

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 |