

Alphabet of Behavior Newsletter

March 5, 2018

The following is from an unpublished manuscript titled "The Howdy Diagram" by Franklin H. Ernst Jr., M.D.

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Special points of interest:

"... The holds these other (controllers) had on him were both of a bribery and blackmail nature, appealing and supplying his Child-self appetites and mandatory certain actions with, for him, real live sanctions and threats to back up the requirements - these blackmailing and bribery motivations to keep him in line plus giving him the "privilege" of continuing in these secretive, hidden agenda networks. "Privilege?" you ask! His hidden buddies routinely controlled his objections to the requirements they put on him. They controlled him by telling him when he complained: "Well you know, you asked to be in it!"

The "Howdy Diagram"

Pike's Hives continued

Pike, a 28 year old and single man, came regularly "for treatment" for reasons that were not clear. Pleasant smile, thin, he gave the information requested. Yet after he left each session the therapist wondered why was he coming for treatment.

Indirect information kept coming in about Pike throughout the period of time seeing him. Reportedly living with him was a disaster. His home was a mess: clothing, papers, uneaten food, dirty dishes continually on every exposed surface. It was roomie's job to clean up regardless of any agreement or discussion. Roomie wondered if Pike's grandfather was a frustrated garbage man.

Early on Pike identified arousal impotence as a "problem." But after a period of time this cleared when "the right woman" showed up on the scene. "She was into it, more potently than he." Just before "she" arrived on the scene and about 15 weeks after initiating treatment, he began to periodically blossom out with giant hives on his face, hands, legs, and back. He did not break any appointments because of these. In-

stead, he kept all appointments, almost mechanically, as if he had no choice of his own. These hives were there to treat. Pike's face would become white, hands ballooned in size, and breathing would be impaired. He passively resisted, but allowed the admission to be dragged out of himself that yes, he wanted to get well of his hives. Some anti-histamine had been prescribed, which he took in a desultory intermittent manner.

After seeing Pike occasionally "dressed" in giant hives, he was sent to another physician who prescribed shots.

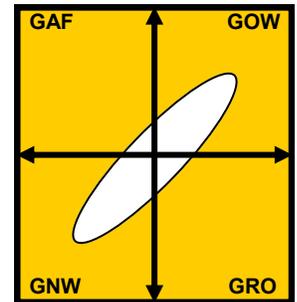
When Pike showed up again with hives he seemingly and reluctantly agreed to get the next prescribed injection that same afternoon.

Something about his almost cold, under productivity of volunteered personal information stood out.

As group members and leader began to occasionally talk to him they also gave him his name. They got his attention and indirectly they noticed he brightened up. The "Why don't yous" to him and the "Yes buts" from him kept a lively conversation.

In Summary

- That was the first group meeting where a combination of get-on-with him, get-nowhere-with with Pike was evident. Diagrammed here.



- At the next group meeting Pike's hives were gone. He did not initiate anything about them until asked by other group members. He reported they, the hives, had started going down just after the meeting and while on the way to the other physician.

- In the weeks that followed it had been established that Pike rarely used anyone's name to other group members and infrequently got his name.

- When Pike's giant hives appeared again, which he seemed to save for group, the group knew what to do - bathe him in his name. His hives had perceptibly decreased early on in the group meeting and by his report had cleared completely shortly after group.

The "Howdy Diagram"

Conclusion: Pike was periodically suffering from an auto immune syndrome brought on by being inadequately stroked by name within his social environment. Solution: increase the number of times in a day he gave named hellos to people around himself.

During the next meeting he reported: despite talking with his girl friend about the need to have his name given to him more often, she would not. He said she complained when he reminded her.

The group saw what he was doing. They asked him whether he cared about the individuals there in group. They pointed out his deficiency. He did not address any of them by name. What could he expect if he did the same at home?

The physician prescribed two things for him to do. These prescriptions were written and signed by his physician on a prescription form and given to him:

1. "Give your girlfriend her name a minimum of ten times a day for 10 days." Renew as needed.
Signed, _____ MD
2. "Say hello by name to at least to five people a day for seven days in a row." Renew as needed.
Signed, _____ MD

The time intervals given in the "prescriptions" were limited. The view was his own Adult thinking self

would in time be able to make this a part of his own personal hygiene program; reduce the obligatory Parent to Child nature of it's use. By last information he had a five year cure of hives.

The goal was to cure him of hives; give him a prevention and health maintenance program he could use and call upon to increase his own autonomy in life.

The other aspects of his life mentioned earlier were not part of the agreed on treatment contract. He did not contract to get well of being messy. He continued to trash places he lived in, and the places of others. Notable were malicious events of mischief. One time while on vacation in a National Forest he hung tin cans and garbage from the trees. Another time he hung garbage from a Christmas tree. There were similar trashing pranks on his personal friends. The mischievous schlemiel was a basic ingredient he did not relinquish.

A large portion of Pike's social encounters continued with get-rid-of, get-away-from, or get-nowhere-with payoffs. His Adult, however, gained some improved control of where, when, and against whom his Child self would set "garbage" scenes going. It probably was no accident the group members labeled this vindictive side of him T.P. (Trashman Pike), the side of his Child self.

The best clinical estimate in retrospect is: much earlier and during adolescence before coming "for treatment" Pike had gradually enmeshed in secretive variable symbiotic relationships that not only encompassed but praised his trashing the lives and events of others he looked up to. These holds these other (controllers) had on him were both of a bribery and blackmail nature, appealing and supplying his Child-self appetites and mandatory certain actions with, for him, real live sanctions and threats to back up the requirements - these blackmailing and bribery motivations to keep him in line plus giving him the "privilege" of continuing in these secretive, hidden agenda networks. "Privilege?" you ask! His hidden buddies routinely controlled his objections to the requirements they put on him. They controlled him by telling him when he complained: "Well you know, you asked to be in it!"

Control of You By First Name

In a brochure sent by the Union of American Physicians and Dentists in September 1981 a section titled Who Really Runs the Medical Association stated:

"Lack of continuity in medical society leadership has resulted in the abdica-

What's In A Name?
A First Clue to Your Roots
from "Finding Your Roots"

Last Names continued

"The practice of using surnames was not adopted in the Western countries until about A.D. 1000, when the growth in population and commerce caused Europeans to take them up (merchants needed to know which John owed them money). Surnames were first used by nobleman in Venice, and from there the practice spread to France, England, Germany, and then the rest of Europe."

"Experts generally agree that family names originated in all Western countries in much these same ways: according to place, occupation, patronymics (son of), or nicknames. In the United States, surveys show the percentage of descent to be: place names 43.13%, occupational 15.16%, patronymics 32.23%, nicknames 9.48%."

"In England, to which William the Conqueror brought the custom of family names from Normandy, nobles usually took their surnames from the names of their estates (Somerset, for example), then passed both estate and name on to their sons. But by the end of the thirteenth century, the peasants, who made up about 70 percent of the population, had begun to imitate their manor lords and adopted the use of family names."

tion of effective control of these groups to the Association of Medical Society Executive Officers, to which your own CMA and your local County Medical Society lay executives probably belong. With this key to the continuity of power firmly in their grasp, they have been among the strongest forces in propelling your own medical society to form Independent Practice Associations and HMO's which may ultimately destroy private practice in this country."

Good or bad? is not the question here. Instead, if this control is a fact, how do they do it? Ever belonged to a professional or scientific organization?

Roger's Local Medical Society.

The executive secretary (non-medical) of the local medical society had the names, addresses, and telephone numbers of all members. All membership applications went through her. She admitted to delaying some physician membership applications for two years (April 1983 meeting).

When the secretary telephoned or talked with the physicians in the medical society it was by first name. They addressed her by first name, and among themselves. It is a rare person who addresses her by "Mrs. Ringer." She is "Doris." She sits in on all Board of Director's meetings, nominating committee meetings, and

makes up the agenda. She often make comments such as: "He would be good for that office." "He would not be so good for that office" referring to the person by first name. She often recommends speakers. She wrote the society meeting minutes which were signed by the person elected to the post of Society Secretary.

The professional relationship between employee and members was minimal.

Roger himself decided, however, to improve on that relationship. He began to address her as "Mrs. Ringer." When he spoke of her it is now "Mrs. Ringer."

Understanding some Transactional Analysis theory he had reasoned that with Doris Ringer he was Dr. Cardwell. So when they were alone he matter of factly asked that she please address him as Dr. Bieber. She was furious (red faced at first), but did as he asked.

Roger's reasoning went this way. To his mother, his family, work, and colleagues when off duty he expected to be called "Roger." When at the hospital and professional meetings, however, and when talking with patients he referred to professional colleagues by their title and last name. So do his colleagues: Dr. Diamond, Dr. Zircon, all others, and so do his patients. Addressing each formally this way increased objectivity, and increased the free flow of information. It also preserves the fiduci-

ary relationship of Doctor-Patient privacy and confidentiality.

When Mrs. Ringer was calling him "Roger" it tended to imply a close friendship, including the potential, and in some instances the realized vicissitudes of that form of relationship. "Friendship" implies a Child-Child relationships, a Child-Parent relationships, at times an Adult one. When Roger was being called by his first name in transactions (versus an Adult-Adult relationship) by an employee, to talk to him by his first name, the Adult of that other person was less certain to be present.

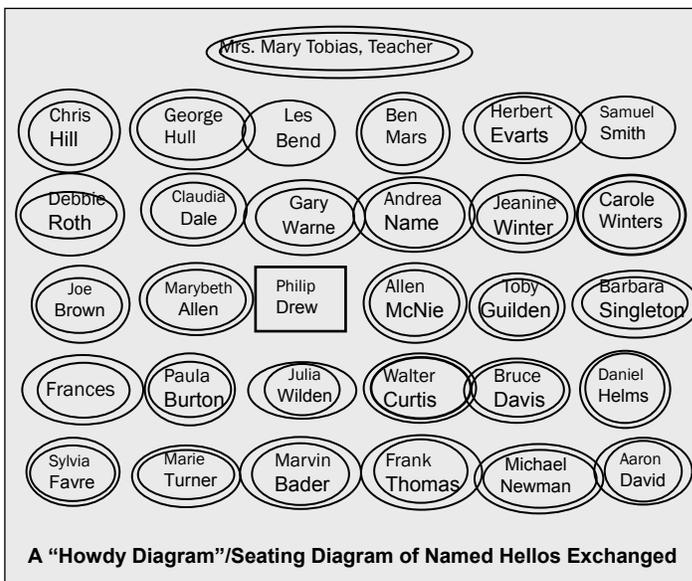
He had noticed that when Mrs. Ringer addressed him with his title and last name there was a significant reduction in her scolding, rebuffing. He was now respected as her employer, and as a respected Professional member of the Society asking for information or offering a differing point of view.

"Quite often the common people took the name of their village or a distinguishing geographical feature. When the local priest wanted to differentiate between the many Johns on his parish rolls, he would write 'Jon ate (at the) water' or 'John river' or 'John near the mill' or 'John by the (village) green' - which of course eventually became Atwater, Rivers, Mill, and Green."

"Occupational names are, of course, based on trade or occupation, such as Miller or Farmer."

"One of the most common ways of forming surnames in many Western languages is patronymics. Williamson in English means 'son of William,' Petersen in Danish means 'son of Peter,' O'Brien is Irish for 'descendant of Brien,' MacGregor is Scottish for 'son of Gregory,' Janowicz is Polish for 'son of Janos,' Pieterzoon is Dutch for 'son of Peter,' Mendelssohn is German for 'son of Mendel,'

... to be continued





Mastery of the Universe is Proportional to the Symbols Man Has by Which to Represent His Universe.

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"Reach for the stars."

It was on discovering this that he made his request of Mrs. Ringer. He had reasoned that being spoken to as "Roger" opened the door to his Child experiencing scolding, when in fact none may have been intended.

Furthermore, since Mrs. Ringer was initially furious by the request, she may have intuitively recognized the additional advantage over him had been shut off. He limited access to his personality structure. But that she complied spoke to her understanding of the basic professional relationship between them.

Roger commented to her that she attended all of the Society's meetings and parties. Although her husband came with her to these gatherings, she rarely had an alcoholic drink. This was not because of a personal aversion to alcohol as determined from an earlier conversation with her.

That she held a vindictive grudge against Roger was shown in the next Medical

Society Directory. She had, by her "own decision", left his name out of the directory. Deleted it. She reported that **she called his telephone number one time** and got a recording instead: "Sorry, this telephone number has been disconnected and there is no new number listed." Instead any further enquiry or investigation, second call, a USPS letter, was not initiated. She decided to delete his name, leave his professional name out of the professional directory. And she left it out despite having received the doctor's dues, paid in full.

So when requesting an "executive secretary" of your professional group, political committee, or society use your last name be prepared to weather some kind of storm.

County Supervisors Association of California

The County Supervisors of "Humbaba County" hired Richard to be their new County Administrator. He was charming, affable, all around good fellow, well qualified. They felt fortunate to have lured him away from being the Executive Secretary of the County Supervisors Association of California."

Richard promptly set about making county government "more efficient." He set out to persuade the Board to adopt an orderly set of Rules of Order. He proposed:

- 1) it was more friendly to be referred to by first name,
- 2) to limit all public audience discussion to only those who signed up ahead of the meeting; with a limit 3 minutes time for each speaker.

"That way meetings could be more efficient." So who said democracy was intended to be efficient?

However, two members of the Board soon caught on. This was not a good thing to do. They persuaded a third Supervisor to join them in not going along with the County Administrator. It would be best to address each other formally with last names. And they did not adopt the proposal public speakers sign up ahead of time. However, the three minute rule stands. Note: the new County Administrator may have wanted to see how the Board members would respond to his audacious ideas.

Think about this. The effort to push first names in the name of friendliness, camaraderie, "let's not be so formal," within an organization, between staff employee and professional members deserves a deal more attention. Think about this. Use of proper (last) names by those speaking at ("community") public forums does permit orderliness AND promotes Adult type thinking, both by speakers AND by the listening audience, members.

to be continued