

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals. Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1969, Golden Gate Foundation for Group Treatment, Inc.

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

Editor, F H Ernst Jr MD

February 20, 1969

Vol 1, No 4

CONFERENCE, Annual: Los Angeles Group Psychotherapy Society, Saturday, March 15, 1969, Beverly Hilton Hotel, Beverly Hills, California--workshops, papers. Write, John S Peck, MD, 16550 Ventura Blvd, Encino, CA, 91316.

ENCOUNTER: Rosy-cheeked Cynthia with "instant-smile" readiness was converging on her treatment goal of getting-well of being "cross-eyed" (an external strabismus of 40 years standing). She was increasing the frequency and lengthening the interval of looking at persons in group with both eyes. Therapist, at her converging on him, laughed to say, "Cynthia, please diverge your gaze for me." Her warm countenance burst into a giggle, "I can't." Then with a dismayed laugh, "I CAN'T." Group laughed. From this and similar events, Cynthia concluded her cross-eyedness was a game.

REPORT: The Fifth Annual Congress, Int'l Transactional Analysis Assn was held Jan 25-26th in San Jose, Calif; President, David Kupfer. Clinical highlights included Mary Edwards: Gold Stamp collectors are jerks; brown stamp collectors--sulks.

Robert Zechnich: Antithesis of "Kick Me" is "Kiss-'em." Wm Collins on his "Script Check List" under the question "If you had one wish?" a patient response of "A million dollars!" is an almost certain loser.

John Cooper: Treatment contracts have been made with patients as young as five years. This means autonomy can develop in a person by five.

Steve Karpman: A procedure to give the patient an "out" from an otherwise repeatedly hooking stimulus, to get "the same ole' thing (eg from Mom or Dad)" stopped:

- Be vocally responsive to the stimulating person.
- The response itself is to be a crossed transaction--instead of the usual complimentary one, this to engage a different ego state in the stimulating person, as: Stimulus: "Oh My! I missed you!" (Nurturing Parent).

RESPONSE: "Here's that new time sheet item I told you about!" Adult back to Adult of STIM vs Child to Parent.

Eric Berne: Technical details in treating the patient whose position is "I am OK; You are not OK!" The Parent in patient uses phrases as "--,and everything!", "--,or anything!" This Parent also internally okays the Child blaming the other guy instead of figuring out what happened; this by a pseudo-reasonable Prnt. phrase. For more information see: Int'l. Transact. Anal. Bull.

B FOR GETTING WELL OF PARANOID: Raise, wrinkle the lower eyelids and cheeks just below the eyes.

ENCOUNTER: She Is Advanced-in-Therapy: On the aggrieved brink of the injured-innocence-of bursting-into-tears, "What's so funny?"

Therapist (laughing heartily): "You are and I'll tell you why;..." The therapy was in the prompt crediting of her maneuver and gimmick without waiting for her to discredit the responsive pleasure stimulated by her.

FORMULATION: "EVERYTHING HEARING": Hearing is to be distinguished from listening. Listening is a neuro-physiologic, neuromuscular activity, complimentary to an audible (usually talking) activity, discriminating, usually focussed; hearing is a different operation.

When a sagging-faced, unmoving, unblinking person is asked "Were you listening then?", there will be an almost automatic "Yes, I heard (sic) everything you said!" and unless interrupted, "You said,..." repeating close to verbatim much of the preceding 30 to 60 seconds.

Hearing is here defined as a semi-automatic, auditory-environment scanning operation. The fact of its automaticity is attested to, eg by parents who recall waking from a sound sleep at a minimal noise or change in breathing sounds from an infant child. Hearing can be likened to a continuous loop of videotape of some 100 seconds length, available for instant replay. Hearing has a close-to-perfect recall vividness, for the immediately preceding 30 seconds after which the (auditory) image starts to fade unless an event has selectively attracted focussed attentiveness, ie listening. The hearing operation involves using the just preceding 30 to 100 seconds as a temporal base line for checking back to make comparisons for the inception of significant changes in the audible environment, to determine the presence of variations which might call for a change in listening (focus, eg to "fight-or-flight").

FORMULATION: Giggling can be joined-un-with or gotten-away-from, gotten-rid-of or "frozen-up-from" (see Vol 1, No 3: Feb 5, 1969, THE E, "Positions in Scripts").

You can't giggle and be "nervous" simultaneously. It takes, at the least, 10 to 15 seconds after giggling to reorganize into "nervousness" (to "get the nervous feeling back again") and usually a minimum of 30 seconds.

ENCOUNTER: Leona had periodically decided in group to get her driver's license. Although she (her Adult) would decide to do this in a group session, soon after she would leave group her decision to learn to drive was overridden by other, internal considerations. One day she asked for a prescription for this dilemma.

An B was given: "Throw-up one time, on your own, when your husband is nearby." At next group, seemingly out of context, while giggling softly, she reported: "I did it, I did what you told me; I threw-up!" She then related historical details--when she was seven she had been "forced to eat cooked turnips" and (daringly) forbidden to vomit them. After leaving the preceding session, she had systematically set-out to get her license; at home while reflecting on it, she noted two seemingly separate, simultaneous events in herself:

1) She felt queasy and 2) "I felt frightened at the idea (sic) of driving so I was trying to locate a reason for calling off getting my license." Then she recalled her B and also that her husband was home at that moment. Telling him what she was doing she "cooked-up a batch of turnips and started eating them. I felt just like I did when I was little; this time I threw them all up. I was real scared when the gagging started, before I vomited, but now I'm all right!" beaming triumphantly for the group. After this event, her licensing-program stayed in effect.

FORMULATION: Efficiency in wanting is measurable.

A. One lifetime has a finite number of seconds.
B. It may be that not all of an individual's desired objectives are attainable in such a finite interval of time even with the most efficient of sequential programming and use of this (allotted life-) time.

Efficiency in wanting involves, therefore, a selective, discriminatory utilization by the individual of

1. The (personal) resources at his disposal: eg physical, intellectual capacities, time interval required to accomplish an objective (funding is a function of time value), period of life in which an objective is considered, (an estimate of the personal) value of the objective, the satisfactions to come from the practicing of the activity itself (ie the time spent in working toward the end result), etc.; and

2. The (life) opportunities which occur, those opportunities which the person can place himself in the way of; to then take hold of, in order to get-on-with (accomplish) the particular selected shorter and longer range life goals.

There are a maximal, a finite number of "now-moments" in which an individual can participate in the opportunities, the events surrounding his life.

Any activity, any accomplishment, any event of new living, any "change-in behavior" will be done within a "now-experience,"---"JUST AIN'T NO GETTING AROUND IT!--- THAT'S LIFE!" The accomplished person is a practiced, a practicing one who has selected to devote many living seconds of lifetime to one selected activity instead of others. The quality of a "gifted-accomplished person" may have something to do with his genetic makeup but this factor is diminishing as studies in genetics evolve (Science News, page 556, Nov 30, 1968).

How many hours of lifetime did Mickey Mantle spend daydreaming of, plus, in fact, throwing and batting a baseball during his first 500 million seconds of lifetime (15 years). Then when the opportunity came for him to stand before assembled throngs to demonstrate his accomplishments, he performed--including the home runs and the (ignominious) strikeouts with the accompanying cheers or jeers.

NOTICE, Seminar: Workshop in Group Dynamics, March 21-23, 1969, Biltmore Hotel, Los Angeles. Write, Director, Leon J Fine, PhD: SEMINARS IN GROUP PROCESSES, 8475 S.W. Bohmann Parkway, Portland, Oregon, 97223.

Send THE ENCOUNTERER for One Year to

Name:

(Type or Print)

Address:

ZIP

(Individual Subscribers: Please make check for \$2.50 payable to FOUNDATION for GROUP TREATMENT, Inc.)
SEND TO: FOUNDATION for GROUP TREATMENT, Inc., P. O. BOX 1141, VALLEJO, CALIFORNIA 94590

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 reports
 - a. ENCOUNTERS, vignettes, applicable to group treatment
 - b. FORMULATIONS of theoretical and practical nature
 - c. "B for Getting Well."
2. NOTICES of coming talks, seminars, meetings for learning, teaching, training.
3. REPORTS on events of interest to group treatment professionals.

Individuals who would like 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.

THE ENCOUNTERER

EDITOR: **FRANKLIN H. ERNST, JR., M.D.**

An Information Service for Group Psychotherapy Professionals.

Published under the Auspices of the Golden Gate.

FOUNDATION for GROUP TREATMENT, INC.
P. O. Box 1141, Vallejo, California, 94590.

Postage Paid
Non-Profit
Organization
Permit 275
Vallejo, CA.9-590

RETURN POSTAGE GUARANTEED