

# THE ENCOUNTERER

*An Information Service for Group Psychotherapy Professionals*

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REPORT: American Psychiatric Association meeting, San Francisco, May 11-15, 1970. This was one of Dr E Berne's last public appearances (see THE E #26). The Transactional Analysis Panel room was full to overflowing with standing-room-only people lining the walls. Panel Chairman, Berne, told that in Transactional Analysis the psychotherapist can give a patient permission but rarely can he give protection to a patient. The fact is more probably epitomized by Dr. Berne himself. In his writings and teachings Berne effectively and efficiently worked out the uniqueness of the Parent, Adult, and the Child ego states so that others could locate these psychological establishments within themselves, then choose which to use when. This is protection. Protection may be obtained by a patient from the therapist. Some patients are protected to try "the new" as they (1) imitate the therapist during the G-W process for the patient, the therapist becomes an internal Parent; (2) in the treating agreement, patient's are aware of the non-recriminative quality of therapy, eg, treater holding back certain responses (eg, hostile, seductive) as patient tries out alternatives; (3) therapist by choosing objectivity as a basis for his own actions and words, and by his selective stroking, does effect protection against premature opening of patient subject matter.

In response to a question from the floor on how to handle repeated questions and interruptions in a session or other meetings, Dr, Berne on 5-12-76: "When someone asks me about, bugs me about how I am handling events and the bugging is outside the purpose of the particular situation, I tell him to 'Mind-Your-Own-Business!'" The question and response were an aftermath of the fact that a fraction of the persons in attendance at the meeting had been forcefully intent on disclosing their opinions, prejudices, and beliefs onto others who had come looking for colleagues and friends for professionalism and the scientific.

FORMULATION: *HOPES*: "Having hopes", "I had my hopes up!" "You wrecked all my hopes!" "You are ruining all my (good) feelings for you, and after I had such good hopes!" "My hopes were up, now look what you've gone and done."

"Hope" is a non-Adult quality. Hope in the above instances is a word used by a person for a get-rid-of (the other person) resolution to an encounter. "Hope" would seem to mean that the outcome of circumstances was beyond the control of the user of that word, as if the outcome were in the control of the second person, i.e., a gimmick in a game.

"Hopes" is a move in a game, eg., "See-what-you-did-to-me", "If-it-weren't-for-you", etc; specifically often used as Move #3 (maneuver #2) in the game "Ain't-It-Awful" projective type. A GOW type solution and the antithesis to "wrecked, ruined hopes and wishes" is a plan: "I want to make a plan with you. Will you plan

with me? (vs "please bear with me a little while longer, dear.") "My hopes were up!" "My good feelings and hopes!" are building stones for a shrine being built to sanctify, even deify "hurt feelings." "Hurt feelings" are tools (as are most "rackets") which are used to disenfranchise another person's "Laugh License."

ENCOUNTER: Tom Tree & "Adult Alerting" via the Rx: Gently-rub-your-back-teeth-over-each-other: "I was giving a talk and a woman in the audience was giving me one question after another. She was cornering me. I knew I had to handle her right away, so when she asked me another question, I thought 'I gotta do something.' So I thought of touching my teeth together like you said" (actually given to him for his depressiveness). "While she was putting in her next 'yes, but' I rubbed my teeth over each other for a couple of seconds. It worked. I had a new idea on how to handle her; another chance (choice?). I was ready to go ahead, I figured she would run over me if I showed my Kid" (meaning if he was limp-voiced, apologetic. Tom was coming to get-well-of going limp psychosexually).

"I know my Adult had better handle this, but also that the best way to sound was like a Parent. I came back to her with my strong Parent, giving her information and then I used a counter-cornering remark back to her. She backed up and that gave me a little leeway to work with. As it ended, I got her with me; she quit working me over. I had room then to talk to her and the other people there. I was able to get the job done." Tom continued, "I told some of my friends about this (teeth touching) and they have been telling me that it works real well for them and I can see it when I am working with them."

Tom was reporting that gently touching, running his own back teeth over each other is an efficient Adult cathecting procedure. Although initially reported (THE E #1, 3, & 10) as being of antidepressant value, it appears that the antidepressant effect of the teeth-touching Rx is effected by the "Adult power" gets turned up for this act of titillating one's own teeth.

Tom: "It (teeth touching) is easier for me to notice than getting myself 'level'. It gets me thinking faster about what to do next." This is verified by a 4x increase in the number of group transactions he initiates. His explicit GW program calls for him to be the initiator of more transactions, i.e., offer more stimuli to members vs waiting to respond.

FOUNDATION for GROUP TREATMENT report: On 1/22/70, THE FOUNDATION delivered to the Affiliate Society Committee of the American Group Psychotherapy Assn two copies of the report of the "Compilation & Study of the By-Laws of the Affiliate Societies of AGPA". This completed a four year project by the writer initiated as a member of the Affiliate Societies Committee of AGPA and then completed as a project of the FOUNDATION at the request of the Association. The FOUNDATION, in accord with its purposes selected

to complete this report & study for the AGPA. The purposes of the study included:

1. having a reference available to the member societies about each other's operating rules (By-Laws) and
2. having an organizing reference available for group therapists in a community who wanted to affiliate themselves with a national organization.

The copies were given in person to (1) Mr. E Hallowitz, Chm of Affiliate Society Committee, & (2) Dr. Clifford Sager, then President of AGPA (1968-1970).

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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