

C O N T R I B U T O R O F N O T E

***Maria Margarida Moreira
Jorge de Carvalho, Ph.D.***

Sao Paulo, Brazil

By Roxanna Erickson-Klein, RN,Ph.D.

Professor Dr. M. Margarida M. J. de Carvalho as she is known internationally, has a distinguished career not only in the history of psychology in Brazil but also as a pioneer and indefatigable innovator in the fields of Ericksonian hypnosis and psycho-oncology. Her unique distinction is to have been one of the founders of academic and clinical psychology in Brazil, in 1958, separating the disciplines from the Philosophy chair, and having the profession officially recognized as autonomous. The exponential effect of her actions in the above arenas has been phenomenal: For the past half century, Carvalho has influenced many generations of psychologists and health professionals. She was recently honored by the Federal Council of Psychology in Brazil through its Projeto Historia e Memoria em Psicologia and her contributions were immortalized through film and audiotape.

Her efforts at furthering Ericksonian approaches in hypnosis and psychotherapy throughout Brazil and the Americas have been numerous. For the past two decades, as a result of her clinical applications of Ericksonian hypnosis in cancer pain management and pain control, she contributed, along with esteemed colleagues, to the creation of the Cancer Support and Education Center (CORA), modeled after Maggie Creighton's program of the same name in Palo Alto, CA.

Carvalho established, in 1993, an innovative two-year graduate program in psycho-oncology at the Catholic University of Sao Paulo. This multi-disciplinary program, drawing from state-of-the-art academic and clinical research on the eti-

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ology of pain, pain management, pain control, psychoneuroimmunology, the philosophy of hospice, the cancer patient and his/her family; Ericksonian epistemology and practice as well as those of physicians Carl Simonton and Gerald Epstein, has served as model for many others in Brazil and abroad.

From her privileged upbringing in the 1930's and 1940's in Sao Paulo, where she learned French, English, classical dance, painting, humanities and the classics, the young woman went to France, to an ebullient Paris of post-WWII seething with Jean Paul Sartre's Existentialism. She met for the first time, at 16, not only the philosopher but encountered very grave questions of the human existence: poverty, misery, famine, war, death, genocide, destruction. These years were a turning point for Carvalho: "From that time on I plunged head-on

into life, to study everything in depth, to commit myself to mitigate human suffering. I have never stopped since."

Margarida Carvalho learned about Milton H. Erickson through a Chilean colleague, Joyce Riveros, in California, and has attended assiduously the Erickson meetings and the Evolution of Psychotherapy conferences since the early 80's. She brought back to Brazil and vigorously disseminated all she learned with Jeffrey Zeig, Ernest Rossi, Stephen Gilligan, Kay Thompson, Joseph Barber and others. The late David B. Cheek, M.D., Fellow and Past President of the American Society of Clinical Hypnosis, was a dear friend and mentor for many years. In the early 1990's at the invitation of Stanley Krippner, Ph.D., recipient of the 2002 American Psychological Association Award for Distinguished Contributions to Professional Hypnosis, Carvalho developed several teaching and research projects, both in Brazil and the U.S. She lectured on "Trance in Psychotherapy and in Afro-Brazilian Religions" in Berkeley, Palo Alto, San Francisco and New York.

From her research on native Brazilian healing practices she wrote several articles, including "A Healing Journey in Brazil: A case study in Spiritual Surgery," and "An Eclectic Approach to Group Healing in Sao Paulo, Brazil: A Pilot Study," both published in England in the Journal of the Society for Psychical Research, (Vol. 60, n.838, January 1995 and Vol. 61, n.845, Oct. 1996, respectively).

Dr. Carvalho has a busy private practice, is frequently teaching and presenting. She is the author and editor of six seminal books in Portuguese, mostly on psycho-oncology, as well as author of numerous articles. She is a Founding Director of the first Milton H. Erickson Institute in Brazil (1995), having facilitated highly-in-demand Ericksonian study circles for a decade before then.

M. Margarida M.J. de Carvalho was inducted, in 1993, as a member of the prestigious Sao Paulo Academy of Psychology, occupying the distinguished Roger Bastide Chair. She is recognized in this report for her lifelong commitment to alleviate human suffering and for her extensive, in-depth contributions to the fostering of hypnosis and psychotherapy in Brazil and Latin America.

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