

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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FOUNDATION for GROUP TREATMENT, INC.

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MEETING: Western Regional American Psychiatric Assn Meeting:
Olympic Hotel, Seattle, Wash, August 25-27, 1969.

ENCOUNTER: Heard on the couch: "I don't see why I gotta get married; I'm too young to die" referring to that portion of the marriage contract which reads "til death do us part." See next issue **Rx** for G-W of "Scared-to-Get Married."

FORMULATION: MAN-ON-THE-MOON and OMINOUS-PROPHETS of - DOOM: With Jubilation many now look up at the moon and say "We did it; We landed on it; We were there!" PROPHETS-OF-DOOM, who have difficulty extending their vision and looking up, whose ominously intoned words are directed down, decry, "If only all that had been put to use on Our Problems here ...!" The words and the tones used by these doom soothsayers are depressing, if not contention provoking. Adventures in the sky are inspiring, lifting, vivifying, perhaps even uniting of one to another. A man without a dream, without a star to reach for, is a man without home, is a man in despair. Attending to "The Awful Problems" makes what is "Awful" more awfully important to attend to, so-it-would-seem. It was with awe and renewed personal sense of purpose that many viewed the moon walk and the return of those three intrepid adventurers.

The writer, in clinical practice, noted that patients (getting and giving a "hello" to fewer than five persons daily, the withdrawn, reclusive, schizoid, depressed (the more mentally ill) were instead reporting a Surge in the numbers of "hello's" during the succeeding days. Several for whom reasons were not otherwise evident showed a heightened sense of get-well purpose in the clinical sessions. Several also reported more restful sleep at night. Readers could beg the question: Were these patients reflecting something in their therapist? The question on the lips of almost everyone at about 1:18 PM, PDT, Sunday, 7/20/69, was the apprehensive, fascinated "Have they made it yet?" The writer was in a crowd of 40,000 at the time (Dodgers-vs-the Giants game). A clear, excited murmur and cheer arose as the transistor radios told of the safe moon landing. Could it be that the reaching of the moon by those three gave others of the earth's 3.5 billion something to look up to, look forward to -- a vision of new frontiers to take advantage of, new opportunities to exploit? The directly beneficial mental health usefulness of an increase in "hellos", of people talking to each other, cannot be over-stated. "Hello!", "Hello!" is the very essence of I-am-okay-and-you-are-okay, of okay reciprocity; the extension of this okayness stroking is a core procedure for securing a get-well, a "winners" position out of the individual's loser commitment. "Our Problems-here" (by definition "problems" regularly means "awful problems") is often said by individuals from their Get-Rid-Of position.

It is suggested that "the moon walk" gave inspiration, gave

meaning to a dream for countless numbers. There is somewhere to go now besides "at-each-other's-throats," "trying to help solve these awful problems."

The question is asked here: Is there any correlation between the decrease in summer rioting in 1969 and the moon walk on July 20th?

NOTE: Persons and Offices wanting to be on the mailing list of THE FOUNDATION FOR GROUP TREATMENT, INC., are invited to send a request. Subscribers to THE E are automatically notified of FOUNDATION activities.

FORMULATION: STROKE-defined: The terms "Good Strokes" and "Bad Strokes," my mommy said, originated in the "Centers for Greater Nurturing-Love." Strokes are Strokes. Whatever the variety, they are life sustaining. That is all they are, that is what they are and they are every bit that. Scratching, caressing, soothing, belting, slashing, tickling, lulling, stultifying, obfuscating - they, each variety, are all strokes. A soothing or a bruising, a caress or a duress, adored or battered, nurture or discipline -- a stroking. The antithesis of stroking is ennui -- nothing. In the case of infants, the latter results in infantile marasmus (the probable precursor of process schizophrenia) and often death (R. Spitz).

Strokes are the words and the touches that (are intended to) reach into the other person's awareness, to stimulate responsive counter stroking. To a "boo hoo! I got a hurt" the soothing, fatuous syllables of "There, there, dear. Don't worry, it'll be all right!" are properly called "marshmallows." A therapeutic therapist figures that a "steak-quality" stroke is more likely to "stick to the ribs," straight-talk gets more across to his patient and, as a rule, is more efficient.

Rx for G-W of Pruritus (Itching): Get called by your first name, even if it is Ani.

ENCOUNTER, A Get-Well: In group Mrs. Fair Thare More is coming to get well of long-standing high blood pressure. "And-nothing-more-was-said" is her pay-off in her game of "Furthermore." For a long time in therapy, she rarely talked to someone else unless it was in derision ("a shitty remark") or to give a "troubled mouth" a soothing-toned "Why don't you?" ("marshmallow" - Berne) which on decoding meant "go practice drowning" or "get lost." Her Adult ego state began, or prescription (at first haltingly), to give more "okays" to other persons in group. One day, seemingly out of context, in a clear, focused voice, with level countenance and a warm face, she told Teenie Ataera:

"Teenia, that lipstick you're wearing sets your complexion off the best I have ever seen you!" Teenie surprised out of her usual "Oh

it's nothing!" cross-up, came level herself and so without affectation gave a "Why, thank you very much Fair!" And both looked warmly at each other for one full second as group quietly watched.

This "(I-think)-I-am-(an)-okay-(person)-and-(I-want-you-to-know)-you-are-okay-(with-me)" joint performance was a G-W experience for both people and vivid for therapist; this latter inasmuch as Fair did it without her usual visual checking with therapist before and after she did something in group. She, (Mrs.) Fair More, carried it off, under own power, in her own manner and for herself. For the therapist it was an eidetic experience. Fair was getting on with therapy instead of her usual get-rid-of program. Mrs. More (her Adult ego state) did it with Fair (her child

state) participating. Therapist was aware from other sessions that she understood her symptoms, her games and her ego states very well; in fact, was doing an excellent job of teaching students so that they had an operational grasp of games and ego states. In this instance, Fair, at last, was giving-herself-away in a winning, get-on-with-it manner and doing it in front of the therapist.

 If you know of sane professional organization, school or other institution which does not receive this publication regularly and is doing work related in group treatment, invite them to apply for THE E.

 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.		