

THE ENCOUNTERER

An Information Service of the Golden Gate FOUNDATION for GROUP TREATMENT, INC.

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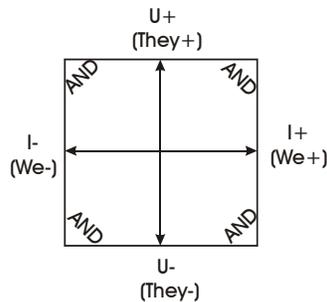
Editor: FH Ernst Jr, MD

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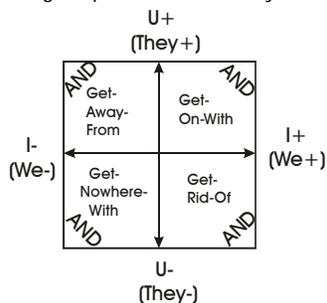
FORMULATION: THE ALPHABET OF BEHAVIOR - Letter No. 2:

Grid for Get-On-With: The OK Corral: Each social, transactional event ends with some amount of *I AM OK with myself* (WE ARE OK with ourselves) or *I AM* (we are) *NOT OK with myself AND YOU ARE OK with me* (THEY ARE OK with us) or *YOU* (THEY) *ARE NOT OK with me*. This can be depicted with Cartesian (orthogonal) coordinates. The horizontal line is the "I" line. I AM OK with myself goes to the right, like reading, "I am going ahead." I AM NOT OK with myself is shown to the left, "I am going backward," regressing, slipping behind. The up-and-down line is the "YOU" line. YOU ARE OK with me is shown as going up, "You are up with me, you are big to me, I put you up, build you up." YOU ARE NOT OK with me is shown with the arrow point going down, "I put you down."



For man, the social animal, the AND is the most important and the unique factor in his stroking equations. "After you've encountered OP what are you going to do with him?"

Each of these 4 methods of resolving an encounter with another, results in its own unique form of social operation taking place.

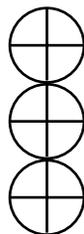


- I+ AND U+ = Get-On-With
- I+ AND U- = Get-Rid-Of
- I- AND U+ = Get-Away-From
- I- AND U- = Get-Nowhere-With

Therefore, when the operation (GOW, GAF, GRO, GNW) is known, then the vectors at play can be read from this letter of the ALPHABET OF BEHAVIOR. Deductively, then, by figuring back, a GAF operation, such as storming out of the house, will mean that I AM NOT OK AND YOU ARE OK.

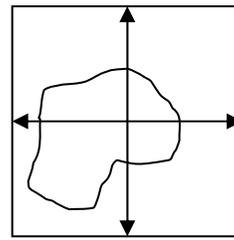
"Each ego state is able to handle a full range of social encounters" (EB). The extension of this is that each of the 3 ego states has its own OK Corral.

In a day's time, a person (especially the well and adjusted) will use each method of resolving encounters at least once. "You just don't have the time to get-on-with every event and every person you meet." The well person, the winner, has a reduced frequency and a reduced intensity of his non get-on-with encounters. (See The E No. 16.)

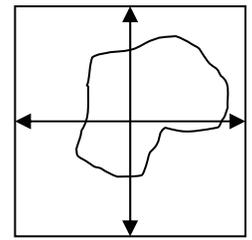


The Grid for GOW is to describe that whatever the event and whatever the method of solution used for an event, it will be done within the person's lifetime. A lifetime has a finite number of seconds. Being a people is to be a time-bound organism. While it is stimulating, even euphoria producing, to conceive of the potential residing within ourselves (the variables for getting on with, times for intimacy, inventive creativeness, spontaneity, resourcefulness, capacity for learning, etc.) it is a fact that the tissues and organs of the person are built, are so constructed as to deal with and survive a finite number of seconds, usually between 1.5 and 3.0 billion.

THE CORRALOGRAM is a way of defining how a person's social operations are coming out during a week, a day, a year, or a decade. Sample CORRALOGRAMS:



A Loser



A Winner

Note all 4 quadrants are enclosed here. This is to say that it is within the interval of the person's unique state of awareness (a lifetime) that he will do what he is going to do, will do what he is scripted and/or decided to do. Crusade, invent, hide out, lead, remain steadfast, whatever; it will be done in just that, ONE LIFETIME!

SUCCINCTISM: "You know" decoded when said by the Child: "You know, don't you, that I know what I'm talking about, don't I?" If said by the Parent it is, "You know, don't you, that I know what I am talking about, don't I!"

The variability of outcome for transactions using this phrase can be seen. It is a phrase inviting trickeration, loaded with potential for the duplex. It isn't a phrase used very often by (potential) winners.

CONFERENCE: Weekend of March 2, 1974, The Golden Gate Foundation for Group Treatment, Inc., announces its first annual Spring Conference in suburban San Francisco. Circle your calendar now and plan to attend.

Conference Convener — F.H. Ernst, Jr., M.D.

An Official TA 101 will be given just prior to the inception of the conference. Those interested in presenting a paper, workshop or participating on a panel are invited to submit your proposals. TA presentation opportunities for those going for advanced membership in the I.T.A.A.

Deadline for proposals: November 15, 1973.

Information: P.O. Box 1141, Vallejo, CA 94590.

Telephone: (707)644-7529

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.		