

**The Milton H. Erickson Foundation
of the California Central Coast (MHE CCC)
Professional Workshop: October 23 & 24 2009**

The Co-Creation of Mind & Brain in Psychotherapy

Friday, 9am-5pm, October 23 2009:

Facilitating Co-Creation of Mind & Brain in Psychotherapy

Is it possible to use your conscious mind to facilitate the growth of your physical brain to optimize your health and well being? We will explore new ways of facilitating practical approaches to creative psychotherapy for dealing with the common problems of anxiety, depression, conflicts, and PTSD in brief psychotherapy. Neuroscience is currently providing evidence of how meditation, therapeutic hypnosis, and psychotherapy can turn on activity-dependent gene expression and brain plasticity on a daily and hourly basis. A variety of group processes will allow us to experience our personal growing edges in a private manner with innovative approaches to psychotherapy and The General Waking Trance. Participants will have an opportunity to experience Rossi's Novel Activity-Dependent Mirroring Hand Approaches to therapeutic hypnosis during brief psychotherapy. We will form small groups to practice and discuss how to apply these new, easy-to-learn, practical approaches to whatever school of psychotherapy you are most comfortable with in your professional work.

Saturday 9am-5pm, October 24 2009:

Facilitating the Psychosocial Genomics of Human Resilience and Resourcefulness in Creative Psychotherapy

This will be a day entirely devoted to practicing novel variations of our new neuroscience approaches to facilitating the 4-stage creative process for dealing with anxiety, depression, emotional conflicts, and PTSD in brief psychotherapy. We will explore practical approaches to dealing with the "problem of the opposites" when people are typically stuck in stage two of the creative process in everyday life. We will practice the psychotherapeutic art and craft of transmuting negative, traumatic experiences into positive realizations by facilitating the creative reconstruction of the mind-brain during significant life situations when people most typically consult a psychotherapist. We will explore the profound implications of current Psychosocial Genomic Research on "What Makes Us Human?" This is the "Human Accelerated Region 1 (HAR1)" of our genome that separated human evolution from that of our nearest primate relatives about 5 to 7 million years ago.

Workshop Preparation: Read the "Free Book" at www.ErnestRossi.com.