

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, F H Ernst Jr MD

MARCH 5 1970

Vol 2, No 25

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 Los Angeles Group Psychotherapy Society at Milberry Union, Univ. of CA, Medical Center, SF, CA. There is to be a one day training Institute the day preceding this conference on 6/18/70. Write: PGM, Chm, P.O. Box 18102, SF., Calif. 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 emotionalness 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 emoting 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 prewarm-up and preselection 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 emoting. 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 reobtain, 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, RBC, 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 inc. 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; ie, "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--ie., "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 DO 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 "ghettos" 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:

| Social Opportunity | vs | Social Security |
|--|----|--|
| "Wants": Obtained by personal plan and program | | "Rights": Granted, guaranteed & 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 & regulated agency) persons |
| Other-person exploitation | | Other-person exploitation |

