

# Helping Our Clients and Ourselves To Wake Up From Fear To Do What Brings Us and Others Joy

Free Lecture for CAMFT by Dr. Michele Ritterman

Author of:  
Using Hypnosis in Family Therapy,  
Hope Under Siege: Terror and Family Support  
and Woman's Wisdom

Friday, January 18th, 2008 5:30-7:30  
Corta Madera Town Center

**At this meeting of CAMFT, Dr. Michele Ritterman will teach about:**

- What's trance got to do with our life and our work today?
- How do we observe when members of a couple, family or society have put each other into a trance state?
- How do we observe whether or not the state we are in or our client is in is positive for the person who is in it?
- How can we help members of a couple awaken from a trance that isn't helpful without the use of medications!
- How can we help members of a couple awaken into a positive state from which they can actively transform their interactions instead of react with symptoms.

## **About Dr. Ritterman:**

Michele is a licensed psychologist who was formerly the student of Milton H. Erickson, M.D., Salvador Minuchin, Jay Haley and Braulio Montalvo. Michele specializes in helping people identify and use a range of states of consciousness to solve both daily problems and deep trauma. For the last thirty years, she has lectured

around the globe about how to help people wake up from negative trances that seem to be spontaneously induced. She demonstrates that in most cases these trances are suggested in observable ways, by loved ones, oneself or the society or government around us. To take charge of our lives we need to pick and choose what people or institutions we want to be suggesting what state of mind we are in! In 1983, she pioneered the now widely used concept that the symptom is a trance state.

Michele Ritterman is the author of three books, *Hope Under Siege: Terror and Family Support*; *Using Hypnosis in Family Therapy* (available from ZeigTucker); and *Woman's Wisdom* (Skipping Stones Editions). She has published widely and some of her papers, such as "Stopping the Clock", "Breaking the Spell of a Dysfunctional Rapport," and "Torture the Counter Therapy by the State," "The Ten Principles of Ericksonian Psychotherapy," may be downloaded from her website: [www.micheleritterman.com](http://www.micheleritterman.com).

**ALSO to get a sneak preview of Michele's work:**

**Please join Michele at her BOOK-Signing and Lecture  
for *Woman's Wisdom***

**Sunday, October 28th, 2007  
at Elephant Pharmacy on Shattuck in Berkeley, at 2:30.**

**It's a Sunday, so please mark your calendars and you can buy your herbs and yoga supplies after the event! This little book is a spiritual, hypnotic guide for moments of decision making in life, based on 100 short verses with a spin to help you shift from rigid thinking.  
Mamma's Tao!**

**She is also teaching at Esalen, Nov. 25th-30<sup>th</sup>, 2007**

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