

Program

The Creative Genius of Milton Erickson and How You can Use the Same Methods for the Best Results with Your Clients

Presented by

Daniel Short, PhD

Learning Objectives

- Learn how to use therapeutic suggestion effectively both inside and outside the context of hypnosis.
- Describe how to create a profound experience that produces transformational outcomes that defy ordinary, conscious scepticism
- Identify multiple ways to work with indirect suggestion
- Explain the role of permissive suggestion in strengthening self-determinism and internal locus-of-control
- Be capable of responding constructively to problematic or destructive client behaviours
- Experience personal growth as a result of working collaboratively and creatively with clients

About the Speaker

Dan Short, PhD is internationally recognized for his work in Ericksonian hypnosis and short-term therapy. Dr Short's many years of interest, research and analysis of the work of Milton H. Erickson, M.D., complemented by his tenure as Associate Director of the Milton H. Erickson Foundation and five years as Editor of the of the *Milton H. Erickson Foundation Newsletter* make him a serious scholar on the subject of Erickson's work. He is well known for his expertise in Ericksonian psychotherapy and clinical hypnosis. Dr Short serves as Executive Director for the Milton H. Erickson Institute of Phoenix, Arizona, USA.

He has served as faculty for conferences hosting therapists from around the world, has published numerous professional papers on the topic of brief therapy. Dr Short has co-authored with Roxanne Klein, Ph.D., and Betty Alice Erickson, M.S., *Hope and Resiliency*, which has been translated into Spanish, French, German, Italian, Japanese, and Russian languages. He is also the author of a bestseller book on "*Transformational Therapeutic Relationship*".

He devotes most of his time to a private practice in Scottsdale, AZ, while also writing and teaching to professional audiences around the globe. Dr Short is a member of the faculty at Southwest Naturopathic College of Medicine and is affiliated with various training programs abroad. His training is diverse, having graduated with a Masters in Counselling from the University of North Texas in 1993, a doctoral degree in Counselling Psychology from the University of Massachusetts, Amherst; followed by an internship at an American Psychology Association accredited program in Houston Texas.

Dr. Short's areas of special interest include growth-oriented brief therapy, the clinical applications of hypnosis to chronic or change resistant problems, and counselling for other health care providers.

Program Outline

Introduction

- What is the utilization approach and what it is not
- What is positive depth psychology and how is it relevant to psychotherapy
- Why subconscious processing of suggestion still matters, even without the use of hypnosis

The Skill Known as “Flexibility of Means” and What it enables the therapist to accomplish

- The role of permissive suggestion, both in and outside of hypnosis
- The role of tailoring treatment and individualizing the content of therapy
- In psychotherapy there are an unlimited number of ways to solve problems

The Neural and Psychotherapeutic Benefits of Exercising Creativity during Therapy

- The first rule of improvisation
- The role of subconscious processing and creative insights or a new intuitive grasp of reality

Learning the difference between hypnotic suggestion and trance

- When is trance needed and when is it not helpful
- What is the central therapeutic suggestion
- When is conscious logic needed and when is it not helpful

The Skill Known as “Flexibility of Outcome” and What it enables the client to accomplish

- The role of hope in motivation for change and hypnotic suggestion
- How to abandon short-term objectives in order to achieve long-term goals
- During trance every outcome has value, even when the responses are unexpected

Why the Therapeutic Strategy of Utilization Produces Healing and Growth

- Myths that surround the concept of healing or health in psychotherapy
- The need for acceptance and social validation
- Becoming a collaborator in the task of achieving client goals
- Shifting responsibility for change to the client, even when hypnosis is employed