

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: FH Ernst Jr, MD

January 20, 1969

Vol 1, No. 2

Rx for Getting-Well: Meaning of: An Rx for G-W is a G-W Recommendation, G-W Regimen, G-W Advice, G-W Procedure, a Prescription for Getting Well.

NOTICE: Non-Profit group treatment associations and societies are invited to announce educational meetings in THE E. Other group treatment oriented organizations are invited to inquire about publicizing in THE ENCOUNTERER.

ENCOUNTER Jim and Jan: Jim kept shoveling the stuff of her past at her. Jan sat blinking, reddening eyes, unspeaking as he whammed away at her without using a single profane epithet.

Rx for G-W to Jim: Use one epithet to Jan every two days.

Rx for G-W to Jan: Vocalize a minimum of one syllable to Jim every 15 minutes when he is around or "sounding-off."

FORMULATION: Jim is thinking that with a witness (therapist) present, "Now's my chance to get you (Jan), and there's nothing you can do about it (as long as I am proper about it)."

Jan is thinking: "Maybe Jim will unwind and shut-up eventually; maybe you (therapist) will help me when you see how it is, Jim being the way he is. Anything I say just winds Jim up more."

What Jim wants and misses, is her words, her vocal audibles that tell him he moves her, that she cares more for him than her past. What Jim is not giving-away about himself, he thinks, is how mean (much) he feels toward Jan, how he turns her away (on) to then lose control of himself (his orgasm--"too quick"). With a fast epithet fired at her he finds she does not want to get away from him: She stays with him, he lasts with her.

FORMULATION SYNOPSIS: Attitude changes of good operational quality have taken place for as little (much) as a seven degree change of head-angle held for a 30-second interval of time; this has occurred in the group patients of two known therapists.

MEETING NOTICE: June 1969: Plans are under way for the first two day meeting of the Golden Gate Group Psychotherapy Society Annual Spring Conference.

ENCOUNTER: For about a year Dan had completely stopped working, refused to earn income for his family; "he just went to pot" in spite of Vera's pleadings. In group Vera located she had not been giggling for Dan, at him during the last year and a half. "Sex has been lousy," he had been "looking" elsewhere. She reinitiated her giggle-ability, timorously at first; within five weeks he was working regularly.

FORMULATION, "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, intrapsychic 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, FHE, Jr.

NOTE to Reader: In the text of THE ENCOUNTERER, parenthesized words indicate some of the (multiple) choices, alternatives that individuals have at their disposal during their social transactions.

Meeting February 1969: Annual Winter meetings of the American Group Psychotherapy Association, February 5th through 8th. 1969. New York City. Statler Hilton Hotel.

FORMULATION "Listening-On-the-Level": A person who is on-the-level, coming-on-straight, in fact, will have a level countenance 95 to 96% of the time. A person with an angle-in-mind has an angled (tilted) countenance whether he be listener or talker. The visibly moving (blinking), level-faced person can be counted on to be listening from an attitude of objectivity. The volitional listener who doesn't want to be "angled" by the talker has the option of leveling his own head (tilt) so that his eyes are paralleled with the horizontal. ("The Activity of Listening," FHE, Jr).

ENCOUNTER: Marriage of Sam and Pam: Sam has a SOBA (SOB Authority) job and a game with a "dirty laugh" pay-off. Pam is very attractive. Whoever is attracted and flattering to her is eventually rewarded with a searing, scarring "Buzz off Buster."

Rx for GETTING WELL: (See next page)

Pam: Once a week she is to call Sam "Chickenshit."
Sam: Once a week he is to woo Pam calling her "Ole' Ugly."
RESULT: More laughs at home, fewer uproars.

Rx for GETTING-WELL of Labored Orgasm: Give-in to the giggling tickle. Give-in to the tickling giggle.

FORMULATION: This is "getting on with it" versus "getting away from" or "getting rid of" this potentiating stimulus. (See future issues of THE E, Getting Well Formulations by the Editor).

FORMULATION: RIGHTS are inimical to WANTS: "RIGHTS" are those social securities (conditions) provided and "guaranteed" by someone else. "WANTS" are those social opportunities attainable by the thoughtfulness, ingenuity and work of the individual himself.

ENCOUNTER: The saddled-up-for-riding sound of leather was heard coming from the shoes of fifty-two-year-old Al as his wife Alice intoned "endless monotony" in a group; Al's legs were flexed at the hips (45 degrees) and knees (30 degrees), ankles locked and exerting about 25 foot-pounds of torque on each other. One of Al's periodic complaints was severe, cramping low-back pain. She enjoyed sex, infrequent though it was. An explicit "save the back" (from fusion, for marriage) program was initiated in group including:

1. **Rx** for G-W to Alice: Listen for Al's shoe leather, i.e. her effect on him.
2. **Rx** for G-W to Al: Increase the number of vocal audibles to Alice when "endless monotony" started. When he vocalized more syllables to her, her endless monotony ended sooner; he was less

inclined to lock his ankles while he was vocalizing.
RESULT: She was less often on his back, riding him, more frequently (conversationally confident and) on her own. His complaints of low back pain decreased in severity and frequency.

Rx for GETTING-WELL of Preoccupation: "Get a move on."

FORMULATION: "It seems to me that ": When used with any frequency this prefatory, opinion opener characteristically can be decoded as "My daddy says that" Often used by filibusterers the speaker:

- a.) is speaking from the list of approved, "archived" sayings and opinions of mommy and daddy,
 - b.) is having a hard time experiencing the reality of (current) events.
- This latter is because these experiences first have to be filtered through (experienced through) the system of internalized opinions and teachings of the past. Responsiveness to now is secondarily addressed to the reality of here and now; primarily it is historically based.

ANNOUNCEMENT: FOUNDATION Publication Available: "The Activity of Listening," FHE, Jr. Listening is an activity that is definable, psychotherapeutically treatable, to be differentiated from hearing; the quality of the listener's ego state is shown to be a major contributor to the outcome of conversational transactions, the evolution of a game or into intimacy. Nineteen pages, \$1.00. Send to: G.G.F.G.T.I., 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 INFORMATION:
 - A. ENCOUNTERS, vignettes, applicable to treatment.
 - B. FORMULATIONS of theoretical and a practical nature.
 - C. "Rx for GETTING WELL."
 - D. OTHER sections as this publication evolves.
2. NOTICES of coming talks, seminars, meetings for learning, teaching, training.
3. REPORTS on events of interest to group treatment professionals.

Individuals who want 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.