

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1970, Golden Gate Foundation for Group Treatment, Inc.

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

Editor: FH Ernst Jr, MD

March 20, 1970

Vol. 2, No. 26

ERIC BERNE: SPECIAL DATELINE: 7/15/70. On this date Eric Berne M.D. died. LEADER, HEALER, TEACHER, WRITER, FRIEND, FOUNDER, CREATOR, PROPHET & SEER.

A GREAT MAN, NAY, A GENIUS, is gone from among us. His words are with us. (Many have him on tape). Founder of the International Transactional Analysis Assn. with chapter Institutes, Seminars and Study Groups in more than 10 states and 3 countries, developer of "Transactional Analysis: A New and Effective Method of Group Therapy" (first described in a paper in L.A., 11/19/57) friend, colleague, teacher. Over 10,000 individuals schooled in the methodology of Transactional Analysis mourn his passing. Much praised, often called "iconoclast", he was above all dedicated to the Hippocratic tradition. As a Teacher of Healers he taught his students, and as writer and speaker held out to the world that the psychiatric patient can be cured, can get well.

SEMINAR: The San Francisco Transactional Analysis Seminar (formerly held at the S.F. residence of Eric Berne, 169 Collins St) will continue to be held at their customary Tues. evening, 6:30 pm time. Now at 2709 Jackson St., San Francisco -- Professionals invited to attend.

FORMULATION: A game is here affirmed to be a treasured activity, one with many satisfactions to the player; each game with its multiple six categories of advantages, including (1) the BIOLOGICAL, life-sustaining, stroking category, and (2) the time-with-meaningfulness EXISTENTIAL category of advantages.

Therapy: A game is for treating when the intensity with which a person plays this game has alienated significant (numbers of) persons away, so as to decrease the net amount of stroking received back by the patient and decreased the meaningfulness of his existence. A game is in need of being treated when the intensity with which it is played creates psychological toxicity in the immediate social environment of the individual.

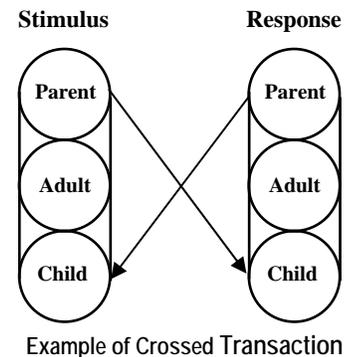
Rx Program for G-W of "I've-Had-A-Headache-All-Day-Long":

- (1) Get your head level for intervals of 30 seconds at a time when you think of it.
- (2) Move yourself, move your muscles, especially the facial muscles more when around other people.
- (3) Touch, rub your teeth gently across each other periodically for ten to fifteen seconds at a time.

Result: (As early as two hours later) "I forgot to have my headache & I had a good time (the balance of the day)."

FORMULATION:

The GIMMICK Move of a game is its unobtrusive, hidden but decisive strategic feature. It is often recognizable by the fact that in the serial transactions of a game, it is THE MAJOR CROSSED TRANSACTION; this whether it is carried out once or several times (by the recycling of the game's moves) before pay-off is finally secured by the game player.



FORMULATION: A giggle-laugh disrupts, if only for a fraction of a second, a "mood", a "feeling", "the unhappiness" for which a patient comes to be treated. You CANNOT simultaneously giggle and be depressed, disturbed, etc. For the yeah, but ... -- Getting Well is sometimes (reported by patients as being) done by increasing the number of "Well moments" in a day, the amount of time a person is freed from the illness symptom, increasing the number of seconds of untroubled (perhaps even pleased) living in the 86,400 seconds of a 24 hour day. As an exaggerated example, the anxiety-panicked individual who goes down from 15 hours and 55 min. of waking panic per day to 15 hours & 50 min. of panic (assuming 16 waking hours), has only a 0.5% decrease of troubled time, but he has a 100% increase in the amount of (time of) "being-well-of-panic", in going from 5 min. of panic-free time a day to 10 minutes.

MEETING: TRANSACTIONAL ANALYSIS. The 8th Annual Summer Conference of the International Association for Transactional Analysis will be held in Monterey, CA, Aug: 21-23, 1970. Mark Thomas Inn: Introductory Course, Workshops, Papers, Panels. Write: ITAA, 3155 College Ave., Berkeley, CA 94705. This, the 8th Annual Conference, for the first time will be held in the absence of its founder and originator, E. Berne.

ENCOUNTER: Betty had been doing very well in group, in her marriage and with her older children and eight month old son. One day in group, rather without warning, she reported, "Rick, (12 yr old) got into big trouble with his teacher today (sassed him); then I blew up and was hitting him (Rick). Something just blew up in me today," etc., with "Aren't I Awful" and "Rick was Awful."

Husband, Andy, also in the group, reported feeling dispirited the last few days. Andy's voice choked up as he talked and he confirmed that it had been this way a lot the last two days. He couldn't get his tone up or his voice cleared. He thought it sounded

like he was going to cry although there wasn't any reason he knew of to feel that way: "My Kid (Self) is sad -- in the dumps -- I can't figure out why." Shortly later in group, Betty stormed out of the group room but returned in a few minutes after crying by herself saying, "I just can't figure it out: What's wrong?" A few in group came up with helpful, "Why don't-you's," "Could-it-be-that" .. which were promptly "yes, but"ed by Betty and Andy.

Therapist recalled that several months ago her sister, whom she had been seeing daily 'til then, had been killed in an auto accident. At the time of the death, Betty and family handled the event with poise and a reasonable amount of grief. She (and they) had the expected reactive upheaval 42 days (six weeks) after the accident and had recovered from that well. Counting back from the onset of the latest upheaval in Betty and her family, it was exactly 28 weeks since the date of her sister's sudden death. (This 28 week interval of time has been found to be significant in several other instances clinically studied by the author. Several patients, in the writers groups, have used this 28 week interval of time as a tool which has resulted in a much improved ability to account for their actions and their feeling states.) Betty had heard other group members refer to the 23 week cycle, but had not found it useful for herself. She had, however, found the 42 day (6 week) time interval and cycles to be a very handy tool when accounting for some of her own moods and social behavior.

Informed that it was 28 weeks since her sister's death, Betty burst out with the additional information "that's strange in a way, because I have been thinking about Bertie (sister) a lot the last few days, but I never said anything. But you know, my brother called yesterday and he sounded so depressed. He doesn't call me very often. He didn't say anything at all about Bertie this time. He just was very low. For a while on the phone he didn't say any words except 'hello'; he was just standing there on the other end of the phone."

Andy then substantiated that he too, had had Bertie much on his mind in recent days.

Except for noting this time relationship to them in group, little else was said by therapist. At the next session, both looked and sounded good and not until the end of the time did either think to report a follow-up of the turmoil of the previous week. Rick's defiant behavior at home and school had disappeared by the next day. Betty recalled with surprise, "I'd forgotten that I was that upset then, until you brought it up just now. He told Rick it was Bertie's death that was bothering us all and that it was 28 weeks since it happened. Yeah, everything's been fine this last week. My, I'd forgotten all about last week!" smiles of satisfaction and accomplishment coming from Betty and Andy. Learning about the 28 week cycle was the key (THE PROTECTION) that unlocked the problem for them; had, in this instance, made THE PERMISSION effective for stopping the "Family Uproar."

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> <u>From</u> : I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where</u> <u>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.		