

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

January 5, 1969

Vol 1, No. 1

INTRODUCTORY ISSUE

The non-profit FOUNDATION for GROUP TREATMENT, INC., was organized to provide 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 information service of the FOUNDATION. It will contain reports of formulations and discoveries which have been clinically useful; notices of meetings, publications and current developments in this treatment field.

Associations and Societies of group treatment professionals are invited to use THE ENCOUNTERER to notify others of their meetings and activities. To receive the mailings of this newsletter, group therapy societies are requested to send their organization's mailing address, stating whether the address changes periodically or is relatively permanent.

THE ENCOUNTERER will include:

1. CLINICAL INFORMATION:

- A. ENCOUNTERS, vignettes, applicable to treatment.
 - B. FORMULATIONS of both a theoretical and a practical, directly useable nature,
 - C. "Rx for GETTING WELL" and
 - D. OTHER sections as this publication evolves.
2. NOTICES of talks, seminars, meetings for learning, teaching, training,
3. PUBLICATIONS and other reportable events of interest to group treatment professionals.

It will be published twice a month eight months in the year and once a month in December and the summer months for 20 issues per year. Individuals who want to receive THE ENCOUNTERER each time it is published may do so by making a \$2.⁵⁰ donation. This Introductory Issue is sent on a complimentary basis. The Editor of THE ENCOUNTERER and the Board of Directors of the FOUNDATION for GROUP TREATMENT welcome suggestions and comments on this venture. Please address them to: Editor, THE ENCOUNTERER, GOLDEN GATE FOUNDATION for GROUP TREATMENT, INC., P.O. Box 1141, Vallejo, California 94590.

ENCOUNTER: Will and Tanya in conjoint therapy proved to themselves the efficacy of calling each other more often by first name. Will began thinking further-- about Curt, their 14-year-old. Curt tended to be obese, non-athletic and seclusive. Will, by count, tripled the use of his son's name to Curt. Tanya did not, in fact she probably decreased it. Nevertheless, Will continued with his "Tanya"s and the "triple-Curt"s. Will was a counting man, he began charting his son's daily weight; the transaction--a matter-of-fact, "Curt, what did you weigh today?" and Curt's response--a number. A few weeks of

this and at a session Will "volunteered" on Tanya's prompting ("Nobody will ever understand women") that Curt's weight was down some, he had smiled and joked with his mother after school a few times that week, talked about friends at school.

FORMULATION, Practical: Laughing, laughing at, laughing with; who owns your license to laugh; under whose rulings will you use it.

If something was done or said that was funny, enjoyable, evocative of a laugh, then it was for the laugh. For the laugh initiator to follow with "You're laughing at me," and a pout or "hurt" is an attempt to revoke the laugher's "laugh license."

MEETING FEBRUARY 1969: The American Group Psychotherapy Association will hold its annual winter meetings in New York City, February 5 to 8, 1969. For information write: AGPA, 1790 Broadway Room 702, New York, New York 10019.

SCHEDULED for coming issues:

Vol.1 No. 3: February 5, 1969: "Positions in Scripts," F H Ernst, Jr, MD, an original contribution to Transactional Analysis Theory.

Vol. 1 No. 6: March 20, 1969: Formulation of "Life Solutions," F H Ernst, Jr, MD, an original contribution to the body of Transactional Analysis Theory. In the idiomatic, this is one section of "The Theory of Getting Well in a Nutshell."

Vol. 1 No. 8: April 20, 1969: Encounter and Formulation - Original contribution to the Theory of Cervical and Lumbar Vertebral-Disc Syndromes, FH Ernst, Jr, MD.

ANNOUNCEMENT: A twice weekly clinical seminar in group therapy is conducted by T. Larry Clanon, M.D., at the Department of Corrections, California Medical Facility, Vacaville, California. It includes observation of a group session followed by a seminar discussion of the session. For further information write to THE ENCOUNTERER or Dr. Clanon at the California Medical Facility.

ENCOUNTER: Senior Good-Humor-Man was discussing the videotaped work of Junior G-H-M at a meeting of professionals. The tape at one point showed Junior laughing during therapy at the situation of the people (patients) being treated. There was much concurring laughter in the viewing audience as the taped scene was played. At this latter event, Senior GHM piously intoned the pronouncement, "This dangerous levity with the patients acting out is verging on contempt - this is dangerous to the patients' human dignity." Almost instantly certain of the younger professionals of that area stopped laughing and smiling. The speculation of the observer

was that only Senior GHM would know when (it was proper) to laugh at or laugh with or laugh about a patient event. By some mutual agreement, the "laugh license" of those who had stopped could be instantly revoked *by* Senior GHM if the younger neighbor had "improperly used," had abused the privileges of that license. (The filmed participants were later also shown laughing at themselves while viewing this same scene in question.)

Rx for GETTING-WELL of DEPRESSION: Touch the molar teeth.

REPORT: One of the earlier actions of the FOUNDATION was to publish the Directory-Proposal, "An Affiliate Society Directory, American Group Psychotherapy Association." This directory proposal listed in alphabetic sequence, for the first time in ten years, the best information available about the members of that national association; it also contained a section with otherwise blank pages naming the various affiliate societies with the view that affiliate societies among themselves could consider making an up-to-date directory, listing the

members of each affiliate society. Such a directory could conceivably be useful for professional contacts, patient referrals and keeping abreast of each others scientific activities. Complimentary copies of this Directory-Proposal were distributed by the FOUNDATION to well over 1,000 members of the AGPA. Since publication of this proposal by the FOUNDATION, that national Association has begun making available a mimeographed alphabetic listing of its membership for \$2.00 (for the latter, write AGPA, 1790 Broadway, Room 702, New York, New York 10019). The FOUNDATION still has a few copies of the Directory-Proposal on hand for members of AGPA requesting one.

NOTICE: Original articles will be considered for publication in THE ENCOUNTERER on the basis of consistency with the purposes of THE ENCOUNTERER and available space.

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

January 20, 1969

Vol 1, No. 2

Rx for Getting-Well: Meaning of: An Rx for G-W is a G-W Recommendation, G-W Regimen, G-W Advice, G-W Procedure, a Prescription for Getting Well.

NOTICE: Non-Profit group treatment associations and societies are invited to announce educational meetings in THE E. Other group treatment oriented organizations are invited to inquire about publicizing in THE ENCOUNTERER.

ENCOUNTER Jim and Jan: Jim kept shoveling the stuff of her past at her. Jan sat blinking, reddening eyes, unspeaking as he whammed away at her without using a single profane epithet.

Rx for G-W to Jim: Use one epithet to Jan every two days.

Rx for G-W to Jan: Vocalize a minimum of one syllable to Jim every 15 minutes when he is around or "sounding-off."

FORMULATION: Jim is thinking that with a witness (therapist) present, "Now's my chance to get you (Jan), and there's nothing you can do about it (as long as I am proper about it)."

Jan is thinking: "Maybe Jim will unwind and shut-up eventually; maybe you (therapist) will help me when you see how it is, Jim being the way he is. Anything I say just winds Jim up more."

What Jim wants and misses, is her words, her vocal audibles that tell him he moves her, that she cares more for him than her past. What Jim is not giving-away about himself, he thinks, is how mean (much) he feels toward Jan, how he turns her away (on) to then lose control of himself (his orgasm--"too quick"). With a fast epithet fired at her he finds she does not want to get away from him: She stays with him, he lasts with her.

FORMULATION SYNOPSIS: Attitude changes of good operational quality have taken place for as little (much) as a seven degree change of head-angle held for a 30-second interval of time; this has occurred in the group patients of two known therapists.

MEETING NOTICE: June 1969: Plans are under way for the first two day meeting of the Golden Gate Group Psychotherapy Society Annual Spring Conference.

ENCOUNTER: For about a year Dan had completely stopped working, refused to earn income for his family; "he just went to pot" in spite of Vera's pleadings. In group Vera located she had not been giggling for Dan, at him during the last year and a half. "Sex has been lousy," he had been "looking" elsewhere. She reinitiated her giggle-ability, timorously at first; within five weeks he was working regularly.

FORMULATION, "Programmed Spontaneity": "Spontaneous behavior" can be a reality programmed behavior, as with most activities gone at in a manner that takes into account the situation at hand, e.g. professional comedians. In the terminology of Transactional Analysis spontaneous behavior is Childlike openness, giving-himself-away for:

1. Increased openness to other persons into himself;
2. Increased internal, intrapsychic contact between the intuitiveness (of Childhood) and the "here-and-now" (of Adult) objectiveness. This is sometimes called insight.
3. Improved ability to verbalize, dramatize the intuitive perceptions (Childlike, perhaps unconscious computations) about others:
Capacity to visualize and vocalize the internal workings of another person, ie, what the other person thinks he is not giving-away about himself; to deduce from the other person's presented "gestalt," what the nonilluminated, not-actioned picture is (hidden?) behind the more evident muscular play.

Programmed spontaneity is obtained by the here-and-now Adult-self managing and timing these productions. See future issues of THE E for the position of "getting-on-with it," The Theory of Getting Well, FHE, Jr.

NOTE to Reader: In the text of THE ENCOUNTERER, parenthesized words indicate some of the (multiple) choices, alternatives that individuals have at their disposal during their social transactions.

Meeting February 1969: Annual Winter meetings of the American Group Psychotherapy Association, February 5th through 8th. 1969. New York City. Statler Hilton Hotel.

FORMULATION "Listening-On-the-Level": A person who is on-the-level, coming-on-straight, in fact, will have a level countenance 95 to 96% of the time. A person with an angle-in-mind has an angled (tilted) countenance whether he be listener or talker. The visibly moving (blinking), level-faced person can be counted on to be listening from an attitude of objectivity. The volitional listener who doesn't want to be "angled" by the talker has the option of leveling his own head (tilt) so that his eyes are paralleled with the horizontal. ("The Activity of Listening," FHE, Jr).

ENCOUNTER: Marriage of Sam and Pam: Sam has a SOBA (SOB Authority) job and a game with a "dirty laugh" pay-off. Pam is very attractive. Whoever is attracted and flattering to her is eventually rewarded with a searing, scarring "Buzz off Buster."

Rx for GETTING WELL: (See next page)

Pam: Once a week she is to call Sam "Chickenshit."
Sam: Once a week he is to woo Pam calling her "Ole' Ugly."
RESULT: More laughs at home, fewer uproars.

Rx for GETTING-WELL of Labored Orgasm: Give-in to the giggling tickle. Give-in to the tickling giggle.

FORMULATION: This is "getting on with it" versus "getting away from" or "getting rid of" this potentiating stimulus. (See future issues of THE E, Getting Well Formulations by the Editor).

FORMULATION: RIGHTS are inimical to WANTS: "RIGHTS" are those social securities (conditions) provided and "guaranteed" by someone else. "WANTS" are those social opportunities attainable by the thoughtfulness, ingenuity and work of the individual himself.

ENCOUNTER: The saddled-up-for-riding sound of leather was heard coming from the shoes of fifty-two-year-old Al as his wife Alice intoned "endless monotony" in a group; Al's legs were flexed at the hips (45 degrees) and knees (30 degrees), ankles locked and exerting about 25 foot-pounds of torque on each other. One of Al's periodic complaints was severe, cramping low-back pain. She enjoyed sex, infrequent though it was. An explicit "save the back" (from fusion, for marriage) program was initiated in group including:

1. **Rx** for G-W to Alice: Listen for Al's shoe leather, i.e. her effect on him.
2. **Rx** for G-W to Al: Increase the number of vocal audibles to Alice when "endless monotony" started. When he vocalized more syllables to her, her endless monotony ended sooner; he was less

inclined to lock his ankles while he was vocalizing.
RESULT: She was less often on his back, riding him, more frequently (conversationally confident and) on her own. His complaints of low back pain decreased in severity and frequency.

Rx for GETTING-WELL of Preoccupation: "Get a move on."

FORMULATION: "It seems to me that ": When used with any frequency this prefatory, opinion opener characteristically can be decoded as "My daddy says that" Often used by filibusterers the speaker:

- a.) is speaking from the list of approved, "archived" sayings and opinions of mommy and daddy,
 - b.) is having a hard time experiencing the reality of (current) events.
- This latter is because these experiences first have to be filtered through (experienced through) the system of internalized opinions and teachings of the past. Responsiveness to now is secondarily addressed to the reality of here and now; primarily it is historically based.

ANNOUNCEMENT: FOUNDATION Publication Available: "The Activity of Listening," FHE, Jr. Listening is an activity that is definable, psychotherapeutically treatable, to be differentiated from hearing; the quality of the listener's ego state is shown to be a major contributor to the outcome of conversational transactions, the evolution of a game or into intimacy. Nineteen pages, \$1.00. Send to: G.G.F.G.T.I., P.O. Box 1141, Vallejo, California 94590.

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

February 5, 1969

Vol. 1, No. 3

Report of San Francisco Meeting: On Saturday, November 23, 1968 the California Nurses Association and the California State Board of Nursing Education and Nurse Registration held a joint, statewide meeting of top-level nursing educators and chiefs of hospital nursing services. Titled "THE GAMES (Academic) EDUCATION (Personnel) and, SERVICE (Personnel) PLAY" (parenthetic words are the writer's). It centered on methods in use for implementing closer liaison between the academic teacher and the on-the-job, floor-nurse, trainer of the student nurse. The emphasis was on the effectiveness of the teaching experience being provided to the student. The meeting was chaired by Michael Buggy and Virginia Barham.

Focus of the meeting stayed on the registrants themselves: what they were doing in their jobs, how they operated with each other in their over-lapping spheres of teaching, training, educating. While the basic, general nursing education curriculum was the central focus, the striking aspect to the outsider was the seriousness with which those present viewed their individual psychodynamic contributions to the educating process, their own influence on the group dynamics involved for the student in an (efficient) learning experience. The conference portrayed top-level education administrators in the nursing profession at work as responsible leaders. By changing the content only, one could easily have wished this instead were a conference of the leading group psychotherapy teachers in the country at a nearly optimal level of conferring (wishful thinking?). The participants gave a living demonstration of awareness *by* each of his (her) effect on others and the effect of others on him (her).

Molly Goldberg's closing talk about the future of the nursing profession was exciting, realistic and provocative. The overall impression was that California nursing is developing a tradition of forward thinking for itself that could well stand as a model for others of the social and health professions. In many respects one wonders if the graduate nurse coming from school today will not be far better equipped to deal with the ill social-animal than many other graduate professionals in the social, medical "sciences."

ENCOUNTER: Paul talking to Patricia, "This is paradise," as both were giggling warmly and moistly at each other in a therapy hour.

His complaint: She's "so cool" outside treatment he has to use a cutting torch (tongue) to get to her. She gives her sultry giggles to others, not him.

Rx FOR G-W OF ANXIETY: Get a level (head) and come on straight.

ENCOUNTER, Predictableness: When in group an inattentive expression is evident when a blank, unblinking face is seen and then the question asked, "Were you listening to him?" there will be an almost automatic "Yes, I heard (sic) everything he said!" and unless

interrupted, "He said, ..." repeating close to verbatim much of the content of the preceding 30-60 seconds. See next issue of THE Encounterer: "EVERYTHING HEARING."

IN FUTURE ISSUES of THE ENCOUNTERER:

1. "Ya know" translated.
2. "Game Moves" Un-raveled: Sequential, Predictable, Logical, Teachable.

Rx FOR G-W OF "I can't think of anything to say":
"Give-with-an-Audible."

NOTICE: Notes on discoveries, preliminary findings and synopses of original articles will be considered for publication in THE ENCOUNTERER on the basis of consistency with the purposes of The Encounterer and available space.

ANNOUNCEMENT: Charila Foundation and Psychodrama Institute of San Francisco announce the continuation of weekly night and monthly weekend workshops. For information, write: Director of Training, Charila Foundation, 281-17th Avenue, San Francisco, CA. 94121.

Each script has its own unique yardstick of conferring okayness as with: BEAUTY AND THE BEAST (see below).

FORMULATION: THE THEORY OF GETTING WELL: Part 1, POSITIONS WITHIN SCRIPTS: (an original contribution to the body of Transactional Analysis Theory by FHE Jr.).

By the oedipal era of life, the individual child has become intimately acquainted with the major life drama, the SCRIPT (Berne), which is being portrayed, lived out within the family. One of the tasks for the therapist is to ascertain what this drama is, what this script is, in order to more clearly organize the patient's life data and do the treatment job. The script of patients, with regularity, closely resembles some extant fairytale, legend or myth.

Just prior to the inception of the latency era (six to eight years), a child selects from among four major categories a characterization within this script, the position which he will take vis-a-vis other people and to which he will be making decisive characterologic commitments. The latency itself is probably an external reflection of the internal working through of this decisive position commitment. The four major categories of positions from which this selection is made are:

1. Evolution: ("I am OK; you are OK"), "Get-on-With" GOW,
 2. Devolution: ("I am not OK, you are OK"), "Get-Away-From" GAF,
 3. Revolution: ("I am OK, You are not OK"), "Get-Rid-Of" GRO,
 4. Obvolution: ("I am not OK, you are not OK"), "Get-Nowhere" GNW
- Within each (patient's) script, within each myth, legend and fairy-

tale heard to date, there is at least one characterization for each of these four major positions.

The implications of the above are numerous and far reaching; only a few related to therapy will be touched on in this issue (see also future issues of The Encounterer.

1. Getting-well comes out of achieving the GOW (#1) position with more consistency and reliability.
2. The four categories of positions are seen to also represent the four major qualities of solutions to life events (see "Life-Solutions Organized" in future issue of THE E).
3. Using the above formulation in the analysis of their own life stories (group) patients have been able to locate with a very considerable precision what getting-well means and what is happening in the non-GOW outcomes of certain of their social encounters.

As drawn on blackboard in therapy groups:

1. List the meaning of "OK"
2. Set up the four positions and
3. Locate the category, to which each character in the story belongs, as with: BEAUTY AND THE BEAST. OK = "Care for, care about."

In each of the four squares: The first plus or minus is for "I AM," the second is for "YOU ARE."

Several patients have volunteered that almost daily each has found himself handling at least one event by each one of the four different life solutions, i.e. one or more GOW (#1) solutions used per day, one

or more GAF (#2), one or more GRO (#3), one or more GNW (#4) solutions used in a day for separate specific events; this, regardless of what the degree of getting well was. Those who are more well have more reliably been able to find a GOW solution for themselves when wanted.

With this outline of the Theory of Positions in Scripts it becomes evident that "Getting-Well, Getting Winners" does not involve any discontinuance of a life script but rather the assumption of the "OK, OK" position within the person's own script, the "Get-on-With" it position. The same values (for "OK"), the same games, pastimes and rituals remain valid and advantageous. The intensity of some activities (games) can be decreased, others perhaps intensified; also additional activities can realistically become optional as the GOW position is increasingly activated by the person.

OK = "Care for, care about"			
		I AM	
		OK:	NOT OK:
YOU ARE	OK:	++ GOW BEAUTY	- + GAF VOYAGER
	NOT OK:	+ - GRO BEAST	- - GNW SISTERS #1 & #2

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

February 20, 1969

Vol. 1, No. 4

CONFERENCE, Annual: Los Angeles Group Psychotherapy Society, Saturday, March 15, 1969, Beverly Hilton Hotel, Beverly Hills, California--workshops, papers. Write: John S Peck, MD, 16550 Ventura Blvd, Encino, CA, 91316.

ENCOUNTER: Rosy-cheeked Cynthia with "instant-smile" readiness was converging on her treatment goal of getting-well of being "cross-eyed" (an external strabismus of 40 years standing). She was increasing the frequency and lengthening the interval of looking at persons in group with both eyes. Therapist, at her converging on him, laughed to say, "Cynthia, please diverge your gaze for me." Her warm countenance burst into a giggle, "I can't," Then with a dismayed laugh, "I CAN'T:" Group laughed. From this and similar events, Cynthia concluded her cross-eyed-ness was a game.

REPORT: The Fifth Annual Congress, Int'l Transactional Analysis Association was held Jan 25-26th in San Jose, California; President, David Kupfer. Clinical highlights included: Mary Edwards: Gold Stamp collectors are jerks; brown stamp collectors -- sulks. Robert Zechnich: Antithesis of "Kick Me" is "Kiss-'em." William Collins on his "Script Check List" under the question "If you had one wish?" a patient response of "A million dollars:" is an almost certain loser. John Cooper: Treatment contracts have been made with patients as young as five years. This means autonomy can develop in a person by five.

Steve Karpman: A procedure to give the patient an "out" from an otherwise repeatedly hooking stimulus, to get "the same ole' thing (eg from Mom or Dad)" stopped:
a. Be vocally responsive to the stimulating person.
b. The response itself is to be a crossed transaction -- instead of the usual complimentary one, this to engage a different ego state in the stimulating person, as: Stimulus: "Oh My: I missed you:" (Nurturing Parent). Response: "Here's that new time sheet item I told you about." Adult back to Adult of Stimulus vs Child to Parent.

Eric Berne: Technical details in treating the patient whose position is "I am OK: You are not OK." The Parent in patient uses phrases as "...and everything," "..., or anything." This Parent also internally okays the Child blaming the other guy instead of figuring out what happened; this by a pseudo-reasonable Parent phrase. For more information see: International Transactional Analysis Bulletin.

Rx FOR GETTING WELL OF PARANOID: Raise, wrinkle the lower eyelids and cheeks just below the eyes.

ENCOUNTER: She-Is-Advanced-in-Therapy: On the aggrieved brink of the injured-innocence of bursting-into-tears, "What's so funny?"

Therapist (laughing heartily): "You are and I'll tell you why ..." The therapy was in the prompt crediting of her maneuver and gimmick without waiting for her to discredit the responsive pleasure stimulated by her.

FORMULATION: "EVERYTHING HEARING": Hearing is to be distinguished from listening. Listening is a neurophysiologic, neuromuscular activity, complimentary to an audible (usually talking) activity, discriminating, usually focused; hearing is a different operation.

When a sagging-faced, unmoving, unblinking person is asked "Were you listening then?", there will be an almost automatic "Yes, I heard (sic) everything you said," and unless interrupted, "You said, ..." repeating close to verbatim much of the preceding 30 to 60 seconds.

Hearing is here defined as a semi-automatic, auditory-environment scanning operation. The fact of its automaticity is attested to, eg by parents who recall waking from a sound sleep at a minimal noise or change in breathing sounds from an infant child. Hearing can be likened to a continuous loop of videotape of some 100 seconds length, available for instant replay. Hearing has a close-to-perfect recall vividness, for the immediately preceding 30 seconds after which the (auditory) image starts to fade unless an event has selectively attracted focused attentiveness, ie listening. The hearing operation involves using the just preceding 30 to 100 seconds as a temporal base line for checking back to make comparisons for the inception of significant changes in the audible environment, to determine the presence of variations which might call for a change in listening (focus, eg "to fight or to take flight").

FORMULATION: Giggling can be joined-up-with or gotten-away-from, gotten-rid-of or "frozen-up-from" (see Vol. 1, No 3: Feb 5, 1969, THE E, "Positions in Scripts").

You can't giggle and be "nervous" simultaneously. It takes, at the least, 10 to 15 seconds after giggling to reorganize into "nervousness" (to "get the nervous feeling back again") and usually a minimum of 30 seconds.

ENCOUNTER: Leona had periodically decided in group to get her driver's license. Although she (her Adult) would decide to do this in a group session, soon after she would leave group her decision to learn to drive was overridden by other, internal considerations. One day she asked for a prescription for this dilemma.

An Rx was given: "Throw-up one time, on your own, when your husband is nearby." At next group, seemingly out of context, while giggling softly, she reported: "I did it, I did what you told me; I threw-up." She then related historical details -- when she was seven she had been "forced to eat cooked turnips" and (daringly) forbidden to vomit. After leaving the preceding session, she had systematically set out to get her license; at home while reflecting on it, she noted two seemingly separate, simultaneous events in herself: 1) She felt

queasy and 2) "I felt frightened at the idea (sic) of driving so I was trying to locate a reason for calling off getting my license." Then she recalled her **Rx** and also that her husband was home at that moment. Telling him what she was doing she "cooked-up a batch of turnips and started eating them. I felt just like I did when I was little; this time I threw them all up. I was real scared when the gagging started, before I vomited, but now I'm all right!" beaming triumphantly for the group. After this event, her licensing-program stayed in effect.

FORMULATION: Efficiency in wanting is measurable.

A. One lifetime has a finite number of seconds.

B. It may be that not all of an individual's desired objectives are attainable in such a finite interval of time even with the most efficient of sequential programming and use of this (allotted life) time.

Efficiency in wanting involves, therefore, a selective, discriminatory utilization by the individual of:

1. The (personal) resources at his disposal: eg physical, intellectual capacities, time interval required to accomplish an objective (funding is a function of time value), period of life in which an objective is considered, (an estimate of the personal) value of the objective, the satisfactions to come from the practicing of the activity itself (ie the time spent in working toward the end result), etc.; and

2. The (life) opportunities which occur, those opportunities which the person can place himself in the way of; to then take hold of, in order to

get-on-with (accomplish) the particular selected shorter and longer range life goals.

There are a maximal, a finite number of "now-moments" in which an individual can participate in the opportunities, the events surrounding his life.

Any activity, any accomplishment, any event of new living, any "change-in behavior" will be done within a "now-experience," "JUST AIN'T NO GETTING AROUND IT, THAT'S LIFE!" The accomplished person is a practiced, a practicing one who has selected to devote many living seconds of lifetime to one selected activity instead of others. The quality of a "gifted-accomplished person" may have something to do with his genetic makeup, "but" this factor is diminishing as studies in genetics evolve (Science News, pg 556, Nov 30, 1968).

Now many hours of lifetime did Mickey Mantle spend daydreaming of, plus, in fact, throwing and batting a baseball during his first 500 million seconds of lifetime (15 years). Then when the opportunity came for him to stand before assembled throngs to demonstrate his accomplishments, he performed, including the home runs and the (ignominious) strikeouts with the accompanying sneers or jeers.

NOTICE, Seminar: Workshop in Group Dynamics,

March 21-23, 1969, Biltmore Hotel, Los Angeles. Write, Director, Leon J Fine, PhD: SEMINARS IN GROUP PPOCESSES, 8475 S.W. Bohmann Parkway, Portland, Oregon 97223.

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

March 5, 1969

Vol. 1, No. 5

CONFERENCE, Annual: Los Angeles Group Psychotherapy Society, Saturday, March 15, 1969, Beverly Hilton Hotel, Beverly Hills, California. Workshops, papers. Write, John S Peck, MD, 16550 Ventura Blvd, Encino, CA, 91316.

NOTICE, Seminar: Workshop in Group Dynamics, March 21-23, 1969. Biltmore Hotel, Los Angeles. Write Director, Leon J Fine, PhD: SEMINARS IN GROUP PROCESSES, 8475 S Bohmann Parkway, Portland, Oregon 97223.

Reference the Rx for G-W of DEPRESSION, Vol. 1 No. 1, Jan 5, 1969: "Touch Molar teeth (together; lower jaw against upper)."

FORMULATTON: "Being-On-the-Level": The least angle of the countenance found to date to correspond to an angle-in-mind is seven degrees. For one particular individual the change of the head position to a tilt of seven degrees "off level," when it was held for 30 seconds corresponded with the inception of a lowered pitch to the voice, muffling of his words and the introduction of opinionated "should, shouldn't, right?" and "... right?" "RIGHT!" transactions. On-the-level, straight-forward objective (Adult), unbiased listening and talking is visibly manifested as such, in 95-98% of instances. The "angles-in-mind" include: for laughs, for persuasion, suggestion, cynicism, skepticism, coyness, compliance, defiance, nurturing, prohibiting, convincing, believing, etc. Head-wagers in an audience are wig-wagging from a tilted countenance. See "The Activity of Listening," FOUNDATION publication.

SUCCINCTISM:
1. "PROGRAMMED SPONTANIETY:"



by
Loli
Sergo

(See Jan.20, 1969 Issue)

SUCCINCTISM:
2. The THWITs:
"To-Hell-With-It (you)"
repeatedly heard:
"He is having a case
of the THWITs!"

ENCOUNTER: Gladys and Glen in treatment for a better conjugated marriage. She to her potential nocturnal gladiator:
"I used to think no orgasm was the worst thing. Now I know something worse. No orgasm is better'n nothing."

STATISTICS: Group therapy attendance: One therapist using transactional analysis in a correctional treatment group reports gross patient attendance of 93.6%. Group of 12 members randomly selected; sessions -- one hour twice weekly; interval covered -- first 20 weeks.

FORMULATION: In the Script Snow White and the 7 Dwarfs, "Okay" is equated with Desirable(ness), Attractiveness) (see THE E. Vol. 1 No 3, 2/5/69 -- "Positions in Scripts"). The story's characters are located in the four major position categories as follows:

<u>Get-On-With</u> KING: father of the Prince QUEEN: mother of the Prince	<u>Get-Away-From</u> SNOW WHITE: gets own OKs from others. The Seven Dwarfs Rescuing Prince
<u>Get-Rid-Of</u> (BITCH) QUEEN: Step-mother of S-W: "Mirror, mirror on the wall, who's the fairest"	<u>Getting-Nowhere</u> WITCH: ugly, S-W undesired HUNTSMAN: ugly job to bump off S-W, Bad Queen is ugly.

Many of the script stories as told in collections of fairy tales, are synopses, condensations which do not explicitly refer to certain characters in the plot. Being a Prince as in "Snow White and the Seven Dwarfs" does imply a living King and Queen. Those who have read these stories to four-year-old children will recall questions about these unmentioned persons.

Rx for GOW Marriage: "Duet Talking 5-30 seconds per day."
GOW is Get-On-With, is same as Get-Winners, Get-Well-Of.

MEETING: Golden Gate Group Psychotherapy Society Annual Conference: June 13-14, 1969, UC Med Center, SF, CA. Submit outline for papers, workshops by Mar 25, 1969; Conf Chm, GGCPs, P O Box 18102, San Francisco, CA 94118.

ENCOUNTER: At the close of a conference on "Social Crisis," which to that point, had not produced a crisis, the workshop leaders formed a panel to summarize. Ten minutes into this closing part of the program, PROFESSOR PAUL, manifestly out of turn, usurping the time of the speaking panelist, was seen rising, putting coat over forearm. In a stage whisper to the chairman, "I'm terribly sorry but I have another engagement I am late for already" (this, after committing himself to attend).

Chairman: "Oh: Professor Paul could you please give us your thoughts then before you leave."

PAUL: (Continuing to be the only one standing, briefcase now on conference table, coat still on forearm, tipped his tilted head ten degrees back): "Well, really must be leaving; but there is just one little thing I want to say ... (the "just-one-little-thing" maneuver will reliably subvert an agenda and turns out to be more than two tangential items. In group treatment this "li'l-ole-me" maneuver can be handled by "want to bet" - that it is just one thing).

Then holding forth for three minutes in tones sonorous and pious

about his "concern for human beings," this erudite gifted person's tones waxed eloquent in passionate fervor for the assembled audience to "act on the basis of your feelings, if you feel the way I do." Seemingly, his closing words were: "What is needed is more action in the social (community) ... We all sit around and talk ... and don't get anything done ... now, don't get me wrong ... I'm not for violence ... and if you feel this as strongly as I feel it, you (sic) will take action and stop collecting information ..." picking up his briefcase as if leaving the scene of the "action" which predictably would follow this parting remark.

THOUGHTFUL-AUDIENCE-MEMBER (TAM): "You would have us stop gathering data?"

PROF. Paul: "Yes ... we have collected enough data ... We don't need to plan and think anymore ... We have done enough of that and it has gotten nowhere ... I believe you (sic) should blow up the memory banks (of the computers) ..." (as if computing were the trouble). Then taking a one-half second pause ... "I have to leave, now; you know, another engagement (again looking at his watch) ..." but he continued to talk. By this second use of the "doing-you-a-favor" maneuver, he seemingly was being imposed upon if his last words were queried.

TAM (musing): "Don't collect anymore data? No more thinking to do on this: Hum!"

PAUL: "No ... we've thought too much," etc., repeating. Further inquiry by THOUGHTFUL AM about PP's degrading of cool headed solutions was variously handled with tones of piety, contempt,

reverence and sneering.

Finally PP, tipping his head further back, index finger shaking at TAM, snarled: "Are you for real?"

TAM in clear, un-intimidated, level voice: "Yes, I am talking straight, sir!", generalized audience laughter!

To summarize Paul's (game) moves:

1. Stage whisper to usurp floor,
2. Use the maneuver "I'm-doing-you-a-favor (by staying)" and "I-have-just-one-little-thing-to-say" to gain and to hold center stage,
3. Decry thoughtfulness in fervored tones, thus stimulating audience restlessness, in order to
4. If possible, get himself and his ideals "kicked" as he left the scene. This describes one sequence of conversational (game) moves played out in some therapy groups, leading then to "group crisis." If Pious Paul had, in fact, been able to get a return snarl or a "cussing at" from an audience member then a social group crisis would surely have followed. And, after all, who could have blamed PP. All he did was to grant a favor and "throw-out to (throw up on?) the audience his parting thoughts" to then be "mistreated-for-his-efforts." Who among the subsequent arguers would have admitted to being promoted into a fighting mood (either for or against) by someone else, let alone a person no longer present.

GAME: "Now-let's-get-our-problem-ironed-out-here."

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

March 20, 1969

Vol. 1, No. 6

SEMINAR: NEW JERSEY: June 12-13, 1969, Rutgers University: SEMINAR FOR INTERACTIONAL PROCESSES. For brochures and applications write: Dr L Blank, Graduate School of Education, Rutgers University, New Brunswick, NJ 08903.

FORMULATION: ON BEING A GOOD (BAD) GUY. A "good-guy" is for "the underdog," against the oppressor; is for the "right" thing, against evil and cunning; for motherhood, against sex; for politeness and against letting himself be pushed around; against others being hurt and for penicillin shots; for the down-trodden "loser" and against the up and coming "winner."

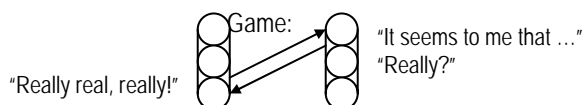
To (be) note(d): "Being-a-good-guy." "The guy" can be persuaded from thinking for himself, can be persuaded away from individual autonomy of thought; to instead "be-a-good-guy" by several methods. These are the ANGLING, people-persuading, people-alienating techniques. The conversational idiom does describe what happens to the individual uniqueness of "the (individual) guy" who becomes "a good (amorphous) guy", "one-of-the (persuaded) good-(follower)-guys."

Rx for GOW: Listen 1/3 to 2/3 of the time.

FORMULATION: More listening and less listening is accompanied by decreasing usefulness of (decreasing efficiency in) the listening. Cerebral assimilation of ("reflecting back on") the selected-for-listening-to experience maximizes the value and vividness of that experience. "Everything hearing"(see 3/20/69) serves to adequately cover the survival aspects of the non-listening intervals. The Parental injunction "Sit still: Stop wiggling and listen when I am speaking to you:" is the childhood training for non-listening, for, "going-in-one-ear-and-out-the-other." 100% listening in group treatment, to date, is associated with either obesity or psychosis.

FORMULATION: In a group, dissension promoters with reasonable talent can rely on the fact that most contenders would rather fight than switch to thinking of themselves as being puppets of a puppet master, especially one who has left the scene - (See 3/5/69)

ENCOUNTER: in group Nellie gradually decreased her opinionated, prefatory (Parental) remarks of "I was wondering if...", "Well, it seems to me that...", "I was thinking that...", "I have a feeling that...", when she engaged others in group; she began to laugh when other members would playfully follow her "It seems to me that...", with its decoded counter-part "But My Daddy says that" As this "seems to" decreased, her high use of "real" and



"really" was better appreciated, e.g. "It really was real, really." The "It seems" had been undermining the realness of events to such an extent that authenticity was difficult to portray and had to be repeatedly, emphatically affirmed.

Rx to GET-WINNERS: Give up some "rights" to get more of what is wanted.

ANNOUNCEMENT: The Foundation for Group Treatment is sponsoring a twice weekly seminar in clinical transactional analysis in a corrections setting: Observation of group treatment sessions followed by seminar-discussion with the observers; conducted by FH Ernst Jr, MD. Professionals and students in the medical and social sciences are invited to inquire. Write: FOUNDATION for GROUP TREATMENT, PO Box 1141, Vallejo, CA 94590.

CONFERENCE: LAKE TAHOE: April 25-27, 1969, Annual Spring Meeting of the Sacramento Institute for Transactional Analysis: Incline Village, Nevada. Registration fee \$10. For information write: Sacramento ITA, 350 University Ave., #204, Sacramento, CA 95825.

FORMULATION: LIFE SOLUTIONS ORGANIZED: Theory of Getting Well, part 2. (An original contribution to Transactional Analysis Theory.) The choice of solutions open to individuals in life events can be sorted into four major categories. These categories it will be noted are the same as the four "ok, not ok" positions found in scripts (see THE Encounterer 2/20/69).

The categories are:

	<u>Solution</u>	<u>Social Operation</u>	<u>Position</u>
EVOLUTION:	Get-On-With		I am OK, you are OK
DEVOLUTION:	Get-Away-From		I am not OK, you are OK
REVOLUTION:	Get-Rid-Of		I am OK, you are not OK
OBVOLUTION:	Get-Nowhere-with		I am not OK, you are not OK

For each category of solution, there is a reversible (temporary) and an irreversible (permanent) subdivision. The following in outline gives some social, psychological, game and physical (illness) equivalent examples:

EVOLUTION: Get-On-With (GOW): "I am OK, you are OK"

	<u>Reversible</u>	<u>Irreversible</u>
Social Operation:	Make Progress	Get-done-with Get-winners
Social Location:	Periodic popularity Runners-up Secondary office holder	Popularity Winner Principal office holder
Psycho(patho)logy:	Get-Better "Psychiatry"	Get-Well-Of Playfulness used as a procedure
Physical Illness:	Healed Tuberculosis	Measles

DEVOLUTION: Get-Away-From (GAF): "I am not OK, you are OK"

	<u>Reversible</u>	<u>Irreversible</u>
Social Operation:	Take a trip "for health reasons"	Suicide
Social Location:	Alienate (self) Go To Jail, To Mental Hospital	Invalidated (self) Deported
Psycho(patho)logy:	Phobia, depression	
Game:	"Why-Does-This-Always-Happen-To-Me" "Look-What-I-Did-To-You"	"Suicide"
Physical Illness:	Essential hypertension without physical changes	Hypertension with physical enlarged heart, stroke, etc.

REVOLUTION: Get-Rid-Of (GRO): "I am OK, you are not OK"

	<u>Reversible</u>	<u>Irreversible</u>
Social Operation:	"You-Can-Go-To-Hell" Crusade, vendetta	Homicide
Social Location:	Divorce	Executing (another)
Psycho(patho)logy:	Hysteria, paranoia	
Game:	"Look-What-You-Did-To-Me" "Now-I-Got-You, You SOB"	
Physical Illness:	Hyper-emesis gravidarum	Amputation Hysterectomy

OBVOLUTION: Get-Nowhere (GRO): "I am not OK, you are not OK"

	<u>Reversible</u>	<u>Irreversible</u>
Social Operation:	Steadfast	Encrusted (Illness)
Social Location:	Status Quo, "Skid Row"	
Psycho(patho)logy:	Schizophrenia	
Game:	Alcoholic:	
Physical Illness:	Raynaud's disease	Burger's disease Rheumatoid Arthritis Scleroderma

For the psychotherapist, it is desirable to direct work primarily toward the patient getting-well of symptomatology and psychopathology so that the patient can better "get-on-with" his life. Many a patient, initially thinking of treatment, has the idea that therapy is to be directed toward "getting-rid-of" symptoms, i.e. some aspect of himself; that to make for a change in himself, therapy is to be like an amputation, some part of his personality is to be cut-off or cut-out of him. This is substantiated by some therapists. ("Gee, I wonder where castration anxiety about therapy comes from?") Could it be that talking to a patient about how he "should-get-rid-of" a symptom, "should knock off (a game)" might, in fact, be backing up a patient's (?) misconception?

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:

- ENCOUNTERS, vignettes, applicable to treatment.
- FORMULATIONS of theoretical and a practical nature.
- "Rx for GETTING WELL."
- 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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

April 5, 1969

Vol. 1, No. 7

CONFERENCE: LAKE TAHOE: April 25-27, 1969, Annual Spring Meeting of the Sacramento Institute for Transactional Analysis: Incline Village, Nevada. Registration fee \$10 For information write: Sacramento ITA, 350 University Avenue, Suite 204. Sacramento, California 95825

Rx for GET-WELL: I don't-know-what-to-say: "Talk to me."
Formulation: Talking to somebody is the opposite of knowing-what-to-say; K-W-T-S comes from the approved savings list of topics. This approved-sayings topic list is recited from, in order to secure the (dis)pleasure, indifference or approval of the person to whom the recitation is being made. Training in these approved savings is often from a head-wagging, nurturing Parent who withdraws not only the nurturing wig-wag (approval) nod, but all signs of recognition if a non-approved saving is brought into the talk: to then, even become motionless until a topic from the approved-sayings list again makes appearance.

Knowing-what-to-say is the opposite of talking to somebody. Talking is for the listening to it. Talking is for the physical, visible moving it produces in the listener.

FORMULATION: Script: Theory of Getting-Well: In the Script of "Little-Red-Riding-Hood" the Getting-On-With (Get-Well, Get-Winners) position is occupied by the rulers, the owners of the forest, the ones for whom the woodsman are working, the one in whose domain Li'l Red-dy's path lies, the individual in whose territory is grandmothers abode, the one in whose shadowy underbrush the wolf stealthily stalks his prey. (See THE Encounterer 2/20/69)

This factor of the implicit role in a script is quite often significant in the theory and practice of a patient "getting-on-with-it" and into the position for getting well, "Okay"ness in Li'l Red-dv's story is conveyed by, conferred by "giving-the-time-of-day", giving visible, audible sign of noticing, being given the time of day, L-R-R-H, herself, with her games of "Rapo", See-what-you're-doing-to-me, projective "Ain't-it-awful" and "I-am-only-trying-to-help-(get)-you-(In-Trouble)" and "Let's-you-&-Him-Fight" occupies the "Get-Rid-Of" position, as is not infrequent with hysterics.

One of the purposes of the Foundation for Group Treatment is to foster the growth and development of scientific knowledge about the psychologic treatment process (scientific here means measurement, tabulating), for increased precision in carrying out treatment. The thought is that information about people-treatment is more universally teachable and therapeutically useable when conveyed in terms of inches, grams, minutes, calories, degrees of angle, cycles per second, etc. EXAMPLES:

1. A treatment oriented inquiry to the Jealous Suitor: "How many times did she let the phone ring before answering?"

2. A tone approximating what is called "sarcastic" can be produced while talking by moving the lower jaw forward about 1/8" without otherwise changing the pitch or timber of the voice.

3. A "whining voice" can be produced while talking by arching up the back 1/3 of the tongue 1/8" toward the soft palate (just behind the hard palate).

Attentiveness to numerical data is less picturesque, less poignant, less drama-laden and perhaps less semantically rich. The group treatment professional who does use measurement terminology can more reliably secure beneficial treatment results and can more realistically term his work as being in one of the social behavioral sciences. The so-called "social sciences" have often been aptly criticized for lack of scientificism. Anyone who has had acquaintanceship with (undergraduate) college level political science courses will recognize the euphimistic use of the noun "science" in this context; on the other hand, this noun is euphonious with the adjective "political."

REPRINT available on request: "Use of Transactional Analysis in Prison Therapy Groups" Write to: Foundation for Group Treatment, PO Box 1141. Vallejo. CA. 94590.

ENCOUNTER: Ethel, an "Old Woman in the Shoe" at 22, late for her first session, arrived disheveled and talking at 350 words/minute (wpm) and by the end of that session at 250 wpm. On time for the next interview she started talking at 300 wpm. After about 30 minutes of this she rather abruptly sat forward in her chair and asked "what can I do?" (pause) "I get so mad at him (fiancé) I can't think; I don't want to be screaming at my kids all the time!" and then stopped for a few seconds. This moment was taken to introduce her to the procedure of "leveling" her facial countenance and head. At that moment she did have a level countenance; she had just described her boyfriend's "angle." Therapist: "You can watch your boyfriend for when he has his angle going. By that I mean you can watch his face; when he's on the level with you, his head and face will be leveled and when he has an angle-in-mind he will very likely have an angle on his face. If you can get yourself to come-on straight with him then, I mean set your head and your face level like this ..." describing by example a "leveling" method to her. She carried out the leveling procedure shown and talked in a more organized manner for 30-40 seconds; then taking her hands from her head she again began to "angle" her face and talk at 250 wpm with a crescendo-ing voice. At her next 0.4 second pause for air, therapist asked, "Why not level yourself again--looks like it works pretty good for you!" while again going through the physical procedure himself.

"What? Oh: Okay!" and she did it again and again became more composed. This was done once more near the end of that session. She had to stop coming after a few more sessions.

A year later when she was able to resume therapy, she started right off at 300 wpm about her current domestic troubles. After an initial 15-minute burst of Indianapolis Speedway rate of talk, she slowed to look at therapist and comment on her own handling of the particular instance of being baited which she had just cited - "but that time I kept my level and he didn't get to me!" with a reflective smile of self-assurance and acknowledging glance at therapist.

FORMULATION: "Like I said (before)..." in a grouping of 3 or more it is usually followed by dissension, by disagreement between two others; is rarely followed by unity and harmony. "As I said (before)..." means ya-better-(please)-give-me-some-credit-and-soon!

FORMULATION: Varieties of Mentation: Psychotherapists and others working in the social and behavior sciences are looked to by patients, clients for ideas, opinions, talk based on the professional's training and experience, i.e. skilled, informed deliberation. Thus the professional person's method of cerebrating assumes importance. Some of the more frequently heard modes of "thinking" are here listed with synonym:

1. "I think ...": my-best-estimate-is, from-the-information-I-have-to-date.
2. "I feel..."; "my feeling is" "I have a feeling that": in-my-opinion-it-is, in-my-heart-I-think, my-gut-tells-me, my-vague-general-impression-is, don't-quote-me-but-I-think-that.
3. "I believe that," "It is my belief that...": it-is-a-matter-of-(sacred)-belief-to-me. my-deity-told-me, my-mommy-and-daddy-led(fed)-me-to-not-question-that, it-is-my-firm-opinion.
4. "I know," "It is a known fact that,...": it-is-a-matter-of-strong-opinion-to-me, it-is-my-prejudice, don't-give-me-facts-man; my-mind-is-made-up, nothing-you-can-say-or-do-will-change-me-no-matter-what.
5. "It seems to me that,": my-daddy-says-that.
6. "I was wondering if,": I-don't-plan-to-tell-you-what-I-think.

In sequence these are then 1) cerebral figuring out; 2) non-specific, impressionistic, gastrointestinal originating opining; 3) deified conclusions; 4) opinionated thinking and prejudice airing; 5) seeming (pseudo?) thought; 6) misleading considerateness.

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

April 20, 1969

Vol. 1, No. 8

COURSE: UNIVERSITY OF CALIFORNIA Davis: Extension Course in Transactional Analysis is scheduled to begin May 5th, to run five weeks. For information write: Extension, Education Division, UCD, Davis, CA 95616.

NOTICE: Notes on discoveries, preliminary findings and synopses of original articles will be considered for publication in THE E on the basis of consistency with the purposes of THE E and available space.

FORMULATION: "WINNERS" DEFINED: Losers call it blushing, being embarrassed, getting-red-in-the-face, being (made to feel) self-conscious. For Winners, it is "glowing" (per L E S MART) it is warm. To be a winner is to be "now and here" with someone else. It is to be the best. It is to be seen, identifiable, to be awarded. A winner has done something known, has given himself away, for others to know. He has earned an award, demonstrated a skill, an ability of merit. This award is given by another person, the awarder. On arriving in center circle, there to be awarded, the winner meets the awarder. In receiving the award, the winner visibly glows, manifests pleasure, gives himself away to the awarder (plus any onlookers). The winner is glowing for and at the awarder. He is showing "now and here," that the awarder is also a winner; the awarder glows responsively for the so-called primary winner. Next, recall that the awarder, himself, was chosen for some special reason, for some winning reason. To be a winner is the position of I Am OK and You Are OK; it is the situation for intimacy; a ritualized awarding; a (marriage) ceremony. It is to be noted that this is the position for getting-well. The winner is authentic, winning is the essence of authenticity. The winner is less if at all concerned with beating out the other guy; more intent on showing-off a (superbly) tuned skill, to then go and collect due recognition, acclaim, validation, A winner is his own man, glorying in the pleasure of the activity of that moment. In a therapy group when the position of winner is reactivated in a person recovering from years of keeping the loser commitment, he not infrequently will say "It feels phony, I feel like a phony." This is due to the lack of practice, the initial "strangeness" of winning, the work and self-conscious (self-awareness) activity initially required at each step of the winning process. After a few practice runs of winning, as with "Thank you!" to an awarded compliment it goes easier for the winner and he begins to "feel" like it belongs to himself. A winner gets cheers and he gets jeers from onlookers; he gets bravos and gets boos; he gets praising and berating, but usually more acclaiming than defaming.

For more on the diagnostic traits of the (3) varieties of losers as contrasted to the "Winners" position, see future issues of The Encounterer.

Rx for Get-Well-Of (the fear of) Flying: "Throw-up (vomit) just before boarding the aircraft," See also coming issues of THE E: Theory and Effective Treatment of Phobias.

PUBLICATION ANNOUNCEMENT: The FOUNDATION has available "Leaving Your Mark", a monograph on the theory and practice of the graffiti by FH Ernst Jr. It describes the utilization of the graffiti as a treatment procedure in the clinical settings of correctional facilities and Private practice. Theoretical considerations include developmental (almost every child has tried to leave his mark on a wall by the age of four or five, some were successful), existential (living life-with-meaning), educational (could it be that educational handicaps are partly a refusal to learn when evidence of the learning process is destroyed -- nothing left by which to measure progress), sociological-legislative ("defacing public property" is often equated to "destroying public property"), therapeutic (marking in the presence of the group leader has opened the treasure chest of the get-well position to patients in numerous cases), and contraindications to its clinical use, Forty-one pages, \$1.00 donation to Foundation.

Write: P.O. Box 1141, Vallejo, 94590.

ENCOUNTER AND FORMULATION -- Original Contribution to the Theory of Cervical and Lumbar Vertebral-Disc Syndromes: Fifty-five-year-old Mike with a history of cervical and lumbar vertebral discs was seen on the orthopedic service of a hospital. During introduction to the consultant Mike was most humble and polite; while acknowledging the introduction he was seen making rapid back and forth movements of his stiffly held upper body likened to salutary bowing; his hips and knees were not appreciably bending. In this bouncy movement the top of his head went back and forth through an arc of 2 to 4 inches. There was little if any flexion occurring at the hip joints - the gluteal (posterior cheek) and other hip muscles were held contracted. Mike went through this rapid, metronome-like motion 10-12 times within 3-second intervals (a frequency of 200-240 whip motions per min). This whiplash bounce-bowing event was repeated on six occasions during a 5 minute period. And Mike, himself, some will ask ... He was a most charming person, smiling, alert, appearing 10 years older than his stated age.

Looking at his body as one long leaf of a spring, much of his body bending was occurring between the particular vertebrae in question and at the point of the diagnosed lumbar disc, the point where the greatest (compression) forces were being applied. It was estimated that to accelerate and decelerate this amount of mass (5'-8", 150 lbs.) at the frequency and through an arc of this distance would result in forces of the order of 1000 pounds per square inch being exerted on the liquid center of the disc in question with each semi-bowing movement (at least 60 blows, each 1000 lbs psi, in 5 min).

There is a well-known, regularly viewed personage on TV who periodically is seen wearing a neck brace "for my cervical disc." One of the more characteristic physical gestures of this person is the emphatic, rapidly worded phrase accompanied by the vigorous fore and aft movements of the head on the neck, each acting like a hammer blow onto the liquid center of the disc(s). These blows are delivered in clusters of 3 to 6, usually 5. The rate of this movement is 5 to 6/second, the arc through which the crown of the head travels is 1/2"-1". With this frequency and distance of motion there are very high "blow-out", compression forces built-up and brought to bear on the liquid center(s) and thus the fibrous walls of the afflicted cervical disc(s). This "cluster" gesture is gone through a minimum of 20 times per hour when being viewed, one hour it was 63 times by count. There is a good clinical possibility that these "clusters-of-emphasis" occur 5 to 10 times per hour during other waking hours, and that there are a daily minimum of 500 blows and very likely more than 1000-1500 of these super-blows per day delivered onto the cervical disc walls in question.

It then becomes understandable how these hammer-like blows

repeatedly delivered to the liquid center of the cervical disc will eventually cause a bloc-out of the disc wall (hydraulics) no matter how strong and fibrous the wall of the disc is.

Some of the readers at this point will recognize that an organic structure (plant or animal) subjected to this amount of whip-like motion will alter its physical self to either adapt to the forces at play - e.g. the simple stalks of young meadow-grass undulating in a breeze, or cervical arthritis in the older "more mature", confirmed head-wager, or wear out and break as with the broken stalks of ripened, un-harvested wheat blown down from a wind storm ("lodged wheat"), or disc syndromes as with Mike, etc.

Adopting the total view (the gestalt) of Mike, he appeared to have been buffeted about through life; his adaptation: stand-up-and-be-a-man and he ready to apparently bow when any breeze comes up. His whole body was rigidly held, bending occurred like a non-hinged flat spring-leaf of steel, vibrating in life's winds.

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

May 5, 1969

Vol. 1, No. 9

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 (TA) 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, CA 95705.

Rx 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 SOB Authority) Life Solution:

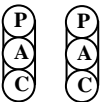
- 1) Up the number of daily "hello's" to the SOBA by 20%
- 2) Give the SOBA his "certificated name" at least once/day best with the "good morning" or day-ending "good-bye!"
- 3) Give an audible response at least once every 30 sec. during (verbal) transactions with "the chief" including the time during 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 Child 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: Program Chairman, 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 "problem 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 persons 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 off" unmolested within 60 seconds were 95% or better. This was borne out when after 45 seconds and 50 yards of harassment the young man dropped off from them, presumably to return to his initial perch.

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

May 20, 1969

Vol. 1, No. 10

CONFERENCE: Golden Gate Group Psychotherapy Society: June 13-14, 1969, UC Med Center, S F, CA. Write: GGGPS PO Box 18102, San Francisco, CA, 94118.

SUCCINCTISM: "A KOOK is A Housebroke Nut": In therapy groups run for the purpose of patients getting-well, this definition itself validates the authenticity and vitality of the "nutty kid" inside some persons who is loaded with vivacity and spontaneity. AND the definition also points the direction for getting-well.

FORMULATION: Parental Prefatory (?Predatory?) Phrases: A parent of a child, the Parent ego state in a person, is basically concerned with two categories of behavioral operations - Nurturing and Disciplining (Berne). The What and the Why of disciplining-training is essentially a matter of opinion and prejudice (often unsubstantiated) taken over en toto from the individual's (biologic) parents. To accomplish this discipline-training some subtlety is at time useful. The following is a sampling of some introductory, prefatory phrases used to "creep up on" a second person, to persuade his believings and undo his reasonings in order "to make a believer out of him," "to bring him around and into line," ie, to bring on his Child ego state (to comply or rebel). To list:

"As I see it,-"	"As it looks to me,-"
"As I was saying,-"	"Well, anyhow (anyway),-"
"True, but,-"	"In my opinion,-"
"As anyone (fool) can see,-"	"Right: And,-"(dismissal)
"As everyone knows,-"	"I consider that (to be),-"
"Of course, you,-"	"Wouldn't you agree that,-"
"In other words,-"	"It occurs to me that,-"
"In other words, you are saying that,-"	"Has it ever occurred to you that,-"
"I was wondering if,-"	"(Well) It seems to me that-"

This last is probably the most readily recognizable. "It seems to me that-" when used with any frequency, is often directly decodable as "My daddy (mommy) says that ..." Rather regularly as the person continues past the introductory words and into the ensuing opinionated remarks 1) his body posture shifts (moving in his chair), his physical gestures and the angle of his head change and 2) his voice tone, pitch, volume, cadence of syllables and perhaps vocabulary also change. The Parental objective with these various maneuvers is to decrease the listener's data in-put, to instead offer comforting (words, strokes) with the implication of withdrawing them if necessary, in order to bring about the change of belief.

ENCOUNTER: Baloney Bob was given to periodic "Now that I've got the floor..." filibusters alternating with barely (blinking) listening to other talkers. Suzy, in group therapy to get well of her "dead-pan" was talking with warm animated face to unmoving sagging-

faced Bob. The therapist asked Bob how come he was putting Suzy on. "Oh, I didn't think it showed" to the group's and his laughter.

B.B. described that to stop listening he would let the cheek muscles just below his eyes sag. As a small child he had learned that by doing this he could save himself from some of mom's rages and beatings. Later in therapy he told that along with decreasing the amount of "sagging" (of his face) at home by 1/3, his wife's rages at him were much less frequent and his trouble working with colleagues had become almost nil.

REPORT: The January 1969 issue of "The Laymens School Review" page 4 pictures a workshop on "The Activity of Listening." It shows the leader in the foreground demonstrating to the members a method for "leveling" (the head from a tilt). This procedure is the most reliable, most readily learnable method of netting a level head, your Adult, keeping-your-cool. It has been taught to non-patients including a baseball pitcher and a competitive skier with useful results. Many TA members have found this "Adult-locator" (listening) procedure advantageous.

FORMULATION: GAME MOVES UNRAVELED: SEQUENTIAL, PREDICTABLE, LOGICAL, TEACHABLE. Original Contribution to the Theory and Practice of Transactional Analysis. Those who have read "Games People Play" (Berne) will recognize that various terms have been used in that text to describe different classes of moves in games; each term is well defined. The complexity not previously unraveled has been in learning what, if any, sequential nature was inherent to a game from player to player and from game to game. As a game spotter recognizes, a name presented by a new player in a group will have complexities that at first almost defy description. Up to this reporting no one has been able to define how these moves of games are related, i.e. so that a "student" of games could, with the encoded information, then as a proprietor of his own therapy shop, decode and interpret a game for his own patient.

There are four major categories of moves in a game and as played in games, these moves in sequence are:

1. The Hook Come on, Engagement
2. The Maneuver Con, Artful Ploy, Angling procedure
3. The Gimmick Trick, Wrinkle
4. The Pay-Off Ulterior (Hidden) motive, Jack-pot, Reward.

The complexities of games are explained here by what is termed "The Recycling Phenomenon." This means that any one move or any sequence of moves can be and often is repeated.

TO SCHEMATIZE:



If the Hook does not hook it can be repeated. If the G does not get a P-O, the G alone or the M → G sequence or the H → M → G

sequence can be repeated, etc.

In the two-sided game "Why don't you...?" (one side), "Yes, but..." (the other) the "Yes, but" player usually offers as his HOOK "I gotta (troubling) problem." This is followed by the would-be "Why don't you..." player's responsive counter-HOOK (eg, "Oh: What is it?") The "Yes, but..." then gives a statement ending with a pause. This statement-pause MANEUVER, has more than one part (as do most game MANEUVERS). The 1st part is the agreeable statement ("Yes" is agreeable), the 2nd part is the pause. Once "Why don't you...?" is coming or, the "Yes, but..."er is seen fielding the suggestions with agreeable sounding "Yes,...s and a slight pause (replay of MANEUVER), followed by the GIMMICK of sitting out the offering with a "but" (or "however" or "although," etc). Re the pause: these two words, "Yes, But," are not slurred by players. The "but" may be hidden in the midst of other words after the "Yes." The "but" (word) is differently toned from the "Yes" and the "yes, but" player is changing posture across the comma between the "yes" and the "but." The "but" trick

is often accompanied with a smile. The PAYOFF does not occur until everybody gives-up and that "give-up" by others is the PAYOFF. Another "Why don't you?" regularly initiates a recycling of the M to G sequence.

It may take 5 or 500 recyclings before the PAYOFF. To teach the logic of game moves means to teach that the patient in a group uses different postures, gestures, tones, word cadence for each category of move in his game.

To summarize: A people-game, as played, proceeds through a sequential series of steps:

HOOK → MANEUVER → GIMMICK → PAY-OFF

It is not a game until a PAYOFF is forth coming.

At any step of the way (interruption, delay, etc) the move sequence can be back-spaced one, two or three steps in the sequence and recycling (re)initiated. A GIMMICK directly precedes a PAYOFF, a MANEUVER precedes the GIMMICK and a HOOK has preceded them all: "A HOOK WAS THE START OF IT ALL!"

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.

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

June 5, 1969

Vol. 1, No. 11

Schedule of Summer Issues of the Encounterer:

No. 11: 6-5-69; No. 12: 7-5-69; No. 13: 8-20-69

REPORT: Joe Alexander in personal communication reports teaching the principles of the "Activity of Listening" at a business management course held at Modesto State College (California) this last spring.

Rx for Getting OKs from the Other Guy: "Find out where the other guy's kid lives and feed him" from LE MART.

FORMULATION: Objective, on the level, straightforward, reasoned, thoughtfulness is the most compassionate method of approach one person can give another. "I-have-a-feeling" feelings are anachronistic thinking patterns. True, they (the feelings) are in the gut, but there is another organ in the body of most persons which is more capable of determining, understanding, figuring out the equation of the self, other-person configuration (gestalt, relationship). It would be a prejudicial conclusion to infer the writer is denying the value of a person having feelings, emotions. For it is those strivings, those dreams, born in childhood, which provide the mainstream forces for the "purpose to life," the "lust for life." The above is to say, instead, that patients who have their situations computed to them, who have been able to objectify their troubles have more rapidly gotten well of loser commitments; those "really feeling" commitments made in childhood which when now expressed, result in their disappointing daily social encounters.

The most compassion for another is inherent in the amount of time and work it takes to produce reasoned thinking about "me and you, so we both come out OK."

VIGNETTE: Wall Marking: Mr. Markman was reporting his experiences with indelible wall marking:

"In my home, I was the first to do it. I made my mark first. Then the rest of my family, my wife, each one made their mark. Now it's strange, it's GREAT; Now it's MY Family! And now we all (family members) say now (sic), "It's MY family!"

"I have a friend who got interested when I told him about it at lunch a few days ago. We went to his home for a few minutes on our way back to work. He brought out some crayolas and told me "Why don't you make me a mark here?" I did, then we left. Later that evening I called to talk to him. His wife answered; our families have known each other a long time. She sounded mad, asked me 'Did you mark on my wall today!' I told her "yes" and asked her could I talk to her husband--'he was out,' she said. 'When would he be back?' - she didn't know and then she started all over on me about marking on the walls. I never did get to talk to him. That was a few days ago -- I haven't talked to him since. He didn't call me."

It turned out Mr. Markman had overlooked the fact that in his friend's home the owner had not been the first to mark; in fact, still had not marked. Mr. Markman, in being the first to mark, had been given an unprotected, an ineffective permission to leave his mark on the wall. "I don't know now. I guess I'll have to wait to see what happens to our friendship. But NOW! Now it's MY family and My home!"

There are reports of divorces where the couples did not reach prior explicit agreement about wall marking and one has gone ahead to leave their mark on the home walls without the other marking. "You know: You're just not supposed to mark on walls."

"Why?"

"Well, you're just not supposed to that's why! You're just not supposed to; that's all there is to it!"

Rx for Get-Well-Of-Apathy and Get-On-With the Job at Hand: Stand in front of a mirror, engage your own eyes, level your head, then prefacing with your own first name, vocally and audibly say, "(Josephine), You're OW then continue to hold your own gaze in the mirror for one full second. Results to date:

1. Most persons carrying out this R reported that it is more difficult to carry out when alone than when others are present. Readers are invited to account for this.
2. For the first few times of doing this, most persons have difficulty in uninterruptedly holding the gaze on self for the full 1.0 seconds after completing the audible words. Many break off from looking at themselves at 0.1 to 0.4 seconds after completing the words.
3. Most who have taken this Rx tell of breaking out with a smile for themselves; of warmly, self-consciously regarding themselves in the mirror, i.e. tell of having a glowing "winner's" experience.

Putting the first name at the beginning of the spoken words augments (by x5 to x10) the warming-up, galvanizing effect. For those who are brave try, "(Own first name)! You are Great!" See if you can keep from wrecking it after saying it.

FORMULATION: Script and Gender: Theory of Getting Well, Part 3: Many fairy tales, Scripts are known by the gendered name of the main character. To name some: Goldilocks-and-the-3Bs, Snow-White-and-the-7Ds, Beauty-and-the-Beast, Cinderella. For the clinician, it is important to keep in mind that the gendered name of the script of a person, the drama chosen as a lifetime blueprint may not coincide with the kind of genitalia ascribed to the person in the fairy tale. A recent government scandal in Britain was precipitated by a 19 year-old call-girl whose script would seem to be "Jackie" of Jack-and-the-Beanstalk. When she brought down the Giant (Profumo), she very nearly brought down the entire castle (of government).

The writer has known male Snow Whites ("Whitey") "mirror, mirror

on the wall"-- attractive and desirably talented; two male Goldilocks ("Barefoot") -- runaway adventurers; one female Beast ("Bitchy") -- "I care for you, you don't care about me"; two male Cinderellas ("Cinderfella"). In each of these instances, the patient identified the particular fairy tale and the high frequency of and fascination with its being told in childhood. Each was able to use the "mapping" (putting fairy tale characters into proper corners of the OK Corral) which came from learning his own script during treatment and each successfully programmed "new style" life events as a result of locating his particular script with its intrinsic "okay" values. Each became more efficient in his wanting and in his living.

In the case of the persons studied clinically, it was seen that abandoning or attempting to change to another life-script had become unnecessary, even if, in fact, it had been desirable, let alone possible. What euphemistically has sometimes been referred to as the "counter-script," probably refers to the life stories of the

other characters who are cast into the plot of the particular fairy tale; i.e. the life styles (get-on-with, get-away-from, get-rid-of, get-no-where) of the other personalities who occupy the different life-positions in the story. See "Scripts and Positions" THE E, No 3, 2/5/69. In practice it is realistically achievable, regardless of the script's usual gender, to (re)locate the GOW or get-winners position in the person's fairy tale in order to secure a get-well that holds up.

To Summate: The name of a Script (supposedly indicating a gendered quality) and the variety of plumbing (stand-up or sit-down) a person is born with, do not necessarily coincide. Therefore a "SHE" in a fairytale may very well in real life, be a workable and what is an effective "HE," and vice versa. The importance of establishing what the unique value for "OK" is, what the unique meaning of "OK" is in each script, is very likely one of the major keys for opening the lock to getting-well.

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	Rx	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
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK		2. A theory of personality structure
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of</u> : I-am-OK-and-you-are-not-OK.		3. A method of (group) psychotherapy treatment
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution		4. An organization
H	Hook: (come-on, engagement) 1st move of a GAME		It embraces and is not contradictory to psychoanalytic theory and practice.
M	Maneuver: (angle, con) move of a GAME	THE E	THE ENCOUNTERER
No	Number	THWIT's	"To Hell With It's", Having a case of the ...
P	Parent, Parent ego state; to be differentiated from Adult ego state.	VOL	Volume

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

July 5, 1969

Vol. 1, No. 12

REPORT: Psychiatric Nursing, Solano County Mental Health Service, Fairfield, California, by Betty Hovde, R.N.

Known by the term Day Treatment Center, the nursing service is involved in what we think is a unique program. The nursing staff, discarding name tags and uniforms, organize and enter into full day programs with patients, from playing checkers to involvement in Psychodrama--Role Playing and Group Therapy: composing songs and titling them, writing poetry, taking a fantasy trip on Paper or a visit to Fairy Tale Land through the medium of "acting," play and pretend.

Picture, if you can: swapping shoes, telling jokes, looking into a mirror and talking about yourself, writing a skit from an ad on a magazine page. Sound ridiculous? Painting "feelings" on canvas; showing anger, frustration and caring. Listening to "Folk, Bach or Soul" music followed by discussions and interpretations.

Revealing a painful dream, bartering for names, songs or fiction titles and having fun with it. Help can come in a sudden circle closing in or out on one's own painful archaic fears. We, the staff, aid our patients to become perceptive listeners; learning to be Parents, Adults, Children and to become better able to give and get okays. Tears and laughter, a picnic in the park on a warm spring day: This is therapy and it is our program. It may become painful and again it can be fun. Patients forget how glum they often choose to make their lives.

Eight hours a day, five days a week, this is my experience in psychiatric day nursing. Here in a mini-world, the patients live and relive life as it happens. The goal is to relieve immediate symptoms of profound emotional stresses in the many ways possible. Life becomes a reality at this multi-discipline Day Treatment Center as they who are participating discover – patient and staff alike.

EFFICIENCY IN GETTING-WELL: STATISTICS: A follow-up was done on 177 inmates treated with group psychotherapy at the California Medical Facility, Department of Corrections, Vacaville, CA; men treated by six different, experienced group therapists during 1959-1961 and subsequently released. (One of the therapists used transactional analysis -- "TA").

Four Criteria were used to measure success:

- 1) No arrests for 12 months after release -- 50.3% overall.
- 2) No arrests for 24 months after release -- 36.7% overall.
- 3) Not returned to prison for 12 months -- 77.4% overall.
- 4) Not returned to prison for 24 months -- 59.3% overall.

TA compared to other five:

- 1) No arrests -12 months, TA 65.4% (others combined: 47.7%).
TA was 125% to 162% more efficient -- median 125%.
- 2) No arrests - 24 months, TA 57.7% (others combined: 33.2%).
TA was 154% to 224% more efficient -- median 163%.

3) No prison -- 12 months, TA 76.9% (others combined: 77.5%).

TA was 82% to 113% as efficient -- median 102%.

4) No prison -- 24 months, TA 73.1% (others combined: 56.9%).

TA was 113% to 146% more efficient -- median 134%.

The therapists had among themselves about 40 years of group therapy experience, since completing training. This varied from three to twelve years, median six years; TA therapist -- six years. This data was drawn from the statistics of "The Murphy Sample"; the comparisons and the conclusions are the author's.

ENCOUNTER: A Preacher called the sheriff of his county to tell him that there was a dead donkey beside the road near his church and to ask if the sheriff would see that it was taken care of in the proper manner.

The Sheriff replied that he had always heard that it was a responsibility of the clergy to lay away the dead.

The Preacher responded by saying that while he had no disagreement with this conclusion, it was also the duty of the clergy to notify the next of kin.

MEETING: International Transactional Analysis Association 7th Annual Summer Conf. Aug 22-24, 1969, Mark Thomas Inn, Monterey, CA. Write: ITAA, PO Box 5747, Carmel, CA 93921. Tel 408/642-9213.

FORMULATION: THE GAME "TROUBLED COUPLE": This is the game of which "Courtroom" ("Games People Play," Berne) is one variety. The sequence of moves in this game (see THE E, 5/20/69, GAME MOVES UNRAVELED) follows:

HOOK: One of the couple (HURTER) makes an outrageous remark to and about the spouse (VEXED). This alerts (hooks) the audience into watching how this remark is taken.

MANEUVER: (Maneuvers of games have two or more aspects, i.e. the player is maneuvering, turning other people.)

Part 1a: Outrageous HURTER turns then to the audience as both spouses laugh. The "Troubled Couple" trade punches on each other, seemingly for the laughs, but turning each time to the audience, bringing the audience along. Once the audience is well engaged (hooked) and laughing and turning to them.

Part 1b: One of the partners, VEXED, cries "foul" and turns to the audience with gaze down. 1a – 1b is replayed 'til,

Part 2: In one of the semi-silences, a "peace-making" audience member (ALLY-A) intervenes to talk to one of THE COUPLE, usually the one who "caused" the last "hurt," while HURTER is commenting back to ALLY-A.

GIMMICK: VEXED impatiently interrupts HURTER as HURTER goes silent and turns from ALLY-A back to VEXED. THE COUPLE then repeat MANEUVER-GIMMICK sequence until in another silence between trading punches, VEXED will have recruited his

(her) own conversation initiating ALLY from the audience. Once ALLY-B has talked to VEXED and VEXED is in turn responding to ALLY-B.

(GIMMICK:) HURTER will, in turn, be much vexed and INTERRUPT. VEXED immediately goes silent and turns to focus on HURTER, then eyes down, turns away. This brings (Hurter and) audience along, i.e. again cluing audience into what next to do.

VEXED and HURTER thus establish talking priority of the more vexed of the couple. This is by breaking off talk to ALLY and instead attending to each others' troubled remarks, turning from ALLY as if out of "consideration," perhaps inferring that ALLY's comments were a reason for again being in trouble with spouse. If THEY were hurting each other, they would discontinue the hurting and embarrassing of each other. Instead, by establishing the seeming integrity of breaking off from the ally, going silent when interrupted by the partner and then turning away from ally and from vexed partner, the audience is tricked into going silent and into averting their gaze also.

PAY OFF: VEXED and HURTER gain command of as many silenced "I-don't-want-to-get-involved" people as are in the situation. There are the instances of other couples where one or

both have played ALLY. In the silences these latter couples are building up, for later use, "reasonable-points-to-discuss-later-with spouse."

TO NOTE:

1. Almost all "Troubled Couple" couples go to the same home that same night, not infrequently to cohabitate. The couples with "reasonable-points-to-discuss-later" regularly end-up on the outs with each other, do not cohabitate for at least one night.
2. This game is played in therapy group. "Courtroom," itself, is the specialized brand of "Troubled Couple" found in divorce and "reconciliation" arenas (eg, courtrooms) to later be resolved by that particular couple. Many, if not most divorced couples, have initiated divorce more than once before becoming effectively, in fact, finally divorced. In "contested" divorces, argued "before the bench" the judge will usually lower his eyes and give a few passes to "outbreaks" from the couple in court.
3. This game, as are most, is named after the gimmick. "Troubled" has talking priority.
4. Solution to this Game in groups, social or therapy, is for the onlookers to keep looking at, watching the two would-be social commanders.

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	Rx	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.		

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

August 20, 1969

Vol. 1, No. 13

MEETING: Western Regional American Psychiatric Assn Meeting:
Olympic Hotel, Seattle, Wash, August 25-27, 1969.

ENCOUNTER: Heard on the couch: "I don't see why I gotta get married; I'm too young to die" referring to that portion of the marriage contract which reads "til death do us part." See next issue **Rx** for G-W of "Scared-to-Get Married."

FORMULATION: MAN-ON-THE-MOON and OMINOUS-PROPHETS of - DOOM: With Jubilation many now look up at the moon and say "We did it; We landed on it; We were there!" PROPHETS-OF-DOOM, who have difficulty extending their vision and looking up, whose ominously intoned words are directed down, decry, "If only all that had been put to use on Our Problems here ...!" The words and the tones used by these doom soothsayers are depressing, if not contention provoking. Adventures in the sky are inspiring, lifting, vivifying, perhaps even uniting of one to another. A man without a dream, without a star to reach for, is a man without home, is a man in despair. Attending to "The Awful Problems" makes what is "Awful" more awfully important to attend to, so-it-would-seem. It was with awe and renewed personal sense of purpose that many viewed the moon walk and the return of those three intrepid adventurers.

The writer, in clinical practice, noted that patients (getting and giving a "hello" to fewer than five persons daily, the withdrawn, reclusive, schizoid, depressed (the more mentally ill) were instead reporting a Surge in the numbers of "hello's" during the succeeding days. Several for whom reasons were not otherwise evident showed a heightened sense of get-well purpose in the clinical sessions. Several also reported more restful sleep at night. Readers could beg the question: Were these patients reflecting something in their therapist? The question on the lips of almost everyone at about 1:18 PM, PDT, Sunday, 7/20/69, was the apprehensive, fascinated "Have they made it yet?" The writer was in a crowd of 40,000 at the time (Dodgers-vs-the Giants game). A clear, excited murmur and cheer arose as the transistor radios told of the safe moon landing. Could it be that the reaching of the moon by those three gave others of the earth's 3.5 billion something to look up to, look forward to -- a vision of new frontiers to take advantage of, new opportunities to exploit? The directly beneficial mental health usefulness of an increase in "hellos", of people talking to each other, cannot be over-stated. "Hello!", "Hello!" is the very essence of I-am-okay-and-you-are-okay, of okay reciprocity; the extension of this okayness stroking is a core procedure for securing a get-well, a "winners" position out of the individual's loser commitment. "Our Problems-here" (by definition "problems" regularly means "awful problems") is often said by individuals from their Get-Rid-Of position.

It is suggested that "the moon walk" gave inspiration, gave

meaning to a dream for countless numbers. There is somewhere to go now besides "at-each-other's-throats," "trying to help solve these awful problems."

The question is asked here: Is there any correlation between the decrease in summer rioting in 1969 and the moon walk on July 20th?

NOTE: Persons and Offices wanting to be on the mailing list of THE FOUNDATION FOR GROUP TREATMENT, INC., are invited to send a request. Subscribers to THE E are automatically notified of FOUNDATION activities.

FORMULATION: STROKE-defined: The terms "Good Strokes" and "Bad Strokes," my mommy said, originated in the "Centers for Greater Nurturing-Love." Strokes are Strokes. Whatever the variety, they are life sustaining. That is all they are, that is what they are and they are every bit that. Scratching, caressing, soothing, belting, slashing, tickling, lulling, stultifying, obfuscating - they, each variety, are all strokes. A soothing or a bruising, a caress or a duress, adored or battered, nurture or discipline -- a stroking. The antithesis of stroking is ennui -- nothing. In the case of infants, the latter results in infantile marasmus (the probable precursor of process schizophrenia) and often death (R. Spitz).

Strokes are the words and the touches that (are intended to) reach into the other person's awareness, to stimulate responsive counter stroking. To a "boo hoo! I got a hurt" the soothing, fatuous syllables of "There, there, dear. Don't worry, it'll be all right!" are properly called "marshmallows." A therapeutic therapist figures that a "steak-quality" stroke is more likely to "stick to the ribs," straight-talk gets more across to his patient and, as a rule, is more efficient.

Rx for G-W of Pruritus (Itching): Get called by your first name, even if it is Ani.

ENCOUNTER, A Get-Well: In group Mrs. Fair Thare More is coming to get well of long-standing high blood pressure. "And-nothing-more-was-said" is her pay-off in her game of "Furthermore." For a long time in therapy, she rarely talked to someone else unless it was in derision ("a shitty remark") or to give a "troubled mouth" a soothing-toned "Why don't you?" ("marshmallow" - Berne) which on decoding meant "go practice drowning" or "get lost." Her Adult ego state began, or prescription (at first haltingly), to give more "okays" to other persons in group. One day, seemingly out of context, in a clear, focused voice, with level countenance and a warm face, she told Teenie Ataera:

"Teenia, that lipstick you're wearing sets your complexion off the best I have ever seen you!" Teenie surprised out of her usual "Oh

it's nothing!" cross-up, came level herself and so without affectation gave a "Why, thank you very much Fair!" And both looked warmly at each other for one full second as group quietly watched.

This "(I-think)-I-am-(an)-okay-(person)-and-(I-want-you-to-know)-you-are-okay-(with-me)" joint performance was a G-W experience for both people and vivid for therapist; this latter inasmuch as Fair did it without her usual visual checking with therapist before and after she did something in group. She, (Mrs.) Fair More, carried it off, under own power, in her own manner and for herself. For the therapist it was an eidetic experience. Fair was getting on with therapy instead of her usual get-rid-of program. Mrs. More (her Adult ego state) did it with Fair (her child

state) participating. Therapist was aware from other sessions that she understood her symptoms, her games and her ego states very well; in fact, was doing an excellent job of teaching students so that they had an operational grasp of games and ego states. In this instance, Fair, at last, was giving-herself-away in a winning, get-on-with-it manner and doing it in front of the therapist.

 If you know of sane professional organization, school or other institution which does not receive this publication regularly and is doing work related in group treatment, invite them to apply for THE E.

 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	Rx	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</u> <u>From</u> : I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where</u> <u>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.		

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

September 5, 1969

Vol. 1, No. 14

MEETING NOTICE: Golden Gate Group Psychotherapy Society, monthly scientific meetings, San Francisco; no fee for attending professionals. For place, dates, speakers.

Write: GGGPS PO Box 18125, SF, CA 94118

Rx for Get-Well-Of "Scared-to-Get-Married": Sign-up with each other for a get-married-for-a-year (or 3 months) with option for renewal.

Results, to date: All options have been picked up by couples taking this Rx. Getting married 'til-death-do-us-part means the only out is for one or the other to die, unless somebody welves on the deal. This is not to be taken as favoring abolition or postponement of marital licensing and vow exchange. It is rather to describe the glowing winner, GOW intimacy pleasure for a couple, inherent in a mutual show-off, explicit reaffirmation of the "I want to (be) marry(ed) to you (some more)...Will you (keep on being) marry(ed) to me Josephine?" There is no legal, ethical, moral, religious or other valid reason known to the writer that stops a couple from being (re)married with ceremony (same license) every year if they want to.

Heard on the couch (and cured): "I don't see why I gotta get married, I'm too young to die!"

FORMULATION: Strokes defined (continued from 8-20-69): Strokes are words, are touches, are (social) stimuli (intended for) reaching into another person's awareness, to move the other person, to stimulate an acknowledging response from him.

"Marshmallows" (TA slang for soothingly intoned, Parent syllables) are strokes: strokes which, although of limited usefulness, still, are specific for some situations.

The term "positive strokes" (and "negative strokes") is one heard from Parental therapists. It is a term derived from "The Power of Positive Thinking" a heaven oriented epistle by N V Peale.

"He does not ever accept strokes" is an expression used by a frustrated therapist. It infers a patient who is not giving-himself-away by responsive muscular movement to the stroker (stimulator), one who has not been moved by the talker. An EEG tracing done at the time of the stroking, however, would show a coincidental, characteristic electro-encephalographic activity at the time of the external stimulation taking place. This means that the stimulus has been perceived; therefore, non-responsiveness occurs because of other factors, here called a decision; a decision organized to effect a non-moving state.

"Counterfeit stroke" is a felonious euphemism referring not to stroking, but to a game maneuver involving a misleading, a "fake-out."

ENCOUNTER: Lea seen after a two-year absence: At the end of a session Lea's 9 year old son Jon, waiting outside, was invited to review the wall marks which he had made on therapist's office walls before. The review was an animated one; the memory was vivid and glow producing for all three. Two years before Jon had first been given protection for marking (mother-Lea was asked by therapist if it would be OK and she said yes) and then given permission (therapist invited Jon to mark); whereupon Jon had gone around the room with crayolas (4) in hand and made more marks on the walls there than anyone else to that date. Now therapist, Lea and Jon were able to verify the authenticity of each of Jon's marks, which were his and which were not. Therapist was not aware of one by Jon; Lea told that therapist was on the telephone two years before while Jon made the one in question. Jon was visibly pleased to see the marks were still there; Lea was proud; therapist was impressed with the vividness retained in memory by all three.

ENCOUNTERER NEWSFLASH: The Anchorage (Alaska) Glacier Pilots won the semi-pro national baseball championship at the Wichita, Kansas playoffs on August 25th. Congratulations to Mgr J Stepp, Coach P Deeth and to you, team-member Neil, my son.

PUBLICATION: The writer is pleased to note that the National Institute of Mental Health with its staff and its Gov't printing presses is following the Jan 5, 1969 lead of THE FOUNDATION FOR GROUP TREATMENT (Publisher of THE ENCOUNTERER). In April the announcement of the Mental Health Digest was received from NIMH. If the Mental Health Digest lives up to the NIMH brochure, it will be a very useable and welcome addition to this field of literature at the \$3.50, 12 issue per year price. For more information write the MHO, National Institute for Mental Health, Washington D C. 20014 or Supt Documents, Gov't Printing Ofc. Washington DC 20402.

REPORT OF MEETING: The 200 registrants at the Annual Summer Conf of the Intl Transactional Analysis Assn came from as far as Virginia, Hawaii and Saskatchewan for the August 22-24, 1969 meeting in Monterey, CA. Program highlights included:

1. "Surprise," a non-rehearsed, playful spoof of a group therapy session and a staff conference at a make-believe teaching center. The actors, Advanced Members of TA, besides putting on a very humorous show, gave a living demonstration of Adult-programmed natural-Child, spontaneous and imaginative, showing-off before an audience. It personified "Programmed Spontaneity: Saturday Showing 5-6 P.M."
2. TOUCH as potentially useable in therapy was the topic of three presentations (total of 32 on the program). After his opening remarks for the second one, J Cassius PhD, TA clinician and holder of the Black Belt in Judo, gave a full-audience-participation workshop showing the use of some Judo skills, by inference useful

in training and possibly treatment groups. Discussion centered on the neurophysiology of the alerting process as the sensations of touch, kinesthesia and audition play a part; how use of the techniques shown could cut through preoccupation and provide for a better quality Giving-Yourself-Away. GYSA has at times been referred to as the key to the get-well process. This session on Touch ended with a GOW-style handshake between participants. (see coming issue: "The Great Handshake")

3. S Karpman, contributor of large amounts of original and useable thought to TA as it has evolved, talked on the crucial-for-getting-well topic of patients developing conversational OPTIONS; a practical, G-W use of crossed transactions.

4. G Bush gave another in the series of her Moniker Form Theory. The multi-faceted quality of the child (category of ego states) seen in clinical practice is probably related to the various characters in the person's Childhood script-story (fairy-tale).

5. The Position for Getting Well, by the writer, cited the fact that each script story has within it, at least one character for each of the 4 major (OK, not OK) positions including the get-winners, get-

well position. A patient can get-well within his own script by a shift of some portion of his (libido) commitment (cathexis) to the GOW position in order to bring about more "I am Okay and you are OK" solutions in his daily social encounters. The latter is the heart of the get-on-with-it operation. Some of the Rx's given to patients for getting-well and into the Position-for-G-W were discussed.

6. J O Schiff led a unique panel of family members in which mental-illness and behavioral disorder were shown as successfully treatable within a family setting with the explicit use of TA. The Discounting of Child behavior was discussed especially as it contributes to psychopathology; as also were control over-others and of-self. Categories of anger were defined along with methods for handling each. "Repressed-inhibited anger" was differentiated from "anal anger"

Rx for Get-Well-Of" Fear of Elevators": "Throw-up Rx --- ('pewk') just before leaving 'home'." (see also Leona, Get-Well-Of Fear of Driving, The E, 2/20/69.)

 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	Rx	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.		

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

September 20, 1969

Vol. 1, No. 15

MEETING: October 24-26: Southern Calif. Psychiatric Society 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 Assn 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 OBVOLUTION 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 obvolution 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. 1 No's. 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 Channel 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 "worn out" 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 reset 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, pewked-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.

Rx 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, i.e. contractual psychotherapy. These recommendations, these **Rx**'s are given to patients in the literal sense that they are written in THE E.

An **Rx** for G-W does not mean the **Rx** is completely curative in itself, it means the **Rx** is one procedure found specifically useful to the patient in a treatment regimen, in his get-well program. The **Rx**'s 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-a-hold-of, manage, handle, decide.

Rx 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 **Rx** 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.

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	Rx	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</u> From: I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where-</u> <u>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
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK		2. A theory of personality structure
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of</u> : I-am-OK-and-you-are-not-OK.		3. A method of (group) psychotherapy treatment
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.		4. An organization It embraces and is not contradictory to
H	Hook: (come-on, engagement) 1st move of a GAME.		psychoanalytic theory and practice.
M	Maneuver: (angle, con) move of a GAME.	THE E	THE ENCOUNTERER
No	Number	THWIT's	"To Hell With It's", Having a case of the ...
P	Parent, Parent ego state; to be differentiated from Adult ego state.	VOL	Volume

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

October 5, 1969

Vol. 1, No. 16

MEETING: Oct 28 - Nov 2, 1969: Amer Soc Clinical Hypnosis, Jack Tar Hotel, San Francisco, CA. Write: F D Nowlin, 800 Washington Av S E, Minneapolis, MN 55414. (Hypnosis is a modality used in some treatment groups.)

ENCOUNTER: Reported from a class for the Educationally Handicapped by a professional and an expert of the game STUPID. TEACHER, good naturedly to class: "Now, come on: How do kids miss 19 out of 21 spelling words in a test? It takes something extra to do that. Tell me, how do you go about getting F's in spelling each week?"

PRECOCIOUS STUPID player, quick to raise hand: "I know, I know, Teach. First you have to practice not spelling them right" (Laughs around, including teacher).

TEACH: "Oh, then if I have you write the word over 25 times, you don't have to learn anything."

PRECOCIOUS STUPID: "Yeah, copying; that's not learning."

TEACH: "Oh, I see: copying, that's really stupid, huh? That makes me a Stupid Teacher" (Bigger laughs).

Also reported in the same group session: "And I know a teacher who says she's a Mentally Retarded Teacher!"

Rx for Get-Well of Obesity: Be moved more reliably by the other guy's words; let his words move you more regularly.

PUBLICATION, FOUNDATION: "The Activity of Listening", Ernst. Listening is an activity that is definable, psychotherapeutically treatable, and is to be differentiated from hearing. The quality of the listener's ego state is shown to be a major contributor to the outcome of transactions; the evolution of an encounter into "on-the-level" activity, or into a game. 19 pgs, \$1.00. Send to: FOUNDATION for GROUP TREATMENT, INC, PO Box 1141, Vallejo, CA 94590

ENCOUNTER: "JUST REMARRIED": In group (with secret smile) she to Tim: "Hey, that's right; we've been married six months tomorrow."

TIM: "Oh? Oh yeah: Yeah, that's how long we got married for, wasn't it?"

REBECCA: "Yep: That's it!"

TIM (disconcerted by something in Rebecca's tone): "Oh, Oh? Well, uh, I, ah, thought we'd just go ahead."

REBECCA: "You kidding? After the contract has run out? I got my reputation to think about" (as both turned).

THERAPIST to the Pair: "That contract had an option for renewal, didn't it? At least that's the way I heard it." (In fact had suggested it to them.)

BOTH with alacrity, first to each other, then to therapist "Yes, yes it did, didn't it?"

It turned out that both wanted another 6 months with each other, and since the existing license issued by the State was still valid, the next words were reverentially intoned to resonate through the group room:

"Dearly beloved, we are gathered here in the eyes of good group and true therapy to join together in the bonds of extended matrimony our brother and our sister,

(Then to Tim) "Tim, how about it; do you want to be married to Rebecca for another 6 months with option for renewal?"

TIM: "Yes. I do."

OFFICIATING: "Do you, Rebecca, want to take this man as your man, for another 6 months with option for renewal?"

REBECCA: "Yes, I do."

OFFICIATING: "Therefore, I pronounce your here-witnessed contractual agreement extended for another six months."

Group, silent and up-eyed (some with a tear), regarded the two newly-extended-wedded pair. Tim began to fidget as Rebecca's eyes were turning slowly toward the floor.

OFFICIATING: "Tim, man! Come, come man! Kiss your bride!" Tim, usually otherwise shy, promptly got up, walked to Rebecca and did just that, whereupon the beauty of Rebecca's flowering smile opened to him as he reseated himself.

MEETING: Oct 27, 1969: Oklahoma Branch of American Psychiatric Ass'n, Oklahoma City, OK. Write: R J Outlaw, MD, 1211 No Chartell St, Oklahoma City, OK 73103.

CONTRIBUTION: APPARENT GAME "BLACK RHETORIC", D Magel, ACSW, Instructor, School Social Work, Univ. of Pittsburgh.

For the past 18 months I have been co-leading Black/ White communications laboratories with a Black partner. These groups are present-behavior oriented based upon group work, Synanon-like gut games and some aspects of sensitivity training. They are not personal-growth type groups. The purpose of the encounter is to facilitate communication between persons who are either working together or being organized to work together. These have been teachers, social workers, students, community groups, OEO staff members, and school, business, and agency administrators. These are task oriented groups then.

A game has appeared which is a constant in an exciting and rewarding enterprise. The opener or hook is the Black Militant's initial screaming that "White is shit, White is the devil, Whitey must die, etc." White, feeling perhaps for the first time, a real gut reaction, ie, fear, responds automatically with, "I never had any slaves, my grandparents only arrived in this country in 1910, etc." This disengagement, however, does not work and Black goes on at a higher pitch, not even responding to White's feeble protective devices. After much abuse, of which Black has a lifetime to pour out, White buys the whole play and asks plaintively "What can I do?" The

finale has been approaching since word one: Black screams. "Stay out of my way, Whitey", "You don't know what you're doing but you go right ahead and continue doing it to us Blacks." Black then describes the Revolution after allowing that it could take place non-militarily if White would stay the hell out of the Black community and if Whitey would do his good works in the White community.

The pay-off to Black is seeing clearly that White is unable to accept the idea of the power which Black thinks White has. Black sees White as unable to respond when personally confronted. White appears a very superficial protagonist. White P-O is being publicly self-absolved of guilt and being a recognized liberal for having purged himself (rather subjecting himself to purge). White can then say, "I know what the Black man feels. He told me himself."

Neither Black nor White are satisfied after these rage confrontations. White still goes into the Black Community doing his White good work, and Black does his Black Rhetoric thing. Both receive minor gain and continue this encounter level because the rules are now well known and subscribed to by both communities.

-- END

NOTE by Author to Reader: I am seeking confirmation or negation of the above description in your experiences. Please contact me at the School of Social Work, University of Pittsburgh. The clarification

and solution of the Black Rhetoric by the co-leaders and players has been successful; although not easy to accomplish because of the pleasure the game provides.

Ed.--The above also suggests the complementary two GAMES known by "NIGYYSOB" (Now-I-got-You-You-Silly-Ole-Boy) and "WAHM" (Why's-this-Always-Happen-To-Me). In the above version, the game NIGYYSOW (Silly-Ole-Whites) is played, in group, to a Get-Rid-Of, a GRO solution and "WAHUU" ("Wahoo"), "Why's-this-Always-Happen-to-Us-Whites", is played to a Get-Away-From, a GAF solution. In NIGGYSOW the external psychological advantage is to wilt or shred the other person's poise and in WAHUU it is to appear as the less reproachable, the more humane of the players. Probably, the non-satisfying aspects noted of these two complementary games arise from the vigor with which GOW, Get-On-With, Get-Winners solutions are avoided, i.e., there are few resolutions coming-out as "I-am-OK-AND-You-are-OK" via the mutually exchanged laugh or warm word of regard. Each player, by carefully timing when he is most likely to be rebuffed, can choose to then give an "I-am-OK-and-you-are-OK"; this to prove the validity of his own non-winner position and his lifetime thesis don't-give-yourself-away; "See! See there! It just doesn't pay to try to be Okay with him! There, that proves it!"

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	Rx	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</u> From: I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where-</u> With: I-am-not-OK-and-you-are-not-OK.	TA	Transactional Analysis. Originated by Berne.
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK	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.
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of</u> I-am-OK-and-you-are-not-OK.	THE E	THE ENCOUNTERER
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.	THWIT's	"To Hell With It's", Having a case of the ...
H	Hook: (come-on, engagement) 1st move of a GAME.	VOL	Volume
M	Maneuver: (angle, con) move of a GAME.		
No	Number		
P	Parent, Parent ego state; to be differentiated from Adult ego state.		

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

October 20, 1969

Vol. 1, No. 17

MEETING NOTICE: FAMILY THERAPY TRAINING-SEMINARS, weekly on Fridays, 10 AM - Noon. Clinical Group and Discussion: Isaac Slaughter MD conducting. Held at the Calif. Medical Facility, Dept Corrections, Vacaville, CA 95688. Contact Superintendent's Office, Attn: Mrs. A. King.

FORMULATION: The MOVES of the Game DO-ME-SOMETHING DMSO):

HOOK: A brightly spoken announcement, a question of stimulating interest, seemingly showing initiative.

MANEUVER-1: Some elaboration of personal date; interspersed with smiles and short hesitations; relatively "on-the-level" but managing to show that "some-parts-of-the-problem-under-discussion-still-remain-in-the-scene." The rate of bringing out details decreases. The aim is to encourage questioning via silences, incomplete date and a friendly or alert show of interest in the listener.

MANEUVER-2: Expectant, Hesitant Quavering: Once some questions are coming back to the DMSO player the quality of ego state changes; his demeanor, tone and attitude change. (A) He often sits-up and forward on his chair and (B) a seeming unsureness and quavering comes into tone and words. A quavering may appear on the chin, in some portion of a limb, eg, rapid ankle movement, or in a sighing. This quavering encourages more encouraging and at first blush is explained by the player as "out-of-consideration-for-the-other-person", "I-don't-mean-to-ask-too-much-from-you-but", "Because-I-don't-want-to-shut-you-out-of-the-conversation!", "Your-questions-make-me-think", "Make-me-want-to-be-sure-I-understand-you-correctly!" The more comments to come back to the player, the fewer quavering syllables are given until his gaze is seen going down when no comments are coming to him and his silences become extended after these comments are given back to him and before monosyllables are returned by the player.

GIMMICK: DO-ME-SOMETHING: It's-NOTHING: After a longer, forlorn, hold-out silence, he sits back and squares-off (eg, fold arms, gaze-up and directed at his target person) to state (usually with words): "Well,-won't-you-do-something-for-me-, please?", "Aren't-you-going-to-do-something-about-it?", "After-all-isn't-that-what-I'm-here-for", "Aren't-you-supposed-to-do-something-for-me."

PAY-OFF: This varies and it is volitionally variable by persons hooked on getting-well. The Pay-Off of a game is the resolution-of or solution-to the encounter. It is the sought-for reward; the underlying latent motivation. The Pay-Off is the hidden, the ULTERIOR MOTIVE force in the game. The PAY-OFFS for this game can be grouped into those four categories of solutions which each game (so far studied) can and do have:

PAY-OFFs for the game "DO-ME-SOMETHING, (Nothing) DMSO:
1. Get-Rid-Of the SOMETHING offered by way of:

a. "That's-Nothing", "That-didn't-do-anything-for-me!"

b. "You-gave-me-a-bad-feeling, the-way-you-just-did-me!"

These deflate or push-away the SOMETHING-DOER.

2. Get-Away-From the Doer: eg, an angry-telling-off-and, declaration-of-leaving.

3. Get-No-Where with the Doer, eg giving a frozen-faced hard-faced, extended pouting silence intended to convey "You-didn't-do-anything-for-me-and-I'm-not-going-to-let-you-do-it,-either!"

4. The Winner Pay-Off, the Get-On-With solution, often seen in group sessions has been the broad, warm smile of the player on recognizing he has been found out and that he is being embraced by the reciprocal smiles of the other members.

On occasion this last Pay-Off can be mistaken for the smile of M-1: The clue for identifying the P-O smile is the concurrent other-person-smile, "I am smiling (I'm OK and I-want-you-to-smile-too (You're OK): "This reciprocal smile will be there if it is Pay-Off time.

Rx for G-W of Obesity Given to a 14 year old: Say "Hello" to 20 kids a day at school using their first names.

FORMULATION: External-evident-manifest behavior and internal experiencing, reliably tend to converge within 30 to 60 seconds. This is for those who believe (vs think) they don't-give-themselves-away, those who pretend they can keep from giving themselves away; those whose opinion it is that appearances can be deceiving. The behavioral choices available are instead: The opportunity for a person to shift (a) his "Executive" from one ego state to another, as from Child or Parent to his Adult when he uses his own personal set of "Adult Locators", (b) the ability of each ego state, especially the Adult, to borrow from the other two. This latter is depicted, eg by some therapists in the treating situation who "borrow" in order to stay responsive and yet get around crossing transactions with a patient; it is also seen with professional actors doing a good job.

ENCOUNTER: LIFE SOLUTIONS in Operation: Kim, in group therapy to Get-Well-Of feeling unreal: "I get mad every time my husband brings up my getting pregnant again. I know that is what he is thinking." Then in a few minutes she adds that "getting-mad-at-him" is a get-rid-of solution (temporary style) for encounters she has with him. She adds that "warm-ups" also have other dimensions for her: that "Getting-embarrassed-and-red-in-the-face-in-group" is a temporary get-away-from solution to a situation; that "glowing" and "warming-up-for-him (husband)" are expressions of get-on-with solutions for encounters. The fourth category of solution for her is typified by "He-leaves-me-cold-when-he-says-that" and it is a get-no-where solution for her with him.

FORMULATION: "I have no other choice," "You leave me no other choice than to..." "There is no other alternative left but to..." In fact, these "no choice" phrases as used in transactions, are not to

describe the speaker's own restrictions but to maneuver the listener into a corner, to trap him if he disagrees, to restrict the choices of the listener. This maneuver, when used by experts, says "Any reasonable listener can obviously see there is no other alternative, and I know (I can see) you are a reasonable Person! Huh? Okay!"

ENCOUNTER: Heard from the podium at a Group Therapy Conference: "I always have my Adult in charge in my therapy groups!

I never let my Parent or my Child become involved in the patients' communications!" These self-righteous words were emphatic and piously intoned. (Whoops: His angle was showing!) Head was angled 15° forward and tilted to the left 12°, a horizontally furrowed brow; tone and demeanor which brooked no contradiction. Right shoulder lower than left by two inches and forward two and one half inches (as if ready to lunge). Well anyhow, the speaker's executive ego state was one or the other of the two grown-ups in him.

FORMULATION: Authoritarian and Authoritative:

Authoritarian has reference to Parent-type disciplining: "You should," "You better or else ---!" It indicates (the capacity for) exercising sanctions on someone, as with grading his performance; it means boss. He may not know what he's talking about, but the boss can do it, and he can make it stick.

Authoritative means acknowledged eminence, well informed, official, from the originator, convincing, conclusive. He may not be able to enforce it but the authoritative person does know what he's talking about.

ENCOUNTER with Miss OBESITY: At 220, she is a fat, 14 years old. Rx given to her in third session: "Say hello to 20 kids a day using their first names. Do it on six school days." At the fifth session, two weeks later, she was asked "Does giving 20 kids a day a hello with their first name work?"

"Does IT! (Big smile) WOW!"

Therapist: "Do you want to use the Rx some more?"

"YEAH!" Being a well-and-proper-taught girl her usual answer would have been a (refined) "Yes."

 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	Rx	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.		

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

November 5, 1969

Vol. 1, No. 18

MEETING: "Therapy in Groups" Dec 6-7, 1969, MENDOCINO STATE HOSPITAL, CA, Extension Course, write: WG Burrows, MD C/O MSH, Talmage, CA 95481.

ENCOUNTER: EUREKA!-for-THE ENCOUNTERER: It has come to our attention that this publication has achieved a "BANNED-in-Boston" status. A worker in one county welfare department tells that THE E first has to be cleared by his Social Work Supervisor before he or his fellow workers are allowed to read it. Rationale given: "It is too complicated," "There is too much information in it!"

The Administrative Secretary of THE FOUNDATION for GROUP TREATMENT (sponsor of THE E) reports that about 10% of the paid subscribers to THE E are avowed group therapy patients of various therapists (some named).

FORMULATION: Original Contribution to the Theory and Treatment of the Obesity Syndrome: 100 lbs overweight equals 100 lbs x 454 grams/lb X 9 kilo-calories per gram (of fat tissue) x1000 (small) calories/kilo-calorie. One small calorie is the heat energy required to raise 1 cc of water 1° Centigrade. Therefore, 100 lbs of fat equals 410 million calories. Why are fat people fat? Watch the faces of fatties and ex-fatties. The uncured-obese person (whether he has lost weight or not) still "thinks-fat". He will show it with a much reduced or absence of facial expressiveness when being talked to. The facial and other animation of the "Think-Obese" person becomes impassive, inscrutable and unmoving for the talker; the obese person gives himself away (is characterized) by a facial and body muscle attitude which (as he is being talked to) says, "Your words don't move me. I don't have to listen to you if I don't want to and I have decided I don't want to." This unmoving quality of facial expression of fatties and uncured ex-fatties is true whether the person be at the extremes of being a public figure or a recluse. Recently a well-known television personality took off a large amount of his bulk. His facial expression, however, continues to remain impassive, unblinking and unmoving when someone else in the cast is talking to him; in fact, his arms usually go limp, let alone his facial expression sagging. Getting-well of obesity is done by letting himself be moved more regularly and more reliably by the other person's talk. The core treatment task is to reverse the childhood decision, "I'm not going to let what you say move me, get to me, bother me or distress me because I don't have to if I don't want to and I don't want to."

FORMULATION: Faith is what children are taught-to-have or taught-to-not-have. The treatment objective for a patient with a lack of faith (eg in-the-future or in-himself), is to establish predictability indices for specific events, including his own

commitments. Predictable-ness is a computable quality: regarding himself for certain unique tasks, regarding another person for specific events (eg paying-of-bills-on-time); probability estimates can be made for upcoming-events as with, "a 90%-chance-of-rain-tomorrow", "it-is-7-to-3- the-Orioles-will-take-the-Mets-for-the-World-Series," "there is a 75% chance he will say, 'I-am-sorry,-I-didn't-mean-to-'," Predictability is future probability.

ENCOUNTER: GETTING TREATED: "Yeah, but doc, the codeine does get rid of my headaches and you promised you'd help me get over my headaches.

THERAPIST: "That ain't true. I never said nothing about helping you. You don't need to come here for that. You already had a lot of people helping you before you came here --- your sister, your mother-in-law, your daddy, your bartender. You came here to get treatment for your headaches and I said I'd treat you for them."

SUCCINCTISM: Practice making it yourself is practice for making it with someone else! - ONAN.

NOTICE: Notes on discoveries, preliminary findings and synopses of original articles will be considered for publication in THE ENCOUNTERER on the basis of available space and consistency with the purposes of this publication.

ENCOUNTER: MR. COUNSELOR: "Say, Mr. Transactional, I want your opinion on this. Another therapist told me about a couple I had referred to him because of threatening divorce clouds. When they came to him for their first session, they were obviously untroubled and flushed at the moment, smiling at each other. He told me it looked as if they had "made-out" with each other just before coming to the session and so he asked them. They said, yes, that it was true, they did have sexual intercourse just before coming for their appointment. Then he said he told them that if they were going to come to him, they were not to do that anymore. His reason for this was that they had a problem and if they were going to get help for their problem, they had to stop what he called "their acting-out."

Mr. Transactional assured Mr. Counselor of his own agreement with Mr. C's unspoken conclusions. Namely, that this approach was not particularly conducive to a healing process, a healing which the couple had already initiated on their own by two major steps: (a) contacting the person to whom they had been referred and (b) utilizing one of their own resources, a mutually and reciprocally satisfying activity.

FORMULATION: When a couple, in trouble with each other, has methods of their own for reducing the number of their strife-torn moments (such as enjoyable sexual intercourse), then to discourage that activity is more likely "acting-out" by the therapist rather than

the patient (the couple). To forbid otherwise sanctioned mutuality in the name of "therapy" is a misrepresentation and may even be fraud. There is the chance this other therapist preferred witnessing contention instead of loving -- with loving he might possibly have more rapidly become an unemployed contention arbitrator. On a "deeper level", it may be that the high quality, winner-style, glowing intimacy between these two people, which the therapist in question was privileged to have witnessed, brought out the "jeerer" in him (vs cheerer) if he was, in fact, "get-well oriented", then he flunked his job. This couple received intimidation as a result of exhibiting their mutual attraction and satisfaction to him. Was it indecent to "publicly" show capability for (re)productive or creative intimacy? A couple who comes for therapy in the manner cited, just after intercourse, is well on the road to getting-well. They are probably looking for the therapist to furnish a more effective mutual protection; a protection for (their giving-each-other-permission) giving-themselves-away-to-each-other. This

protection is very likely similar to or the same as that furnished by the original ceremony which led to the licensing of the relationship. This latter protection and sanction may, on occasion, be able to use a renewal "recharging". A therapist or a therapy group often are in excellent position to supply this "recharge."
(See THE ENCOUNTERER 10-05-69)

FORMULATION: HELPING AND "THE HELPING PROFESSIONS?":

It takes a license to treat. Some manner of certification or registration is required in many, if not most states, to perform various specialty techniques called THERAPY: Occupational, Rehabilitation, Psycho and Physio, etc. Neither certification nor licensing is required to try-to-help or even in fact, to-be-helping. Helping is not a profession. The term "The Helping Professions" is a euphemism; the words themselves are, however, euphonious.

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	Rx	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</u> From: 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
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK		2. A theory of personality structure
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of</u> : I-am-OK-and-you-are-not-OK.		3. A method of (group) psychotherapy treatment
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution		4. An organization It embraces and is not contradictory to
H	Hook: (come-on, engagement) 1st move of a GAME		psychoanalytic theory and practice.
M	Maneuver: (angle, con) move of a GAME	THE E	THE ENCOUNTERER
No	Number	THWIT's	"To Hell With It's", Having a case of the ...
P	Parent, Parent ego state; to be differentiated from Adult ego state.	VOL	Volume

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

November 20, 1969

Vol. 1, No. 19

MEETING: American Psychoanalytic Association: Dec 11-14, 1969, Waldorf Astoria Hotel, N.Y. Write: American Psychoanalytic Association. 1 East 57th St, NY, NY 10022.

ENCOUNTERER NEWSFLASH: News reporters covering the second manned-moon-exploration confirm finding the CHILD ego state in the Men-on-the-Moon: (Dateline Vallejo Times Herald, 11-20-69.) "On (their) first (moonwalk), they babbled and cavorted over the dusty Ocean of Storms like two giddy children.--- Roth Conrad and Bean kept up a constant comic commentary as they went through the serious business of exploring the moon and setting up experiments.---When they retired for the day, Conrad, his voice businesslike again after the excitement of the first moonwalk, said they wouldn't take as long to eat and they might not be able to sleep as long as planned.

"We're not going to sit here (to take our naps)" Conrad said, "so we'll give you a holler whenever we get up" It was that mixture of hard-headed thinking and gleeful exploration that was the pattern of these two men on the moon."

Rx for G-W of NOT TRUSTING: Make and establish indices of reliability. The reliability of a particular person for a specific activity can be determined by tabulating the frequency or percentage that the other person engages in that particular activity. (See next issue THE E "Reliability vs Trust".)

Efficiency in GETTING-WELL: A useable schematic for the G-W process of the individual, within his own life story, is presented here as the Grid or MATRIX-FOR-GETTING-WELL.

FORMULATION: The GET-WELL MATRIX for the Script PRINCESS-AND-THE-PEA: In this fairy tale, the king and queen have a son who is looking for a wife, a princess. No one he meets is princess-like enough, is sensitive enough to suit him. One night

SCRIPT: PRINCESS-AND-THE-PEA OK = Awareness, Approachableness			
		I AM	
		OK:	NOT OK:
YOU ARE	OK	GOW: KING and QUEEN: parents of prince DOORMAN of CASTLE PSYCHIATRIST for prince CARRIAGE-DRIVER	GAF: PRINCESS
	NOT OK	GRO: PRINCE FATHER and MOTHER of princess: a troubled kingdom	GNW: RETINUE of princess

Rx for G-W of STAMMERING: "DUET TALK" with the stammerer. PROCEDURE: At a time after the patient has begun to sort his own Adult and Child ego state, therapist tells the patient he is going to talk at the same time as the patient is talking. Then therapist begins to initiate and discontinue his own words simultaneously as the potential stammerer is also making audible syllables. This DUET TALKING is done with the stammerer for a five to ten second interval. Within about three sessions of using this procedure with the patient, the game basis of stammering becomes locatable, (similarly with stuttering).

FORMULATION: Stammering in the two person game is the second part of the maneuver move of the game: The first part of the maneuver proclaims, "I have the floor. Don't interrupt me while I am still able to talk fairly well." The stammer maneuver in a two person game can be adapted to "Wooden-Leg", "Aint-It-Awful", "Look-How-Hard-I-Tried" and some others. The gimmick, depending upon which game is being played (See THE E 7-5-69, a game is known by the nature of the gimmick move), is 1) to become repetitively stuck on an obvious word and then stop as if for breath, 2) to pronounce an apologetic but clearly recognizable syllable or 3) proceed directly after an inspiratory breath and just barely after the first syllable is started by the other person. With the DUET TALK procedure, the stammerer is unable to continue to audition his own stammer, becomes disconcerted, maybe vocally describing his Child is angry.

during a storm, a princess comes to the door of the castle, drenched and disheveled. She is admitted to the castle; she tells who she is and that she has lost her retinue in the storm.

To test if she is truly a princess, she is bedded for the night on twenty mattresses beneath which a pea has been placed. In the morning, on inquiry from the queen, the princess complains of a bruising, restless sleep, whereupon the prince proclaims he has found his own true love.

The quality which confers "okayness" in this script is awareness, approach-approachableness.

In the I-Am-OK-AND-You-Are-OK slot of this script are 1) the king and 2) the queen of the castle, ie; father and mother of the prince. These two are aware of their own desire for their son to have full-blooded, royal progeny and of his own quandary about approaching a qualified playmate. The king and queen are prepared to get-on-with a) their son, b) the princess and c) the kingdom of the princess.

In the I-Am-OK-AND-You-Are-Not-OK position is the prince. He has used get-rid-of solutions on previous occasions with other princesses. He has become a person to approach with caution, a person to beware of, having reproached other princesses who were

not aware enough, not sensitive enough. "Beware!" means be aware (of danger?) if you approach.

In the position of I-Am-Not-OK-AND-You-Are-OK in this story is the princess. She is the one who portrays the get-away-from solutions to encounters. She get-away-from her father, mother and her retinue. Being a sensitive princess often is depicted by a tendency to burst-into-tears on becoming aware of something. However, in treatment contracts, get-on-with solutions are approached by showing that sensitiveness to the other person can also mean more awareness of the other person's internal operations, more awareness of clues of approaching, get-rid-of operations by the other person, awareness of alternative approaches to important persons so that got-away-from solutions are less frequently required. In the I-Am-Not-OK-AND-You-Are-Not-OK position are the members of the princess' retinue who a) were unaware of the approaching storm and of their location and b) were unaware of the lack of safety to their charge, the princess; nor were they approached by her when she got lost. Then

later, they are in the unenviable position without their princess of 1) being able to net-nowhere-with her daddy and mommy back home, 2) squabbling among themselves about whose-fault-it-was-she-got-lost-from-them and 3) being lost in a foreign land populated with strangers.

Both in theory and by inquiry from real 4-year-olds to whom this story is told, there are other characters in this plot: 2) the carriage driver of the princess' coach, 1) the mother and father of the princess, who were aware of themselves and approachable themselves but who were unaware of and not approachable about the lack of reliability of their daughter's retinue, 3) her doctor, "in case she caught cold", 4) the chief doorman at the prince's castle, 5) "the prince's psychiatrist" (per the 3-year-old daughter of a psychiatrist, "because he had a problem, didn't he daddy?") and others equally obvious to a "naive person."

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	Rx	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
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living): I-am-OK-and-you-are-OK		2. A theory of personality structure
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of</u> : I-am-OK-and-you-are-not-OK.		3. A method of (group) psychotherapy treatment
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.		4. An organization
H	Hook: (come-on, engagement) 1st move of a GAME.		It embraces and is not contradictory to psychoanalytic theory and practice.
M	Maneuver: (angle, con) move of a GAME.	THE E	THE ENCOUNTERER
No	Number	THWIT's	"To Hell With It's", Having a case of the ...
P	Parent, Parent ego state; to be differentiated from Adult ego state.	VOL	Volume

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

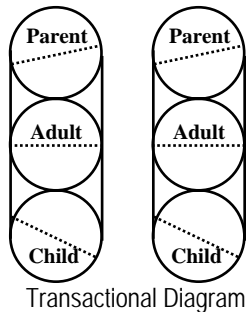
P. O. Box 1141, Val Lejo, California, 94590

Editor: FH Ernst Jr, MD

December 5, 1969

Vol. 1, No. 20

PHENOMENA, LISTENING: ANGLING MANEUVERS OF LISTENING and LISTENING ANGLES:



7* - 10*: TILT! More angle?
"You better watch out!"

Level 95% of the time.

15* - 20*, maybe more: Rebel or compliant, fighter or believer.

Transactional Diagram

There is a Functional and an Operational Correlation of this internal experiencing and external appearance: On-The-Level or Angled. See "Activity of Listening"; Phenomena of Listening are Treatable, (Ernst).

ENCOUNTER: Pam-in-Group: "Doc! I noticed myself doing something funny, real funny the other day" and then laughing while her eyes were reddening with chagrin and pathos. She continues, "I was whipping on my son, Bobby, spanking him while I was telling him at the same time, 'There, now this will teach you to lose your temper!' as I kept on hitting him. Even knowing what I was doing, I could not stop myself from doing it then! And that's how I have been teaching him to have a temper." The patient also reported accurately that this simultaneous duality of awareness was her Parent (ego state) being in charge (having the executive) and her Adult being the observer. The fact of having this increased objectivity and after this event, augurs well for the improved resolution of this mother-son pair of games: "Uproar" when the two of them are alone in the house, and then when other family members are within audible distance, the two of them, Pam says, are playing "Kick-Me" (son), "Look-How-Hard-I-Am-Trying" (mother) and inviting "helpful arbitration" from the third party.

Rx for G-W of NOT TRUSTING: "Calculate and Use Reliability Indices with the other guy":

ENCOUNTER: "I'll trust anybody until he proves to me I can't trust him. Then as far as I'm concerned he's had it! I'll never trust him again as long as I live!"

FORMULATION: This get-rid-of solution is often used by those with hysterical and paranoid disturbances. His CHILD is committed to the non-trustworthiness of other persons. The end point of these "friendships" is "one-slip-and-buddy-you've-had-it-with-me!" There is a gross unlikelihood that any single person will not at some time in his series of encounters fail to live up to a "promise." This solution is a non-winner.

The Get-Well of this "I'll trust anyone until he's proved himself a

liar" is to find a get-on-with solution. The get-on-with operation for this is to put the "problem" into ADULT terminology. The patient is to be told that each other person establishes his own reliability vis-a-vis this individual. Each other person shows an index of reliability, a computable probability. For example, "I'll never ever trust him again with credit." On the other hand, this facet of the other guy can be figured, "He almost always pays his debts on time". "Of the last 25 times, this is the third time he was late; this time 17 days. The other two were 8 and 9 days late each, but were over a year ago. Six months ago he was 10 days early." This is a 12% late, 84% on time and 4% ahead. In school grading, 88 to 90% is a 3-plus or A-minus on a report card. A recent reliability index on indebtedness may be different from that of 15 years ago.

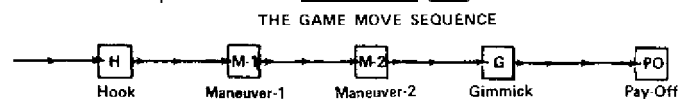
"She will almost always get mad if her conclusions are questioned; but not every time. She doesn't when she's wearing pink nail polish."

MEETING: Jan 21-24, 1970 Roosevelt Hotel, New Orleans, LA American Group Psychotherapy Assn, Annual Conference, AGPA, 1790 Broadway #702, NY, NY 10019.

FORMULATION: GAMES AND GAME MOVES: The Editor takes note of the comments by some readers about the difficulty in following the text of the game "Troubled Couple" in THE E 7-5-69. To the community of readers "Thank You." This writer's contributions in THE E are evaluated for readability, understandable-ness and useful thought by three or more others; at least one of these is no older than 19 years and therapeutically a non-sophisticate. If someone of them says "I don't get it" (and it has been said more than once), the material has not passed inspection for publication. To those who did work out the meaningfulness of the moves in the "Troubled Couple" game, -- Good work and Congratulations! It took work by the reader to re-visualize and follow the sequence of transactional operations in this complicated game.

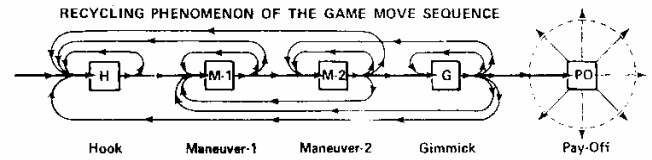
The hooks, the maneuvers, the gimmicks and the recycling phenomena, the locating and sequencing of these moves in a game until the player is rewarded with his Pay-Off --- these are teachable.

The next step after reading about the moves of a particular game is to see these moves take place in a clinical session; to observe the similarity, even identicalness, of an individual's tones, gestures and posture in a particular category of move of a favorite game. This graphic lesson in treating via game analysis will show the distinctive similarity of the Hook (H) moves of the person's particular game; the evident difference of the Maneuver-1 (M-1) moves from the H moves; the uniqueness of the Maneuver-2 (H-2) moves as



compared to M-1; so also for the Gimmick (G) moves. Then the impact of the "Ulterior Motivation", the thirst for Pay-Off has dynamic and eidetic meaning; each move shaped to aid in bringing it about.

The distinctiveness and the distinct advantages of each category of move can be followed as the game player is progressing through whatever recyclings are required in the social situation to earn the Pay-Off -- from move to move, from transactional sequence to transactional sequence and from moment to moment. The recyclings of the moves are then understandable as THE PHENOMENON whereby the individual player adapts his game to the situation at hand. See also Recycling Phenomenon in "Game Moves: Teachable," etc. THE Encounterer 5-20-69.



Verification that the recycling of moves in games is the method of adapting the name to the (environmental) situation is seen when, for example, the therapist has been treating one member of a couple in one group and the other in another group. Then when he brings the couple together, he may well have been witness to their sequence of moves in their game before he was "prepared" to deal to deal with it; with little, if any recycling taking place, move for move, in high speed action, usually not interruptible, -- directly to their PAY-OFF ("Trouble"). Pay-Off may happen even before he, the therapist, has any idea that a game was played; that a full set of moves (H, →M-1, →M-2, →G) has been completed by each in order to have thereby earned their respective Pay-Offs from each other.

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	Rx	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</u> From: I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where-</u> <u>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
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK		2. A theory of personality structure
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of</u> : I-am-OK-and-you-are-not-OK.		3. A method of (group) psychotherapy treatment
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.		4. An organization It embraces and is not contradictory to
H	Hook: (come-on, engagement) 1st move of a GAME.		psychoanalytic theory and practice.
M	Maneuver:(angle, con) move of a GAME.	THE E	THE ENCOUNTERER
No	Number	THWIT's	"To Hell With It's", Having a case of the ...
P	Parent, Parent ego state; to be differentiated from Adult ego state.	VOL	Volume