The Milton H. Erickson Foundation

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Thesis

- We under function
- We do not use the medium to its fullest extent.
- Poetry or Structure
- We can access more "states."
- Change leads to insight.
- Treat components not categories

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We do not use the medium to its fullest extent.
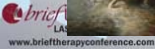
Consider Painting

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Classical

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"The Abduction of Europa"
Rembrandt

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Impressionism

"Water Lilies"

Claude Monet

Post-impressionism

"A Sunday Afternoon on the Island of La Grande Jatte"

Georges-Pierre Seurat

Fauvism

"Woman with a Hat"

Henri Matisse

Cubism

"Violin and Candlestick"

Georges Braque

Expressionism

"Self-portrait"

Amedeo Modigliani

Surrealism

"The Persistence of Memory"
Salvador Dalí

Abstract Expressionism
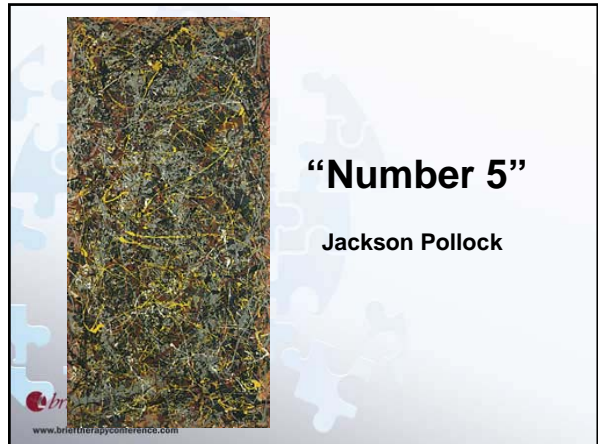
"Number 5"

Jackson Pollock

Photorealism

"Telephone Booths"

Richard Estes

Pop Art

"Drowning Girl"

Roy Lichtenstein

Slide 1

Shaped Canvas

Slide 2
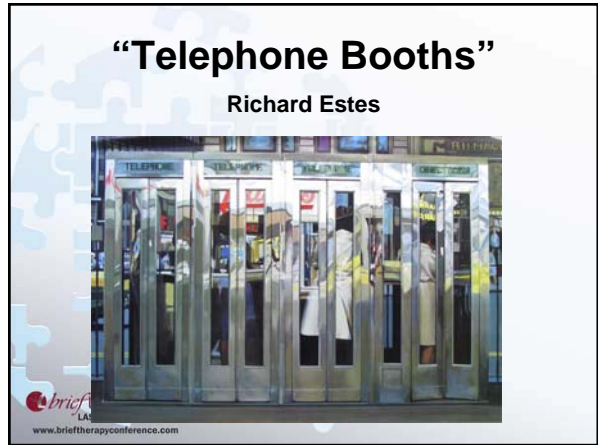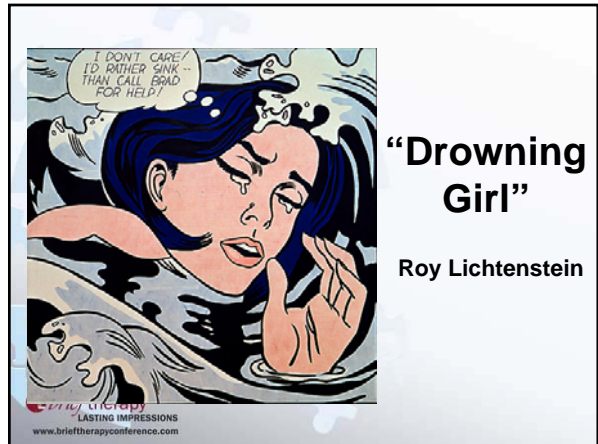
"La scienza della pigrizia"
Frank Stella
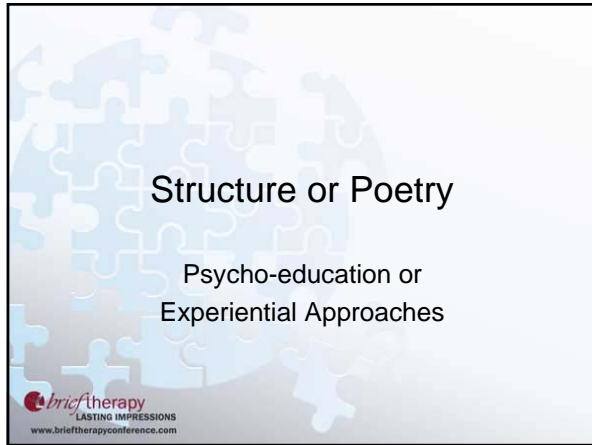
Slide 3

Structure or Poetry
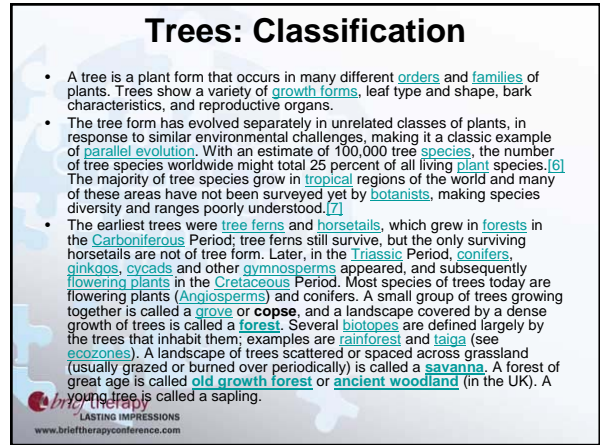
Psycho-education or

Experiential Approaches

Slide 4

Trees: Classification

- A tree is a plant form that occurs in many different orders and families of plants. Trees show a variety of growth forms, leaf type and shape, bark characteristics, and reproductive organs.

- The tree form has evolved separately in unrelated classes of plants, in response to similar environmental challenges, making it a classic example of parallel evolution. With an estimate of 100,000 tree species, the number of tree species worldwide might total 25 percent of all living plant species.[6] The majority of tree species grow in tropical regions of the world and many of these areas have not been surveyed yet by botanists, making species diversity and ranges poorly understood.[7]

- The earliest trees were tree ferns and horsetails, which grew in forests in the Carboniferous Period; tree ferns still survive, but the only surviving horsetails are not of tree form. Later, in the Triassic Period, conifers, ginkgos, cycads and other gymnosperms appeared, and subsequently flowering plants in the Cretaceous Period. Most species of trees today are flowering plants (Angiosperms) and conifers. A small group of trees growing together is called a grove or **copse**, and a landscape covered by a dense growth of trees is called a **forest**. Several biotopes are defined largely by the trees that inhabit them; example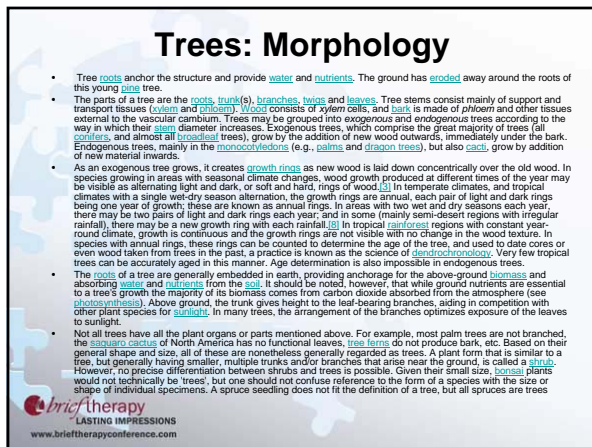s are rainforest and taiga (see ecozones). A landscape of trees scattered or spaced across grassland (usually grazed or burned over periodically) is called a **savanna**. A forest of great age is called **old growth forest** or **ancient woodland** (in the UK). A young tree is called a sapling.
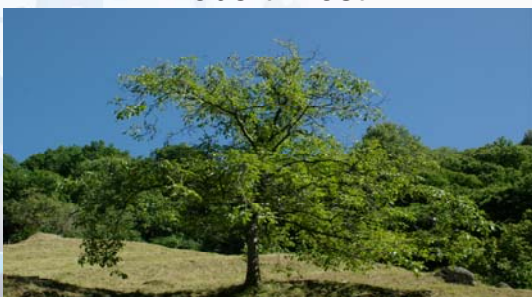
Slide 5

Trees: Morphology

- Tree roots anchor the structure and provide water and nutrients. The ground has eroded away around the roots of this young pine tree.

- The parts of a tree are the roots, trunk(s), branches, twigs and leaves. Tree stems consist mainly of support and transport tissues (xylem and phloem). Wood consists of *xylem* cells, and bark is made of *phloem* and other tissues external to the vascular cambium. Trees may be grouped into *exogenous* and *endogenous* trees according to the way in which their stem diameter increases. Exogenous trees, which comprise the great majority of trees (all conifers, and almost all broadleaf trees), grow by the addition of new wood outwards, immediately under the bark. Endogenous trees, mainly in the monocotyledons (e.g., palms and dragon trees), but also cacti, grow by addition of new material inwards.

- As an exogenous tree grows, it creates growth rings as new wood is laid down concentrically over the old wood. In species growing in areas with seasonal climate changes, wood growth produced at different times of the year may be visible as alternating light and dark, or soft and hard, rings of wood.[3] In temperate climates, and tropical climates with a single wet-dry season alternation, the growth rings are annual, each pair of light and dark rings being one year of growth; these are known as annual rings. In areas with two wet and dry seasons each year, there may be two pairs of light and dark rings each year; and in some (mainly semi-desert regions with irregular rainfall), there may be a new growth ring with each rainfall.[8] In tropical rainforest regions with constant year-round climate, growth is continuous and the growth rings are not visible with no change in the wood texture. In species with annual rings, these rings can be counted to determine the age of the tree, and used to date cores or even wood taken from trees in the past, a practice is known as the science of dendrochronology. Very few tropical trees can be accurately aged in this manner. Age determination is also impossible in endogenous trees.

- The roots of a tree are generally embedded in earth, providing anchorage for the above-ground biomass and absorbing water and nutrients from the soil. It should be noted, however, that while ground nutrients are essential to a tree's growth the majority of its biomass comes from carbon dioxide absorbed from the atmosphere (see photosynthesis). Above ground, the trunk gives height to the leaf-bearing branches, aiding in competition with other plant species for sunlight. In many trees, the arrangement of the branches optimizes exposure of the leaves to sunlight.

- Not all trees have all the plant organs or parts mentioned above. For example, most palm trees are not branched, the saguaro cactus of North America has no functional leaves, tree ferns do not produce bark, etc. Based on their general shape and size, all of these are nonetheless generally regarded as trees. A plant form that is similar to a tree, but generally having smaller, multiple trunks and/or branches that arise near the ground, is called a shrub. However, no precise differentiation between shrubs and trees is possible. Given their small size, bonsai plants would not technically be 'trees', but one should not confuse reference to the form of a species with the size or shape of individual specimens. A spruce seedling does not fit the definition of a tree, but all spruces are trees

Slide 6

Robert Frost

Robert Frost

Tree at my window, window tree,
   My sash is lowered when night comes on;
   But let there never be curtain drawn
   Between you and me.
   Vague dream-head lifted out of the ground,
   And thing next most diffuse to cloud,
   Not all your light tongues talking aloud
   Could be profound.
   But tree, I have seen you taken and tossed,
   And if you have seen me when I slept,
   You have seen me when I was taken and swept
   And all but lost.
   That day she put our heads together,
   Fate had her imagination about her,
   Your head so much concerned with outer,
   Mine with inner, weather.

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Therapist "States"

- Utilization
- Drama—S.I.F.T– Set-up, Intervene, Follow-through
- Orient-Toward
- Resource Elicitation
- Tailor
- Precision
- Art—Especially a Visual Art
- Multilevel
- Humor
- Flexibility
- Resonance
- Caring

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Therapist "Roles"

- **Conservationist:** Utilization
- **Farmer**: Set-up, Intervene, Follow-through (SIFT)
- **Poet**: Orient-Toward—Create not connect dots. Be wierd
- **Miner**: Resource Elicitation
- **Tailor**
- **Neurosurgeon:** Precision
- **Artist**—Especially a Visual Art
- **Movie Maker**—Multilevel
- **"Good Humor" Person**
- **Shape-shifter**—flexible
- **Dancer**--resonance
- **Anesthetist**—no surgery without anesthesia

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Creating an Experiential Toolkit Experientially in four stages

1. **Experiential Assessment**
   Expand/contract—An assessment pattern
2. **Experiential Empathy**
   Attunement— Build responsiveness (the essence of hypnotic induction
   Sculpting
3. **Experiential Treatment**
   Improvise—Utilization is the key to solutions
   Cut/paste—Treatment retrieves/reorganizes experiential resources
   Create, don't connect the dots—Stimulate into play experiential resources. Use ambiguity—Compact the message
   Gift wrap—Market the intervention; enliven simple ideas
   Drama—Therapy is a symbol drama of change
   Tailor—Speak the person's experiential language
   Arousal—Energize
   The Eyes Have It—Using Visual references.
   Precision—Being surgical
4. **Experiential Endings**
   Glimpse the promised land –future pace

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**Milton H. Erickson, M.D.
(1901-1980)**

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