

# THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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MEETING NOTICE: Golden Gate Group Psychotherapy Society, monthly scientific meetings, San Francisco; no fee for attending professionals. For place, dates, speakers.

Write: GGGPS PO Box 18125, SF, CA 94118

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Rx for Get-Well-Of "Scared-to-Get-Married": Sign-up with each other for a get-married-for-a-year (or 3 months) with option for renewal.

Results, to date: All options have been picked up by couples taking this Rx. Getting married 'til-death-do-us-part means the only out is for one or the other to die, unless somebody welves on the deal. This is not to be taken as favoring abolition or postponement of marital licensing and vow exchange. It is rather to describe the glowing winner, GOW intimacy pleasure for a couple, inherent in a mutual show-off, explicit reaffirmation of the "I want to (be) marry(ed) to you (some more)...Will you (keep on being) marry(ed) to me Josephine?" There is no legal, ethical, moral, religious or other valid reason known to the writer that stops a couple from being (re)married with ceremony (same license) every year if they want to.

Heard on the couch (and cured): "I don't see why I gotta get married, I'm too young to die!"

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FORMULATION: Strokes defined (continued from 8-20-69): Strokes are words, are touches, are (social) stimuli (intended for) reaching into another person's awareness, to move the other person, to stimulate an acknowledging response from him.

"Marshmallows" (TA slang for soothingly intoned, Parent syllables) are strokes: strokes which, although of limited usefulness, still, are specific for some situations.

The term "positive strokes" (and "negative strokes") is one heard from Parental therapists. It is a term derived from "The Power of Positive Thinking" a heaven oriented epistle by N V Peale.

"He does not ever accept strokes" is an expression used by a frustrated therapist. It infers a patient who is not giving-himself-away by responsive muscular movement to the stroker (stimulator), one who has not been moved by the talker. An EEG tracing done at the time of the stroking, however, would show a coincidental, characteristic electro-encephalographic activity at the time of the external stimulation taking place. This means that the stimulus has been perceived; therefore, non-responsiveness occurs because of other factors, here called a decision; a decision organized to effect a non-moving state.

"Counterfeit stroke" is a felonious euphemism referring not to stroking, but to a game maneuver involving a misleading, a "fake-out."

ENCOUNTER: Lea seen after a two-year absence: At the end of a session Lea's 9 year old son Jon, waiting outside, was invited to review the wall marks which he had made on therapist's office walls before. The review was an animated one; the memory was vivid and glow producing for all three. Two years before Jon had first been given protection for marking (mother-Lea was asked by therapist if it would be OK and she said yes) and then given permission (therapist invited Jon to mark); whereupon Jon had gone around the room with crayolas (4) in hand and made more marks on the walls there than anyone else to that date. Now therapist, Lea and Jon were able to verify the authenticity of each of Jon's marks, which were his and which were not. Therapist was not aware of one by Jon; Lea told that therapist was on the telephone two years before while Jon made the one in question. Jon was visibly pleased to see the marks were still there; Lea was proud; therapist was impressed with the vividness retained in memory by all three.

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ENCOUNTERER NEWSFLASH: The Anchorage (Alaska) Glacier Pilots won the semi-pro national baseball championship at the Wichita, Kansas playoffs on August 25th. Congratulations to Mgr J Stepp, Coach P Deeth and to you, team-member Neil, my son.

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PUBLICATION: The writer is pleased to note that the National Institute of Mental Health with its staff and its Gov't printing presses is following the Jan 5, 1969 lead of THE FOUNDATION FOR GROUP TREATMENT (Publisher of THE ENCOUNTERER). In April the announcement of the Mental Health Digest was received from NIMH. If the Mental Health Digest lives up to the NIMH brochure, it will be a very useable and welcome addition to this field of literature at the \$3.50, 12 issue per year price. For more information write the MHO, National Institute for Mental Health, Washington D C. 20014 or Supt Documents, Gov't Printing Ofc. Washington DC 20402.

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REPORT OF MEETING: The 200 registrants at the Annual Summer Conf of the Intl Transactional Analysis Assn came from as far as Virginia, Hawaii and Saskatchewan for the August 22-24, 1969 meeting in Monterey, CA. Program highlights included:

1. "Surprise," a non-rehearsed, playful spoof of a group therapy session and a staff conference at a make-believe teaching center. The actors, Advanced Members of TA, besides putting on a very humorous show, gave a living demonstration of Adult-programmed natural-Child, spontaneous and imaginative, showing-off before an audience. It personified "Programmed Spontaneity: Saturday Showing 5-6 P.M."
2. TOUCH as potentially useable in therapy was the topic of three presentations (total of 32 on the program). After his opening remarks for the second one, J Cassius PhD, TA clinician and holder of the Black Belt in Judo, gave a full-audience-participation workshop showing the use of some Judo skills, by inference useful

in training and possibly treatment groups. Discussion centered on the neurophysiology of the alerting process as the sensations of touch, kinesthesia and audition play a part; how use of the techniques shown could cut through preoccupation and provide for a better quality Giving-Yourself-Away. GYSA has at times been referred to as the key to the get-well process. This session on Touch ended with a GOW-style handshake between participants. (see coming issue: "The Great Handshake")

3. S Karpman, contributor of large amounts of original and useable thought to TA as it has evolved, talked on the crucial-for-getting-well topic of patients developing conversational OPTIONS; a practical, G-W use of crossed transactions.

4. G Bush gave another in the series of her Moniker Form Theory. The multi-faceted quality of the child (category of ego states) seen in clinical practice is probably related to the various characters in the person's Childhood script-story (fairy-tale).

5. The Position for Getting Well, by the writer, cited the fact that each script story has within it, at least one character for each of the 4 major (OK, not OK) positions including the get-winners, get-

well position. A patient can get-well within his own script by a shift of some portion of his (libido) commitment (cathexis) to the GOW position in order to bring about more "I am Okay and you are OK" solutions in his daily social encounters. The latter is the heart of the get-on-with-it operation. Some of the Rx's given to patients for getting-well and into the Position-for-G-W were discussed.

6. J O Schiff led a unique panel of family members in which mental-illness and behavioral disorder were shown as successfully treatable within a family setting with the explicit use of TA. The Discounting of Child behavior was discussed especially as it contributes to psychopathology; as also were control over-others and of-self. Categories of anger were defined along with methods for handling each. "Repressed-inhibited anger" was differentiated from "anal anger"

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Rx for Get-Well-Of" Fear of Elevators": "Throw-up Rx --- ('pewk') just before leaving 'home'." (see also Leona, Get-Well-Of Fear of Driving, The E, 2/20/69.)

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 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.

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**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
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK		2. A theory of personality structure
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of:</u> I-am-OK-and-you-are-not-OK.		3. A method of (group) psychotherapy treatment
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.		4. An organization
H	Hook: (come-on, engagement) 1st move of a GAME.		It embraces and is not contradictory to psychoanalytic theory and practice.
M	Maneuver: (angle, con) move of a GAME.	THE E	THE ENCOUNTERER
No	Number	THWIT's	"To Hell With It's", Having a case of the ...
P	Parent, Parent ego state; to be differentiated from Adult ego state.	VOL	Volume