

INTRODUCING THE INSTITUTES

The Milton H. Erickson of Northern Portugal,

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The Milton H. Erickson of Portugal, Zona Norte (Oporto), was established in early 2000, the first in the country. Its founders are Peter Hawkins, Ph.D., University of Sunderland, England and Instituto Superior da Maia (ISMAI, Portugal); Lic.Psych. Ana Rita Almeida, assistant professor of Psychology at ISMAI and Psychologist Agostinho Almeida, (no relation), a distinguished

international visiting professor and lecturer, currently principal researcher and pro-president of ISMAI. Prof. Agostinho underwent his graduate studies in psychology, sociology, and anthropology as well as training in psychoanalysis at Cornell and Vanderbilt. The international characteristic of this Institute is notable - in

sync with the spirit of the European Union - and is primarily fostered by Peter Hawkins. A Reader in health psychology at Sunderland, he is visiting professor at the Universities of Salamanca, Valencia and La Laguna, Spain; Taskent, Uzbekistan; Crete, Greece, and Cluj in Romania. Hawkins has been using clinical hypnosis since the 1980's. From 1987 he has been a trainer and consultant for the British Society of Medical and Dental Hypnosis, and review editor for the *British Journal of Counselling Psychology*. He was recently appointed honorary member of the British Association of Medical Hypnosis.

In Peter Hawkins' words, "My first exposure to Ericksonian thinking and practice was through Erickson's

& Rossi's *Experiencing Hypnosis: Therapeutic Approaches to Altered States* (Irvington, 1981), along with listening to "The Ocean Monarch Lectures" audiotapes. There followed workshops with Bill O'Hanlon and others. As faculty at the Institute of Strategic Psychotherapy in Rome, where Ernest Rossi also teaches, Hawkins became more familiar with Ericksonian work.

Prof. Ana Rita has undergone intensive training at the Erickson Foundation. Almeida and Hawkins presented, "Dorothy Meets the Wizard: An Allegory for a Psychodynamic Approach," at the recent *Eighth International Congress, Erickson's Centennial Celebration* in Phoenix (2001).



Ana Almeida, Jeffrey Zeig, Agostinho Almeida, Fernando Almeida (Prof. Do ISMAI)

Clinical hypnosis is not well known in Portugal. The MHE Institute has promoted training at ISMAI including Jeffrey Zeig on "Brief Therapy: Key Concepts in the Ericksonian Approach," Peter Hawkins on "Hypnosis: Clinical Applications," and Prof. Jose' Navarro Gongora (University of Salamanca, Spain) on "Family Therapy: an Introduction." Brent Geary, Coordinator of Training at the Foundation, is scheduled to teach in Spring 2003. The Institute's founding members have established an advanced specialization course in *Clinical Hypnosis and Brief Psychotherapy* at ISMAI. It is a three-year long training program intended for masters and doctoral-

INSTITUTES REQUEST AD

level health professionals. See: www.ismai.pt/elearn/hcpb.

To fully observe and oversee the tenets and ethical uses of hypnosis in Portugal, the MHEI Board of Directors invited Jose Marto, Manuel Domingos, and Claudia Carvalho, all of Lisbon, as well as other interested professionals to create the Portuguese Association of Clinical Hypnosis. Along with the MHE Institute, their objective is to disseminate excellent

work in the field of clinical hypnosis and to provide education and training programs to a multi-disciplinary group of professionals. To that end, the Institute has published a handbook by Peter J. Hawkins, *Introducao 'a Hipnose Clinica: Um guia para Profissionais*. (2001) Coimbra: Quarteto. The three members of the Board have been accepted to present at the upcoming *Brief Therapy Conference* in Orlando, Florida.

INTERNATIONAL NEWS

The Third Meeting of The Latin American Association of Milton H. Erickson Institutes and Centers

Report by MHE Institute,
Florianopolis, Brazil.

The third meeting of the *Latin American Association of Milton H. Erickson Institutes and Centers* was hosted by the MHE Institute of Florianopolis, Brazil, May 24-26, 2002. This successful meeting assembled most representatives from the 26 MHE Institutes in Latin America and nearly 200 attendees interested or already practicing Ericksonian approaches to psychotherapy and hypnosis.

The main characteristic of this significant encounter was the spirit of fraternity and fellowship among participants. Marcia Alencar, executive director, host-Institute and meeting organizer, introduced via PowerPoint, a historical overview of the Foundation, its founders and staff; Jeffrey Zeig's welcome; and the history of each seven Institutes in Brazil. Themes presented ranged from "Indirect Work with Families," by Teresa Robles, Mexico, to, "Ericksonian Approaches in Psycho-Oncology," by Margarida Carvalho, Brazil, both highly respected Ericksonian pioneers. Chile was present with, "An Overview of Ericksonian Hypnosis 22 Years After Erickson's Death," "The Use of Humor in Ericksonian Therapy," and, "Brief Hypnotherapy in Health Psychology," by Mario Pacheco, Sebastian Castro and Maria Elena Viveros respectively. Argentina presented, "Psychoprophylaxis in Surgery," by Doris Suchecky and, "Trapped in Her Own Body," by Maria Machado. Ana Luco, of France and Chile, presented, "Bulimia and Boundaries Building."

Other contributions by Ericksonians were offered: Ricardo Feix on

see INTERNATIONAL on next page