

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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FORMULATION: The Varieties of INTIMACY are CLASSIFIABLE: INTIMACY ORGANIZED. "What", you ask, "can that title possibly mean? Intimacy is intimacy and that is that! It is not right; let alone possible to categorize, to classify Intimacy! Because as 'everyone knows' intimacy is sacred, is a sanctified opportunity of one 'human being' to be inside or at least almost inside another" (Otto Rankish-for-Return-to-the-tomb and The-Birth-Trauma), etc; all of which options and categorical thinking tend to make a mysticism of what is intimacy.

The Transactional Analysis definition of Intimacy is that it is one of the six methods of structuring time. It is a time filling activity that is name-free, is free of pastime conversation, is a non-work activity; it is a non-withdrawal, a not-withdrawing-from-the-other activity, it is an activity free of ritual. It is an activity between two individuals often, but not necessarily having sensual, sexual elements. The occasions and occurrences of intimacy, although potentially recurrent are of themselves usually short-lived: a few seconds perhaps even a few minutes in length of time, from start to finish, one episode of intimacy. Intimacy, of and in itself, is not intrinsically a "good" activity. Berne often gave the two examples of (a) a man and woman having intercourse, with the avowed intent of impregnation, looking at each other, into each others eyes, and then (b) the example of one person looking at, into the eyes of the other, while in the act of killing the second person.

It is here proposed that intimacy, the acts of an intimate nature, can be classified into the four major operational solutions for life events as follows:

1. Get-On-With (the other person), Intimacy, for a maximal quality of (reciprocated) I-Am-Okay-AND-You-Are-Okay, given to each other and returned.

Some persons report having had this quality of experience with another person. These occasions are the warm, the glowing, the "winner" acts of intimacy. This quality of intimacy can be divided into the reversible quality of intimacy such as when the act is not witnessed by another person or when the act is not productive of a dividend (pregnancy) or not legalized. It is more permanent when legalized as with a marriage license where the sanctions of the State are invoked or when impregnation occurs (a later certificated birth) or when witnessed as with Olympic game winners being awarded their medals or Movie Stars being awarded Oscars.

2. Get-Away-From intimacy is portrayed by Jerry in Edward Albee's one act play "The ZOO STORY." In this drama, Jerry brings events to the point of getting himself knifed to death by Peter as he looks into the eyes of his self-selected executioner. This 14 minute play is also one of the best dramatic presentations of the progression from Withdrawal to (greeting) Ritual, through a Pastime and a Game to (an act of) Intimacy. Similarly is the example of Julien in Stendahl's "The Red and the Black." Other

SEMINAR: TRAVELING GROUP TREATMENT: Something very new is being done by leaders, Joseph Cassius, PhD, and David Kupfer. A 14 day combination group marathon and tour of Northern Europe in mid-July has been scheduled by this duo of skilled teaching members of Transactional Analysis. Another similar 14 day tour (Mediterranean) and group marathon is scheduled for mid-August. TA, theory and techniques will be experienced and taught, and sights seen on an exciting itinerary. This is an innovative method of broadening the use of the potential in a person. WRITE: Memphis ITA, 57 N Somerville #1A Memphis, Tennessee 38104. (Telephone: 901/275-8447).

Rx for G-W of Sad-departures: Give with a "Tee-Hee!" to the other person at parting time.

living examples of the get-away-from quality of intimacy, both irreversible (permanent) and reversible types, can probably be recalled by the reader. Get-Away-From Intimacy is from the position of I-Am-Not-Okay-AND-You-Are-Okay and is most regularly reciprocated by another person in the position of I-AM-Okay-And-You-Are-not-Okay (using a Get-Rid-Of solution).

3. Get-Rid-Of category of Intimacy is carried out from the position of I-Am-Okay-AND-You-Are-Not-Okay. This is typified in examples given by patients in the author's groups at a penal institution when spouse-killers have told of their own acts of killing a mate. To quote from several, "I looked at her, into her eyes as she saw me raising the gun and I saw her ..." (then describing the act of watching each other, her eyes going dead as she wilted, dying in the describers arms). As these descriptions would come to an end in the group, rather regularly there has been a hush, a silence which fell onto the members of the group; a silence of a semi-sacred nature, not disapproving, not fearful, not approving. These are the irreversible Get-Rid-Of acts of intimacy.

Reversible examples of Get-Rid-Of tone of Intimacy are regularly available to witness in Superior Courts during contested divorces (reversible because quite often the couples do later get back together again). Another is a wife playing the game "Kick-Me" with a hard playing "Pounce" husband, the wife thinking while looking at him as he is choking her, "if you kill me, you will get executed, if you don't, then I'll get you in jail, jailed on assault, I'll get you for this either way."

4. The Get-Nowhere-With each other Intimacy, has several literary examples, particularly the permanent style. To name a few: (a) the suicide-homicide pact carried out at the end of the story of "Elvira Madigan" the Runaway Wife and the AWOL soldier. (b) The ending of the Opera Aida where the queen meets her lover, the sentenced enemy general, inside the sealed tomb of his execution. (c) The sergeant and his Japanese wife with their double suicide in the movie "Sayonara." Newspapers at intervals will have a story titled, "Man Slays Mate, Self" (Vallejo News Chronicle, 2/13/70) or "Couple in Love

Pact Deaths" (San Francisco Chronicle, 12/16/69). A reversible quality of get-nowhere-with each other act of intimacy would be the "hang-over" alcoholic who is acutely, painfully sensitive to all peopled sights and sounds during his hang-over, who allows no one to give him sympathy, allows no one to make noise around him, but demands that he not be left alone; the implication being that another drink would help the hang-over.

There is the view that the appeal of fairy tales, myths, and legends comes from the fascination with how the various characters in the drama in different manners handle the act of intimacy. In Snow-White-and-the-Seven-Dwarfs, the 7 D's are most intimately felt by the viewer, as (a) they get away from Snowy (whistling "off to work we go" leaving her behind), (b) to get Snowy back after she became bewitched, (c) after she has left them (been stricken down by the witch the final time) for a net-nowhere-with act of intimacy as they snatch her casket, and (d) as she is leaving them for the prince at which time they go through the final get-away-from her quality intimacy --- whatever their

reasoning may have been.

As some readers will already have determined from these descriptions, the above means that an act of intimacy often follows as the pay-off of a "3rd degree game" (Berne) (or perhaps even a 4th degree game??). Probably more frequently than clinicians are aware, a get-on-with act of intimacy does rather often conclude first and second degree games as the pay-off. And it is reasonable that the psychotherapist does not hear of these inasmuch as this "glowing" intimacy is the essence of health (see also THE E, #18, "Mr. Counselor"). The drive, motivation for pay-off in a game is that quality of encounter-resolving confrontation which is the latent, ulterior motivation in a game and offers the inducement for a person to repeatedly go through the same sequence of behavior with another. "A game is the bridge to intimacy between people people" (Berne)

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 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