

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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MEETING: Group Psychotherapy Society Conference, on June 19 and 20, 1970; Golden Gate Group Psychotherapy Society 13th Annual Conference to be held in conjunction with the Las Angeles Group Psychotherapy Society at Milberry Union. University of California Medical Center, SF, CA. There is to be a one day training Institute the day preceding this conference on 6/18/70. Write: Prog. Chairman, PO Box 18102, San Francisco, CA 94118

EDITOR: This writer recently heard that one of the copies of The Activity of Listening had "gone through the hands of (had been read by) twenty-one members of the faculty at" a local State College. That sure is a lot of action for a \$1.00 worth of listening. ("The Activity of Listening" by Franklin H. Ernst, Jr., M.D. 19 pages -- available from Foundation -- \$1.00 donation).

FORMULATION: CHOOSING A FEELING: When a decisive moment for emotional response arrives, the first event to occur is that the emotional (apparatus of the) person is placed at "turn-on" (for "warm-up"). While "turn-on" of emotional-ness is taking place (in the person) there is a measurable and finite interval of time during which the array of possibilities for feeling-mentating are being warmed-up. This is the time, also, when the particular mode of emotion is being selected from that internal array for the ensuing transactions. On occasion, individuals have been known to postpone, for several seconds, the selection of which feeling to display; usually this choice is made within a shorter interval.

Once "turn-on" has been initiated it takes at least 0.2 second of time before the specific emotion can be selected and then set in motion. (This is in those instances where pre-warm up and pre-selection have not occurred). This is the interval when it is (still) possible to (re)consider "Do I want to make this (e)motion". This minimum interval of 0.2 second is that interval which can be relocated for the person, with the person, by the person in therapy. This relocating of the "option time" for the patient is called by several different terms. This "option time" is what the therapist is opening-up when he gives the on-the-spot insight, provoking now" treatment as with "like you are doing right now? !" confrontation statement-questions back (to patient) as patient is readying himself to take up a well-known, perhaps unassailable position from which to then be emotion. This is the rationale for the therapist's response of "I-wouldn't-think-of-it, and-that-is-why ..," inserted directly after patient says, "Doctor, you don't mean to tell me..," and before the patients' ensuing opinion is released into the stream of talk.

Feelings are optional, including which one will be used, When the decisive moment for emotional response has arrived (an internal determination plus the external impinging stimulus) to then accomplish "turn-on" of emotional responsiveness, there is a

capability of the organism to select from among the internal options. This inherent capability is in the "long circuiting," in the patient (person) wanting to re-obtain, relocate a goal-directed ability to objectively control his emoting, become a more self-determining person (vs one reactively "showing his feelings"), be more the master of his own destiny.

To summate, there is a fraction of a second (about 0.2 second) before the specific emotional expression with its muscular components (behavioral manifestations) begins to appear. This is the "split second" within which the specific emotional quality is selected. Having a feeling is optional, including which feeling will be expressed, be experienced. This describes that a feeling is selected, that experiencing a feeling is optional, that the experience of feeling and the coincident manifested behavior is within the realistic potential control of an individual for himself; that a feeling (behavior plus internal experiencing, state of mind) is something over which an individual can and does have opportunity for self determination. A "Feeling" is one of the categories of (internal) experiencing.

FORMULATION: "Communication" in the "Social Sciences":

The word communication, as used by most in the social sciences, is itself a misleading term. To communicate means to use the opening between two areas or the apparatus available for the opening-up and transmission of information in order to link, in order to connect or join two areas, as with a doorway between two rooms, as with a wire or radio waves. "Communications" is an industry, a business, and is represented by such organizations as AT&T, IT&T, NBC, General Telephone, etc. Social scientists in fact, are referring to how PEOPLE TALK (or not) AND LISTEN (or not) TO EACH OTHER.

The euphemistic expression "What we need here, is better communication between the different offices" often means "Let us schedule another meeting between the contenders" at which point then the contenders and organizers begin to jockey for who (within the organization) will and will not be invited to attend including at what time the meeting will be held. In the person-to-person, face-to-face situations being encouraged by the above, there are the colloquialisms of "personal communication" and "nonverbal communication". Written and spoken language can be an instrument of communication, to open areas of information from one person to others. When the unique adjective "personal" is introduced, then "personal communication" as a term lends itself to becoming the opposite of an opening-up between persons; i.e. "personal communication" tends to restrict the passage of information from one person to another. What is called "nonverbal communication" is THE SET OF SIGNALS USED BY NONTALKERS TO CONVEY INFORMATION IN A NONCOMMITTED MANNER - i.e. "I never

said that!" These latter are the set of Listener Signals, the set of muscle movements which are accomplished without audible words and about which the sender, the signaler can later say "I never said that. From the above, then, personal communication in face-to-face situations more often than not infers and refers to significant moves in specific games between contenders. More aptly, what is done in face-to-face situations is: PERSONS TALK OR DO NOT TALK; THEY LISTEN OR NOT LISTEN TO EACH OTHER. "Personal communication" refers to talking and listening activities which are restricted from others ("outsiders") and which constrict the (word) passageway between the participants.

FORMULATION: Security vs Opportunity. The amount of Social Security available to a person is inversely proportioned to the amount of Social Opportunity which is useably present. Persons who look for, reach for, go-out for more security in their planning, eg, job security, home stability, retirement benefits, sickness and other "fringe benefits", will sign-up with institutions which regulate, which also restrict their opportunity (who decides when you will take your vacation, when your workday will start?). The more Social Security in a body politic, the fewer the opportunities of the individuals for individuation; the more there are slots and

categories provided for being fitted into, people in "ghettoes" are going to be dug out of them, like it or not, they will not be left (alone) to their own devices. People with more social tools (money) are going to be more heavily taxed on these tools (pay higher taxes).

Check list:

<u>Social Opportunity</u>	vs	<u>Social Security</u>
"Wants": Obtained by personal plan and program.		"Rights": Granted, guaranteed and enforced by others.
"As wanted."		"As needed."
Philanthropy: Giving by personal desire.		Taxed: "Should be, must be given."
Self-determined.		Other-person-determined (Policed).
Inventive ingenuity.		Superimposed policy.
Individual Autonomy.		Individual slots provided by other (regulating and regulated agency) persons.
Other-person exploitation.		Other-person exploitation.

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 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.		