

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals.

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FOUNDATION for GROUP TREATMENT, INC.

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Editor, FH Ernst Jr MD

September 20, 1969

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MEETING: October 24-26: Southern Calif Psychi Soc Conf, Biltmore Hotel Santa Barbara CA. Write: M F Orfirer, MD 2200 Santa Monica Blvd, Santa Monica, CA, 90404.

ENCOUNTER: The use of a marshmallow in a responsive maneuver as heard in a group; "I think I have a feeling that what you are saying is that you are...." The "I-think" was said with crystal-clear, distinct voice. Then with the words "I-have-a-feeling-that" the vocal quality changed to syllables with a soft, rounded sponginess, non-penetrating and indistinctly audible as if the "I-have-a-feeling" meant "I have a feeling for you that already, without anyone saying anything yet, you have been misunderstood". As the words "that-what-you-are-saying-is-that-you-are" were said, the speaker's voice and attitude changed again; this time the pitch may have dropped even slightly lower but now the voice was stronger, louder and more penetrating; the talker's head was now tilted 10 degrees to the left of horizontal as a gentle fore-and-aft head-bobbing movement was directed toward the initially stimulating person; the range of the wigwag measured 3/4 of an inch at the crown of the head. This rewording maneuver, it was learned later, was used to discount the first person's capacity to make himself understood, to tell him that he didn't know what he was talking about. Introducing as it did here the ensuing opinionated, Parental statement, this sequence of physical movements and tonal changes was suggestive of techniques used by hypnotists and snake-charmers.

FORMULATION: Social Operations and Encounter Solutions:

Since the POSITION FOR GETTING-WELL was described at the last Summer Conference of the Int'l Transactional Analysis Ass'n people have asked questions like "Isn't a get-no-where solution bad". "Aren't you supposed to stop using get-away-from solutions in order to get well?", "I thought you said the get-rid-of way of doing things was sick." Getting-well, getting to be winners means to use the Evolution operation more often. Get-well does not mean, let alone imply, that the Evolution operation is to be used exclusively. To get-well means to increase the percentage of social encounters which are handled in a manner leading to a get-on-with solution.

Regardless of the amount of health or psychopathology a person has he will use the EVOLUTION operation at least once each day in his social encounters to obtain one Get-On-With (GOW) solution, eg, "Hi! Good to see you!" By the same token a person will use the DEVOLUTION operation at least once a day for one Get-Away-From (GAF) solution, eg, "I gotta go now!"

Similarly, the REVOLUTION operation is used at least once daily for a Get-Rid-Of (GRO) solution, eg, "I can't talk to you now". The OBVOLITION operation also is used at least once a day and is for the purpose of a Get-No-Where solution, as with "give me a minute to think about that", "why don't you sleep on it once before deciding". The obvolition operation temporary style is one of postponing; the solution is a get-no-where: temporary style refers to its reversible, for-now quality. (See THE E Vol I Nos. 3,6,8,10)

Recall that to get winners means to spend time practicing, specializing; it means that there is a selective use of the available time in ones life. "YOU JUST CAN'T BE FRIENDS WITH EVERYBODY!" or afford to say OK to everything. Therefore, a get-on-with solution in an encounter at times is not consistent with efficiency in wanting, the essence of winning.

The goal of getting well is one of finding more chances for getting-on-with the job at hand, for getting on with the other guy; and it is to decrease the frequency and the intensity of "burning your bridges behind you", of "standing up for my rights (and on top of the other guy's)", and of "telling him off".

MEETING: Symposium on Family Psychotherapy: October 17-18, 1969, Georgetown University Medical Center, Washington D.C. Write: F D Andres, MD, 3710 Chanel Rd, Annandale, VA, 22003.

FORMULATION: TRYING-TO-HELP at Work?: The end of the work day doesn't come soon enough; you long for Friday to come, for the week-end. The work takes-so-much-out-of-you; the job-of-being-nice to people who are so-trying-to-ones-patience leaves you "wornout" after the day is done. More than likely you are a "trying person" to be with after work:

A friend, after-work-and-bright: "Hi! How are you!"
Tired-and-Trying: "Oh hello there! Tired! I'm tired, tired!"

Why is "trying-to-help" tiring and wearing? Recall that trying is the opposite of doing, therefore, it can be tried, tried, and tried again to tiring, trying, lengths. As soon as accomplishment appears close at hand it needs to be avoided so the same goal can be re-set and re-approached, the ground is familiar; whereas, a job done and finished opens the possibility for new activity and on new ground, perhaps in virgin territory, with people who are less familiar, to make new evaluations and decisions. Trying is non-decisiveness, decisively non-doing.

Trying-to-help leaves you "feeling all-drained-out" because all of your wonderful, beautiful, considerate offers of helpful suggestions, aimed at stopping up the complaining mouths have been cast aside, pecked-up by those you were only trying to help.

A job well done is regularly refreshing, stimulating, satisfying in itself.

Trying to help is "for-the-appearance," "to-be-above-reproach" in the eyes of onlookers, to be expectant of and able to handle any reproach. In some cases it is also to be ready to chide, ridicule, to call "scab" those who do get pleasure from a job well done. Trying-to-help on the job is collecting pay for the time-put-in, for killing time.

Rs for G-W: The prescriptions for getting well written in THE E are some of those given in clinical practice to patients who are coming for treatment in order to get-well of the specific symptoms listed, ie, contractual psychotherapy. These recommendations, these Rs are given to patients in the literal sense that they are written in THE E. An R for G-W does not mean the R is completely curative in itself, it means the R is one procedure found specifically useful to the patient in a treatment regimen, in his get-well program. The Rs described have been tested by two or more therapists and have been beneficial for more than 50% of patients using them for the condition listed. For those who would call out "intellectualizing!", the writer would ask what contraindications are there to more use of the intellect by either the patient or the therapist?

SYNONYMS:

Get-Rid-Of: get it out of the way, get it over with.
Get-On-With: get it taken-care-of, get it finished, to take-ahold-of, manage, handle, decide.

R for G-W of Snoring: The waking spouse is to lightly rub or stroke some area of exposed non-erotic skin of the snorer for 3-4 second intervals and repeat the process 3 or 4 times at 30 second intervals.

This R alone usually causes temporary discontinuance of the snoring but in itself it is not regularly curative. Nocturnal physical separation by the two persons does not improve the snoring, does not improve the quality of restfulness for either person; nighttime separation usually leads to more separation from each other during the daytime and more nighttime snoring. See future issues of THE E for more on the Resolution of Nocturnal Snoring.

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

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Adult, "level-head," objective, ego state	A	
Child, childhood, "the kid" ego state	C	
Cycles per minute	CPM	
Cycles per second	CPS	
THE ENCOUNTERER	E	
Gimmick: (trick, wrinkle) 3rd move of a GAME	G	
From: I-am-not-OK-and-you-are-OK	GAF	
The DEVOLUTION Life Solution of Get-Away-		
From: I-am-not-OK-and-you-are-OK	GNM	
The OBOLUTION Life Solution of Get-No-		
where: I-am-not-OK-and-you-are-not-OK		
The EVOLUTION Life Solution of Get-On-with	GOM	
(It, life, living); I-am-OK-and-you-are-OK		
The REVOLUTION Life Solution of Get-Rid-Of:	GRO	
I-am-OK-and-you-are-not-OK		
Get-Winners, Get-Well, Getting-Well, usually	GM	
synonymous with the GOM Life Solution		
Hook: (come-on, engagement) 1st move of a GAME	H	
Maneuver: (con, angle, ploy) 2nd move of a GAME	M	
Number	NO	
Parent, Parent, ego state; to be differen-	P	
lated from Adult ego state		
THE E		
THWIT'S		
Volume	VOL	
Pay-Off: Ullterior (latent) motive, reward-4th	P-O	
move of a GAME		
Pounds per square inch	PSI	
Prescription, prescribed, therapeutic	R	
advice, treatment recommendation		
Life-Story; map of person's life-often resem-	SCRIPT	
bling a fairy-tale		
SOB Authority, "Silly-Ole"-Boy-Authority	SBA	
SOB Authority, "Silly-Ole"-Boy-Authority		
Person with an "authority problem"; a	SBA-HUNTER	
Crusader; a revolutionary		
Crusader; a revolutionary		
Concise graphic formulation	SUCINCTISM	
Transactional Analysis-originated by Berne.	TA	
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		
THE ENCOUNTERER		
"To Hell with It"s, Having a case of the		