

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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

Editor: FH Ernst Jr, MD

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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.