

**MFTH 7103**  
**Advanced Theories Seminar -The Logic of Hypnosis in Family Therapy**  
**MFT Program, Valdosta State University**  
**Spring 2014**

Monday, January 27, 9am - 2p.m., MFT Classroom

Friday, January 31, 10 - 3pm and Monday, February 3, 9am - 2pm, MFT Classroom

**Instructor:** Martha Laughlin, Ph.D.

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**Office Hours:** Monday 10 - 2pm

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Tuesday and Thursday 10 - 1pm

Friday 11am - 4pm

*It seems that if I am afraid, then I am "stuck" with fear. But, in fact, I am chained to the fear only so long as I am trying to get away from it. —Alan Watts*

*The patient comes to you and says, "Get rid of my headache for me; get rid of my broken arm for me; get rid of my cancer for me; remove all these distresses from me; I want freedom from my stomachache." . . . They . . . come in with the fundamental attitude that you are going to abolish certain things. You should abolish this severe headache, or this aching back, or the pain in that broken leg, when actually, what ought you to do? I tell a patient: "Now, you have rather a bad headache there. I think you ought to make some kind of use of it."*

*—Milton Erickson*

*The trouble is all in the knob at the top of our bodies. I'm not against the body or the head either; only the neck, which creates the illusion that they are separate.*

*—Margaret Atwood*

*Psychotherapy is a process where two people get together to try to find out what the hell one of them wants.*

*—Milton Erickson*

### **Course Description**

This seminar is one of two advanced theories seminars that you will take during your studies in the MFT program. Each seminar is a one-credit course designed to give you a more in-depth understanding of some theoretical aspect of systemic therapy. In this seminar, we are going to continue developing your systemic mind as we talk about and practice the notions that embed both hypnosis and systemic therapies. In particular, we are going to be asking and exploring questions such as,

What principles are common to both hypnosis and therapy? What is the nature of clients' relationship to their problem? How do clients think about problems? What is a systemic therapist's relationship to clients' problems? How does a systemic therapist think about therapy? How does change come about? This course is restricted to MFT students enrolled in a graduate-level semester. The prerequisite for this course is MFTH 7102.

**MFT Program Student Learning Outcomes (SLO's)**

The Student Learning Outcomes for the MFT program are as follows:

- SLO1.** Practice from a culturally sensitive lens.
- SLO2.** Practice from a systemic lens.
- SLO3.** Be prepared to obtain entry-level employment in mental health agencies.
- SLO4.** Claim the professional identity of Marriage and Family Therapist

**Syllabi-Specific Learning Objectives Linked to SLO**

On completion of this course, the following learning objectives specific to this course will be met such that the student can do the following:

- ◆ Cultivate an understanding of the principles of hypnosis and how to use these principles in therapy.
- ◆ Understand the theoretical underpinnings of Ericksonian hypnosis (SLO's 1 & 2)
- ◆ Be able to apply the basic skills to develop a trance relationship (SLO 2)
- ◆ Have a greater understanding of how problems are viewed according to their orientation of change, i.e., learn the basic skills of interpersonal trance and forming trance relationships and describe and discuss (1.) the cooperation principle, (2.) utilization, and (3.) the experience of trance as a naturalistic process (SLO's 2, 3, & 4)
- ◆ Learn how to develop culturally-sensitive memes, metaphors, and stories in trance development (SLO's 2, 3, & 4)

Course Requirements Linked to SLO's				
Attendance and Participation	SLO 3. Be prepared to obtain entry-level employment in mental health agencies.			
Journal	SLO 1. Practice from a culturally sensitive lens			
	SLO 2. Practice from a systemic lens			
	SLO 4. Claim the professional identity of Marriage and Family Therapist			

### **Texts**

Flemons, D. (2001). *Of one mind: The logic of hypnosis, the practice of therapy*. New York: W. W. Norton. (You should already have this book.)

Yapko, M. (201). *Trancework: An introduction to the practice of clinical hypnosis*, (4<sup>th</sup> ed). New York, NY: Routledge. (ISBN: 978-0-415-88494-5)

### **Class Requirements**

This is a 3-meeting, 15 hour seminar. Your grade rests on your attendance, participation, and a short journal. Grading is based on 100 points and breaks down as follows:

Attendance / Participation	75 points
Journal	25 points
	<hr/>
	100

### **Grades**

100	-	90	A
89	-	80	B
79	-	70	C
69	-	60	D

### **Attendance (75 points)**

Because this is a 15-hour seminar class that meets only 3 times, full attendance is required. If you miss 2 hours, you cannot get higher than a "C" in the class overall. If you miss more than 2 hours, you cannot get higher than a "D" in the class.

### **Participation (taken for granted)**

Participation is taken for granted; however, if you are not particularly engaged and/or your participation is not up to snuff, points will be taken from Attendance/Participation.

## **Journal (20 points)**

For the duration of the 3 class meetings, you will keep a journal. The journal will consist of only three entries, two each week on the following topics:

**Entry 1: Classroom Reflection or Question Response, (3.3333 points each week)** The first entry concerns your thoughts, observations, comments, etc. about each class meeting, classroom discussion, classroom activities, or the reading, maybe an exercise that holds particular interest for you. If you do not attend class, you cannot write an entry, and you will not receive points for journal entries on missed days.

**Entry 2: Skill Development Inside or Outside Class, (3.3333 points each week)**

The second entry of your journal will be devoted to reflections about your own experiences as you do the skill development homework assignments outside of class time. Entry 2 will be reflections and observations about learning and practicing these techniques. If you do not attend a trancework session with your partner, you cannot write an entry, and you will not receive points for missing assignments.

**Journals are due 2/07 by 5pm.** While an abstract is not needed, please include a cover page and a running head. Each journal will be evaluated based on organization, depth, clarity, and thoughtfulness. No binders, covers, or plastic enclosures, please, just a staple in the upper left hand corner.

## **Course Schedule**

**Day 1** - January 27, Monday, 10am - 4pm

### **Introduction to course**

- 10:15**      What IS hypnosis?  
                  What ISN'T hypnosis?  
                  Hypnosis Demonstrations
- 12pm**        Break
- 12:30**        Working Lunch
- 2:00**         How to develop a trance relationship
- 2:45**         Practice hypnosis
- 3:45**         Discussion of the day, wrap up, observations, experiences

Homework for next week: Yapko Chapters 16 and 18  
Watch the Case of Vicki in the back of Trancework

**Day 2** – January 31, Friday, 10am - 3pm

**Doing and Practicing Developing Trance Relationships**

- 10am Discuss Chapters 16 and 18
- 10:30 Demonstration
- 11:00 Practice hypnosis
- 11:30 Break
- 12pm Working Lunch
- 1:15 Pacing & Leading
- 1:30 Practice
- 2:00 Stephen Lankton's *Brief Therapy with Hypnosis*
- 3:00 Homework for next week: Read Yapko Chapters 20 and 21

**Day 3** - February 3, Monday, 10am - 3pm

**Therapeutic Hypnosis**

- 10am Demonstration / practice
- 10:30 DVD - Mike
- 11:45 Autohypnosis
- 12pm Break  
Working Lunch
- 2pm Practice auto hypnosis
- 3pm End

**Access Office for Students with Disabilities**

Students requesting classroom accommodations or modifications due to a documented disability must contact the Access Office for Students with Disabilities located in the Farber Hall. The phone numbers are 245-2498 (V/VP) and 219-1348 (TTY).

**The Student Success Center (SSC)**

The SSC at Valdosta State University is located in Langdale Residence Hall and is available to all students. They provide free professional academic advising, peer tutoring in core curriculum courses, and campus job information all in one location. You can reach them by phone at 229-333-7570 or email at [ssc@valdosta.edu](mailto:ssc@valdosta.edu).

### **Academic Honesty**

Please be aware that the MFT program adheres very strictly to a policy of academic honesty. VSU's Academic Honesty Policies and Procedures can be found at the following link:

<http://www.valdosta.edu/academic/AcademicHonestyPoliciesandProcedures.shtml>

### **Recommended Readings**

Flemons, D. (1999). Making symptoms vanish: Hypnosis and the mystery of the sudden cure. *Family Therapy Networker*, 23(1), 56-65.

Gilligan, S. G. (1987). *Therapeutic trances: The cooperation principle in Ericksonian hypnotherapy*. New York: Brunner/Mazel. ISBN: 0876304420

Loriedo, C. (2008, July/August). Systemic trances: Using hypnosis in family therapy. *Family Therapy Magazine*, 7(4), 27-30.

O'Hanlon, W. (1987). *Taproots: Underlying principles of Milton Erickson's therapy and hypnosis* New York: W. W. Norton.

O'Hanlon, B. (2008, July/August). May I suggest being less suggestive? *Family Therapy Magazine*, 7(4), 16-23.

Yapko, M. (2008, July/August). The art and science of clinical hypnosis: What MFTs should know...at a deeper level. *Family Therapy Magazine*, 7(4), 10-13.

### **More Recommended but Advanced Readings on Hypnosis**

Bower, G. H., & Gilligan, S.G. (1979). Remembering information about one's self. *Journal of Research in Personality*, 13, 420-432.

Bower, G. H., Monteiro, K. P., & Gilligan, S.G. (1978). Emotional mood as a context for learning and recall. *Journal of Verbal Learning and Verbal Behavior*, 17, 573-585.

- Gilligan, S. (1982). The Ericksonian approach to clinical hypnosis. In J. Zeig (Ed.), *Ericksonian Approaches to Hypnosis and Psychotherapy*. New York: Brunner/Mazel.
- Gilligan, S. (1985) Generative autonomy: Principles for an Ericksonian Psychotherapy. In J. Zeig (Ed.), *Ericksonian Psychotherapy, vol. 1: Structures*. New York: Brunner/Mazel.
- Gilligan, S. (1988). Symptom phenomena as trance phenomena. In J. Zeig & S. Lankton (Eds.), *Ericksonian psychotherapy: State of the art*. New York: Brunner/Mazel.
- Gilligan, S. (1990). Coevolution of primary process in brief therapy. In J. K. Zeig & S. Gilligan (Eds.), *Brief therapy: Myths, Methods, and Metaphors*. New York: Brunner/Mazel.
- Gilligan, S. (1990). In defense of hypnosis. In S. R. Lankton (Ed.), *Ericksonian Monographs, 7: The broader implications of Ericksonian therapy*. New York: Brunner/Mazel.
- Gilligan, S. G., & Carter, P. (1991). Age regression. In H. Klippstein (Ed.), *Ericksonian hypnotherapeutic group inductions*. New York: Brunner/Mazel.
- Gilligan, S., & Price, R. (1993) *Therapeutic conversations*. New York: Brunner/Mazel.
- Gilligan, S. (1993). Therapeutic rituals. In S. Gilligan & R. Price (Eds.), *Therapeutic Conversations* (pp. 237-257). New York: Brunner/Mazel.
- Gilligan, S. (1994). The fight against fundamentalism: Searching for soul in Erickson's legacy. In J. K. Zeig (Ed.), *The Fundamentals of Ericksonian Psychotherapy*. New York: Brunner/Mazel.
- Gilligan, S. (1996). A river runs through it: The relational self in psychotherapy. *Hypnosis International Monographs, 2*, 195-209.
- Gilligan, S. (1997) *The courage to love: Principles and practices of self-relations psychotherapy*. New York: Norton.

- Gilligan, S. (1997). When I sit with a client. *Journal of Systemic Therapies*, 16(2), 113-124.
- Gilligan, S. G. (1999). The experience of "negative otherness": How shall we treat our enemies? In J. K. Zeig (Ed.), *Brief therapy: Lasting Impressions*. Phoenix, AZ: Zeig Tucker Publications.
- Gilligan, S.G., & Bower, G. H. (1984). Cognitive consequences of emotional arousal. In C. E. Izard, J. Kagan, & R. Zajonc (Eds.), *Emotions, cognitions, and behavior*. New York: Cambridge Press.
- Lankton, C., & Lankton, S. (1989). *Tales of enchantment: An anthology of goal directed metaphors for adults and children in therapy*. New York: Brunner/Mazel.
- Lankton, S. (1982). The occurrence and use of trance phenomena in non-hypnotic therapies. In Jeffrey K. Zeig (Ed.) *Ericksonian approaches to hypnosis and psychotherapy*. New York: Brunner/Mazel.
- Lankton, S. (Ed.). (1987). *Ericksonian monographs, 2: Themes and principles of Ericksonian therapy*. New York: Brunner/Mazel.
- Lankton, S. (1988). *A children's book to overcome fears: The blammo - surprise book!* New York: Brunner/Mazel.
- Lankton, S., & Erickson, K. (Eds.). (1993). *Ericksonian monographs, 9: Essence of single session success*. New York: Brunner/Mazel.
- Lankton, S., Gilligan, S., & Zeig, J. (Eds.). (1991). *Ericksonian monographs, 7: Views on Ericksonian brief therapy, process and action*. New York: Brunner/Mazel.
- Lankton, S., & Lankton, C. (1983). *The answer within: A clinical framework of Ericksonian hypnotherapy*. New York: Brunner/Mazel.
- Lankton, S. G., & Lankton, C. (1986). *Enchantment and intervention in family therapy: A training seminar on Ericksonian approaches*. New York: Brunner/Mazel.



- Lankton, S., & Lankton, C. (1998). Ericksonian emergent epistemologies: Embracing a new paradigm. In M. Hoyt (Ed.), *The Handbook of Constructive Therapies* (pp. 116-136). San Francisco: Jossey-Bass.
- Lankton, S., & Zeig, J. (Eds.). (1988). *Ericksonian monographs, 4: Research, therapy comparisons, and medical applications*. New York: Brunner/Mazel.
- Lankton, S., & Zeig, J. (Eds.). (1989). *Ericksonian monographs, 6: Extrapolations: Demonstrations of Ericksonian therapy*. New York: Brunner/Mazel.
- Lankton, S., & Zeig, J. (Eds.). (1994). *Ericksonian monographs, 10: Difficult contexts for therapy*. New York: Brunner/Mazel.
- O'Hanlon, W. (1987). *Taproots: Underlying principles of Milton Erickson's therapy and hypnosis*. New York: Norton.
- Yapko, M. (2003). *Trancework: An introduction to the practice of clinical hypnosis, 3<sup>rd</sup> ed.* New York: Brunner-Routledge.
- Zeig, J. (1985). *Experiencing Erickson*. New York: Brunner/Mazel.
- Zeig, J. (Ed.). (1985). *Ericksonian Psychotherapy, vol. 1: Structures; Volume 2: Clinical Applications*. New York: Brunner/Mazel.
- Zeig, J. (Ed.). (1992). *The evolution of psychotherapy: The second conference*. New York: Brunner/Mazel.
- Zeig, J. (Ed.). (1997). *The evolution of psychotherapy: The third conference*. New York: Brunner/Mazel.
- Zeig, J. (Ed.). (1994). *Ericksonian psychotherapy: The essence of the story*. New York: Brunner/Mazel.
- Zeig, J., & Gilligan, S. G. (Eds.). (1990). *Brief therapy: Myths, methods, and metaphors*. New York: Brunner/Mazel.