

## Continuing Education for Evolution Online Streaming Now Available

The Foundation is now offering online streaming for APA continuing education credits for Evolution 2017 home study.

Please visit: <http://www.evolutionofpsychotherapy.com/video-audio-available/>

qualities that expanded her perspective and shifted her connections with her world. When the conversation went back to O'Hanlon, he talked about his journey of feeling lost and depressed, and his own long neglected dream of being a songwriter. It was then Annie who talked about "finding joy." He responded that music brought change and saved his life. O'Hanlon led the conversation to an idea that when we are stuck between two untenable options, we innately have the ability to discover a third option—and that we should always go for this option. While it was clear that Annie was a bit confounded by this directive, it was also apparent that she was deeply searching for resources..

The demonstration concluded with a summary by O'Hanlon: one either gets what they hope for or they don't; that connections with self and others are integral to the process; and that from adversities, gifts can emerge. As he summarized these concepts he specifically identified gifts that Annie possessed. The demonstration concluded without a clearly developed story in the traditional sense. Instead, it seemed to be a casual conversation between two parties, each talking about themselves. O'Hanlon thanked Annie for her honesty and vulnerability, and Annie admitted that transmuting her pain into a gift for the world "feels good."

Madanes was then introduced, and she launched into a story about the life of Evita Perón. Madanes is also from Argentina and she told of Perón also longing for a daughter. In the discussion that followed, which included several astute comments from the audience, Madanes raised questions about Annie's relationship with her own mother. The audience seemed engaged in a meaningful way and their contributions and overview of the process enhanced the demonstration. O'Hanlon explained the associative process that makes the experience so individual. It became clear that the "story" could have developed in a multitude of directions. Among the key points made were that one does not need to "like" the story for it to have therapeutic value, and that a story can often soften a message that is otherwise hard to communicate in a more direct manner.

Both O'Hanlon and Madanes credited Milton Erickson and his therapeutic style with being the inspiration for their own evolution as therapists and their decision to use storytelling in their practice. Overall, this demonstration was fascinating for professionals, whether they already use storytelling, or are merely curious about its possibilities.

## D V D R E V I E W

### *Using Stories to Create Change in Psychotherapy*

Clinical Demonstration by: Bill O'Hanlon, MS

Discussant: Cloé Madanes, LIC, HDL

DEMONSTRATION: # CDD 1

<https://catalog.erickson-foundation.org/>

Reviewed by Roxanna Erickson-Klein, Dallas, Texas

This 90-minute live presentation at The Evolution of Psychotherapy Conference 2017 provides a rich opportunity for both listener and viewer. Opening remarks cue the audience to key features about the presenter, Bill O'Hanlon, namely that he has written 35 books (one of which was featured on Oprah), and given more than 3,500 talks internationally. He is Madanes, is equally renowned. She has worked with Tony Robbins and greatly contributed to Strategic Family Therapy. Both O'Hanlon and Madanes commented on their comfortable professional relationship and expressed appreciation for the opportunity to work together.

Prior to inviting a volunteer from the audience, O'Hanlon spoke casually about ways that storytelling can be part of the therapeutic encounter. Then, he specifically requested a volunteer who is "stuck and wants to change." A woman hastened to the stage while O'Hanlon commented on his willingness to take a chance and work with the unknown, as opposed to the more common approach of selecting a volunteer in advance. The volunteer, Annie, described herself as feeling stuck, unsure of what change she most desires, but she was clear that she had always wanted a daughter, and did not want to give up on that dream. She then told of some personal matters that interfere with the possibility of adopting or becoming pregnant. She spoke lovingly of her family life—her husband and two young sons.

The interchange between O'Hanlon and Annie was back-and-forth self-disclosures. When Annie shared a narrative of disappointments and frustrations, O'Hanlon artfully and strategically inquired about how adversities had strengthened her; he reframed her self-description of anger, stubbornness, and shame into

## THE MILTON H. ERICKSON FOUNDATION NEWSLETTER

Join our email list and you'll be the first to know about conferences, training, special events, discounts, and products. You'll also receive our e-newsletter with exclusive content, videos and book reviews.

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