

# THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1971, Golden Gate Foundation for Group Treatment, Inc.

P.O. Box 1141, Vallejo, California, 94590

Editor: FH Ernst Jr, MD

May 20, 1970

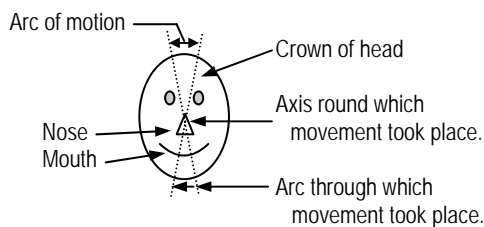
Vol. 2, No. 30

**ENCOUNTER:** Dora, 23 yr old in group to get well of phobias (elevators, etc) repeatedly had gone through a sequence of transactions that included various recyclings of,

1. A bright smile (and word) to an apparently troubled group member followed by visually checking back to whoever she was interrupting (as if "Is-it-OK-if-I-talk-to-her-,too?"). Then,
2. She launched into a series of softly spoken (trying-to-help) solicitous inquiries and comments to the other person, her "pick". The tempo of the inquiries would slow then cease. Next,
3. She turned slowly, as if in deference to the person previously interrupted "In-case-you-have-any-comment-to-make"; this returning, however, was accompanied by a fast glance, checking back to her "troubled pick" as if to say "No-offense-meant-, you-understand (for-turning-away-from-you-just-now)". Then,
4. There were a series of transactions with, eg, the leader about how she, Dora, had "done-as-much-as-I-could"; "Didn't-I-do-good?"; "Did-I-do-wrong?" Both explicit and implicit, these were associated with a seeming wobbly instability of her head on her neck. Words, when spoken, were hesitantly deferentially phrased.
5. The last & Pay-off event in this game was variously.
  - a. Laugh with the others "I did it again, huh?" (GOW).
  - b. Protest innocence of whatever was said (GRO).
  - c. A claim of confusion and blanked out silence (GNW).
  - d. A petulant "I'm-not-going-to-talk-anymore" (GAF).

The moves of her game in group and the advantages were well understood by herself and group. The meaning of her head movements, however, remained elusive; i.e., what set of words would most likely be spoken by a person as this "wobbliness" occurred.

Closer observation of this "unstable weakness and wobbliness" of her head on her neck showed it to be a side-to-side bobbing of her head. It had a constant frequency and amount of moving when it took place. Her head was seen moving side to side through an arc, the hub of the arc located just below the nose. Face on, this movement is depicted as follows:



The total arc measured at the crown of the head was no more than 8° of a circle, 4° either side of her upright posture. This head gesture had 4 parts, two movements to either side of center then

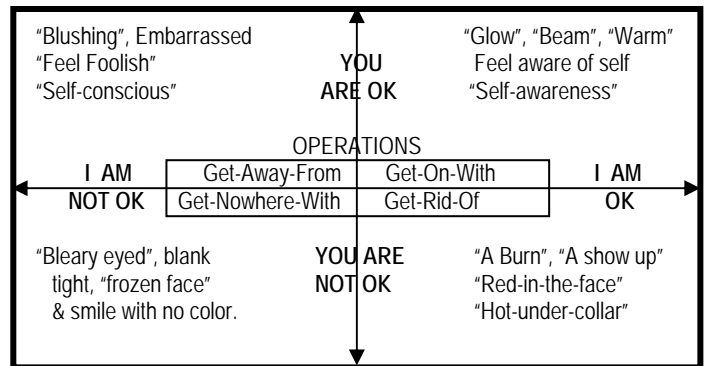
return to "center" position. This pair of oscillations and recentering of head was rather regularly completed within an interval just over one second. Duplicating this movement eventually gave the information. It was the listener equivalent and non-vocal remnant of a rapidly worded scolding phrase:

"You-can't-talk-to-me-like-that" or  
"I-was-only-trying-to-help-you-out"

The accuracy of these was Dora's giving herself away with her giggle-laugh when the words were given back to her while imitating the movement; the group joined her.

Formulation: This observation is one of those on which the author bases his equation, internal experiencing (feeling) approximates the manifested behavior of the person. ("An individual gives himself away more often than he cares to think that he does.") Dora's game as above, with its five distinctly different categories of moves was "I-am-only-trying-to-help-you-out"; a little contention did issue from this series of moves at times.

**FORMULATION: THE FACIAL WARM-UP:** Facial warm-up expressions and experiences are sortable into the 4 classes of social operations. Each social encounter is resolved in one of 4 ways, similar to the 4 (script) positions.



In the above, the quadrants are assigned according to the classical Cartesian coordinates. See also E #29, 5-5-70, Diagram of Pinocchio Script. This is to change the I-AM-OK to the right of the vertical axis (from the left). In this change of moving the I-AM-OK to the right of the vertical axis the graphing is more consistent with standard graphing procedures. This system of coordinates was first formulated by the mathematician Des Cartes (1596-1650). Those familiar with previous "Get-Well-In-Your-Own-Script" diagrams (The E) will see that Get-On-With (GOW) operation is now in the right upper quadrant, as are the 2 plus values of two dimensional (plane) analytic geometry. Following from this, it is realistic to grade the amounts of "I-Am-Ok" (or Not-Ok) amounts of "You-Are-Ok" (or Not-Ok). This form of graphing the "Okayness" or "Non Okayness" of "Me-and-You" is more consistent

with other two dimension representations as used throughout the world, i.e., by standardizing this graphing and making it consistent with other quantitative two axis graphing, this diagram is more predictably understandable, more consistently recognizable from one continent to the other. Similarly it indicates that according to the forces at play within (internal, eg, the Child commitment) and upon (external to) a person, his (operational) method of resolving an encounter will change. The more of (the sum of) "I-Am-Ok" force(s) at work in a person, the farther to the right (of the vertical axis) will be the resolution for the particular encounter; the more "I-Am-Not-Ok" force, the farther to the left (of the center axis). The more of (the sum of) "You-Are-Ok" force(s) at work (in his operation) the farther above the horizontal axis for the particular occasion; the more of an "You-Are-Not-Ok" force(s), the farther below will be located the point showing the intensity of the You-Are-Not-Ok value for the particular encounter resolution. Thus a person's position (operationally his encounter resolution) in a

situation can be numerically represented. This, for example, can be depicted by the (quality & intensity of the) pay-off of his game. This is consistent with games that are played, as "First-degree; "Second-degree", and "Third-degree" games. A ten point (or hundred point) scale could be developed. Then an "I-Am-Ok" of plus 2 units and "you-Are-Ok" of plus 1 unit reads to the particular place on the graph of "+2 & +1" (for a GOW); an "I-Am-Not-Ok" minus 3 and "You-Are-Ok" + 2 could read "-3 & +2" (for a GAF). The other two positions & operations will be graphed similarly. Credit for changing the quadrants (placing I-Am-Ok to the right) as well as the quantitative graphic representation goes to 1st Lt Becky Spencer USAF, Occupational Therapist.

-----  
SUCCINCTISM: "Ninth Beatitude": Blessed are the virtuous innocent for they shall be chased (chaste?) all of the days of forever.

-----  
 The FOUNDATION for GROUP TREATMENT, INC., a non-profit organization was established for the purpose of providing clinicians of all schools and disciplines using group treatment methods with opportunities for increasing their effectiveness and efficiency toward the professional treatment objective of the patient getting well.

The Encounterer is the news service of the FOUNDATION. It will have notices of interest, current developments in this treatment field, and clinical reports.

Associations and Societies of group treatment professionals are invited to use THE ENCOUNTERER to notify others of their meetings and activities. As a service of the FOUNDATION, non-profit facilities and organizations involved with group treatment are invited to apply for THE ENCOUNTERER on a continuing basis.

This single sheet news service will include:

1. CLINICAL INFORMATION:
  - A. ENCOUNTERS, vignettes, applicable to treatment.
  - B. FORMULATIONS of theoretical and a practical nature.
  - C. "Rx for GETTING WELL."
  - D. OTHER sections as this publication evolves.
2. NOTICES of coming talks, seminars, meetings for learning, teaching, training.
3. REPORTS on events of interest to group treatment professionals.

Individuals who want to receive THE ENCOUNTERER may do so by making a \$2.50 donation for which they will receive 20 issues of this periodical in a year.

-----  
**Glossary of Terms and Abbreviations Used in THE ENCOUNTERER**

A	Adult, "level-head," objective, ego state	P-O	Pay-Off: Ulterior (latent) motive, reward. 5th move of a game.
C	Child, childhood, "the Kid" ego state	PSI	Pounds per square inch
CPM	Cycles per minute	<b>Rx</b>	Prescription, prescribed, therapeutic advice, treatment recommendation.
CPS	Cycles per second	SCRIPT	Life-Story: map of person's life, often resembling a fairy-tale.
E	THE ENCOUNTERER	SOBA	SOB Authority, Silly-Ole'- Boy-Authority
G	Gimmick: (trick, wrinkle) 4th move of a GAME.	SOBA-HUNTER:	Person with an "authority problem"; a Crusader; a revolutionary.
GAF	The DEVOLUTION Life Solution of <u>Get-Away From</u> : I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where-With</u> : I-am-not-OK-and-you-are-not-OK.	TA	Transactional Analysis. Originated by Berne. It is: 1. A theory of (social) behavior 2. A theory of personality structure 3. A method of (group) psychotherapy treatment 4. An organization It embraces and is not contradictory to psychoanalytic theory and practice.
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK	THE E	THE ENCOUNTERER
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of</u> : I-am-OK-and-you-are-not-OK.	THWIT's	"To Hell With It's", Having a case of the ...
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.	VOL	Volume
H	Hook: (come-on, engagement) 1st move of a GAME.		
M	Maneuver: (angle, con) move of a GAME.		
No	Number		
P	Parent, Parent ego state; to be differentiated from Adult ego state.		