



THE ENCOUNTERER

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

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REPORT: Conference March 1-2, 1974, in Suburban San Francisco by the Golden Gate Foundation for Group Treatment, Inc. Registration 300. Conference Convener F. Ernst, Jr., M.D. The Official Introductory Course in Transactional Analysis "TA 101" was attended by 60 people.

After conference closure, 60 of the hardy applying what they had learned, stayed on for a marathon that went into March 3.

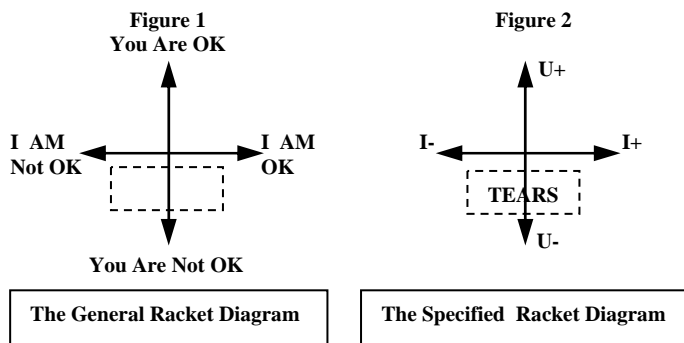
Conference highlights included "Vital Statistics from 10 years of TA Psychiatric Practice" F. Ernst, Jr.; "In's and Out's of Sexuality" L. Mart; "Being a Therapist" W. Collins; "Competitive Frame of Reference" J. Schiff; "Systematic Introduction of TA into a School System" (Little Rock, Ark.), J. Ferguson and N. Nicholson -- from a nationally guarded education to a blooming of learning with TA in the classroom. 50 presentations capped by the seven member TM panel, "Teaching Member Training Standards in the ITAA."

Music completely captured and enraptured the Conference.

NOTICE: 4th Annual Conference for Interpersonal Understanding, July 12-13, 1974. Write Chairman Larry Mart, 2717 Cottage Way, No. 3, Sacramento, CA 95825. Tel: 916/481-2164.

FORMULATION: Alphabet of Behavior Letter No. 4: The Psychological Racket Diagram.

This alphabet letter, the racket diagram, succinctly encapsulates that a racket involves specialized strokes solely of a "You are not OK with me" nature (Fig. 1) When the particular racket is identified, such as a tears racket, the word "tears" is written inside the dotted line to describe the U- quality of strokes being given by the tearful person (Fig. 2).



Early in life people learn that the display of a certain emotion at home has the effect of bringing other events of the homestead to a halt, e.g., when mother bursts-into-tears or when "father is tired," when mother isn't talking to anyone or when father is wrathful. Little people learn that these feeling displays secure certain advantages. The child experiments with the use of one or more of these emotions and learns that, so also for himself, these shows of feeling give him (blackmail) advantages over others esp at home.

A RACKET is a repetitively displayed emotion with coercive intimidating qualities which can be used for a game payoff. A racket aims to 1) bring about the outward consent of the Other Person; 2) hampers the chance for get-on-with pleasure for either person; 3) restricts the choices of OP to either inaction, retreat or avoidance; and 4) puts a burden on OP. A racket is a show of feeling to which there is a lack of personal commitment. The feeling shown is a "You" feeling, not an "I" feeling, therefore it is said to lack authenticity, it is more a show.

Example: A 37-yr.-old woman burst into the group room at the same time bursting into tears. She was comforted by the assemblage and her tears subsided. She then was asked if other events and people could be gone ahead with. She responded with renewed tears. At that time in the marathon other events of greater moment were in need of handling. Therapist then gently asked if she'd like to go with an assistant across the hall. "No. No. I'll be all right." and the sobbing abruptly stopped in less than 20 seconds as she regained her composure.

In practice a racket is a blackmailing operation, wherein a special brand of "You are not OK with me" strokes are given out until placated or given in to. A racketeer is effectively saying "No matter what, you are not OK with me. You can't get the best of me. I may end up being OK with myself (GRO You) or I may end up being not OK (GNW You) but if I do go down for the 3rd time, I ain't going alone." The dotted line in the lower half of the OK Corral depicts an enshrined form of stroking with the dynamic of "You are not OK with me" (U-) for a "put down," to "bring down," to show "You can't get the best of me now while I'm worshipping in the temple of this, my sacred feeling." This "You can't get the best of me" is 2-edged: 1) There are none of the best (U+) strokes coming from the racketeer and 2) "I won't go down alone if I go down."

Not only are OP's unconditional strokes to racketeer rebuffed but also OP receives back "OP You are not OK with me!" until racketeer's demands have been met. Rackets are noteworthy for the lack of unconditional "You are OK strokes" and the tenacity of giving only "You are not OK" strokes; no free smiles, no free "thank you's." A racket can be the payoff to a game and when it is, the racketeer either has a get-rid-of or get-nowhere-with the victimized other person.

The next issue of THE E will describe the specific stroking sequences by which a racket is invoked, game vs racket, diagnosis of Parent vs Child racketeer, an Rx for GW of a racket.

ENCOUNTER: Dan and Charlene told in group that they played "Uproar" on occasion. "You can go ahead and play," they were told, "then slam the door behind you both the last time when you both get on the same side of it" -- Contributed by Sally McKinney.

Ed. Note: In the "Uproar" game, with its slammed door gimmick the door is rarely locked behind the departed one. 30%-50% of nocturnal "Uproar" ends up with a GOW payoff of mutually satisfying intercourse. "Phanphukintastic!"

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</u> From: 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.		