

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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Editor, F H Ernst Jr MD

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MEETING: Amer Psychoanalytic Assn: Dec 11-14, 1969, Waldorf Astoria Hotel, N Y, Write: Amer Psychoanalytic Assn, 1 E 57th St, N Y, 10022.

ENCOUNTERER NEWSFLASH: News reporters covering the second manned-moon-exploration confirm finding the CHILD ego state in the Men-on-the-Moon: (Dateline Vallejo Times Herald, 11-20-69.) "On (their) first (moonwalk), they babbled and cavorted over the dusty Ocean of Storms like two giddy children.---Both Conrad and Bean kept up a constant comic commentary as they went through the serious business of exploring the moon and setting up experiments.---When they retired for the day, Conrad, his voice businesslike again after the excitement of the first moonwalk, said they wouldn't take as long to eat and they might not be able to sleep as long as planned. 'We're not going to sit here (to take our naps)', Conrad said, 'so we'll give you a noller whenever we get up...'. It was that mixture of hard-headed thinking and gleeful exploration that was the pattern of these two men on the moon."

Rx for G-W of NOT TRUSTING: Make and establish indexes of reliability. The reliability of a particular person for a specific activity can be determined by tabulating the frequency or percentage that the other person engages in that particular activity. (See next issue THE E "Reliability vs Trust".)

Efficiency in GETTING-WELL: A useable schematic for the G-W process of the individual, within his own life story, is presented here as the Grid or **MATRIX-FOR-GETTING-WELL**.

FORMULATION: The GET-WELL MATRIX for the Script PRINCESS-AND-THE-PEA; In this fairy tale, the king and queen have a son who is looking for a wife, a princess. No one he meets is princess-like enough, is sensitive enough to suit him. One night during a storm, a princess comes to the door of the castle, drenched and disheveled. She is admitted to the castle; she tells who she is and that she has lost her retinue in the storm.

To test if she is truly a princess, she is bedded for the night on twenty mattresses beneath which a pea has been placed. In the morning, on inquiry from the queen, the princess complains of a bruising, restless sleep, whereupon the prince proclaims he has found his own true love.

SCRIPT: PRINCESS-AND-THE-PEA		
OK= Aware, Approach		
	I AM	
	Okay Not Okay	
	GOW: + and + KING and QUEEN; parents of prince	GAF: - and - PRINCESS
Okay	DOORMAN of CASTLE; PSYCHIATRIST FOR prince	
	CARRIAGE-DRIVER	
YOU ARE	GRO: + and -	GNW: - and -
Not Okay	PRINCE FATHER and MOTHER; of princess; a troubled kingdom	RETINUE of princess

The quality which confers "okayness" in this script is aware-awareness, approach-approachableness.

In the I-Am-OK-AND-You-Are-OK slot of this script are, 1) the king and 2) the queen of the castle, ie, father and mother of the prince. These two are aware of their own desire for their son to have full-blooded, royal progeny and of his own quandry about approaching a qualified playmate. The king and queen are prepared to get-on-with a) their son, b) the princess and c) the kingdom of the princess.

In the I-Am-OK-AND-You-Are-Not-OK position is the prince. He has used get-rid-of solutions on previous

Rx for G-W of STAMMERING: "DUET TALK" with the stammerer. **PROCEDURE:** At a time after the patient has begun to sort his own Adult and Child ego state, therapist tells the patient he is going to talk at the same time as the patient is talking. Then therapist begins to initiate and discontinue his own words simultaneously as the potential stammerer is also making audible syllables. This DUET TALKING is done with the stammerer for a five to ten second interval. Within about three sessions of using this procedure with the patient, the game basis of stammering becomes locatable, (similarly with stuttering). **FORMULATION:** Stammering in the two person game is the second part of the maneuver move of the game: The first part of the maneuver proclaims, "I have the floor. Don't interrupt me while I am still able to talk fairly well." The stammer maneuver in a two person game can be adapted to "Wooden-Leg", "Aint-it-Awful", "Look-How-Hard-I-Tried" and some others. The gimmick, depending upon which game is being played (see THE E 7-5-69, a game is known by the nature of the gimmick move), is 1) to become repetitively stuck on an obvious word and then stop as if for breath, 2) to pronounce an apologetic but clearly recognizable syllable or 3) proceed directly after an inspiratory breath and just barely after the first syllable is started by the other person. With the DUET TALK procedure, the stammerer is unable to continue to audition his own stammer, becomes disconcerted, maybe vocally describing his Child is angry.

occasions with other princesses. He has become a person to approach with caution, a person to beware of, having reproached other princesses who were not aware enough, not sensitive enough. "Beware!" means be aware (of danger?) if you approach.

In the position of I-Am-Not-OK-AND-You-Are-OK in this story is the princess. She is the one who portrays the get-away-from solutions to encounters. She got-away-from her father and mother and her retinue. Being a sensitive princess often is depicted by a tendency to burst-into-tears on becoming aware of something. However, in treatment contracts, get-on-with solutions are approached by showing that sensitiveness to the other person can also mean more awareness of the other person's internal operations, more awareness of clues of approaching, get-rid-of operations by the other person, awareness of alternative approaches to important persons so that get-away-from solutions are less frequently required.

In the I-Am-Not-OK-AND-You-Are-Not-OK position are the members of the princess' retinue who a) were unaware of the approaching storm and of their location and b) were unaware of the lack of safety to their charge, the princess; nor were they approached by her when she got lost. Then later, they are in the unenviable position without their princess of: 1) being able to get-nowhere-with her daddy and mommy back home, 2) squabbling among themselves about whose-fault-it-was-she-got-lost-from-them and 3) being lost in a foreign land populated with strangers. Both in theory and by inquiry from real 4-year-olds to whom this story is told, there are other characters in this plot: 2) the carriage driver of the princess' coach 1) the mother and father of the princess, who were aware of themselves and approachable themselves but who were unaware of and not approachable about the lack of reliability of their daughter's retinue 3) her doctor, "in case she caught cold"; 4) the chief doorman at the prince's castle 5) "the prince's psychiatrist" (per the 3-year-old daughter of a psychiatrist, "because he had a problem, didn't he daddy?") and others equally obvious to a "naive person."

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 - c. **Bs** for GETTING WELL.
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A	Adult, "level-head," objective, ego state	P-O	Pay-Off:Ulterior(latent)motive,reward-4th	move of a GAME	P-O	Pounds per square inch	PSI	Prescription, prescribed, therapeutic	advice, treatment recommendation	SCRIPT	Life-story;map of person's life-often resem- bling a fairy-tale	SOBA	SOB Authority, Silly-Ole'-Boy-Authority	SOBA-HUNTER:Person with an "authority problem"; a Crusader; a revolutionary	SUCCINCTISM:Concise graphic formulation	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	Volume	VOL	THWIT's	Parent, Parent, ego state; to be differen- tiated from Adult ego state	NO	Number	M	Maneuver:(con,angle,ploy)2nd move of a GAME	H	Hook:(come-on,engagement)1st move of a GAME	GW	Get-Winners, Get-well, getting-well, usually I-am-OK-and-you-are-not-OK	GRO	The REVOLUTION Life Solution of Get-Rid-Of: (It, life, living; I-am-OK-and-you-are-OK	GOM	The EVOLUTION Life Solution of Get-On-With Where: I-am-not-OK-and-you-are-not-OK	GNW	From: I-am-not-OK-and-you-are-OK The OBOLUTION Life Solution of Get-No-	GAF	The DEVOLUTION Life Solution of Get-Away- Gimmick:(trick, wrinkle) 3rd move of a GAME	G	The ENCOUNTERER	E	Cycles per second	CPS	Cycles per minute	CPM	Child, childhood, "the kid" ego state	C	Adult, "level-head," objective, ego state	A
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