 800 West Katella Avenue, Anaheim, CA 92802; Tel: 1-714-765-8950

## THE SESSIONS AND SEATING

All sessions are open seating. You do not need to register for individual events.

**Early arrival to individual sessions will ensure optimal seating.**

We do not anticipate any sessions to fill to capacity. However, because of fire laws, should a room completely fill, you will be refused admission to that session. Volunteers will be at the door of each session and will close a session in the unlikely event that every seat in the room is taken.

**The first two rows of all meeting rooms are reserved for attendees with physical challenges and for VIPs.** Please do not block aisles or sit on the floor in meeting rooms. Strict regulations are enforced. We appreciate your cooperation.

If needed, please ask a Volunteer for assistance to the seating areas reserved in the front of each room. We ask ALL registrants to please be mindful to the needs of those with physical limitations, leaving the front rows of the meeting rooms open to accommodate those who need assistance.

**Please be considerate of others. Please do not use cell phones and please turn off your cell phone ringers during sessions.**

# GENERAL INFORMATION (Continued)

## **VOLUNTEERS**

A number of volunteers are assisting with The Evolution of Psychotherapy Conference. Volunteers can be identified by their red ribbons and red caps. If you are asked to change seats to accommodate someone who is physically challenged, please comply. We appreciate the work done by the volunteers and we appreciate your cooperation if they make special requests.

## **IDENTIFICATION BADGES**

At the Conference, each attendee is issued a name badge. **Please wear your badge at all times.** Only persons who wear identification badges will be admitted to the Conference sessions.

## **SYLLABUS**

This book contains educational objectives, presentation descriptions, location of events and other important information. Additional copies will be available for \$20, while supplies last. **Please write your name and Anaheim contact information on the back cover of this syllabus.**

## **SMOKING POLICY**

Smoking will not be permitted in meeting rooms.

## **PARKING**

Discount self-parking is available with no in/out privileges at the Marriott (\$14, please show name badge), and Hilton (\$10). Parking also is available at the Convention Center. Follow the signs from Katella Blvd or West Street.

## **LOST & FOUND**

Please turn in found items to Security at the Convention Center, the Hilton Hotel, or the Marriott Hotel. If you have lost something, please check with Security at the location where you last remember having it. If items are turned in to the Conference Registration Desk, they will be given to the Security Department at the Convention Center or the Hilton periodically throughout the day.

## **INFORMATION & MESSAGE BOARD**

An information/message board will be located near the Registration Desk in Exhibit Hall A of the Convention Center. Notices may be posted, and will be removed at the discretion of the Milton H Erickson Foundation staff. Emergency messages also will be posted on the board. An internet message board is also available at [www.evolutionofpsychotherapy.com](http://www.evolutionofpsychotherapy.com).

## **LUNCHES**

There are many convenient dining options during conference lunch breaks, with many restaurants in the Hotels and within walking distance of Evolution. Box lunches will be available for purchase at the Convention Center. In addition, there are fast food outlets in both the Marriott and Hilton.

## **FINANCIAL DISPOSITION**

Profits from the meeting will be used by the Milton H. Erickson Foundation to support its educational and scientific efforts.

## **FINANCIAL DISCLOSURE**

Participants in Continuing Education activities will be made aware of any affiliation or financial interest that may affect the speaker's presentation(s). Each speaker has been requested to complete a Conflict of Interest Statement. The names of faculty members declaring a potential conflict of interest are indicated in the syllabus. Please note: No faculty member has declared a potential conflict of interest.



# Online Resources

Evolution of Psychotherapy Conference: [www.evolutionofpsychotherapy.org](http://www.evolutionofpsychotherapy.org)  
The Milton H. Erickson Foundation: [www.erickson-foundation.org](http://www.erickson-foundation.org)  
Erickson Press: [www.erickson-foundation.org/press](http://www.erickson-foundation.org/press)  
Subscribe to the Erickson Foundation Newsletter: [www.erickson-foundation.org/ipages/signupi.html](http://www.erickson-foundation.org/ipages/signupi.html)  
Behavior Online Erickson Forum: [www.behavior.net](http://www.behavior.net)  
Erickson Foundation Listserv: <http://www.topica.com/lists/EricksonList>

Daniel Amen, MD: [www.amenclinics.com](http://www.amenclinics.com)  
Albert Bandura, PhD: [www.emory.edu/EDUCATION/mfp/Bandura/Index.html](http://www.emory.edu/EDUCATION/mfp/Bandura/Index.html)  
David Barlow, PhD: [www.bu.edu/card](http://www.bu.edu/card)  
Aaron Beck, MD: [www.beckinstitute.org](http://www.beckinstitute.org)  
Judith Beck, PhD: [www.beckinstitute.org](http://www.beckinstitute.org), [www.beckdietsolution.com](http://www.beckdietsolution.com)  
Claudia Black, PhD: [www.claudiablack.com](http://www.claudiablack.com), [www.lasvegasrecovery.com](http://www.lasvegasrecovery.com), [www.centralrecovery.com](http://www.centralrecovery.com)  
David Burns, MD: [www.feelinggood.com](http://www.feelinggood.com)  
Deepak Chopra, MD: [www.chopra.com](http://www.chopra.com)  
Janet Cummings, PsyD: [www.thecummingsfoundation.org](http://www.thecummingsfoundation.org)  
Nicholas Cummings, PhD, ScD: [www.thecummingsfoundation.org](http://www.thecummingsfoundation.org)  
Robert Dilts: [www.nlpu.com](http://www.nlpu.com)  
Eugene Gendlin, PhD: [www.focusing.org](http://www.focusing.org)  
Stephen Gilligan, PhD: [www.stephengilligan.com](http://www.stephengilligan.com)  
William Glasser, MD: [www.wglasser.com](http://www.wglasser.com)  
John & Julie Gottman, PhD: [www.gottman.com](http://www.gottman.com)  
Steven Hayes, PhD: [www.stevenchayes.com](http://www.stevenchayes.com)  
Harville Hendrix, PhD: [www.harvillehendrix.com](http://www.harvillehendrix.com), [www.gettingtheloveyouwant.com](http://www.gettingtheloveyouwant.com)  
Jean Houston, PhD: [www.jeanhouston.org](http://www.jeanhouston.org)  
Kay Redfield Jamison, PhD: [www.hopkinsmedicine.org/psychiatry/specialty\\_areas/moods/](http://www.hopkinsmedicine.org/psychiatry/specialty_areas/moods/)  
Sue Johnson, EdD: [www.iceeft.com](http://www.iceeft.com)  
Otto Kernberg, MD: [www.borderlinedisorders.com](http://www.borderlinedisorders.com)  
Jack Kornfield, PhD: [www.jackkornfield.org](http://www.jackkornfield.org)  
Harriet Lerner, PhD: [www.harrietlerner.com](http://www.harrietlerner.com)  
Marsha Linehan, PhD: <http://faculty.washington.edu/linehan/>  
Cloe Madanes, HDL, LIC: [www.cloemadanes.com](http://www.cloemadanes.com)  
Donald Meichenbaum, PhD: [www.melissainstitute.com](http://www.melissainstitute.com)  
Scott Miller, PhD: [www.talkingcure.com](http://www.talkingcure.com), [www.scottdmiller.com](http://www.scottdmiller.com)  
Salvador Minuchin, MD: [www.minuchincenter.org](http://www.minuchincenter.org)  
Violet Oaklander, PhD: [www.violetoaklander.com](http://www.violetoaklander.com)  
Christine Padesky, PhD: [www.padesky.com](http://www.padesky.com), [www.mindovermood.com](http://www.mindovermood.com)  
Mary Pipher, PhD: [www.marypipher.net](http://www.marypipher.net)  
Ernest Rossi, PhD: [www.ernestrossi.com](http://www.ernestrossi.com)  
Robert Sapolsky, PhD: [www.barclayagency.com/sapolsky.html](http://www.barclayagency.com/sapolsky.html)  
Martin Seligman, PhD: [www.happier.com](http://www.happier.com)  
Francine Shapiro, PhD: [www.emdr.com](http://www.emdr.com), [www.emdrhap.org](http://www.emdrhap.org), [www.emdrnetwork.org](http://www.emdrnetwork.org)  
Daniel Siegel, MD: [www.drdansiegel.com](http://www.drdansiegel.com)  
Derald Wing Sue, PhD: <http://www.tc.columbia.edu/faculty/index.htm?facid=dw2020>  
Thomas Szasz, MD: [www.szasz.com](http://www.szasz.com)  
Bessel van der Kolk, MD: [www.traumacenter.org](http://www.traumacenter.org)  
Andrew Weil, MD: [www.drweil.com](http://www.drweil.com)  
Michele Weiner-Davis, MSW: [www.divorcebusting.com](http://www.divorcebusting.com)  
Irvin Yalom, MD: [www.yalom.com](http://www.yalom.com)  
Michael Yapko, PhD: [www.yapko.com](http://www.yapko.com)  
Philip Zimbardo, PhD: [www.zimbardo.com](http://www.zimbardo.com)  
Jeffrey K. Zeig, PhD: [www.jeffzeig.com](http://www.jeffzeig.com)

*The Rewards of Early Registration...*



## Evolution of Psychotherapy Drawing Winners

**Congratulations to the following attendees! Winners were drawn from registrants who made hotel reservations before July 31, 2009!**



**Complimentary High Speed Internet**  
Paul Chitwood

**\$100 Marriott Bonus Bucks**  
Rhea Orion-Dyer

**Upgrade to Hospitality Suite**  
Lisa Hay

### Prizes from the Marriott

**50,000 Marriott Rewards Points**  
Alice Zulli

**Complimentary Daily Lunch**  
Gay Strakshus

**Four Conference Nights Free**  
Abby Vinson

**Upgrade to Executive Level Suite**  
Rob Declark



**Complimentary Valet Parking**  
Cynthia Litton-Fanning

**Dinner at Café Del Sol**  
Tungchieh Tsai

**Upgrade to Concierge Level**  
Jean Ferguson

#### \$5 Starbucks Gift Card

Joan Abrams • Douglas Brewer • James Carlson • Kris Cooper • Sonja Encke • Cynthia Griffin • Susan Holladay • Acel Johnston • Janice Jones • Mary Levendos • Peter Marcus • Roger Mifflin • Cathy O'Brien • Rebecca Robison • Karen Rowinsky • Greg Schwarz • Laura Siegel • Michelle Van Ryn • Lynn White • Helen Wolkerstorfer



### Prizes from the Hilton

**50,000 Hilton Honors Points**  
Nancy Matthewson



**Upgrade to Studio Suite**  
Gabe Duran • Paul Garcia • Seth Geisler • Kathryn Lanthorn • Sara Wood

#### Upgrade to Executive Level

Marta Andrade • Ann Berlin • Joanne Brillhart • Carmela Burke • Janice Change • Lap Fung Cheng • Ernest Cowger • Theres Dautherides • Jeff Heuseveldt • Jeanne Newcomer • Lilli Ohse • Barbara Petsel • Dana Riley • Patricia Rolls • Shelley Scammell • Debra Shewey • Sheldon Stern • Laurie Tarter • Josy Wagner • Darlene Wheeler

#### \$5 Starbucks Gift Card

Dale Aarestad • Carola Alden • Juliet Bartel • Roselene Dalanhese • Emma DeCicco • Mark Hanson • Lane Harmon • Elizabeth Harvey • Erik Jensen • Lee Kennedy • Marta Lohyn • Peter Martin • Sara McNeil • Lyudmila Prokhiy • Susan Sehr • Ken Siegmann • Jan Stanfield • John Tucker • Jennifer Wittmann • George Zee



*The Rewards of Early Registration...*



## Evolution of Psychotherapy

# Drawing Winners

**Congratulations to the following winners who were drawn from attendees who registered for the Conference before July 31, 2009!**

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### Prizes from the Milton H. Erickson Foundation

#### Passes for Lunch with Faculty

Peggy Atwill • Karen Child Ogden  
Ron Friesen • Philip Klemka • Sharon Liden  
Katherine Poynton • Brenda Shelley-McIntyre  
David Wasserman

#### Free DVD or Book from the Erickson Press

Robert Armstrong • Tricia Giordano  
Jill Hansen • Kale Jordan • Donald Rosburg  
Lavonne Schaafsma • Frank T. Twiggs  
Gerry Wenzel • Kit Yarrow • Gina Zirpoli

#### Free Pre-conference Registration

John Sheehe • Aliyah Stein  
Sharon Whitaker

#### Free Post-conference Registration

Akira Aoki • Charmaine Diaz-Arroyo  
Cynthia Rublaitus

#### Best of 85 Evolution CD Set

Jennifer Ross

#### Signed Evolution Poster

Farah Masoumi

#### Free One Week Intensive Training Registration

John Stewart

#### Free Brief Therapy 2010 Conference Registration

Bruce Allen • Kelly Bielat • David Miller

#### Free Conference Registration

James Bitter • Jacob Gisis • Dorothy Sweeney

*See the Press Booth to claim prize.*

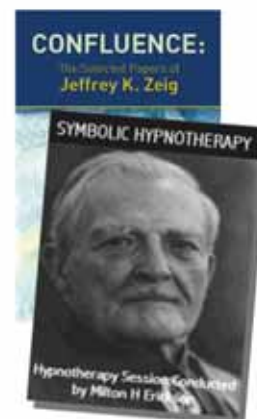
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### Prizes from Zeig, Tucker & Theisen, Inc.

#### Free DVD or Book

Ross Annette • James Berman • Gina Fahouri  
Anat Fein • Brian Kennedy • Julio Merlan • Jenny Ring  
Cheryl So • Laura Wingers • Richard Ybarra

*See the Zeig Tucker Booth to claim prize.*





# Drawing Winners

*The Rewards of Early Registration...*

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## Prizes from Close Up Productions

### Conference DVD

William Bond • Lawrence Diller • Connie Dummer  
Aurora Garza • Zaareh Manassian • Monica Politano  
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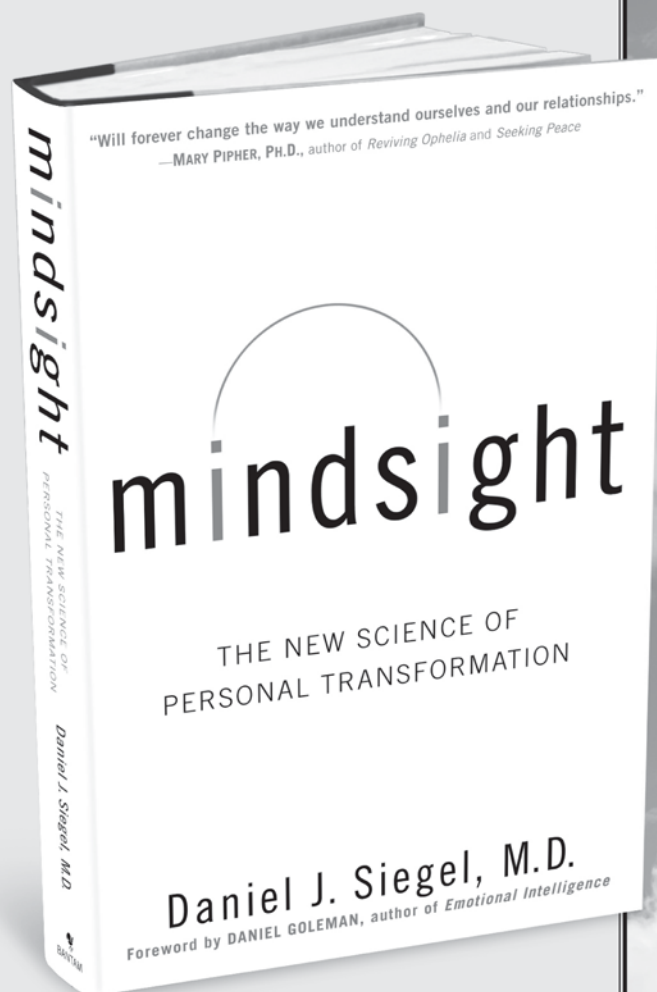
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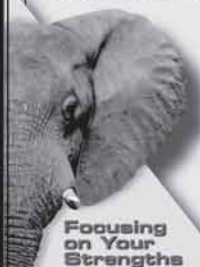
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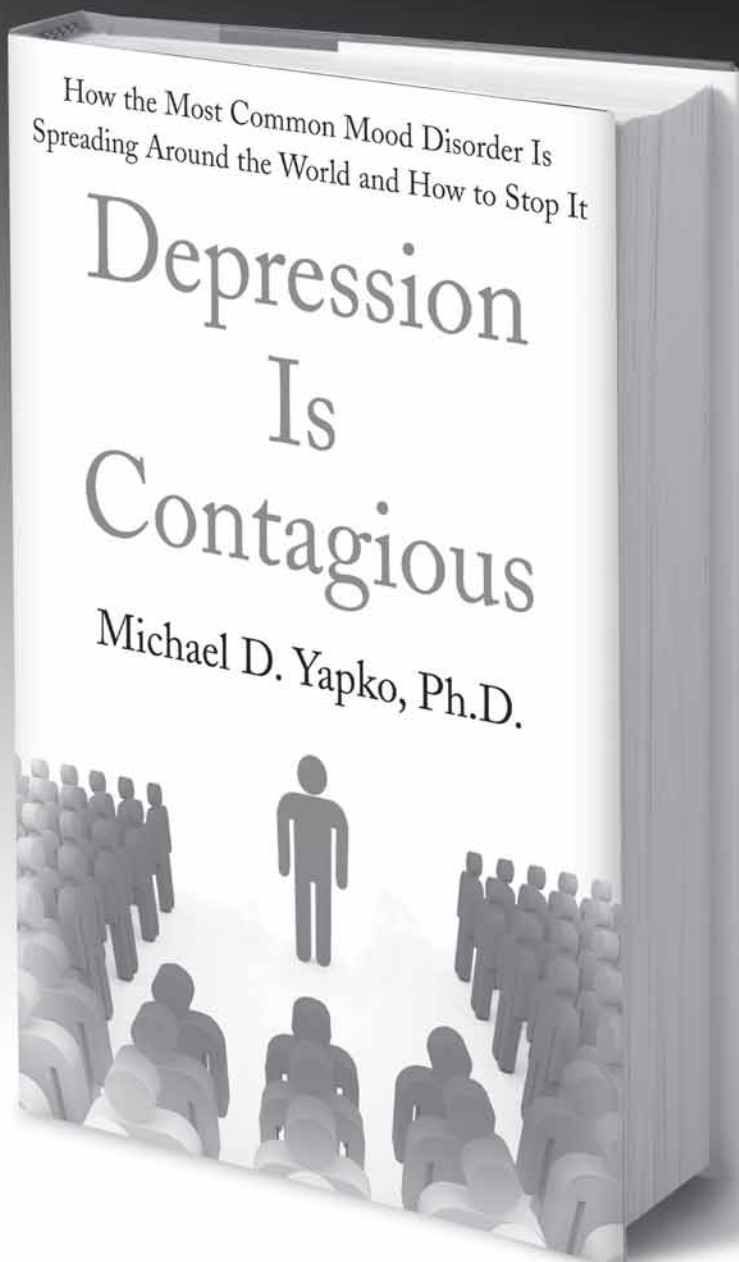
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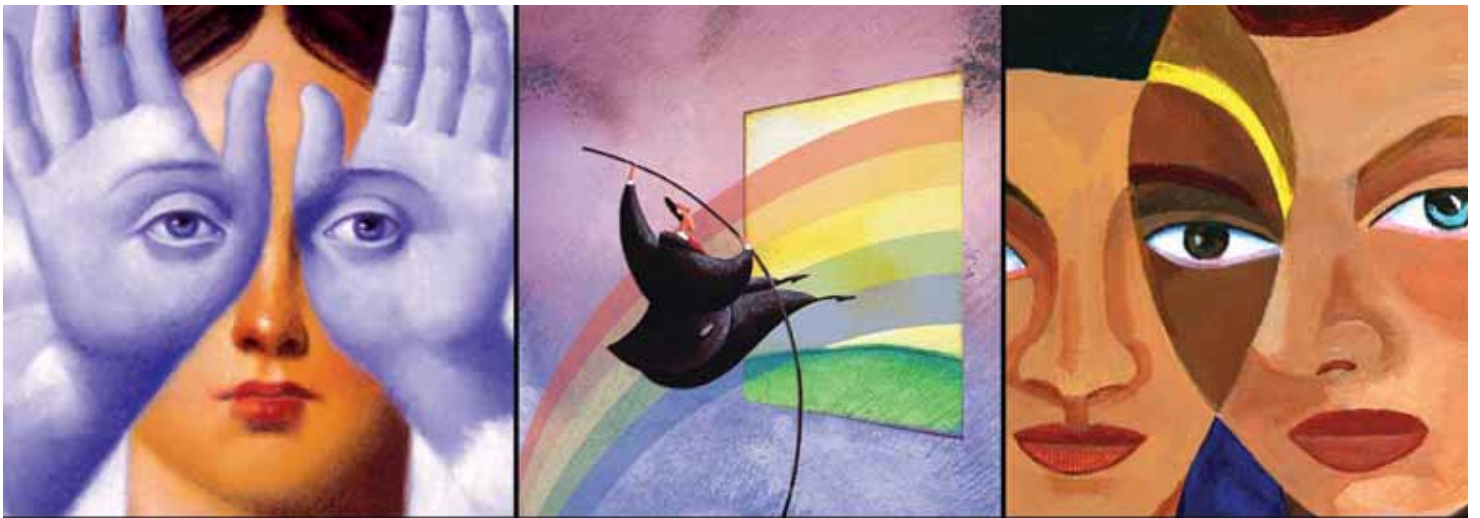
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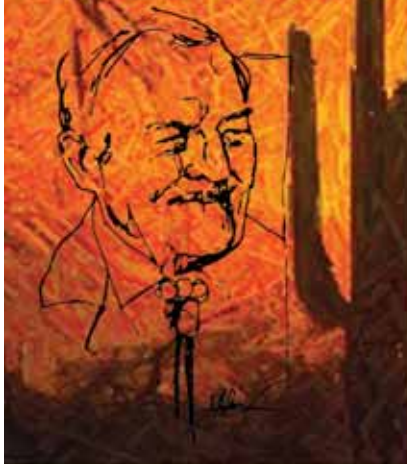
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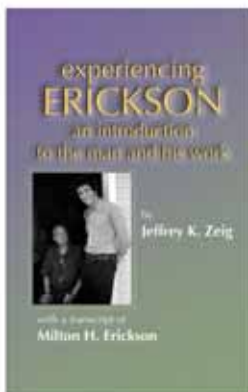
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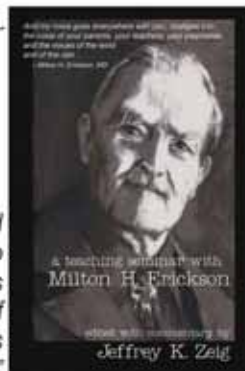
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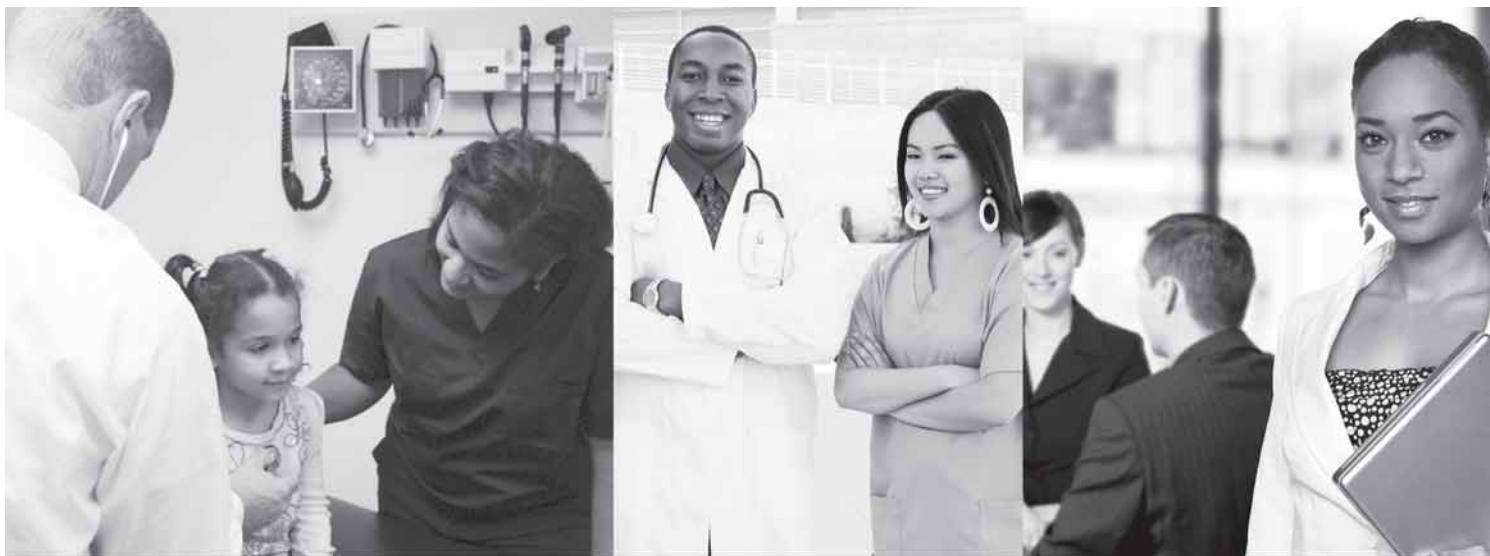
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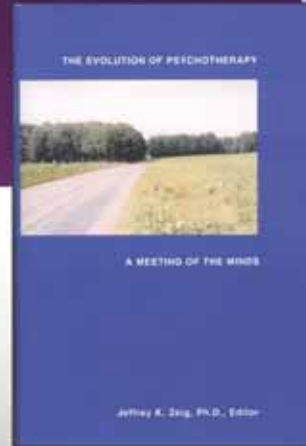
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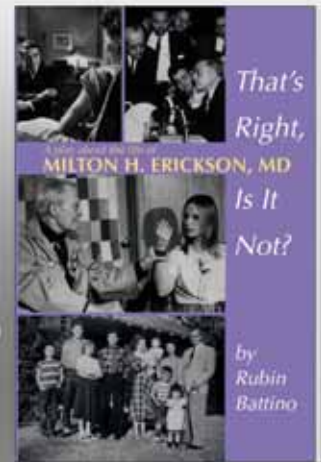


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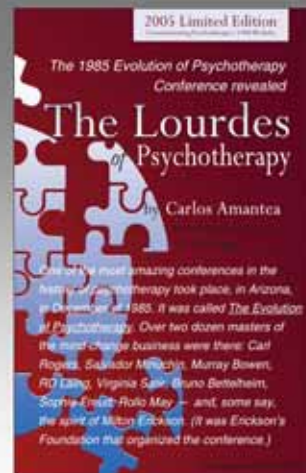
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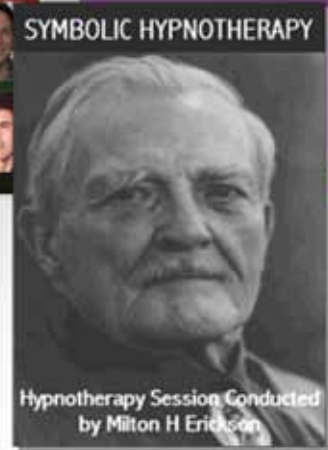
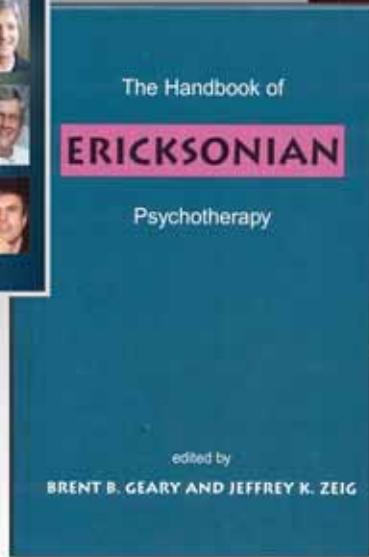
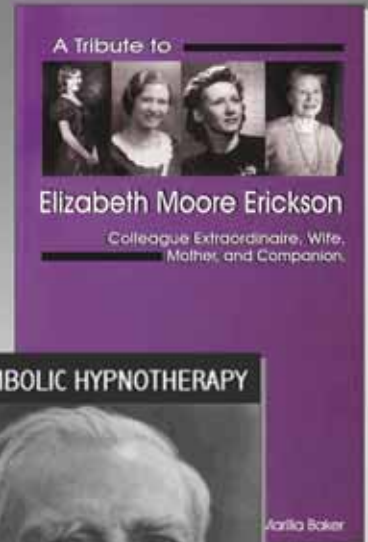
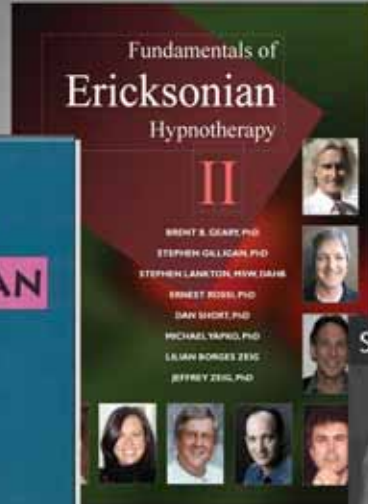
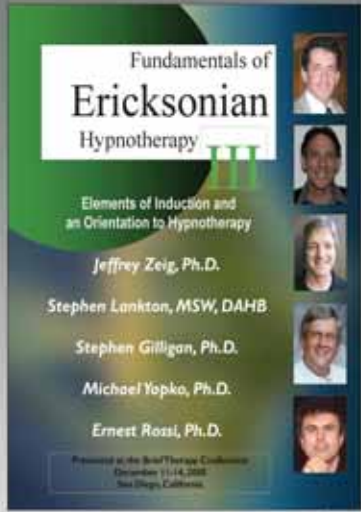


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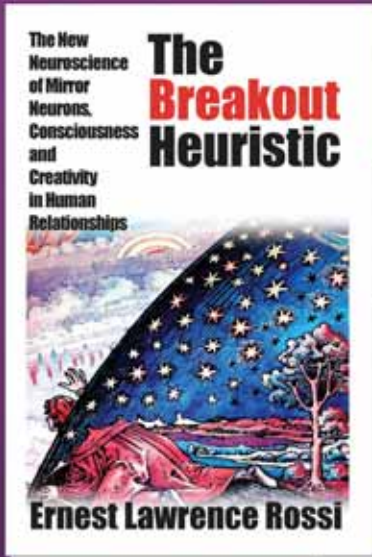
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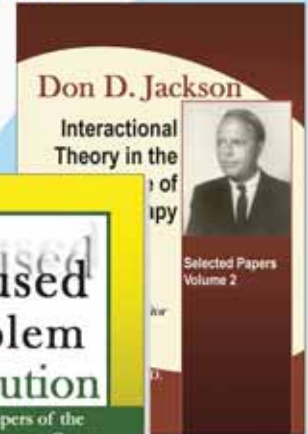
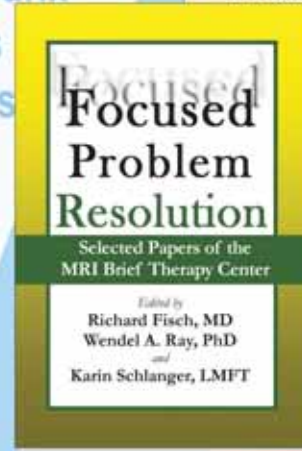
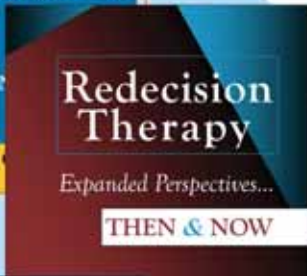
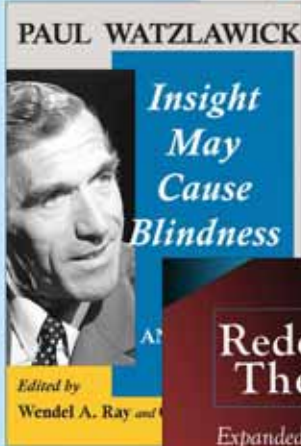
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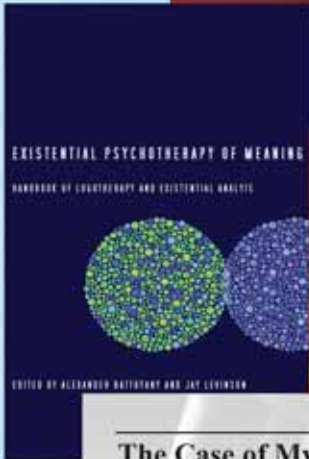
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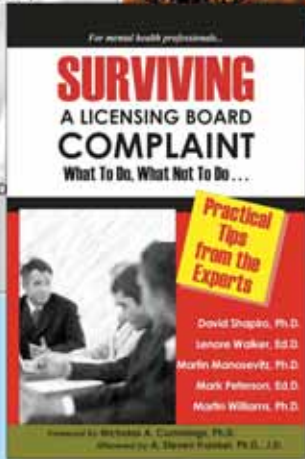
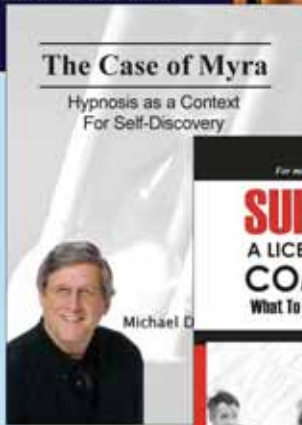
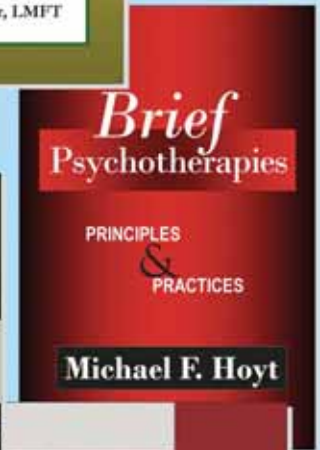
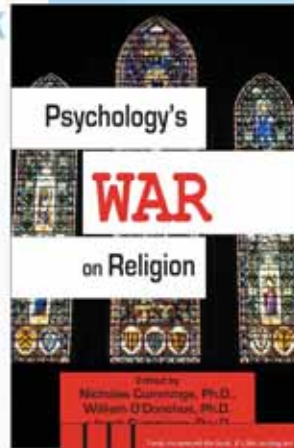
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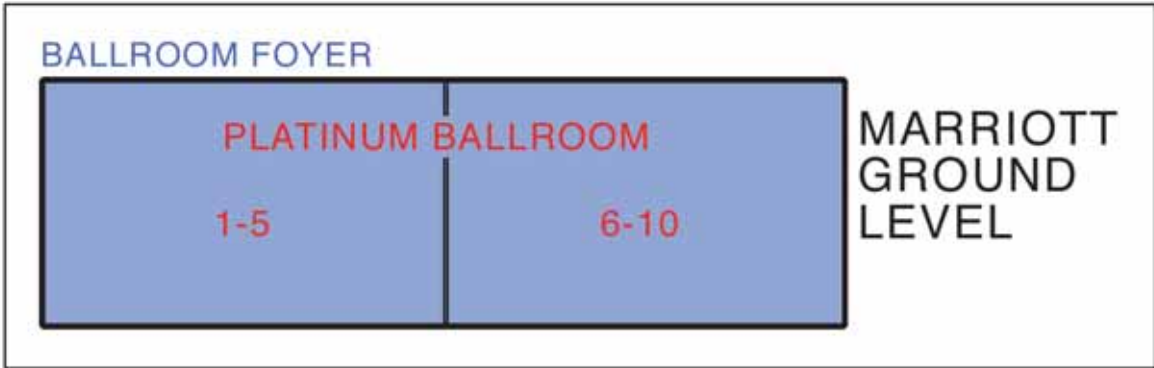
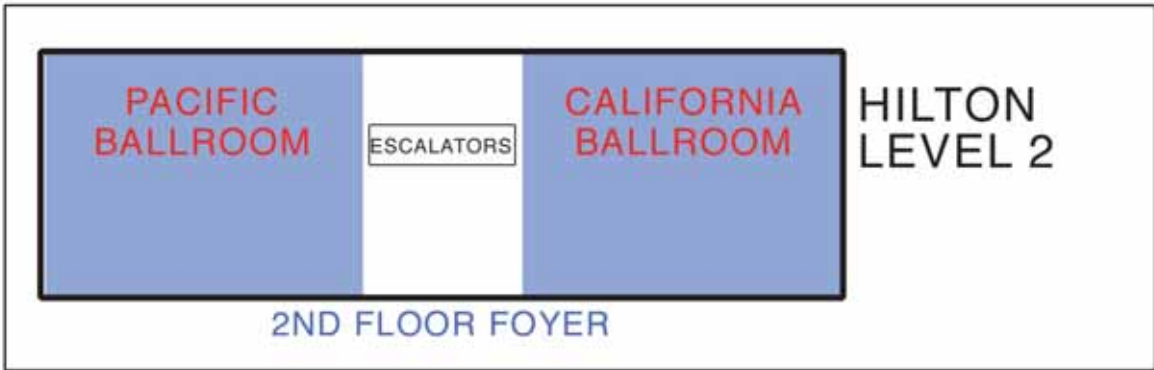
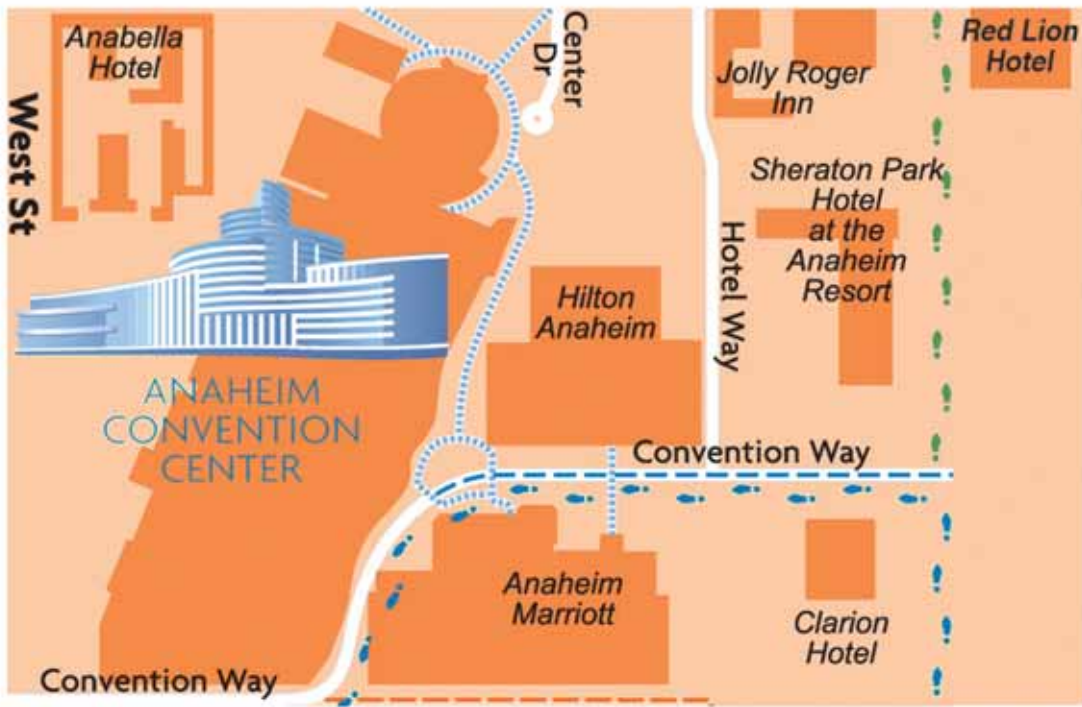


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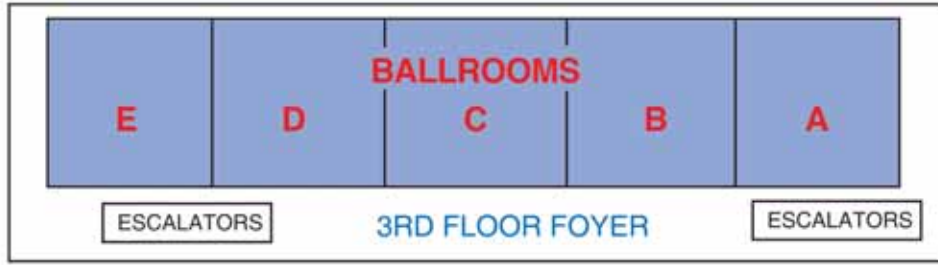
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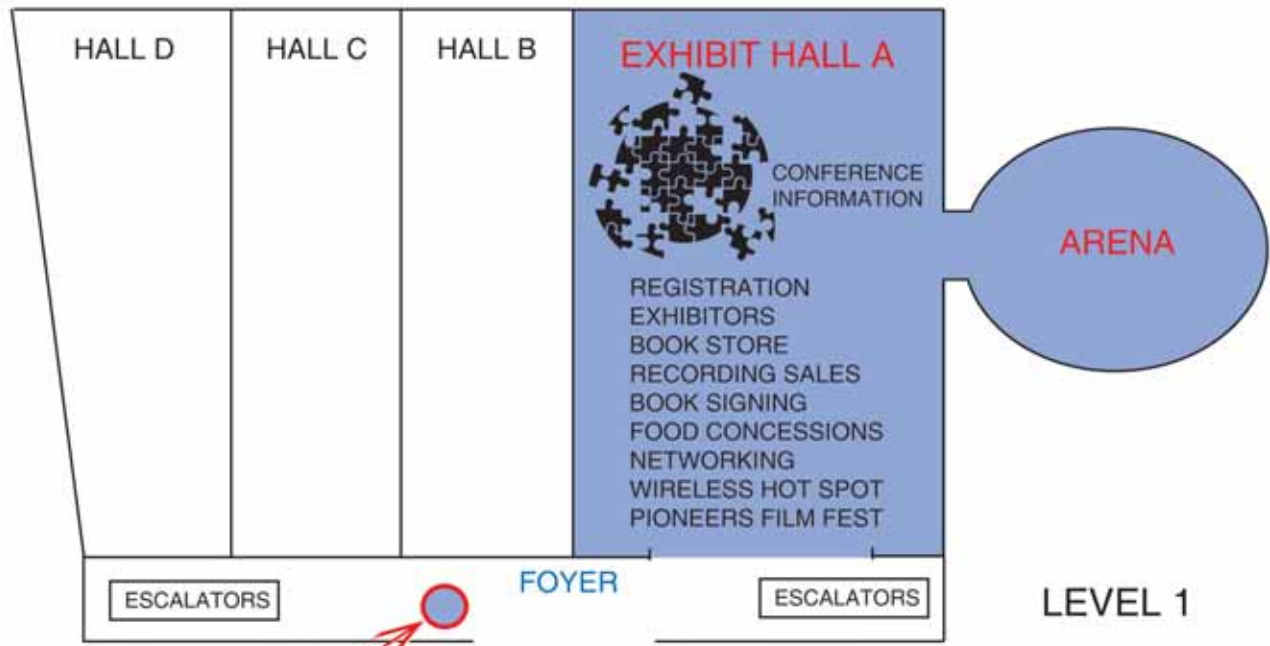




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