

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, F H Ernst Jr MD

October 20, 1969

Vol 1, No 17

MEETING NOTICE: FAMILY THERAPY TRAINING-SEMINARS, weekly on Fridays, 10 AM - Noon. Clinical Group and Discussion: Isaac Slaughter MD conducting. Held at the Calif Medical Facility, Dept Corrections, Vacaville, CA 95688. Contact Supt' Office. Attn: Mrs A King.

FORMULATION: The MOVES of the Game DO-ME-SOMETHING(DMSO):

HOOK: A brightly spoken announcement, a question of stimulating interest, seemingly showing initiative.

MANEUVER-1: Some elaboration of personal date; interspersed with smiles and short hesitations; relatively "on-the-level" but managing to show that "some-parts-of-the-problem-under-discussion-still-remain-in-the-scene." The rate of bringing out details decreases. The aim is to encourage questioning via silences, incomplete date and a friendly or alert show of interest in the listener.

MANEUVER-2: Expectant, Hesitant Quavering: Once some questions are coming back to the DMSO player the quality of ego state changes; his demeanor, tone and attitude change. (A) He often sits-up and forward on his chair and (B) a seeming unsureness and quavering comes into tone and words. A quavering may appear on the chin, in some portion of a limb, eg, rapid ankle movement, or in a sighing. This quavering encourages more encouraging and at first blush is explained by the player as "out-of-consideration-for-the-other-person", "I-don't-mean-to-ask-too-much-from-you-but", "Because-I-don't-want-to-shut-you-out-of-the-conversation!", "Your-questions-make-me-think", "Make-me-want-to-be-sure-I-understand-you-correctly!". The more comments to come back to the player, the fewer quavering syllables are given until his gaze is seen going down when no comments are coming to him and his silences become extended after these comments are given back to him and before monosyllables are returned by the player.

GIMMICK: DO-ME-SOMETHING: It's-NOTHING: After a longer, forlorn, hold-out silence, he sits back and squares-off (eg, fold arms, gaze-up and directed at his target person) to state (usually with words): "Well, won't-you-do-something-for-me, please?", "Aren't-you-going-to-do-anything-about-it?", "After-all-isn't-that-what-I'm-here-for", "Aren't-you-supposed-to-do-something-for-me."

PAY-OFF: This varies and it is volitionally variable by persons hooked on getting-well. The Pay-Off of a game is the resolution-of or solution-to the encounter. It is the sought-for reward; the underlying latent motivation. The Pay-Off is the hidden, the ULTERIOR MOTIVE force in the game. The PAY-OFFs for this game can be grouped into those four categories of solutions which each game (so far studied) can and do have:

PAY-OFFs for the game "DO-ME-SOMETHING, -(Nothing) DMSO:

1. Get-Rid-Of the SOMETHING offered by way of:
 - a. "That's-Nothing", "That-didn't-do-anything-for-me!"
 - b. "You-gave-me-a-bad-feeling, the-way-you-just-did-me!"These deflate or push-away the SOMETHING-DOER.
2. Get-Away-From the Doer: eg, an angry-telling-off-and-declaration-of-leaving.
3. Get-No-Where with the Doer, eg giving a frozen-faced, hard-faced, extended pouting silence intended to convey "You-didn't-do-anything-for-me-and-I'm-not-going-to-let-you-do-it,-either!"
4. The Winner Pay-Off, the Get-On-With solution, often seen in group sessions has been the broad, warm smile of the player on recognizing he has been found out and that he is being embraced by the reciprocal smiles of the other members.

On occasion this last Pay-Off can be mistaken for the smile of M-1: The clue for identifying the P-0 smile is the concurrent other-person-smile, "I am smiling (I'm OK) and I-want-you-to-smile-too (You're OK)!" This reciprocal smile will be there if it is Pay-Off time.

R for G-w of Obesity Given to a 14 year old: Say "Hello" to 20 kids a day at school using their first names.

FORMULATION: External-evident-manifest behavior and internal experiencing, reliably tend to converge within 30 to 60 seconds. This is for those who believe (vs think) they don't-give-themselves-away, those who pretend they can keep from giving themselves away; those whose opinion it is that appearances can be deceiving. The behavioral choices available are instead: The opportunity for a person to shift (a) his "Executive" from one ego state to another, as from Child or Parent to his Adult when he uses his own personal set of "Adult Locators". (b) the ability of each ego state, especially the Adult, to borrow from the other two. This latter is depicted, eg by some therapists in the treating situation who "borrow" in order to stay responsive and yet get around crossing transactions with a patient; it is also seen with professional actors doing a good job.

ENCOUNTER: LIFE SOLUTIONS in Operation: Kim, in group therapy to Get-Well-Of feeling unreal: "I get mad every time my husband brings up my getting pregnant again. I know that is what he is thinking." Then in a few minutes she adds that "getting-mad-at-him" is a get-rid-of solution (temporary style) for encounters she has with him. She adds that "warm-ups" also have other dimensions for her: that "Getting-embarrassed-and-red-in-the-face-in-group" is a temporary get-away-from solution to a situation; that "glowing" and "warming-up-for-him (husband)" are expressions of get-on-with solutions for encounters. The fourth category of solution for her is typified by "He-leaves-me-cold-when-he-says-that" and it is a get-no-where solution for her with him.

FORMULATION: "I have no other choice," "You leave me no other choice than to..." "There is no other alternative left but to..." In fact, these "no choice" phrases as used in transactions, are not to describe the speaker's own restrictions but to maneuver the listener into a corner, to trap him if he disagrees, to restrict the choices of the listener. This maneuver, when used by experts, says "Any reasonable listener can obviously see there is no other alternative, and I know (I can see) you are a reasonable person! Huh? Okay!"

ENCOUNTER: Heard from the podium at a Group Therapy Conference: "I always have my Adult in charge in my therapy groups!.....I never let my Parent or my Child become involved in the patients' communications!" These self-righteous words were emphatic and piously intoned. (Whoops! His angle was showing!) Head was angled 15° forward and tilted to the left 12°, a horizontally furrowed brow; tone and demeanor which brooked no contradiction. Right shoulder lower than left by two inches and forward two and one half inches (as if ready to lunge!). Well anyhow, the speaker's executive ego state was one or the other of the two grown-ups in him.

FORMULATION: Authoritarian and Authoritative:
Authoritarian has reference to Parent-type disciplining: "You should," "You better or else---!" It indicates (the capacity for) exercising sanctions on someone, as with grading his performance; it means boss. He may not know what he's talking about, but the boss can do it, and he can make it stick.
Authoritative means acknowledged eminence, well informed, official, from the originator, convincing, conclusive. He may not be able to enforce it but the authoritative person does know what he's talking about.

ENCOUNTER with Miss OBESITY: At 220, she is a fat, 14 years old. R given to her in third session: "Say hello to 20 kids a day using their first names. Do it on six school days." At the fifth session, two weeks later, she was asked "Does giving 20 kids a day a hello with their first name work?"

"Does IT! (Big smile) WOW!"
Therapist: "Do you want to use the R some more?"
"YEAH!" Being a well-and-proper-taught girl her usual answer would have been a (refined) "Yes."

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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.

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RETURN POSTAGE GUARANTEED

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