



# A TEACHING SEMINAR WITH MILTON H. ERICKSON

Edited with Commentary  
by  
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This volume presents the complete transcript of a five-day seminar with Milton Erickson. Here the reader will experience Erickson talking about his method of therapy, demonstrating his techniques, telling one fascinating anecdote after another - anecdotes which often produce feelings of cognitive dissonance and surprise, but eventually illuminate new ways of seeing patients and thinking about psychotherapy. In his introductory chapter, Jeffrey Zelig demonstrates how Erickson used anecdotes to communicate on several levels at once in an extremely powerful way. In addition, the appendix provides a detailed discussion by Erickson and Zelig of two introductions in the transcripts, revealing the precision of Erickson's teaching, in which every movement every inflection and every association have significance.