

# THE ENCOUNTERER

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

FOUNDATION for GROUP TREATMENT, INC.

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

Editor, FH Ernst Jr MD

September 5, 1969

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**MEETING NOTICE:** Golden Gate Group Psychotherapy Society, monthly scientific meetings, San Francisco; no fee for attending professionals. For place, dates, speakers, write: GGGPS, P O Box 18125, S F, CA 94118

**R for Get-Well-Of "Scared-to-Get-Married":** Sign-up with each other for a get-married-for-a-year (or 3 months) with option for renewal.

**Results to date:** All options have been picked up by couples taking this R. Getting married 'til-death-does-part means the only out is for one or the other to die, unless somebody welches on the deal. This is not to be taken as favoring abolition or postponement of marital licensing and vow exchange. It is rather to describe the glowing winner, GOW intimacy pleasure for a couple, inherent in a mutual show-off, explicit reaffirmation of the "I want to (be) marry(ed) to you (some more)...Will you (keep on being) marry(ed) to me Josephine?" There is no legal, ethical, moral, religious or other valid reason known to the writer that stops a couple from being (re)married with ceremony (and license) every year if they want to.

Heard on the couch (and cured): "I don't see why I gotta get married, I'm too young to die!"

**FORMULATION:** Strokes defined (continued from 8-20-69):

Strokes are words, are touches, are (social) stimuli (intended for) reaching into another person's awareness, to move the other person, to stimulate an acknowledging response from him.

"Marshmallows" (TA slang for soothingly intoned, Parent syllables) are strokes; strokes which, although of limited usefulness, still, are specific for some situations.

The term "positive strokes" (and "negative strokes") is one heard from Parental therapists. It is a term derived from "The Power of Positive Thinking" a heaven oriented epistle by N V Peale.

"He does not ever accept strokes" is an expression used by a frustrated therapist. It infers a patient who is not giving-himself-away by responsive muscular movement to the stroker (stimulator), one who has not been moved by the talker. An EEG tracing done at the time of the stroking, however, would show a coincidental, characteristic electro-encephalographic activity at the time of the external stimulation taking place. This means that the stimulus has been perceived; therefore, non-responsiveness occurs because of other factors, here called a decision; a decision organized to effect a non-moving state.

"Counterfeit stroke" is a felonious euphemism referring not to stroking, but to a game maneuver involving a misleading, a "fake-out."

**ENCOUNTER:** Lea seen after a two-year absence: At the end of a session Lea's 9 year old son Jon, waiting outside, was invited to re-view the wall marks which he had made on therapist's office walls before. The re-view was an animated one; the memory was vivid and glow producing, for all three. Two years before Jon had first been given protection for marking (mother-Lea was asked by therapist if it would be OK and she said yes) and then given permission (therapist invited Jon to mark); whereupon Jon had gone around the room with crayolas (4) in hand and made more marks on the walls there than anyone else to that date. Now therapist, Lea and Jon were able to verify the authenticity of each of Jon's marks, which were his and which were not. Therapist was not aware of one by Jon; Lea told that therapist was on the telephone two years before while Jon made the one in question. Jon was visibly pleased to see the marks were still there; Lea was proud; therapist was impressed with the vividness retained in memory by all three.

**ENCOUNTERER NEWSFLASH:** The Anchorage (Alaska) Glacier Pilots won the semi-pro national baseball championship at the Wichita, Kansas playoffs on August 25th. Congratulations to Mgr J Stepp, Coach P Deeth and to you, team-member Neil, my son.

**PUBLICATION:** The writer is pleased to note that the National Institute of Mental Health with its staff and its Gov't printing presses is following the Jan 5, 1969 lead of THE FOUNDATION FOR GROUP TREATMENT (Publisher of THE ENCOUNTERER). In April the announcement of the Mental Health Digest was received from NIMH. If the Mental Health Digest lives up to the NIMH brochure, it will be a very useable and welcome addition to this field of literature at the \$3.50, 12 issue per year price. For more information write the MHD, National Institute for Mental Health, Washington D C, 20014 or Supt Documents, Gov't Printing Ofc. Washington D C 20402.

**REPORT OF MEETING:** The 200 registrants at the Annual Summer Conf of the Int'l Transactional Analysis Ass'n came from as far as Virginia, Hawaii and Saskatchewan for the August 22-24, 1969 meeting in Monterey, CA. Program highlights included:

1. "Surprise," a non-rehearsed, playful spoof of a group therapy session and a staff conference at a make-believe teaching center. The actors, Advanced Members of TA, besides putting on a very humorous show, gave a living demonstration of Adult-programmed natural-Child, -- spontaneous and imaginative, showing-off before an audience. It personified "Programmed Spontaneity: Saturday Showing 5-6 P.M."
  2. TOUCH as potentially useable in therapy was the topic of three presentations (total of 32 on the program). After his opening remarks for the second one, J Cassius PhD, TA clinician and holder of the Black Belt in Judo, gave a full-audience-participation workshop showing the use of some Judo skills, by inference useful in training and possibly treatment groups. Discussion centered on the neurophysiology of the alerting process as the sensations of touch, kinesthesia and audition play a part; how use of the techniques shown could cut through preoccupation and provide for a better quality Giving-Yourself-Away. GYSA has at times been referred to as the key to the get-well process. This session on Touch ended with a GOW-style handshake between participants. (see coming issue: "The Great Handshake")
  3. S Karpman, contributor of large amounts of original and useable thought to TA as it has evolved, talked on the crucial-for-getting-well topic of patients developing conversational OPTIONS; a practical, G-W use of crossed transactions.
  4. G Bush gave another in the series of her Moniker Form Theory. The multi-faceted quality of the child (category of ego states) seen in clinical practice is probably related to the various characters in the person's Childhood script-story (fairy-tale).
  5. The Position for Getting Well, by the writer, cited the fact that each script story has within it, at least one character for each of the 4 major (OK, not OK) positions including the get-winners, get-well position. A patient can get-well within his own script by a shift of some portion of his (libido) commitment (cathexis) to the GOW position in order to bring about more "I am Okay and you are OK" solutions in his daily social encounters. The latter is the heart of the get-on-with-it operation. Some of the R's given to patients for getting-well and into the Position-for-G-W were discussed.
  6. J O Schiff led a unique panel of family members in which mental-illness and behavioral disorder were shown as successfully treatable within a family setting with the explicit use of TA. The Discounting of Child behavior was discussed especially as it contributes to psychopathology; as also were control over-others and of-self. Categories of anger were defined along with methods for handling each. "Repressed-inhibited anger" was differentiated from "anal anger".
- for Get-Well-Of "Fear of Elevators":** "Throw-up R ('jawk') just before leaving 'home'." (see also Leona, Get-Well-Of Fear of Driving, The E, 2/20/69.)

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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 reports
  - a. ENCOUNTERS, vignettes, applicable to group treatment
  - b. FORMULATIONS of theoretical and practical nature
  - c. **B**s 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.

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Adult, "level-head," objective, ego state	A
Child, childhood, "the kid" ego state	C
Cycles per minute	CPM
Cycles per second	CPS
THE ENCOUNTERER	E
Glimick: (trick, wrinkle) 3rd move of a GAME	G
THE DEVOLUTION Life Solution of Get-Away-	GAF
From: I-am-not-Ok-and-you-are-Ok	GNM
THE OBOLUTION Life Solution of Get-No-	GNM
Where: I-am-not-Ok-and-you-are-not-Ok	GNM
THE EVOLUTION Life Solution of Get-On-With	GOM
(It, life, living); I-am-Ok-and-you-are-Ok	GRO
THE REVOLUTION Life Solution of Get-Rid-Of:	GRO
I-am-Ok-and-you-are-not-Ok	GRO
Get-Winners, Get-Well, Getting-Well, usually	GM
synonymous with the GOM Life Solution	GM
Hook: (come-on, engagement) 1st move of a GAME	H
Maneuver: (con, angle, ploy) 2nd move of a GAME	M
Number	NO
Parent, Parent, ego state; to be differen-	P
ated from Adult ego state	P
THE E	THE E
THWIT'S	THWIT'S
Volume	VOL
Pay-Off: Uterior (latent) motive, reward-4th	P-O
move of a GAME	PSI
Founds per square inch	PSI
Prescription, prescribed, therapeutic	<b>B</b>
advice, treatment recommendation	SCRIPT
Life-Story; map of person's life-often resem-	SCRIPT
bling a fairy-tale	SOBA
SOB Authority, Silly-Ole'-Boy-Authority	SOBA
SOBA-HUNTER: Person with an "authority problem"; a	SOBA
Crusader; a revolutionary	TA
SUCCINCTISM: Concise graphic formulation	TA
Transactional analysis-originated by Berne.	TA
It is:	TA
1. A theory of (social) behavior	TA
2. A theory of personality structure	TA
3. A method of (group) psychotherapy treatment	TA
4. An organization	TA
It embraces and is not contradictory to	TA
psychoanalytic theory and practice	TA
THE ENCOUNTERER	TA
"To Hell With It"s, Having a case of the	TA