

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

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P.O. Box 1141, Vallejo, California, 94590

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January 10, 1970

Vol. 2, No. 22

MEETING NOTICE: April 10-12, 1970; Northern Calif Psychiatric Society, Ahwahnee Hotel, Yosemite, Calif. Write: Executive Secretary NCPS, 219 Tenth Avenue, San Francisco, CA 94118.

ANNOUNCEMENT: A twice weekly clinical seminar in group therapy is conducted by Larry Clanon, MD; Mondays, 10:30 AM and Wednesdays, 12:30 PM at the Department of Corrections California Medical Facility, Vacaville, Calif. These seminars are available for observation and participation. Interested students and professionals should contact Chris Dillon, Superintendent's Office on the day before planned attendance.

REPORT ON MEETING: Sixth Annual Congress, ITAA, Jan 9-11, 1970, Santa Maria, Calif. In attendance were clinical and teaching members of the Int'l Transactional Analysis Assn from across the continental USA. President K Everts wielding the gavel, did an excellent job. Scientific contributions included:

T Olivier: Presented a treated case of a "Frog-Princess"- (see THE E: No. 11; 6-5-69, Script and Gender).

J Schiff: Described more about In-The-Family-Treatment-Of-(adopted)-Children, including "Deparenting", "Decathecting of Old Parent Messages," a method for treating Parent-Adult ego state overlapping (sometimes called by the soiled term, "contamination").

W Collins: Detailed administrative and treatment techniques used in his Marathon work including Marathons as part of a program for training professionals in the use of TA. Contracts are made at the start of a Marathon session with each enrollee. He noted that three weeks after a Marathon the beneficial effects for individuals begin to diminish; recommendation: a follow-up session would be good at three weeks.

G Haiberg and C Steiner: Also each reported details of their individual work with Marathon groups.

M Boyce: Described a case with a Rumpelstilzkin Script.

E Berne: Elaborated on his concept of the "demon kid" and the internalized "witch mother."

F Ernst: Talked about the theory behind "Touch-The-Molar-Teeth-Together" for getting-well of depression. The teeth sockets are richly endowed with sensory end organs for fine distinction, eg, of thicknesses. Fine distinction is an Adult (computer) quality. Also the jaw (and activated facial) muscles, in the act of contracting, strongly stimulate the reticular activating system (RAS) of the central nervous system and temporarily counteract the behavioral "decision" to be turned-off (de-activated). "Touch-The-Molar-Teeth-Together-For-ThirtySeconds-At-A-Time-Four-Times-A-Day" has been used prescriptively with several depressives with beneficial results, verified both by the person himself and also by fellow group members.

ENCOUNTER: Young man, Lynn, has appointment with Reverend. Lynn says being homosexual is wrong for himself, waits for Rev to agree, "Yes, it's wrong," or "No, it isn't." Lynn has set up a trap. If Rev says, "Wrong", Lynn's Rebel Child is triggered. "Unfair. Can't make me." If Rev says "OK", then Lynn has gotten permission to continue. Rev said neither, concentrated on what options are open to move into the OK position. (Contributed by K Johnson DD, Counselor).

FORMULATION: To listen is to move. To listen is to be moved by the talker --- physically and psychologically. To listen is to be influenced by the talker. The listener, by being moved, is showing that Talker's talking is making a difference to the listener. The difference, if nothing else (and it will be more) is the moving from one position to another. The listener, in being changed by a series of moves, is changing for, is being changed by the talker. To move is to change. To be moved by the talker means, therefore, that the listener cared, i.e. was moved.

MEETING: March 23-26, 1970; American Orthopsychiatric Assn, San Francisco, CA, Masonic Temple and Fairmont Hotel.

Rx for G-W of I-Get-Unsure-Of-Myself-Talking-To-My-Wife: "Have three sequential transactions with her once a day."

Tim did it in group; he counted his transactions and he got a response from her for each stimulus. By counting and in the act of counting, he completed his conversational plan with sureness. Later in group, Rebecca told that Tim would "back-off" his words (decrease his vocal loudness) so that she could not hear him and she asked what could she do? She was recommended to silently (to herself) count these "back-off" speeches from Tim; that for finding up to two a day, she could collect a nickel each from the therapist in group (up to fourteen nickels a week). By not complaining or reminding ("by not bugging") Tim about his "back-off" speeches at the time, she and he had fewer crossed transactions at home and her "Kid" ego state was rewarded (later). The first week after this Rx was given she announced in group "I earned five nickels last week!" which were promptly paid to her. Tim was loud in his response in group with a smiling "Smug! Showoff!"

Tim's problem: He wanted to talk to his wife, but he did not complete a plan (of talk) with her; instead he would divert her off to others in group. By carrying out a specific, attainable number of transactions with her, he then could set his own objective, follow it through and have the satisfaction of a completed job. The counting procedure aided his evaluative (Adult) ego-state to stay active and in charge when talking to her.

The three sequential transactions are (enough for) a (greeting) ritual, will convey okayness (good-will) reciprocally between each of the persons. Doing it "Once a Day" side steps the procedure

becoming a chore, yet provides for regular practice of an explicit get-well program in a marriage. Interestingly, Tim at first started to go beyond the third transaction with her when one of the group members called him on it, whereupon he laughed (signifying "Ya-Caught-Me").

Rx for G-W of "I-never-seem-to-have-wanted-my-son": Tell him, "Robert, I love you" (at least) once a month.

ENCOUNTER: Junior High School student to therapist: "They sure bug you for being late to class at school."

Therapist: "Why, how do you mean? You mean being tardy?"

Student: "Yeah! .. You know, they (teachers) send a tardy slip to the dean's office for one late and bug you (shame you) for it."

Therapist: "For two?"

Student: "For two tardies, you have to go to the dean's office and he gives you a lecture."

Therapist: "How about three?"

Student: "Oh, for three, you go to the dean's office and he gives you a long lecture and gives you detention and makes you write sentences" (i.e., sentences the student to writing sentences).

This fascinating aspect of educational (?) discipline called "Sentenced to writing sentences" is one method of teaching that writing the English language is a punishment, that composing words for reading is something to be sentenced to. Could it be that this classroom practice of being forced to write as a PENALTY accounts for some of the writing, reading handicaps in students. If it does, then more teachers will eventually "be needed-to-try-to-help" those with handicaps. One view is that this punitive use of writing is a profaning of the students' skills. It is a desecration of the goals of education. It is a stultification of the students' learning motivations. Technically and for the professional educationalist, this method of "disciplining" does teach the student how to play the game of "STUPID" with more skill and vigor.

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

| | | | |
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| 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- 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 It embraces and is not contradictory to |
| H | Hook: (come-on, engagement) 1st move of a GAME. | | 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 |