

# 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

November 5, 1969

Vol 1, No 18

MEETING: "Therapy in Groups" Dec 6-7, 1969, MENDOCINO STATE HOSPITAL, CA, Extension Course, write- W G Burrows, MD C/O MSH, Talmage, CA 95481.

ENCOUNTER: EUREKA!-for-THE ENCOUNTERER: It has come to our attention that this publication has achieved a "BANNED-in-Boston" status. A worker in one county welfare department tells that THE E first has to be cleared by his Social Work Supervisor before he or his fellow workers are allowed to read it. Rationale given: "It is too complicated", "There is too much information in it!"

The Administrative Secretary of THE FOUNDATION for GROUP TREATMENT (sponsor of THE E) reports that about 10% of the paid subscribers to THE E are avowed group therapy patients of various therapist (some named).

FORMULATION: Original Contribution to the Theory and Treatment of the Obesity Syndrome: 100 lbs overweight equals 100 lbs X 454 grams/lb X 9 kilo-calories per gram(of fat tissue) X 1000(small)calories/kilo-calorie. One small calorie is the heat energy required to raise 1 cc of water 1° Centigrade. Therefore, 100 lbs of fat equals 410 million calories. Why are fat people fat? Watch the faces of fatties and ex-fatties. The uncured-obese person (whether he has lost weight or not) still "thinks-fat". He will show it with a much reduced or absence of facial expressiveness when being talked to. The facial and other animation of the "Think-Obese" person becomes impassive, inscrutable and unmoving for the talker; the obese person gives himself away (is characterized) by a facial and body muscle attitude which (as he is being talked to)says, "Your words don't move me. I don't have to listen to you if I don't want to and I have decided I don't want to." This unmoving quality of facial expression of fatties and uncured ex-fatties is true whether the person be at the extremes of being a public figure or a recluse. Recently a well-known television personality took off a large amount of his bulk. His facial expression, however, continues to remain impassive, unblinking and unmoving when someone else in the cast is talking to him; in fact, his arms usually go limp, let alone his facial expression sagging.

Getting-well of obesity is done by letting himself be moved more regularly and more reliably by the other person's talk. The core treatment task is to reverse the childhood decision, "I'm not going to let what you say move me, get to me, bother me or distress me because I don't have to if I don't want to and I don't want to."

FORMULATION: Faith is what children are taught-to-have or taught-to-not-have. The treatment objective for a patient with a lack of faith (eg in-the-future or in-himself), is to establish predictability indices for specific events, including his own commitments. Predictableness is a computable quality: regarding himself for certain unique tasks, regarding another person for specific events (eg paying-of-bills-on-time); probability estimates can be made for upcoming-events as with, "a 90%-chance-of-rain-tomorrow", "it-is-7-to-3-the-Orioles-will-take-the-Mets-for-the-World-Series," "there is a 75% chance he will say, 'I-am-sorry,-I-didn't-mean-to-'," "Predictability is future probability."

ENCOUNTER: GETTING TREATED: "Yeah, but doc, the codeine does get rid of my headaches and you promised you'd help me get over my headaches.

THERAPIST: "That ain't true. I never said nothin' about helping you. You don't need to come here for that. You already had a lot of people helping you before you came here---your sister, your mother-in-law, your daddy, your bartender. You came here to get treatment for your headaches and I said I'd treat you for them."

SUCCESSISM: Practice making it yourself is practice for making it with someone else!-ONAN.

NOTICE: Notes on discoveries, preliminary findings and synopses of original articles will be considered for publication in THE ENCOUNTERER on the basis of available space and consistency with the purposes of this publication.

ENCOUNTER: MR. COUNSELOR: "Say, Mr. Transactional, I want your opinion on this. Another therapist told me about a couple I had referred to him because of threatening divorce clouds. When they came to him for their first session, they were obviously untroubled and flushed at the moment, smiling at each other. He told me it looked as if they had "made-out" with each other just before coming to the session and so he asked them. They said, yes, that it was true, they did have sexual intercourse just before coming for their appointment. Then he said he told them that if they were going to come to him, they were not to do that anymore. His reason for this was that they had a problem and if they were going to get help for their problem, they had to stop what he called "their acting-out".

Mr. Transactional assured Mr. Counselor of his own agreement with Mr. C's unspoken conclusions; namely, that this approach was not particularly conducive to a healing process, a healing which the couple had already initiated on their own by two major steps: (a) contacting the person to whom they had been referred and (b) utilizing one of their own resources, a mutually and reciprocally satisfying activity.

FORMULATION: When a couple, in trouble with each other, has methods of their own for reducing the number of their strife-torn moments (such as enjoyable sexual intercourse), then to discourage that activity is more likely "acting-out" by the therapist rather than the patient (the couple). To forbid otherwise sanctioned mutuality in the name of "therapy" is a misrepresentation and may even be fraud. There is the chance this other therapist preferred witnessing contention instead of loving--with loving he might possibly have more rapidly become an unemployed contention arbitrator. On a "deeper level", it may be that the high quality, winner-style, glowing intimacy between these two people, which the therapist in question was privileged to have witnessed, brought out the "jeerer" in him (vs cheerer). If he was, in fact, "get-well oriented", then he flunked his job. This couple received intimidation as a result of exhibiting their mutual attraction and satisfaction to him. Was it indecent to "publicly" show capability for (re)productive or creative intimacy? A couple who comes for therapy in the manner cited, just after intercourse, is well on the road to getting-well. They are probably looking for the therapist to furnish a more effective mutual protection; a protection for (their giving-each-other-permission) giving-themselves-away-to-each-other. This protection is very likely similar to or the same as that furnished by the original ceremony which led to the licensing of the relationship. This latter protection and sanction may, on occasion, be able to use a renewal "recharging". A therapist or a therapy group often are in excellent position to supply this "recharge." (See THE ENCOUNTERER 10-05-69.)

FORMULATION: HELPING AND "THE HELPING PROFESSIONS?": It takes a license to treat. Some manner of certification or registration is required in many, if not most states, to perform various speciality techniques called THERAPY: Occupational, Rehabilitation, Psycho and Physio, etc. Neither certification nor licensing is required to try-to-help or even in fact, to-be-helping. Helping is not a profession. The term "The Helping Professions" is a euphemism; the words themselves are, however, euphonic.

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. **Bs** 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

VOL 1 No 18 11-05-69 EDITOR: F H ERNST JR MD  
*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.94590

RETURN POSTAGE GUARANTEED

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
Gimmick: (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	GAM
The REVOLUTION Life Solution of Get-No-	GNM
Where: I-am-not-ok-and-you-are-not-ok	GOM
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	GM
Get-winners, Get-well, Getting-well, usually	GM
synonymous with the GOM Life Solution	H
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
THE E	THE E
THWIT's	THWIT's
Volume	VOL
Pay-off: Uterior (latent) motive, reward-4th	P-O
move of a GAME	
Pounds per square inch	PSI
Prescription, prescribed, therapeutic	R
advice, treatment recommendation	
Life-Story: map of person's life-often resem-	SCRIP
bling a fairy-tale	
SOB Authority, Silly-Ole'-Boy-Authority	SOBA
SOBA-HUNTER: Person with an "authority problem"; a	SOBA-HUNTER
Crusader; a revolutionary	
SRCCINCTISM: Concise graphic formulation	SRCCINCTISM
TA	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	
THE ENCOUNTERER	
"To Hell With It's", Having a case of the	