

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals. Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

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

Editor, FH Ernst Jr MD

May 5, 1969

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NOTICE: Non-profit associations and societies of group treatment professionals are invited to announce educational meetings and activities in THE ENCOUNTERER.

MEETING: May 25-29, 1969, National Conference on Social Welfare, Hilton Hotel, New York, New York 10028.

REPORT OF MEETING: The Sacramento Inst. of Transactional Analysis held its spring conference at Lake Tahoe, April 25-27, 1969. The printed program was unique in its "fairness" to all participants--each was listed by one initial and full last name--no degrees or pedigrees. Program Chm L E S MART integrated a fast moving, undull series of presentations that kept almost all registrants in almost all the sessions, for almost all the three days--no small feat. Moderator G. Hairberg was smooth and skillful in running the program. The time coincided with the release of the book, "I'm OK, You're OK," by the President of this Institute, T A Harris. Craig Johnson and Steve Schubauer of DeWitt State Hospital, Auburn, CA enlarged in a new way on one facet of Transactional Analysis. See this issue "Prediction with a Four Second Base," C. Johnson.

In the hands of Johnson this concept of "A Four Second Base" became a precise instrument and added to the therapy and practice of T A. It is a reproducible (T A) therapy technique and a noteworthy advance at the frontier of efficiency in getting-well (the treatment process).

The writer was privileged to give the Academic Address. Titled "The Theory and Practice of Getting-Well," it was good-naturedly prefaced by--"and not even Eric Berne has been told these things...yet!" The thesis was developed that "being winners" is a more reasonable state of affairs per individual than is generally (Parentally?) assumed; that being winners and getting-well are synonymous; that the work spent in "not-giving-your-self-away" is the same work as that spent in maintaining the chosen loser position.

SEMINAR CLINICAL: Transactional Analysis, May 23-25, 1969. Tahoe College, 1 sem. unit credit. Teacher: Eric Berne. Write-Tahoe Institute, PO Box 796, So Lake Tahoe, CA95705.

PROGRAM for G-W of A SOBA-HUNTING-CRUSADE-AT-WORK:

This is Exchanging a Get-On-With (the job) for a Get-Rid-Of (that S O B Authority) Life Solution:

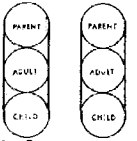
- 1) Up the number of daily "hello's" to the SOBA by 20%
- 2) Give the SOBA his "certificated name" at least once/day best with the "good morning!" or day-ending "good-bye!"
- 3) Give an audible response at least once every 30 sec. during (verbal) transactions with "the chief" including the time during his "(Parental) lectures" as with "um hum!"; "OK!"; "I see!" etc.
- 4) Keep your (head) "level" most of the time while transacting; if useful to preserve the complimentary nature of the proceedings (uncrossed transactions) with him, let yourself be swayed (head physically tilted) for him, up to 30 seconds at a time. This is to say that an Adult-programmed, compliant-Child procedure may well satisfy the disciplining Parent of the boss so that then his own Adult can later step in and Get-On-With the job program.

The limitation of "30 continuous seconds at one time" (between "renewal of the level") has to do with the length of time the Adult ego state, the level-headed person, can remain in charge inside the head while Child (behavior) is evidenced. When the uninterrupted interval is extended beyond 30 seconds, the likelihood of the C becoming hooked, accelerates rapidly; result: the SOBA-Hunter (Crusader) of Childhood is more easily enticed into playing through to the pay-off (eg Uproar) in the available bilateral game. This 30 seconds phenomenon is a matter of the kinesthetics of "feelings" and behavior.

WORKSHOP in Family Therapy: May 23-25, Idyllwild CA.

Write: Prog Chm, Kempler FND, 6233 Wilshire Blvd, Los Angeles, CA 90048.

CONTRIBUTED, Original Article: "Prediction With A Four Second Base," Craig Johnson, MSW, Sacramento. A check list of (arbitrarily limited to 21) items of pertinent, "first few seconds of interview" information has been developed. These are from the series of cues and clues given out by a patient within the first 3-6 seconds of a first session. An organized viewing of the first seconds of psychotherapy can be taught to students and should be considered by the practitioner. A large amount of specific data is presented during these initial seconds--material the patient is busily giving away about himself, why he comes to the therapist. The therapist who is (mentally) picturing these events on his own transactional analysis diagram can exclude certain problems immediately, consider the meaning of these "small first events" in relation to each other, coupled with the effects produced in the therapist.



These are the clues in the tones, words, colorings, movings of the patient in his initial transactions. This data is sortable, eg, into the "problemmed area" of the Child, major nurturing and prohibiting methods of the Parent, which ego state made the therapy decision etc; this data received by a therapist has been called in the past "intuitive," "first impression," "jumping to conclusions": the first clinical estimate. By organizing the items of these witnessed events, some good quality clinical predictions (with percentages) can be made. When an estimate is made earlier by therapist, therapy can go more rapidly and if later events show the prediction is in error, therapist can modify or change the prediction model. In any case, during the interim, effective therapy based on perceived events was going ahead; this, instead of "waiting for more information before" clinically estimating (predicting) the nature of the patient's difficulty which is in need of therapy. This is to make use of predictability estimates which can be made from the first four seconds, ie, the therapist figuring out structural and transactional significance of the patient-therapist events occurring during the very earliest moments of meeting.

Editor - Mr. Johnson's thesis is original with himself. It is, retrospectively, a logical extension of "Relationship Analysis" (see "Transactional Analysis in Psychotherapy," Berne.) Mr. J's originality lies in pressing this element into service from the very inception of the two person's on the telephone with each other to thus increase the efficiency of treatment.

ENCOUNTER: Larry told in group that he and his wife were walking downtown on a wintry evening when they passed by three inebriated youths sitting in a darkened alcove. About 20 yards ahead a fourth member of this group was noted heckling another passerby on the then moderately peopled sidewalk. Larry and wife were duly "picked up" by the second of the four, treated to profane epithets, asked for money and in other provocative ways invited to retort to the tormentor. Larry, however, kept his same walk, continued his same rate and tone of syllable production to his spouse who in turn also continued her responses and gait unvarying as from before the onset of this event. Neither made a startled gesture, looked at, spoke to or in any other way acknowledged the presence of the would-be sidewalk highwayman. In group Larry told that he was aware during this encounter that if the two of them "made it" through the first 5-6 seconds without visibly or audibly responding (becoming hooked into the game) their chances of being "dropped of" unmolested within 60 seconds were 95% or better. This was borne out when after 45 seconds and 50 yards of harrassment the young man dropped off from them, presumably to return to his initial perch.

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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 reports
 - a. ENCOUNTERERS, vignettes, applicable to group treatment
 - b. FORMULATIONS of theoretical and practical nature
 - c. **B**s for GETTING WELL.
2. NOTICES of coming talks, seminars, meetings for learning, teaching, training.
3. REPORTS on events of interest to group treatment professionals.

Individuals who would like 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.

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