



Transactional Musings

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Special points of Interest:

- The 3-stacked circle diagram is very likely the single most used, useful and useable tool developed to date in the entire history of psychotherapy. This diagram pictured for teachers AND students, for therapists and patient alike, the (internal) super-eminence of opinionated thinking in each person. It pictured the over-riding nature of (two, three, and even four) generations-old qualities of thinking **and** behaviors. *AND* it differentially distinguished this particular, this Parent aspect of the grown up aspect of the person from that other grown-up quality in the individual, namely the ADULT. The Adult is the other grown up who is a continuously updating, computer-programmer, probability estimator."



Third Circle — the Parent

When Dr. Berne separated the Parent from the Adult ego state, then pontifications of the schools of psychotherapy, the dogmas and indoctrinations of the castles of psychopathology could be recognized for what they were, fixed opinions.

Dad wrote a very good paper about the parent ego-state, in 1970. In 2008 he revised parts of the paper, added new thinking and renamed it "Third Circle — The Diagramed Parent: Eric Berne's Most Significant Contribution." There are many diagrams showing the three stacked circles representing Parent-Adult-Child. Then there are the transactional diagrams described: two sets of three stacked circles representing two people and arrows drawn between the PAC circles to represent transactions between the two, i.e. verbal, non-verbal communication.

Dad, F.H. Ernst Jr., M.D. opens this paper by saying "Historians may well describe Eric Berne, M.D.

(1910-1970) as the most outstanding contributor to psychodynamic psychotherapy and psychiatry since Freud. Berne's contributions were legion. He is best known for his book Games People Play (1964)."

"Berne developed a set of teachable principles for conducting psychotherapy. He defined THE UNIT of social action, i.e., THE SOCIAL TRANSACTION as being one conversational stimulus and the related (conversational) response of another person to it. Social relationships were shown as developing within an extended series of transactions over intervals of time. He described the sequencing of and complexity of time-structuring

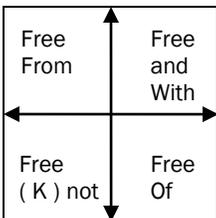
(time filling) social activities between people in their relationships."

Dad realized early on that people don't need to see a psychiatrist to know / use the PAC circles and understand the principles of transactional analysis. Berne wrote his books to be read by the people, in the public domain.

Dad continues in his paper "With Berne, contractual psychotherapy became an objective in treatment, i.e. a person would come to a psychotherapist to get-well of a symptom and the psychotherapist would agree to treat the patient in order for the patient to get well of that "problem";

continued on page 4

Cyber Games and Information



Freedom Diagram

Reference for this diagram is the OK Corral: Grid for What's Happening

There are four kinds of social operations:

- Get-Away-From,
- Get-On-With,
- Get-Nowhere-With,
- Get-Rid-Of.

Access to Information is central to freedom.

It has been written that the best form of security for information is in a filing cabinet. See Shadows in the Cloud: Investigating Cyber Espionage 2.0 available at <http://shadows-in-the-cloud.net>. This report gives detailed analysis of where mischief, criminal activity, espionage is pointing. Much evidence points to PRC (China), BUT other possibilities are considered. "Janes Intelligence Weekly" and "Aviation and Space Technology" magazines have written about cyber security, too.

Anybody who has a computer, cell phone, or other electronic information device is well aware of the

nagging feeling of insecurity. Everything is "fair game" to be picked off by "spies": recreational, amateur, government, professional, corporate, criminal, other.

So what's to do. Secure your privates the best you know how, change your shorts, and fasten your seat belts. This is going to get real interesting.

The topic of Chinese (PRC) government censoring Google services has seemingly melted into the background of the cacophony of media noise. See China's Cyberattack on Google Rattles Tech Industry at Info Tech & Telecom News.

Censorship by totalitarian governments is a big

deal. Censorship is a big deal. Stealing information is a big deal, "exfiltrated data." So what is the people's business and what is the governments' business? Turf wars? FOIA? Stay tuned.

Another free knot to think about: nobody wants to deal with this, it's in a state of get-nowhere-with, on hold. Maybe that's the best place for this, for the time being.

Happy Trails.

For reference see TM V1N3, "Self-Rekidding", and other topics at www.ListeningActivity.com

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“Blind Man’s Bluff”

Two provocative recent events are noteworthy.

(1) A Chinese (PRC) freighter hauling coal from Australia ran aground on a barrier reef off the coast of Australia. It made quite a mess. How does a ship run aground with GPS, marine charts, and a compass? Reminds me of the Chinese (PRC) freighter that ran into the San Francisco Bay Bridge a few years ago spilling fuel oil into the bay. Boy were the local chapters of environmentalism outraged.

(2) A South Korean Naval corvette sank in neutral waters just off the southwest coast of North Korea as a result of an “external” underwater explosion.

The following may seem trivial, but is noteworthy:

Sunday morning 2:00 am, 4-18-2010, from my place here on Tennessee Street, I heard and saw what appeared to be two men (in identical costumes wearing (PRC?) Chinese military or merchant marine uniforms (dark suits with dark buttons up the front, no ties, buttoned shirts at collar, brimmed hats with shiny insignia in front. Too far to verify) speaking Chinese walking east on Tennessee Street. Maybe they were part of a local drama troop let out from a local production. Or they were walking home after leaving a local club. I don’t know.

“Blind Man’s Bluff—The Untold Story of American Submarine Espionage” by Sontag and Drew is a gripping account of the unspeakable. Having grown up and lived in Vallejo—Napa area most of my life I have had a sense of what was happening without direct knowledge. I recently found this book on my shelf. A friend gave it to me about ten years ago.

Vallejo was the home of (US) Mare Island Naval Base, where nuclear powered submarines and other types of ships were built and maintained. Many of my childhood friend’s fathers and mothers worked out there: pipefitters, welders, electricians, nuclear technicians, en-

gineers, scientists, military, intelligence, analysts, construction, maintenance, other. Dad’s medical office was just down the street from the main entrance to the base. The men and women who worked and served there have much to be proud of. Admiral Rickover loved his blue sea Navy.

The US Navy was very careful not to provoke their “opponents”, at sea as described in the book, and I imagine at home here (that’s another story). Matter of fact, the Navy went way out of its way to stay out of sight, get-away-from trouble, and sit for long periods of time just listening and watching. Then there were the chases

without detection and underwater wire taps, as written. Good reading.

However, the “Cold War” was a time of intrigue, game playing, secrets, silence, criminal activity. On pages 285 and 292 questions about these concerns are raised. The book supports much of what I’ve wondered: secret missions, spies, counterspies, CIA, NSA, etc. And the intrigues, games, secrets, and “politics” have had lasting affects on the people and neighborhoods of Vallejo, and surrounding area.

The Index, Acknowledgments, Notes, and Appendix A, B, C are extensive. Many references listed. Thank You.

Redeveloping Vallejo

I received a note from an attorney friend informing me that a neighboring city is considering a new “redevelopment agency” and is encountering considerable opposition. He enquired: “What’s new (if anything) with the situation in Vallejo these days?” Response:

The topic of Vallejo redevelopment has been bounced around some in different venues.

a) goals and objectives meetings has revealed that people are NOT talking with each other: Council member to member, Council to staff. There is more to this than the limits placed on them by Public Meeting Laws. Of the three meetings attended lasting two to three hours each, not more than a half hour (total) has actually been spent on goals and objectives topics. During that half hour the council talked with each other for a get-on-with potential. They started talking about how to support business, create jobs, retain businesses, development. At that, a staff member spoke up and “threw in a wrench” by asking “do you mean redevelopment or ‘Redevelopment.’” Did she know what she was doing? (protecting her turf?, lobbying?,

wanting direction?). The Council Get-on-with was stopped, COLD.

The council understands redevelopment has two meanings: privately, spontaneously generated business development versus government controlled, limited, directed business development. The implications of this dichotomy are clear to me as I witnessed and understand. There appears to be a strong, left over organized, resistant bias for “control”, with baggage.

b) The part-time acting consulting City Manager, jumped on the idea of government sponsored “Redevelopment.” Supporting the local business community was not mentioned. I’ve heard that the previous city manager has been saying a lot of unkindly things about Vallejo, particularly among his professional International City Managers Association colleagues. So much for fiduciary relationships and “professional” client confidentiality standards.

c) The new City Councilwoman is full of enthusiasm and eager to get things going. But as she has discovered, the staff is unwilling and just not “with it”, and many staff slots are empty. However, she has some bag-

gage; she is on the staff of the City of Sacramento Redevelopment Agency and has some ideas that she is importing from Sacramento. (conflict of interest? We will see)

d) The second term councilwoman may have multiple agendas and conflicts. (work?, feds?, other?) She seems interested in organizing the community (Acorn transformed groups?), training. Yes but, what about jobs, innovation, industry, business. Self-Rekidding? Provocative? Evidently she wants it her way. (coercively obtained?) Seems to be important to appear strong, resolute. Even if it means picking a fight, though they may be in agreement.

The facilitator (therapist?) of the “G&O” meeting highlighted a similar encounter by calling it a “violent agreement.” Provocative?

The local newspaper reporter wrote up this encounter correctly as I witnessed it. And later has provocatively been chewed out (bullied?) in public, at council meetings, for its reporting. Hhhmmmm.

e) The Mayor is well intended. He has a lot going on and has his hands full. He could handle coercive racketeers (with their

coercive feelings) by “gingerly” and firmly putting them on hold. f) A friend says the Mayor has this idea of business development along I-80. Not clear how. My friend sees Vallejo continuing to NOT doing well, in the present “climate.”

There may be huge discrepancies in the numbers between of the City Budgets and Comprehensive Annual Financial Reports (CAFR).

g) Mare Island? Development? Lots of “cleanup” continuing. Bird watching is booming. Historical preservation is struggling. Rail service woes. Taxation Issues. Contract entanglements. Much of the island is vacant, and wide open. Big rigs continue to pound Tennessee Street.

h) General observations: Vallejo’s economic (B)plight is a big deal: unemployment, housing foreclosures, big box stores

leaving (Walmart, Mervyns, Yard Birds, others), auto dealerships closing shop, other businesses closing, marijuana shops opening for business, school district woes (the good, the bad, and the ugly), city gov’t (general fund) bankruptcy, union busting, city retirement agreements trashed, Federal dollar handouts continue, city construction projects to nowhere, “political” deal making among the controlling partisans, competing government interests pushing free enterprise to the sidelines, personal belief systems are interfering with good judgment, other.

Vallejo has a lot going for it though: highway crossroads, access to the sea, great universities, easy access to recreation, very concerned and self-motivated neighborhood

watch groups, talented and educated people.

So what has Vallejo all stirred up?: outside influences?, internal dis-agreements?, secret agendas?, “moral hazards”?, clouding beliefs with facts?, other?. Maybe Vallejo has a case of a “Cold War Hangover.” Anyone need an unemployed spy? There may be many kinds: good, bad, and ugly.

Redevelopment is on hold for now; both government sponsored/controlled “Redevelopment” and most private development. A lot of red tape, legal wrangling, and mixed intent. US economic mis-deeds by evidence of recent “Big Store” scams have not helped Vallejo, have hurt Vallejo.

Stay tuned.

Encounters and “The Ugly American”

In the early 1960’s when my father’s parents, my grandparents in Orinda were home between tours of overseas duties I happened to see a book on grandpa’s bookshelf that caught my interest titled “The Ugly American” by Lederer and Burdick. An interesting title, because it reminded me of two other books Mom gave me, “The Fountainhead” and “Atlas Shrugged” by Ann Rand. Grandpa, as Dad told me years later, was an expert in the field of growing rice and other agricultural crops and irrigation techniques. He was highly regarded by the University of California, Berkeley where he had worked.

As I was scanning the contents of the book, Grandpa came over to look at the book with me. He said his overseas work was similar to that described in the book. And then he said something to me that I did not understand, at the time. He cautioned me to be careful and to be honest in my encounters with people. I must have read the book then, and grandpa’s admonition has stuck with me.

I recently read “The Ugly American” again. Now I see what Grandpa meant. Today many people are not being careful, and are getting lured into situations that are way over their heads. Especially businessmen, women, and merchants in their overseas dealings. They are making deals that are hurting free people back home: people here in America are losing their jobs and their homes. This, I note, does not seem to upset the local chapters of environmentalism.

On page 108 is an interesting narrative: “The first person MacWhite saw in the Philippines was Ramon Magsaysay. As the Minister of Defense, Magsaysay had led the long and fatiguing battle against the Communist-dominated Huks in the Philippines. Later he led a unified government that efficiently ruled the huge archipelago.”

“Magsaysay and MacWhite talked long and earnestly, and MacWhite’s notes on the conversation became the substance of a long (and well-ignored) report that was sent

to the State Department. But there was one point which Magsaysay made that MacWhite did not have to put in writing, and never forgot.”

“The simple fact is, Mr. Ambassador, that average Americans, in their natural state, if you will excuse the phrase, are the best ambassadors a country can have,” Magsaysay said. “They are not suspicious, they are eager to share their skills, they are generous. But something happens to most Americans when they go abroad. Many of them are not average ... they are second-raters. Many of them, against their own judgment, feel that they must live up to their commissaries and big cars and cocktail parties. But get an unaffected American, sir, and you have an asset. And if you get one, treasure him — keep him out of the cocktail circuit, away from bureaucrats, and let him work in his own way.”

Read the “Factual Epilogue” at the back of the book first.

[Library of Congress update](#)

Writings by F.H. Ernst Jr., M.D.:

“Transactional Analysis in the OK Corral: Grid for What’s Happening” (text). A

certificate of copyright was received recently. Thank You.

“Getting Well With Transactional Analysis: Get-On-With, Getting Well and Get (to be) Winners.” Two years

after submitting an application for copyright no certificate has been received.

“Coercive Feelings: Psychological Rackets in the OK Corral.” Two

years after submitting an application for copyright no certificate has been received.

“Fourth Millennium of the Alphabet and the Transactional Analysis Diagrams. The PAC’s Meet the ABC’s.” A

certificate of copyright was received recently. Thank You.

“The Game Diagram”

Two years after submitting an application for copyright no certificate has been received.

“Handbook of Listening: A certificate of copyright was received recently.”

Thank You.

“Third Circle — The Diagramed Parent: Eric Berne’s Most Significant Contribution.” Two years

after submitting an application for copyright no certificate has been received. However, I did receive an email from the copyright office requesting information. I responded promptly.



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“Mastery of the universe is proportional to the symbols man has by which to represent his universe.”

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Third Circle - the Parent

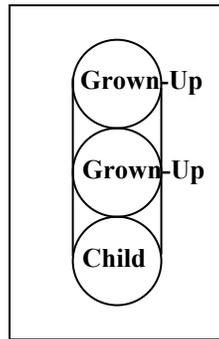
this might include treating the underlying psychopathology which was productive of the particular symptom. Berne brought the practice of psychotherapy from being an art to being scientific. This means that psychotherapy and its results became measurable, could be accomplished by specific procedures; AND could be taught by the students of the original teacher to subsequent second generation students, who could then obtain the same treatment results as those gained by the original teacher.”

“In 1955, the cornerstone paper of Transactional Analysis was first read. Published in the “American Journal of Psychiatry”, April 1957 it was entitled “Ego States in Psychotherapy”. Berne, for the first time, differentiated between the ALIVE SMALL PERSON (set of ego states) in the personality structure and the ALIVE GROWN-UP person AND THEN he went on to differentiate between the TWO GROWN-UPS (two sets of ego states) inside this same person. By using this diagrammatic representation in his treating and teaching Dr. Berne encouraged his patients and his students to personally apply these diagrams to their own lives. In so doing he placed the three stacked circle diagram into the public domain. This diagram enabled people to sort and organize for themselves large amounts of incoming and outgoing (people) information. This “basic diagram” is the familiar Parent Adult Child set of stacked circles.”

“The 3-stacked circle diagram is very likely the single most used, useful and useable tool developed to date in the entire history of psychotherapy. This diagram pictured for teachers AND students, for therapists and patient alike, the (internal) super-eminence of opinionated

thinking in each person. It pictured the over-riding nature of (two, three, and even four) generations-old qualities of thinking and behaviors. AND it differentially distinguished this particular, this Parent aspect of the grown up aspect of the person from that other grown-up quality in the individual, namely the ADULT. The Adult is the other grown up who is a continuously updating, computer-programmer, probability estimator.”

“Berne’s most significant contribution was in differentiating between the two categories of “Grown-up” inside the person. Previous to Berne,



there had been no tool available by which to picture and reliably tell apart: (a) the nurturing-disciplining qualities that make for hominess (also sometimes called “rigidity-of-character”) and (b) the objective, straight-forward, on-the-level, computed thoughtfulness in the same person, including the acts of reasoning out, reasonableness in behavior and in personally selecting the best times for the Child in this same person to come out and “play.” By showing that there is an aliveness (this is

the essence of an ego state) in being objective (**Adult**) and an aliveness in the nurturing-disciplining (**Parent**) functions within a person, Berne distinctly identified these two unique major classes of ego states in the person. The **Parent** and the **Adult** were separate entities, differently organized, separable personality structures living inside the skin of the same person, each serving a uniquely different set of functions. Then and only then did it become possible to validate the authenticity of the childhood manifestations (Natural Child and Adapted Child) that continue throughout life to show up in each one of us. Then and only then, after this Parent structure had been differentiated from the Adult ego state, did it become possible to identify and verify that it is healthy to keep and nurture and take care of the Child-self within the person. Then it was possible to see that efforts to squash out, eradicate, “get-rid-of” childhood traits is not in the best interest of the person. For example the desirability that fingernail biting be “gotten rid of” is unsupported by verifiable clinical information. By sorting the Adult thinking from the Parent thinking it became possible to define with a very considerable precision what “social control” means, i.e., personal behavior controlled by one’s own reasoning Adult.”

To be continued in Part 2

