

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

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

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February 20, 1970

Vol. 2, No. 24

MEETING: May 11-15, 1970; American Psychiatric Association, San Francisco, California --- Civic Auditorium.

MEETING: "Leaderless Group Psychotherapy for Psychiatrists (and accompanying families) attending the American Psychiatric Assn Annual Meeting" in SF (5/9-5/16/70). These group sessions will be held on most of these dates starting Saturday, 5/9/70. "Type of therapy used will depend upon the interest and experience of those present." This format was developed by Dr. Moore at the 1969 APA meeting. Those interested contact Wm E Moore, M.D. (from Akron, Ohio) at the Hotel Shaw in SF (two blocks from APA Meeting Headquarters). A fee to cover expenses will be charged.

FORMULATION: Emotional expression and the leverage for (availableness of) the thinking option (clear-headed, level-headed, computing Adult ego state):

1. Giggling-Laughing emotion: at the point of closing off a giggle-laugh it takes at the most about 30 seconds to (re)institute a now-and-here thoughtfulness, an Adult, computing-objectivity-state-of-mind.
2. Burst-into-tears (B-I-T) emotion: Once a B-I-T is underway it takes about 5 minutes to (re)initiate a clear level-headed Adult state of thought.
3. Mad emotion: Once a "good, first-rate, decent mad" (an "expression of hostility" to which there is a personal commitment) is underway it takes about 5 hours after its cessation before cool-headed dispassionate objectivity can be reliably (re)initiated.

This latter length of time comes from the fact that once the adrenalin (and other hormones) have been pumped into the blood stream and then absorbed by the muscle and nerve cells participating in fight-flight behavior, it then takes five hours of time for these substances to be metabolized and/or removed from the cells and the blood stream. During the five hours after these hormones are released into the bloodstream, their presence does stimulate, does continue to provide the neurons in special parts of the nervous system with a state of hyper-excitability. The special quality of this experience is that here is a positive feedback mechanism (vs negative feedback) at work, i.e., minimal stimuli similar to the initial maddening stimulus can and often do reactivate, rekindle the dying embers of the fire which is in process of going out. Therefore, thoughtfulness cannot be reliably or predictably expected in the face of the variety of stresses available to impinge on a person while the excess hormones are being metabolized and the extra excitability (hyper-stimulability) of the neuronal and muscle tissues and cells are subsiding to a reason(ably) more normal level of excitableness, stimulability. This is to say that after getting a "good mad" going (similarly, after a "good scare") it takes about 5 hours for recovery once the

rationale for the mad has ceased, before recovery can be achieved; before reliably being metabolized and/or removed from the cells and the one which is able to realistically determine "what is the best solution for this particular situation?" taking into account the best available and obtainable data.

To summarize: Elapsed time from emoting to thinking:
Mad to think - 18,000 seconds (5hrs x 60min/hr x 60sec/min)
Burst-into-tears to think - 300 seconds
Giggle-laugh to think - 30 seconds

Thinking-option recovery leverage:
Mad vs Giggle-Laugh: 18,000/30=600
Mad vs Burst-Into-Tears: 18,000/300=60

One application: Now it can be seen that a fellow who gets enraged at his girlfriend's tearfulness and then wonders "how come I always lose to her, to women?" can see how he is sacrificing himself to and giving away odds of 60:1 (5hrs vs 5min) to her in his capability as a suitable contender, in his ability to recover enough to figure out "What's the best thing to do next, now that I'm in this spot?" It is now seen in this above example that the difference has less to do with the kind of plumbing a person is born with and more to do with the physiology associated with a particular variety of emoting.

MEETING: May 10, 1970; Hilton Hotel, San Francisco, CA; American Society for Adolescent Psychiatry.

ENCOUNTER: Tom-in-treatment-to-get-well-of cross-eyed-ness and Beastly rages at his Beauty (spouse): At one raging desperate juncture in therapy he was having a recurrent "weird desperate" anxiety attack.

"I'm feeling awful, I get pains in my chest and they make me yell out anywhere I am. It scares them (friends, wife); I can't help it! I just have to yell out. I get sick all over, my nerves are being damaged by this pain. You have to do something (for me)! It's your job. It's not up to me! I can't help it. You are going to do something? Aren't you? I'm depending on you." This torrent of words was said variously in a manner of pleading, red-faced angry, semi-screaming with kicking motions of his left foot, head down to the right, then back up. "The pills aren't doing any good! Aren't there any others for you to prescribe?"

Since he had, in the recent past, been doing very well at home, at work, in group and had an excellently organized Adult ego state when it was in the executive, the therapist was able to confidently proceed with him. After some transactions with Tom, in order to further define how awful he felt and to confirm that this projective "Ain't-It-Awful" game was similar to past episodes, the therapist asked-told Tom "You're wanting me to care more about you than you do. You're making it come out that I don't care what happens to

you, while at the same time you're not taking care of yourself. Your Adult is letting your Kid (Child ego state) push your own Adult out of the way and you're trying to do the same with my treating of you by saying that your desperateness and getting worse are more important than your own getting-well and the doing of a good job of taking care of you."

Chagrined and chastened, nonetheless, Tom's desperation decreased in the next few minutes. At the next group session he was markedly brighter. When asked by a previously absent, "worried and concerned" group member about his desperate Awfuls, shakily but good-naturedly, he replied, "I forget" (meaning I-don't-want-to-talk-about-them-now-but-I'm-okay-now-and-you're-okay-with-me-too)."

Later he told: "After the last time, I decided to take better care of myself. Since then, I haven't been having as many of the pains and I've found out that I can handle those that I do have. My Kid is still having a big black (mad mood), but I'm doing okay (now)!" with additional confirmatory data. "I decided to take care of myself instead of proving you didn't care about me and trying to make you try to care more about me than I did. If I could have proved you didn't care about me, I could have been better than you. I would have cared more about you than you cared about me!" This

latter was the GRO position of his script and the vignette cited was a major "re-deciding" point in therapy when his Child ego state began to more actively take up the GOW position in his script.

FORMULATION: The Term INSTITUTION: An institution is (1) an organized facility (building and personnel) with a program or (2) it is an organized program (and personnel) which may have a facility (a building) in another location, such as the (California based) Stanford University (program) in Tours, France.

A BUREACRACY is an institution plus the games played by its personnel. The only institution which could be game-free would be an un-peopled institution with a self-programmed computer, or one in which there was only one person employed. This is, however, in contradiction to the above definition, i.e., "an institution is peopled." Therefore, if a facility were un-peopled it then becomes a non-institution.

This means, then, that institutions which look for or attempt to create game-free organizational structures are unrealistic. People work in institutions for both the psychological and the monetary advantages which accrue. The psychological advantages include and come from the games the people-staffing-the-institution play with each other. (A game by definition is 2 plus people.)

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.
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.		