

INTRODUCING THE INSTITUTES

L'Institut Milton H. Erickson de Rennes-Bretagne

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L'Institut Milton H. Erickson de Rennes-Bretagne, France, established in 2004, started as a membership society in 2000. The founding members are longtime passionate researchers and avid learners of Ericksonian methodologies and approaches. In 1993, under psychiatrist Claude Virot's leadership, the group started a process they named "intervision" by which they videoed and discussed their therapeutic difficulties and challenges with patient diagnoses and treatment, and presented their theoretical worldviews and clinical interventions. The original members are psychiatrists: Claude Virot, M.D., director-president, Jean Francois Marquet, M.D., vice president; Bruno Dubos, M.D.; Patrick Sinquin, M.D.; Luc Farcy, M.D.; generalist/internist Denis Vesvard, M.D.; Mary Virot, Lic. Psych., and Laurence Dubois, Lic. Psych. There are currently 110 members in the association, throughout the French-speaking world.

Claude Virot has been enthusiastic about Ericksonian approaches to Hypnosis and Brief therapy since he began his studies in psychiatry in 1983. He found out about Erickson through Change (1974), by Watzlawick, Weakland and Fisch, published in French as *Le Langage du Changement*, but at the time there was little or nothing available in France about Erickson. Psychotherapeutic approaches were essentially viewed through the lenses of psychoanalysis. Nonetheless, Virot immediately identified with and understood the importance of Milton Erickson's naturalistic interventions and optimistic worldview. Virot studied in hypnosis with the preeminent French psychiatrist Leon Chertok (who corresponded with MHE at the suggestion of psychoanalyst Lewis Wolberg, M.D., one of America's pioneers of modern medical hypnosis) who came to Phoenix in January 1966 to study Erickson's methods.¹

By late 1986 Claude Virot found out about Drs. Jean Godin and Jacques Antoine Malarewicz treatise *Milton H. Erickson: de l'hypnose clinique 'a la psychotherapie strategique*, Editions ESF: Paris, and immersed heart and soul into training in Ericksonian hypnosis. His 1988 medical doctorate dissertation was on Milton H. Erickson (a first in France), a copy of which he gifted to Erickson's widow, Elizabeth. Since then, Virot has been passionately teaching, researching, and perfecting his hypnotic interventions, as he says "deeply immersing myself, each day, into the very complex and fascinating world of hypnosis."

The Institute operates under the larger umbrella of a comprehensive organization, *Emergences – Institut de Formation en Communication Therapeutique* (Institute for the Research, Studies, and Training in Therapeutic

Communication) established to house and further develop innovations and the new paradigms in science and psychotherapy. The Institute is at the forefront of exploring and applying clinically the concepts of humanistic and scientific emergence (as process of ever progressive complex pattern formation) and chaos theory, systemic theories, quantum physics, quantum psychology, as well as the seminal work of Ernest Rossi's psychosocial genomics of consciousness. Virot's objectives, as well as that of his training faculty, is to search for effective hypnotherapeutic alternatives to psychopathologies currently treated with heavy dosages of psychotropic medicine, such acute and chronic depression. In addition to ongoing training, the Institute also offers ongoing supervision to clinicians.

Another significant distinction of the Institute has been the systematization of the applications of hypnosis in chronic pain, and in diverse surgeries and most of all, applications of hypnosis in anesthesia. The current faculty congregates experts from Rennes-Bretagne and other regions in France, from Switzerland, Belgium, Canada, Mexico, and the United States including physicians, Franck Bernard; Patrick Ciavaldini; Olivier Prian; Alain Thomas; Denis Vesvard and psychiatrists, Claude Virot; Bruno Dubos; Jean Francois Marquet; and Lic. Psych. Laurence Dubois. From other regions of France the Institute has in its cadre psychologist Yves Halfon, Rouen; psychiatrist Thierry Servillat, and anesthetist, Sylvie Vrignaud, both from Nantes. From Switzerland psychiatrist Stefano Colombo, and from Belgium, anesthetist, Elizabeth Faymonville. From the Americas the Institutes has invited psychologist Gaston Brosseau of Canada; Ernest Rossi of the United States and Teresa Robles of Mexico. Eric

Greenleaf and Carol Erickson are the invited faculty for 2006.

Last, but not least, the MHEI of Rennes-Bretagne has been actively participating in the *Confederation Francophone d'Hypnose et de Therapie Breve*, an association of all French-speaking institutes, societies, and therapists around the world. The last congress, organized by the Institute, took place at Saint

Malo, a quaint seashore resort on northern coast of Bretagne, gathering 600 representatives, with many innovative and original contributions. Claude Virot, also president of the Confederation, expressed his pride and hope for an ever growing interest and participation of many more French-speaking therapists. More than 30 members will be representing the Rennes-Bretagne Institute at the forthcoming Seventeenth Congress of the International Society of Hypnosis (ISH) in Acapulco, Mexico. For further knowledge and information on all activities and events of the MHEI of Rennes-Bretagne, please go to www.hypnoses.com. Welcome aboard, Claude Virot and Faculty! The Erickson Foundation, its Institutes and Societies

worldwide, are looking forward to your rich and original contributions to the evolution of Ericksonian thought and therapeutic approaches.

¹Source: *The Letters of Milton H. Erickson* (2000) edited by Jeffrey Zeig and Brent B. Geary. Zeig, Tucker & Theisen: Phoenix; pp. 359-361.



Claude Virot with Ernest L. Rossi, Oct. 2005



Some of the Institute Faculty, Oct. 2005