



Transactional Musings



The Parental ego state gives a person his personal sense of being at home with himself and provides a home for his/her family.

Third Circle / the Parent - Part 2

Third Circle -The Diagramed Parent: Eric Berne's Most Significant Contribution
by F.H. Ernst Jr., M.D.
Part 2

"After Berne had differentiated the Parent from the Adult, it then became possible to describe the reasoned desirability for the first order of psychotherapeutic business to be that of gaining a more objective Adult (vs. prejudiced) control of "The When and The Where" that the Child inside the person would get his chance, his turn to "express himself."
"Once the Parent and

the Adult had been separated, then it became clearer how to define when the Adult of the person would be in the executive, when the Parent would be in charge, and when the Child self inside the person would have his chance to come out and show off.

"When the Parent was differentiated from the Adult, then the internal Parent prejudices, which often restrict playfulness, could be more readily regulated on the basis of reality.

"When objectivity was separated from the disciplining (e.g. "you shouldn't

act so childish") and the nurturing ("Here this is good for you.") functions inside, then it became discernible that at times showing-off is appropriate and that there are times when "giving-yourself-away" is a good thing (to practice). By the act of evaluating the reality (the "now-and-here") of the circumstances of a situation, a realistic decision could be made whether to restrict or expand a show of playfulness for maximum mileage (S. Freud, *Psychic Economy*).

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Preserve and Protect Freedom

The founding fathers of the United States of America wanted to preserve and protect their freedoms: to preserve and protect their families, to preserve and protect their property, to preserve and protect their liberty, to preserve and protect their lives. They had good "Parents."

There are people who do not want this today. They would rather give up, give away freedom, liberty as if it were some kind of a set of widgets.

Much provokes people in this regard. People must remind themselves to think, about these things.

For example:

It appears that we are being invaded by trillions of "Trojan" widgets coming out of (PRC) China in the name of free trade.

The "Cold War" with Russia "ended" and yet they seem to be devolving back to a less free state. Think about this, too.

We send American soldiers, sailors, marines, air force men and women to Afghanistan to "protect us." And "protect" the poppy fields of the local farmers they are. Before we arrived, 185 tons of opium (heroin) were exported per year, today its 6,500 tons or there about, depending on the numbers game. (See Jane's Intelligence Digest)

The US gov't, some say is turning a blind eye towards the US southern border while criminal wars rage in the neighborhoods over the game of drugs.

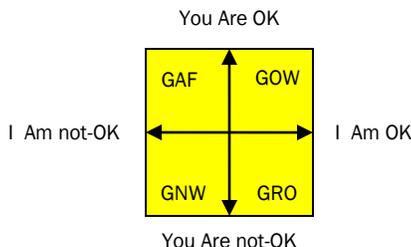
Sanctions are threatened against Arizona because they want to preserve and protect there way of life.

The US gov't sort of supports the United Nations, a largely irrelevant organization with an address in New York City which seems to object to the preservation and protection of freedom.

Federal expansion of money and debt is like a virus. Congress bails out sick banks. It should take the temperature and pulse of the patient, US; take the blood pressure. It should balance the budget. It should audit the Federal Reserve to know what's happening.

There is too much (parent-child) compromise in the name of taking care of "our interests." Seems to be a "Parent" with gaps, holes in the parent ego-state.

To Mom
Happy Mother's Day



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Special points of Interest:

- Honor Thy Parent
"Parent is a separate and unique set of ego states in the personality structure of the individual entity. Identifying this Parent aspect of personality has had a very real and practical set of results for many people and also allows leeway for the Child's ego state to come out and play at times. It allows the Child in the person to have his own legitimate place within his own living personal-ity structure."
- Library of Congress update.
- I have launched a new web site:
www.ErnstOKCorral.com
- ListeningActivity.com continues

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Honor Thy Parent

“Parent is a separate and unique set of ego states in the personality structure of the individual entity. Identifying this Parent aspect of personality has had a very real and practical set of results for many people and also allows leeway for the Child’s ego state to come out and play at times. It allows the Child in the person to have his own legitimate place within his own living personality structure.”

“Prior to differentiating the Parent (grown-up) from the Adult (grown-up), the childhood qualities (of vibrancy, buoyancy, creativeness, imaginativeness, and spontaneity) could at almost any moment in group treatment settings trigger an opinionated (Parental) element from another person.”

Phenomenological Approach

“It was easier for people to continue to think in orthodox conceptual terms than to shift over to a phenomenological approach.” This statement appears in the introduction on page 18 of Dr. Berne’s best selling book Transactional Analysis In Psychotherapy, A Systematic Individual and Social Psychiatry.

He goes on to write:

“Structural and transactional analysis ... are based solely on clinical observation and experience with patients, with previous preconceptions set aside. Under these conditions, the study of complete ego states emerged as the “natural” approach to psychology and psychotherapy. But as Federn implied, since most therapists are trained to think and work in orthodox conceptual terms, the naturalistic approach is not always thoroughly explored.”

In Chapter One Berne begins by writing “Structural and transactional analysis offer a systematic, consistent theory of personality and social dynamics derived from clinical experience, and an actionistic, rational form of therapy which is suitable for, easily understood by, and naturally adapted to the

majority of psychiatric patients.”

As has been demonstrated in the decades since Berne wrote this in 1961, people don’t have to be a patient as a pre-requisite to learn these ideas. These ideas of Parent-Adult-Child and transactional analysis have flourished around the world. But the dogmas and indoctrinations have hung on in the form of “standards”, billing guidelines and “protocols”.

Berne continues: “Conventional psychotherapies may be roughly divided into two classes: those involving suggestion, reassurance, and other “parental” functions; and “rational” approaches based on confrontation and interpretation, such as non-directive therapy and psychoanalysis. The “parental” approaches have the defect of over-looking or overriding the archaic fantasies of the patient, so that in the long run the therapist too often loses control of the situation and finds himself being surprised or disappointed at the final outcome of the case. The rational approaches are designed to establish controls from within; with the usual methods this may take a long

time, and meanwhile not only the patient, but also intimates and associates are exposed to the results of his injudicious behavior. ...”

“The structural-transactional approach helps to overcome these difficulties. Since it tends to increase rapidly the patient’s ability to tolerate and control his anxieties and to circumscribe his acting out, it has many advantages of “parental” therapy. At the same time, since the therapist remains fully aware of the archaic elements in the patient’s personality, it loses none of the value of rational therapy. ...”

“From the educational point of view, structural and transactional analysis are easier to teach effectively than most other clinical approaches. The principles can be grasped in ten weeks, and within a year of supervision an otherwise well-qualified or research worker can become quite adept in theory and practice. ...”

Berne demonstrates that “Parent, Adult, Child are not concepts like Superego, Ego, and Id, or the Jungian constructs, but phenomenological realities.”

An Encounter, a “Report”, and Formulation

The following is taken from The Encounterer, a newsletter of the Golden Gate Foundation for Group Treatment, Inc, Vol. 1, No. 1, January 5, 1969, F.H. Ernst Jr., M.D., editor.

“Senior Good-Humor-Man was discussing the videotaped work of Junior GHM at a meeting of professionals. The tape at one point showed Junior laughing during therapy at the situation of the people (patients) being treated. There was much concurring laughter in the viewing audience as the taped scene was played. At this latter event, Senior GHM piously intoned the pronouncement, ‘This dangerous levity with the patients acting out is verging on

contempt -- this is dangerous to the patients’ dignity.’ Almost instantly certain of the younger professionals of that area stopped laughing and smiling. The speculation of the observer was that only Senior GHM would know when (it was proper) to laugh at or laugh with or laugh about a patient event. By some mutual agreement, the “laugh license” of those who had stopped could be instantly revoked by Senior GHM if the younger neighbor ‘improperly used’, had abused the privileges of that license. (The filmed participants were later also shown laughing at themselves while viewing this same scene in question.)”

Report: One of the earlier actions of the Foundation was to publish the Directory-Proposal, ‘An Affiliate Society Directory, American Group Psychotherapy Association.’ This directory proposal listed in alphabetic sequence, for the first time in ten years, the best information available about the members of that national association; it also contained a section with otherwise blank pages naming the various affiliate societies with the view that affiliate societies among themselves could consider making an up-to-date directory, listing the members of each affiliate society. Such a directory could conceivably be useful for professional contacts, patient re-

ferrals and keeping abreast of each others scientific activities. Complimentary copies of this Directory-Proposal were distributed by the Foundation to well over 1,000 members of the AGPA. Since publication of this proposal by the Foundation, that national association has begun making available a mimeographed alphabetic listing of its membership for \$2.00 (US dollars in 1968). (For a mimeographed copy of the latter write: AGPA, 1790 Broadway, Room 702, New York, New York 10019). The Foundation still has a few copies of the Directory-Proposal on hand for members of AGPA requesting one."

I worked on this directory with Dad in his medical office on Tennessee Street in Vallejo during my summers and holidays home from university studies. Quite an education: I learned a lot. That was before computers and database software. Dad had organized a card catalog and my job was to as-

Proverbs

Proverbs 1

¹The proverbs of Solomon-Ben-(the son of) David, King of Israel; ²To know wisdom and instruction; to perceive the words of understanding; ³To receive the instruction of wisdom, justice, and judgment, and equity; ⁴To give subtlety to the simple, to the young man knowledge and discretion. ⁵A wise *man* will hear, and will increase learning; and a man of understanding shall attain unto wise counsels: ⁶To understand a proverb, and the interpretation; the words of the wise, and their dark sayings.

Respect for the Lord is the first-fruit of Wisdom; and only fools despise correction.

⁷The fear of the LORD is the beginning of knowledge: *but* fools despise wisdom and instruction.

⁸My son, hear the instruction of thy father, and forsake

sist-organize the names, addresses; checking for accuracy and making corrections. Lots of details.

I don't know if the association has reduced/stopped holding out, but Dad did talk about this since then on may occasions, and speculated about this impliedly in his acceptance speech when he was awarded the "Eric Berne Memorial Scientific Award" in 1981.

Formulation: (taken from the The Encounterer, Vol. 1, No. 2) "Programmed Spontaneity": "Spontaneous behavior" can be a reality programmed behavior, as with most activities gone at in a manner that takes into account the situation at hand, e.g. professional comedians. In the terminology of Transactional Analysis spontaneous behavior is Childlike openness, giving-himself-away for:

1. Increased openness to other persons into himself;
2. Increased internal, intra-

not the law of thy mother: ⁹For they *shall be* an ornament of grace unto thy head, and chains about thy neck.

Rules for Life

¹⁰My son, if sinners entice thee, consent thou not. ¹¹If they say, Come with us, let us lay wait for blood, let us lurk privily for the innocent without cause: ¹²Let us swallow them up alive as the grave; and whole, as those that go down into the pit: ¹³We shall find all precious substance, we shall fill our houses with spoil: ¹⁴Cast in thy lot among us; let us all have one purse:

¹⁵My son, walk not thou in the way with them; refrain thy foot from their path: ¹⁶For their feet run to evil, and make haste to shed blood. ¹⁷Surely in vain the net is spread in the sight of any bird. ¹⁸And they lay wait for their own blood; they lurk privily for their own

psychic contact between the intuitiveness (of Childhood) and the "here-and-now" (of Adult) objectiveness. This is sometimes called insight.

3. Improved ability to verbalize, dramatize the intuitive perceptions (Childlike, perhaps unconscious computations) about others:

Capacity to visualize and vocalize the internal workings of another person, ie, what the other person thinks he is not giving-away about himself; to deduce from the other person's presented "gestalt," what the nonilluminated, not-actioned picture is, (hidden?) behind the more evident muscular play.

Programmed spontaneity is obtained by the here-and-now Adult-self managing and timing these productions. See future issues of THE E for the position of 'getting-on-with it', The Theory of Getting Well, F.H. Ernst, Jr."

lives. ¹⁹So *are* the ways of every one that is greedy of gain; *which* taketh away the life of the owners thereof.

An Invitation to the Crowd

²⁰Wisdom crieth without; she uttereth her voice in the streets: ²¹She crieth in the chief place of concourse, in the openings of the gates: in the city she uttereth her words, saying, ²²How long, ye simple ones, will ye love simplicity? and the scornors delight in their scorning, and fools hate knowledge?

Library of Congress
update

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

"Third Circle — The Diagramed Parent: Eric Berne's Most Significant Contribution." 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.

"The Game Diagram"
Two years after submitting an application for copyright no certificate has been received.

"OK Corral, Grid for What's Happening, Eric Berne Memorial Scientific Award Acceptance Speech."
Nearly two years have passed since submitting an application for copyright certificate and no certificate has been received.



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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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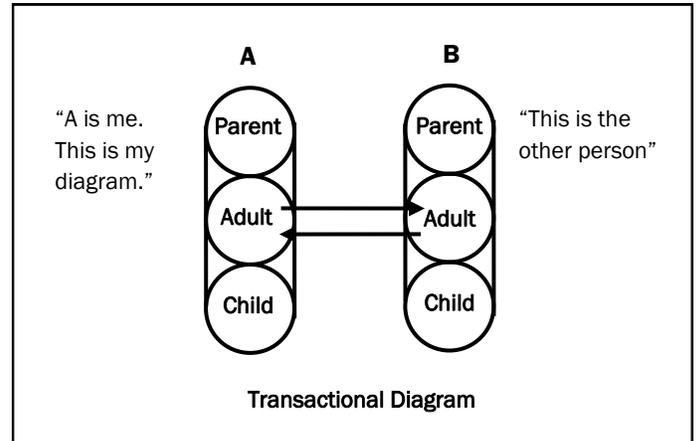


"When the Parent was separated from the Adult ego state, then the psychotherapist was enabled to define and identify, for himself, when he was exercising objectivity in his professional work and when his preconceived, ready-mix (Parent) thinking was attempting to influence his work.

"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.

"When these two classes of inside grown-up persons were separated, then the professional psychotherapist was enabled (protected) to figure for himself with (his Adult) that the objective in his work was to get the patient as well as possible, as fast as possible. With this accomplished, then, if **"teaching"** were a part of that set of get-well procedures then he might well decide to be teaching his patient. If the therapeutic process was enhanced by chalkboards, chalk talks, and (short) "lectures on theory", then these would be parts of the treatment process. If some "weird therapist discovered" how he could prescribe the use of wall-graffiti in his own office as a procedure for accomplishing treatment goals, then by sorting his own Parent from his own professional Adult (if he survived his own internal Parental injunctions against it) then among his patients he would be able to logically and predictably bring about more "get-wells."

"When the Adult was separated from the Parent, certain stultifying prefatory phrases such as "Well-It-Seems-To-Me," "I-Was-Wondering-If," "Had-You-Ever-Thought-That," "I-Have-Just-One-Little-Thing-I-Want-To-Say-Before," "Basically (then)," "To-My-Mind," "I-Don't-Consider-That," etc., were seen as devices, as maneuvers used by



the Parent ego state who (knowingly or not) was seeking to gain compliance or provoke defiant rebelliousness in the other person. If either of these latter two (compliance or defiance) resulted, it would reduce the amount of available thoughtfulness, the amount of spontaneity and the amount of creativity which that other person would have for the next NOW moment. With the discovery that the alive real person, the Adult computer-like ego state was a separate entity from the alive Parent real person, the (protecting) ego state inside the person, then the "nutty Child" in the individual could become "licensed to stay alive" along with both "Grown-ups" inside himself, especially if the Child became "housebroken" (achieved a reality-based control of self) about when and where he would exercise his unique vivacity and wittiness.

"The Transactional Diagram (see Diagram above) was the next step in differentiating between Adult and Parent.

"From this transactional diagram arose the possibility (not only in therapy but even more so in daily life, away from the therapy situation) for the particular person to "get-a-handle-on-his-own-behavior," so that he could be better in charge of his own life, so that he could proceed on his own, within his lifetime. This became true not only

in psychotherapy sessions, but even more so in the rest of his own daily life. The following has been attributed to Dr. Berne: "I think every girl going out for the evening should take her diagram with her."

"When the Parent was differentiated from the Adult, then it became possible to handle the psychological invectives of "dependent, aggressive, mature, immature, childish", etc. Then the words were seen as being used most frequently by persons who at the particular moment of using them, had an "angle-in-mind." Concerning the perennial users of these words, Berne told us:

"Immature (that's you): You have more Child showing than I do."

"Mature (that's me): I have less Child showing than you do."

"Aggressive (that's you): You have more initiative than I do."

"Dependent (that's you): You have less initiative than I have."

"Psychopath (that's you): You have more courage than I do."

"Rigid (that's you): You have more Parent showing than I do," etc.

To these the author would add:

"Normal (that's me): Hiding my own uniqueness."

To be continued in Part 3

