



# THE ENCOUNTERER

An Information Service of the Golden Gate FOUNDATION for GROUP TREATMENT, INC.

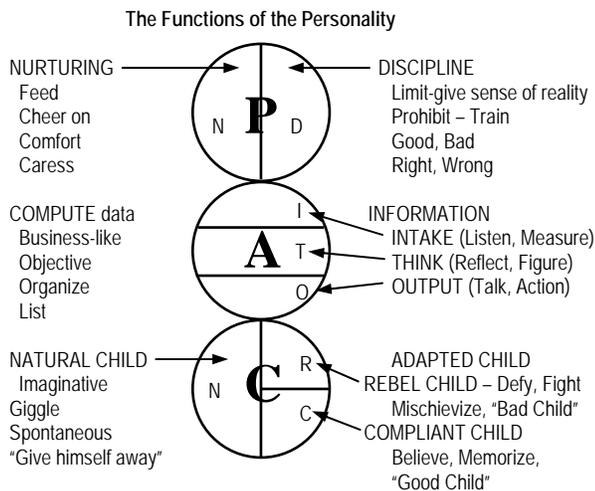
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Editor: FH Ernst Jr, MD

October 20, 1972

Vol. 2, No. 33

## FORMULATION: THE ALPHABET OF BEHAVIOR



The Natural Child is placed on the same side as the Nurturing Parent because it flowers under nurturing care. Disciplining Parent is on the same side of the diagram as Adapted Child. Compliant is placed below and Rebel above in Adapted Child to show that compliance is the first adaptation and rebelliousness arises later.

**SUCCINCTISM:** The Amount of TRYING a person carries out is inversely proportional to his amount of DOING, (achieving). Using mathematical symbols, this is shown as:

$$\text{Try} = 1/\text{do}$$

Users of the words "try," "tried," "trying," etc., can be asked to change their words to "do," "doing," "achieved," "done," "did," etc., when consistent with the objective at hand.

## FORMULATION: REWORDING TACTICIANS

- "In other words (then) .."
- "What you're saying (then) is ...?"
- "Let's put it this way (then) ..."
- "Do you mean (then) that ..."
- "Let's say (then) ..."

"Then" implied or spoken is the key. The rewording tactician prunes and molds other person's words and phrases into something different, opposite or even unrecognizable by the "worder." "Worder" is initially pulled in with this seeming flattery that his very own ideas are going to be used and elaborated. But he is fooled then and instead becomes irate or baffled at the turn of events, as his meaning is bent 90, 180 or more degrees out of shape.

Reworders are saying the last talker didn't know how to say it, was inept if not stupid in his phrasing and that Reworder is only to

glad to try to help explain him and/or soothe the audience who probably either couldn't have known what he was talking about or would have misunderstood him if he wasn't further explained. Reworder is seen motioning to the "Audience" during the rewording. "Audience" is either bewildered or amused. Reworders are great for "I just want to clarify what was said," or "Point of clarification!" resulting in muddying the up-to-then relatively clear waters of conversation.

**REPORT:** October 27, 1971, L.W. Rasmussen, California Youth Authority copied E. Berne tapes of the 1961 "Soledad TA Lecture" by Berne and donated tapes to complete the FOUNDATION's set of the Fall 1963 TA 101 given by Berne.

## FORMULATION:

### NAMES OF THE MOVES OF THE GAME OF STUPID.

Games each have four distinct moves before Payoff and three before the Gimmick move. Each is distinguished by unique posture, attitude, by different rate, cadence, tone, timber of voice. This means that a different ego state quality is dramatizing at each move. This is not contradictory to "The Game Formula (G)" (Berne). Patients get well of favored games in more rapid order when the psychological meaning of these moves are identifiable to themselves.

The first move, the HOOK, of STUPID is portrayed by a fully bright face, words, tone, idea and/or question exhibited in an animated manner. Move No. 2, the ANGLE, is a comment, question, manner, voice, attitude, tone, with an evident decrease in animation, voice volume and/or brightness, as if the lights inside the player had been dimmed to "half bright." Move No. 3, the CON, is a further dimming of the inside lights now to "quarter bright." Move No. 4, the GIMMICK, shows the lights almost all out, for "blank out." At the time of GIMMICK play through, this "blank out" is the inside experience of the STUPID player. Outwardly there may be an absence of animation or words. If words are present, they are "I'm lost," "You lost me," "I'm confused," "I'm sorry, I just don't get it." Facial look is one of non-comprehension. These first four are recycled in assorted sequences depending on the fellow player. The various payoffs seen are distributed through the OK Corral, e.g., irate fury, tearfulness and/or blushing, continuation of blank unblinking, unmoving appearance with a slow pink suffusion of the expression and fourthly, an infectious rich, warm giggle with the other person.

Codifying the psychological meaning of each move of this and other games has been the key to a reliable get well of the game at hand. In practice, writing out the ulterior level meanings on the blackboard has been done both in treatment and in classroom setting.

The names given to the moves of STUPID are:

1. Full bright
2. Half bright
3. Quarter bright
4. Blank out ("Good Night")
5. Payoff

Writing these out after the game is identified is followed by writing down the number of each move after it is played. One such sequence recorded was 1,2,2-3,1,2, at which point the writing on the blackboard was begun. Then the numbers 2-3,3-2,3,3,1,2,1,2-3,4,3-4,3-1,2-3,4-5 (with explosive mutual laughter at No. 5). These numbers refer to the specific psychological attitude depicted by the player during his transactions. The commas (,) show a transactional response intervening, the hyphens (-) show a shift to a second game move and quality of ego state during the one transactional offering.

Sometime after identifying the Game of STUPID to a player, the group leader, if he is fast enough in spotting the initiation of the game, can interdict the entire play by calling out and claiming for himself "FIRST CONFUSIES!" This regularly delights the would be player of STUPID.

**REPORT:** The August, 1972, Tenth Annual Conference of the International Transactional Analysis Assn. in San Francisco saw 1,163 registrants, with more than 100 papers, panels and workshops presented. Each of the last three conferences has seen a doubling of registrants from the previous year.

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	<b>Rx</b>	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-</u> <u>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.		