

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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MEETING: April 24-26, 1970; Sacramento Transactional Analysis Institute Annual Spring Conference: Kings Castle, Incline Village, Lake Tahoe, Nevada, Write: Exec Secretary, Sacramento Transactional Analysis Institute, 350 University Avenue, Sacramento, California 95825

ERRATUM-AUDDENUM: In the issue of Jan. 5, 1970, No. 21, the last line of the article "Name of the Species: Homo Ludens vs. Homo Sapiens:" was omitted. It reads: "Credit for the Latin research goes to K. Ernst."

MEETING: May 8-11, 1970; San Francisco CA, Sheraton Palace Hotel. American Psychoanalytic Association. Write: Exec-Secretary, #1 East 57th Street, New York, New York, 10022

EPIGRAM: "NOW is WOW, WOW is NOW!"

Formulation: Anytime a person (patient or non-patient) does something new, does something big, he does a "WOW!"; anytime he tries a new dance step for the first time, enters his first therapy group, applies for a new job, seduces his first playmate, submits his first manuscript for publication, he will do it in a NOW moment. He can postpone doing it, but when it is done, it will be done within and it will be done during a NOW moment and it will be done with the accompanying WOW warm-up (glow or embarrassment or red-in-the-face or "show-up", etc.).

G-W (get-winners) means the (more) efficient use of the (upcoming) moments of a lifetime. Fifty years is 1.5 billion seconds, eighty years is a 2.4 billion seconds. Each second is lived one at a time.

"Seize the moments of opportunity as they come, for they too, as with life it's very self, shall pass you by, if unheeded, if uncaressed!" --Stenr, 1699.

ENCOUNTER: She-in-treatment-to-get-well-of-crying-and-changing-husbands: "My husband's family is too nice. They are so sweet and nice, butter wouldn't melt in their mouths. The h___ of it is, the bastards keep getting me down. What can I do about it? Could you give me a prescription for it?" -- stopping, her gaze at first on therapist, then gaze going down to floor, lower lip out, face paled, upper eyelids covering most of her eyes (a-cold-hard-face).

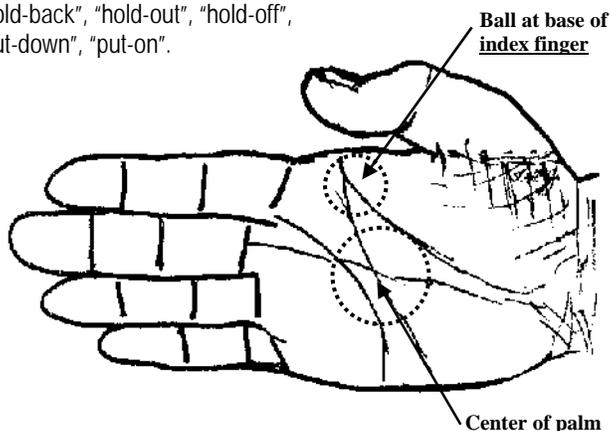
Therapist (after a six second pause): "Like how you feel now? -- (her gaze coming back up) -- Talk to them (more).

Looking up at the therapist, the whites of her eyes at first started to pink, then seeing him smiling, she burst into a giggle (vs a burst-into-tears) as the rest of her facial expression continued to fill with color.

COMMENTARY: This writer takes note of the increased frequency with which the terms "witch message", "witch Mother" and "demon Child" are cropping up in the Transactional Analysis literature. In none of these are there references as to how a get-well is accomplished, on how the locating of these "fiends" aids the g-w process or what alternatives are available to patients after "your-Witch-Mother's message" is identified. The question may be asked (back), "Which witch are you talking about?"

Similarly, the terms "anti-script", "epi-script", "over-scripted" are subscripted to with confusing results, at least to this reader.

Handshakes convey a full breadth of the qualities, Commitment to situations, eg., "hold-back", "hold-out", "hold-off", "put-down", "put-on".



RIGHT HAND:

FORMULATION: The GREAT HANDSHAKE:

As most know there are a wide variety of handshakes and handshaking techniques. Many small children receive extensive training (nagging) about which hand to do it with, as when saying "good-bye" to the doctor or "hello" to the new step-father: "No dear, with your right (other) hand!" Which hand is offered is more important than how the preferred hand is given or taken hold of. Yet, next to the tone of voice, there is probably no better single (ritualistic, ritualized) transactional indicator of the quality of person with whom one is dealing.

The handshake is the one physical-touching activity which remains sanctioned for (almost) all situations throughout ones life. Other touching activities, eg, "brush touching," (slower) caressing, physically pressing another person, kissing (on lips or cheek), tickling, etc., have certain conventions and restrictions.

There are very few situations where the offer of the (right) hand as a gesture of good-will is out-of-bounds. This latter, for example, has been a valid and unchallenged channel for physical-touch which is open between the author's male-inmate (felon) group patients and

the female professionals attending these "live" (clinical) group therapy seminars.

Handshakes, as solutions to encounters, can be classified into the categories of Get-On-With, Get-Away-From, Get-Rid-Of, and Get-No-Where handshake; to identify personal examples: the overpowering, rim-of-the-hand, vice-like crunching, hold-back handshake; the limp, full-hand offered by a hard "Kick-Me" player for the crushing of that person's knuckles; the limp and drooping-distal-end-of-the-right-fingers offered by a "Cool-It, Man!" player; the stiffened-fingers, end-of-the-hand by a "Trying-Hard" player; the limp left-hand-fingers given to the other person by a "(Killer) Sweetheart"; the hold-(the-center-of-the-hand)-out offered by "Ain't-It-Awful" and "I'm-Only-Trying-To-Help-You-Deer"; the heavy-pumping, shake-your-hand-and-arm-off-and-stick-it-in-your-face handshake; the stiff-fingers-only, handed-concealing-the-Palm, thumb-bruising-the-back-of-your-hand handshake; the I-get-(up-and-in-and-on)-more-of-your-hand-than-you-got-of-mine handshake, etc.

There is one variety of handshake that repeatedly has warmed those giving and getting it: THE GREAT HANDSHAKE !
As a reproducible phenomenon, THE GREAT HANDSHAKE is defined as follows: The open hand is gently over-opened, (moderately hyper-extended) with the four fingers held together

and thumb pulled to the side. Then (the ball at) the base of the first (index) finger is placed into the center of the other person's palm as the thumb rolls around to the back of the base of the other person's index finger. Then the rest of the fingers are smoothly and firmly wrapped around the balance of the recipient's hand as your thumb eases the base of the other person's index finger into your own palm. It will be found by those who do it, that, as with (other en) gendered behavior, almost any other person's hand is capable of becoming "Just-My-Size!" Most persons are aware that the center of the palm, when tickled by another, stimulates a referred sensation in the genital-perineal area of the body (in males, at the base of the scrotum; in females, at the vaginal orifice). When, however, the center of the palm is pressed into by another person's hand, as described, it conveys a complementary filling-out, filling-in, a joining-up, a getting-on-with-you sensation; it gives the reciprocated sense of "I-am-OK-AND-you-are-OK!" It is "The Winner's Handshake!"

Those who have The (G-O-W) WINNER'S GREAT HANDSHAKE recognize each other in the act of shaking hands. Those who learned it in (Adult) measurement terms teach others. Since first introduced as a definable phenomenon several "5th, 6th, and 7th generation" students, unaware of its originator, have accurately, in words, informed me about how to go about doing 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 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.		