

# THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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MEETING NOTICE: FAMILY THERAPY TRAINING-SEMINARS, weekly on Fridays, 10 AM - Noon. Clinical Group and Discussion: Isaac Slaughter MD conducting. Held at the Calif. Medical Facility, Dept Corrections, Vacaville, CA 95688. Contact Superintendent's Office, Attn: Mrs. A. King.

FORMULATION: The MOVES of the Game DO-ME-SOMETHING DMSO):

HOOK: A brightly spoken announcement, a question of stimulating interest, seemingly showing initiative.

MANEUVER-1: Some elaboration of personal date; interspersed with smiles and short hesitations; relatively "on-the-level" but managing to show that "some-parts-of-the-problem-under-discussion-still-remain-in-the-scene." The rate of bringing out details decreases. The aim is to encourage questioning via silences, incomplete date and a friendly or alert show of interest in the listener.

MANEUVER-2: Expectant, Hesitant Quavering: Once some questions are coming back to the DMSO player the quality of ego state changes; his demeanor, tone and attitude change. (A) He often sits-up and forward on his chair and (B) a seeming unsureness and quavering comes into tone and words. A quavering may appear on the chin, in some portion of a limb, eg, rapid ankle movement, or in a sighing. This quavering encourages more encouraging and at first blush is explained by the player as "out-of-consideration-for-the-other-person", "I-don't-mean-to-ask-too-much-from-you-but", "Because-I-don't-want-to-shut-you-out-of-the-conversation!", "Your-questions-make-me-think", "Make-me-want-to-be-sure-I-understand-you-correctly!" The more comments to come back to the player, the fewer quavering syllables are given until his gaze is seen going down when no comments are coming to him and his silences become extended after these comments are given back to him and before monosyllables are returned by the player.

GIMMICK: DO-ME-SOMETHING: It's-NOTHING: After a longer, forlorn, hold-out silence, he sits back and squares-off (eg, fold arms, gaze-up and directed at his target person) to state (usually with words): "Well,-won't-you-do-something-for-me-, please?", "Aren't-you-going-to-do-something-about-it?", "After-all-isn't-that-what-I'm-here-for", "Aren't-you-supposed-to-do-something-for-me."

PAY-OFF: This varies and it is volitionally variable by persons hooked on getting-well. The Pay-Off of a game is the resolution-of or solution-to the encounter. It is the sought-for reward; the underlying latent motivation. The Pay-Off is the hidden, the ULTERIOR MOTIVE force in the game. The PAY-OFFS for this game can be grouped into those four categories of solutions which each game (so far studied) can and do have:

PAY-OFFs for the game "DO-ME-SOMETHING, (Nothing) DMSO: 1. Get-Rid-Of the SOMETHING offered by way of:

a. "That's-Nothing", "That-didn't-do-anything-for-me!"

b. "You-gave-me-a-bad-feeling, the-way-you-just-did-me!"  
These deflate or push-away the SOMETHING-DOER.

2. Get-Away-From the Doer: eg, an angry-telling-off-and, declaration-of-leaving.

3. Get-No-Where with the Doer, eg giving a frozen-faced hard-faced, extended pouting silence intended to convey "You-didn't-do-anything-for-me-and-I'm-not-going-to-let-you-do-it,-either!"

4. The Winner Pay-Off, the Get-On-With solution, often seen in group sessions has been the broad, warm smile of the player on recognizing he has been found out and that he is being embraced by the reciprocal smiles of the other members.

On occasion this last Pay-Off can be mistaken for the smile of M-1: The clue for identifying the P-O smile is the concurrent other-person-smile, "I am smiling (I'm OK and I-want-you-to-smile-too (You're OK): "This reciprocal smile will be there if it is Pay-Off time.

Rx for G-W of Obesity Given to a 14 year old: Say "Hello" to 20 kids a day at school using their first names.

FORMULATION: External-evident-manifest behavior and internal experiencing, reliably tend to converge within 30 to 60 seconds. This is for those who believe (vs think) they don't-give-themselves-away, those who pretend they can keep from giving themselves away; those whose opinion it is that appearances can be deceiving. The behavioral choices available are instead: The opportunity for a person to shift (a) his "Executive" from one ego state to another, as from Child or Parent to his Adult when he uses his own personal set of "Adult Locators", (b) the ability of each ego state, especially the Adult, to borrow from the other two. This latter is depicted, eg by some therapists in the treating situation who "borrow" in order to stay responsive and yet get around crossing transactions with a patient; it is also seen with professional actors doing a good job.

ENCOUNTER: LIFE SOLUTIONS in Operation: Kim, in group therapy to Get-Well-Of feeling unreal: "I get mad every time my husband brings up my getting pregnant again. I know that is what he is thinking." Then in a few minutes she adds that "getting-mad-at-him" is a get-rid-of solution (temporary style) for encounters she has with him. She adds that "warm-ups" also have other dimensions for her: that "Getting-embarrassed-and-red-in-the-face-in-group" is a temporary get-away-from solution to a situation; that "glowing" and "warming-up-for-him (husband)" are expressions of get-on-with solutions for encounters. The fourth category of solution for her is typified by "He-leaves-me-cold-when-he-says-that" and it is a get-no-where solution for her with him.

FORMULATION: "I have no other choice," "You leave me no other choice than to..." "There is no other alternative left but to..." In fact, these "no choice" phrases as used in transactions, are not to

describe the speaker's own restrictions but to maneuver the listener into a corner, to trap him if he disagrees, to restrict the choices of the listener. This maneuver, when used by experts, says "Any reasonable listener can obviously see there is no other alternative, and I know (I can see) you are a reasonable Person! Huh? Okay!"

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ENCOUNTER: Heard from the podium at a Group Therapy Conference: "I always have my Adult in charge in my therapy groups!

I never let my Parent or my Child become involved in the patients' communications!" These self-righteous words were emphatic and piously intoned. (Whoops: His angle was showing!) Head was angled 15° forward and tilted to the left 12°, a horizontally furrowed brow; tone and demeanor which brooked no contradiction. Right shoulder lower than left by two inches and forward two and one half inches (as if ready to lunge). Well anyhow, the speaker's executive ego state was one or the other of the two grown-ups in him.

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FORMULATION: Authoritarian and Authoritative:

Authoritarian has reference to Parent-type disciplining: "You should," "You better or else ---!" It indicates (the capacity for) exercising sanctions on someone, as with grading his performance; it means boss. He may not know what he's talking about, but the boss can do it, and he can make it stick.

Authoritative means acknowledged eminence, well informed, official, from the originator, convincing, conclusive. He may not be able to enforce it but the authoritative person does know what he's talking about.

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ENCOUNTER with Miss OBESITY: At 220, she is a fat, 14 years old. Rx given to her in third session: "Say hello to 20 kids a day using their first names. Do it on six school days." At the fifth session, two weeks later, she was asked "Does giving 20 kids a day a hello with their first name work?"

"Does IT! (Big smile) WOW!"

Therapist: "Do you want to use the Rx some more?"

"YEAH!" Being a well-and-proper-taught girl her usual answer would have been a (refined) "Yes."

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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	<u>Rx</u>	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.		