

CONFERENCE *continued from page 5****Approaches Derived from Milton Erickson: compare and Contrast Solution-Focused, Self-Relations and NLP: Topical Panel***

Robert Dilts, Stephen Gilligan, and Michele Weiner-Davis.

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Robert Dilts, known for his significant contributions to NLP and Stephen Gilligan, founder of Self-Relations Therapy were both students of Milton Erickson in the 1970s. They are each generous in sharing the importance of those experiences in shaping their views and professional directions. Michele Weiner-Davis did not have the opportunity to study directly with Erickson, but alluded to the influence Erickson had on her colleague and mentor, Steve de Shazer. As a panel, the presentation seemed something of a mismatch: Dilts and Gilligan focused their attentions on the influence of Erickson while Weiner-Davis told of her own journey learning about Solution Focused Therapy. One remark by Gilligan provides some insight into that contrast—that Erickson, while a dynamic and powerful teacher, did not present his ideas in a manner easily adapted to textbook resources. Whereas his impact in therapeutic directions is substantial, it may be overlooked as the younger generations of students learn about therapeutic modalities that are now established. The contrast in itself tells a lot about Erickson and the diverse directions that his influence has taken.