

# 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

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## INTRODUCTORY ISSUE

The non-profit FOUNDATION for GROUP TREATMENT, INC., was organized to provide 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 information service of the FOUNDATION. It will contain reports of formulations and discoveries which have been clinically useful; notices of meetings, publications and current developments in this treatment field.

Associations and Societies of group treatment professionals are invited to use THE ENCOUNTERER to notify others of their meetings and activities. To receive the mailings of this newsletter, group therapy societies are requested to send their organization's mailing address, stating whether the address changes periodically or is relatively permanent.

THE ENCOUNTERER will include:

### 1. CLINICAL INFORMATION:

- A. ENCOUNTERS, vignettes, applicable to treatment.
  - B. FORMULATIONS of both a theoretical and a practical, directly useable nature,
  - C. "Rx for GETTING WELL" and
  - D. OTHER sections as this publication evolves.
2. NOTICES of talks, seminars, meetings for learning, teaching, training,
3. PUBLICATIONS and other reportable events of interest to group treatment professionals.

It will be published twice a month eight months in the year and once a month in December and the summer months for 20 issues per year. Individuals who want to receive THE ENCOUNTERER each time it is published may do so by making a \$2.<sup>50</sup> donation. This Introductory Issue is sent on a complimentary basis. The Editor of THE ENCOUNTERER and the Board of Directors of the FOUNDATION for GROUP TREATMENT welcome suggestions and comments on this venture. Please address them to: Editor, THE ENCOUNTERER, GOLDEN GATE FOUNDATION for GROUP TREATMENT, INC., P.O. Box 1141, Vallejo, California 94590.

ENCOUNTER: Will and Tanya in conjoint therapy proved to themselves the efficacy of calling each other more often by first name. Will began thinking further-- about Curt, their 14-year-old. Curt tended to be obese, non-athletic and seclusive. Will, by count, tripled the use of his son's name to Curt. Tanya did not, in fact she probably decreased it. Nevertheless, Will continued with his "Tanya"s and the "triple-Curt"s. Will was a counting man, he began charting his son's daily weight; the transaction--a matter-of-fact, "Curt, what did you weigh today?" and Curt's response--a number. A few weeks of

this and at a session Will "volunteered" on Tanya's prompting ("Nobody will ever understand women") that Curt's weight was down some, he had smiled and joked with his mother after school a few times that week, talked about friends at school.

FORMULATION, Practical: Laughing, laughing at, laughing with; who owns your license to laugh; under whose rulings will you use it.

If something was done or said that was funny, enjoyable, evocative of a laugh, then it was for the laugh. For the laugh initiator to follow with "You're laughing at me," and a pout or "hurt" is an attempt to revoke the laugher's "laugh license."

MEETING FEBRUARY 1969: The American Group Psychotherapy Association will hold its annual winter meetings in New York City, February 5 to 8, 1969. For information write: AGPA, 1790 Broadway Room 702, New York, New York 10019.

### SCHEDULED for coming issues:

Vol.1 No. 3: February 5, 1969: "Positions in Scripts," F H Ernst, Jr, MD, an original contribution to Transactional Analysis Theory.

Vol. 1 No. 6: March 20, 1969: Formulation of "Life Solutions," F H Ernst, Jr, MD, an original contribution to the body of Transactional Analysis Theory. In the idiomatic, this is one section of "The Theory of Getting Well in a Nutshell."

Vol. 1 No. 8: April 20, 1969: Encounter and Formulation - Original contribution to the Theory of Cervical and Lumbar Vertebral-Disc Syndromes, FH Ernst, Jr, MD.

ANNOUNCEMENT: A twice weekly clinical seminar in group therapy is conducted by T. Larry Clanon, M.D., at the Department of Corrections, California Medical Facility, Vacaville, California. It includes observation of a group session followed by a seminar discussion of the session. For further information write to THE ENCOUNTERER or Dr. Clanon at the California Medical Facility.

ENCOUNTER: Senior Good-Humor-Man was discussing the videotaped work of Junior G-H-M 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' human 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 had "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.)

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Rx for GETTING-WELL of DEPRESSION: Touch the molar teeth.

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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 referrals 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 (for 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.

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NOTICE: Original articles will be considered for publication in THE ENCOUNTERER on the basis of consistency with the purposes of THE ENCOUNTERER and available space.

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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.

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