

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

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ENCOUNTER: UP-TIGHT Marie is in treatment to settle whether or not she wants to stay married to Ames before she marries him (instead of after). "I don't want to flunk marriage a fourth time. It takes too much out of me. This changing (husbands) every so often, I don't like it. I want to throw it off. I want to do something different." Later in another session "I get with Ames and he starts telling me I'm bossy, tells me how I dominate him all the time, how I take his masculinity away from him." (She was not asked if his masculinity was detachable.) "This gets me. It makes me mad. I get up-tight when he talks like this. He makes me have an up-tight feeling ..." (Her game -- "See-what-you-made-me-do" diagnosed to her at this point because the "up-tight" signified therapist would soon be getting into this same position with her.)

It shortly developed that "up-tight" meant she had a sensation of tightness in her stomach; that she got relief on occasion from her "up-tight" by throwing-up, by physically vomiting. "Throw-it-off" turned out to be a get-rid-of solution (to a situation, a feeling, a trouble, a husband). Recognition of this led to "the problem": Her Adult wanted to make it with Ames. Her Kid-self was planning (like a bad tasting food or pill) to taste him (marry him) for a while and then spit him out, throw him up, "pewk" the marriage. She then filled-in that early in life she discovered she could throw off her "up-tight" feeling by physical vomiting. (Several other patients have told of an "up-tight feeling." Over 50% acknowledge simultaneous epigastric distress -- "butterflies", "tight-stomach", "nauseated".) She could put her right index finger into the far reaches of her mouth, press on her tongue and initiate reverse gastric-esophageal peristalsis. She still used this procedure with considerable relief from "up-tight feelings". She brought out that "throw it off" meant get-rid-of a husband, get someone different who didn't make her "feel up-tight and like throwing up". Marie then filled-in that the reciprocal also worked; namely when she felt like "throwing off" something or someone, or "felt (had the physical sensation of) up-tight" she more than once had gotten herself well of it by emesis. For several hours, even days at a time, after that she would be free of her scheming on how to get-rid-of a boyfriend. In this way, she would get relief from her "Kid's" urge to get-rid-of him, instead would get-on-with him. "This", she said, "is too easy, it's like cheating!"

This self-initiated ability to choose between an "I-Am-OK-AND-You-Are-Not-OK" and an "I-Am-OK-AND-So-Are-You" augured well for her getting well. Some readers will recognize Marie as an hysteric whose mother tried to forbid childhood vomiting (stimulated rebellious emesis).

The therapeutic job was to devise PROTECTION for her to more reliably use this choosing ability i.e., choosing whether to stay up-tight with the person until she got-rid-of them, or disgorge her own "uptightness" and let the other person be Okay with her in

a reciprocated GOW manner, so that she could, in her words "handle-the-give-and-the-take-to-make-it-with-him."

The therapy job was to fashion a PROTECTION for using this ability to (physically) throw-off, throw-up when efficiency (permission) was desirable for "cooling off", for by-passing "brown stamp (injustice) collecting."

Her "throwing-up" then was adapted and adopted by her as an efficient means of resolving encounters when consistent with her NOW-AND-HERE (ADULT) goals. This also validated this talent of her Kid vs declaring it to be "alien" and thus tempting her Kid to invalidate treatment.

The therapy principle was to enable the patient to adapt her Childhood talent ("problem") to useableness vs attempting to disavow it, get-rid-of it. As she initially and tentatively said, "I can throw-off my up-tight feelings by throwing up", she looked sheepish. "It's too easy. It was like I was cheating when I could get to feeling good so easily!" (SANCTIFIED SUFFERING says: "It's a SIN to WIN!")

FORMULATION: THE MOVES IN THE THREE-HANDED (3 person) GAME OF KICK-ME. In this game each of the three persons (3 players) is playing in the same game from his own unique vantage point, i.e., each has his own special gimmick (line).

DIAGRAM:



KICK-ME makes her (his) specialized dramatic provocations toward POUNCE at such a time, so that POUNCE hits back hard on KICK-ME just as I'M-ONLY-TRYING-TO-HELP-YOU is coming around the corner and onto the scene. TRYING HELPER notices that KICK-ME has seemingly just been overwhelmed by the blows from POUNCE. In fact, KICK-ME would seem to be so overwhelmed by POUNCE, that she does not (seem to) notice TRYING HELPER's arrival on the scene. Seemingly hurt and suffering from the (verbal or physical) blows (of POUNCE), KICK-ME seemingly has no time or capability of responding to (or notice) the greetings of TRYING HELPER. TRYING HELPER then looks at POUNCE who, "caught in the act" (with hand in cookie jar), flashes a chagrined look or word back to TRYING HELPER. KICK-ME continues pretending not to notice TRYING HELPER's looks and words. TRYING HELPER is denied his "HI" back from KICK-ME until the "villainy" of POUNCE has been properly identified as such by TRYING HELPER, i.e., KICK-ME withholds a responsive "You-Are-OK" back to TRYING HELPER. These clues (cues) are taken by TRYING HELPER as sufficient reason for coming to the "rescue" of KICK-ME. TRYING HELPER then proceeds to do

this "rescuing" by, in turn, beating on POUNCE and (thus) siding in with the seemingly victimized KICK-ME player. KICK-ME is from then on able to keep POUNCE alienated from TRYING HELPER. This game picture is applicable to one variety of the alcoholic game:

| | | |
|------------|-----------|---------------|
| POUNCE | KICK-ME | TRYING HELPER |
| PERSECUTOR | ALCOHOLIC | RESCUER |

In one group meeting after the inter-locking dynamics of this 3-sided game had been shown, one group member recalled the newspaper picture of Mario Savio where this KICK-ME player was depicted being removed from the microphone and podium he had just seized. The picture showed one policeman holding the seemingly limp body of KICK-ME by one arm as his necktie was falling through another officer's hand. It looked as if "KICK-ME's" limp body were being strangled by the POUNCE player. The group member told that TRYING HELPERS were then successfully recruited against the "persecuting-POUNCERS". The similarity of the 3-handed KICK-ME game to the "Let's-You-And-Him-Eight" is evident. The difference lies in the objective of the gimmick. In KICK-ME the trick is to alienate POUNCE from others

and thus bind POUNCE closer to KICK-ME; but in the game LET'S-YOU-HIM-FIGHT, the trick of KICK-ME (FIGHT-PUSHER) is designed to promote a fight between the two sets of contenders while turning-to, bringing in a fourth party, i.e., winning favor with an outsider.

A variant of the intimidating move by KICK-ME is that of "Pleading-for-understanding" from POUNCE in a provoking manner such that POUNCE is eventually enraged and refuses to talk to KICK-ME. KICK-ME meanwhile has been gradually cutting down the OKAY'S (verbal strokes) being given to TRYING HELPER until responses are only given when TRYING is beating-on, remonstrating-with POUNCE. Then after POUNCE has been intimidated by TRYING, he flairs (pounces) back at TRYING. TRYING then will not talk to POUNCE. KICK-ME has alienated POUNCE from TRYING HELPER and then (later) "allows" POUNCE to come closer to gain "forgiveness" (makes-up with). POUNCE is alienated from TRYING HELPER, POUNCE feels he is wrong and bad until he makes up with KICK-ME AND KICK-ME takes him back. TRYING HELPER is for Justice, against oppressors, above reproach, gets recognition from both parties, etc., then leaves with a feeling of righteousness.

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.

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Glossary of Terms and Abbreviations Used in THE ENCOUNTERER

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| A | Adult, "level-head," objective, ego state | P-O | Pay-Off: Ulterior (latent) motive, reward. 5th move of a game. |
| C | Child, childhood, "the Kid" ego state | PSI | Pounds per square inch |
| CPM | Cycles per minute | Rx | Prescription, prescribed, therapeutic advice, treatment recommendation. |
| CPS | Cycles per second | SCRIPT | Life-Story: map of person's life, often resembling a fairy-tale. |
| E | THE ENCOUNTERER | SOBA | SOB Authority, Silly-Ole'- Boy-Authority |
| G | Gimmick: (trick, wrinkle) 4th move of a GAME. | SOBA-HUNTER: | Person with an "authority problem"; a Crusader; a revolutionary. |
| GAF | The DEVOLUTION Life Solution of <u>Get-Away</u> From: I-am-not-Ok-and-you-are-OK. | SUCCINCTISM: | Concise graphic formulation |
| GNW | The OBVOLUTION Life Solution of <u>Get-No-Where-</u> With: I-am-not-OK-and-you-are-not-OK. | 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. |
| GOW | The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK | THE E | THE ENCOUNTERER |
| GRO | The REVOLUTION Life Solution of <u>Get-Rid-Of-</u> I-am-OK-and-you-are-not-OK. | THWIT's | "To Hell With It's", Having a case of the ... |
| GW | Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution. | VOL | Volume |
| H | Hook: (come-on, engagement) 1st move of a GAME. | | |
| M | Maneuver: (angle, con) move of a GAME. | | |
| No | Number | | |
| P | Parent, Parent ego state; to be differentiated from Adult ego state. | | |