

INTRODUCING THE INSTITUTES

The Milton H. Erickson Institute of Sicily

Interviewed by Marilia Baker, MSW

The Milton H. Erickson of Sicily (MHEIOS) was established in 2004 in Catania. There are four members constituting the Board of Directors: Drs. Salvatore Tony Palumbo;

Graziella Trovato

Tony

Palumbo, founder and director, holds a doctorate in psychology and psychotherapy. He is also founding director of the *Accademia Psicoterapia Integrata* and has been pioneering Ericksonian approaches to hypnosis and psychotherapy for about 20 years. He is the author of the essay "*Come i pazienti ipnotizzano i terapeuti*" (How patients hypnotize the therapist).

Prior to establishing the Institute in 2004, Palumbo, and Trovato, had been active in promoting seminars and workshops throughout Sicily. In 2002, Palumbo organized a seminar taught by Betty Alice Erickson on "Hypnosis and Ericksonian Psychotherapy." The event was a great success, not only on account of its presenter but also because many experts in the field attended it. From that workshop evolved a close friendship with Betty Alice and her suggestion that Palumbo and colleagues establish



an Institute, since they were already so dedicated in disseminating Erickson and proponents.

Palumbo began his psychology career in the traditional fields of psychoanalysis, Jungian analytical psychology, gestalt and Transactional Analysis. Eventually he became trained in the European approaches to neurolinguistic programming, finally finding his passion -- Milton H. knowing something Erickson's methodologies. Palumbo credits the Italian N.L.P.M.E.T.A. Institute with originally disseminating the work of Erickson in Sicily. In addition to

Betty Alice Erickson, Palumbo has studied in Italy with the foremost proponents and innovators of Ericksonian approaches.

He describes his meeting with Betty Alice "... it was a very beautiful and interesting experience to meet Erickson's daughter. I was attending Erickson's Centennial conference in Capri in 2001. Meeting Milton's daughter was like about her father. I was very impressed with everything she said and did not miss anything about her lessons on the naturalistic inductions -- to know personally one of the protagonists of Erickson's stories has been a very touching experience for me." Palumbo is Director of Clinical Psychology and Psychotherapy Services at the S.S. Salvatore Hospital in Paterno, near Catania.

Even though Ericksonian approaches are still not widely known throughout Sicily, the founding directors of the MHE Institute of Sicily have been working hard to disseminate Ericksonian approaches and methodologies in the academic and university world. Palumbo, Trovato intend to joyfully persevere in their mission to further promote Ericksonian Hypnosis and Psychotherapy in Sicily. Congratulations to our colleagues in Catania, Sicily, a sister city to Phoenix, Arizona. Many wishes for a long and fruitful collaboration with our Ericksonian professional family.