

# THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals

Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

© 1971, Golden Gate Foundation for Group Treatment, Inc.

P.O. Box 1141, Vallejo, California, 94590

Editor: FH Ernst Jr, MD

May 5, 1970

Vol. 2, No. 29

**ENCOUNTER:** Unwittingly contributed by KSC Flanders, "Transactional Analysis Ancillary" (what's that mean?)  
Chris Hovice: "What is the cure for claustrophobia?"  
Youthful Bright: "Throw-up before fully fearful!"  
TA Ancillary: "Not in my closet, you don't!"

**FORMULATION:** "ACTING OUT": This term is used in reference to the actions of a person who is in psychotherapy. In transactional analysis "ACTING OUT" is a move in a specific game or is a game or an episode characteristic of his life story (a chapter in his Script) as with "That's the story of my life!"

Therapists and Trainers claiming proficiency in Transactional Analysis who use this term, "Acting Out", are tagging themselves, are exhibiting their Exteropsychic mentation apparatus (Parent), not their Neo-psychic (ADULT).

**Rx** for GW of the Alcoholic Game: Say "Hello (with name)", to twelve or more persons daily, eg., "Hello, Mr. Smith"; "Hi, Joe"; "Good morning, Mary"; "Hi, Clarence, how are you?"; "How do you do, Mrs. Black"; etc.

**NOTICE:** Non-Profit group treatment Associations and Societies are invited to publicize their scientific and educational activities in the ENCOUNTERER.

**FORMULATION:** The OKAYNESS VALUE FOR THE PINOCCHIO SCRIPT:

"OKAY" equals SELF-DIRECTED, ABLE TO MANAGE:

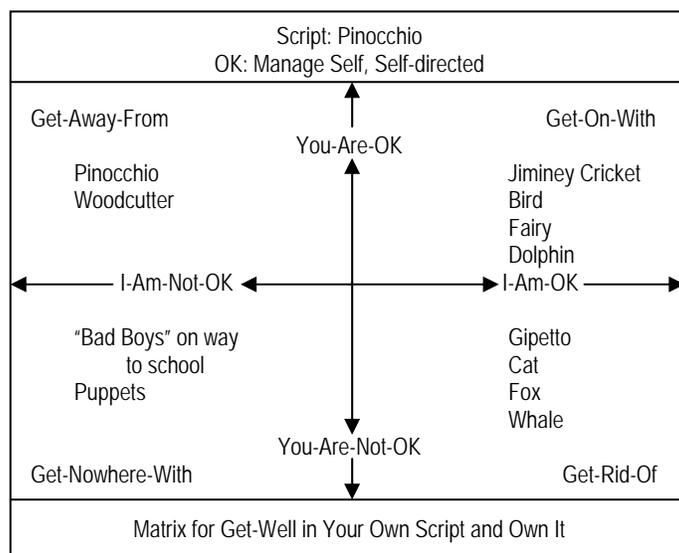
I-AM-OK is I-AM-MANAGING, I-CAN-MANAGE, I-CAN-DIRECT-MYSELF;

YOU-ARE-OK is YOU-ARE-ABLE-TO-MANAGE, YOU-DIRECT-YOUR-SELF. By using this value for okay in the diagram of the "Matrix for Get-Well-In-Your-Own-Script-AND-Own-It" (E #19, 11-20-69) then the person who has a Pinocchio script becomes an understandable entity to his therapist and to himself. In operation (therapy groups) patients with this script have been able to pinpoint with accuracy and self-assurance who (which character in the story) they were "coming-on" like, eg., "like Gipetto." The gain to the patients familiar with "Get-Well in Your Own Script" Matrix is that they are able to define for themselves, how they are resolving their social encounters; or, as in therapy, they can predict how they are going to resolve the encounter with the other person with whom they are talking in the group as are other patients in the group, such as "I am going to get rid of talking to him"; "She's not going to let me get anywhere with her"; "I want to get away from talking to him"; "He and I are going to end up getting winners with each other".

Paul in group: "I was over-directing my wife as if she was my very own personal Pinocchio; so when I saw what I was doing, when I saw it happening, I backed off because if I kept it up, I knew she, like Pinocchio in the story, was going to rebel and run away from me. That is, I was going to get-rid-of her and she was going to get-away-from me! If I didn't stop, I was going to be getting rid of her and then be sorry. I was going to get a burn (the payoff to his game). I saw what I was doing. I was treating her like I-Am-Okay-AND-You-Are-Not and if I didn't stop this, she was going to Leave me again and we would have to go through (another chapter of their script)"; (effectively this would be a get-rid-of resolution for him for this chapter of his script).

He found that when he was "getting-rid-of" a problem in the manner of Gipetto, then the person causing the problem at the moment could be likened to Pinocchio. His particular Pinocchio of the NOW moment, he found, would be operating from the position of "I-Am-Not-OK-AND-You-Are" to maintain complementary transactions with him. (Recall Gipetto's assumption that Pinocchio was not able to direct himself, he needed string-pulling management). Paul also found that periodically he was expecting the therapist to be directing, managing himself. Paul's assessment of himself and the latter situations was "I-Am-Not-Able-To-Manage-(Myself-Or-You)-AND-You-Are-Able-To-Manage-(Yourself-And-Me)". At those times in group Paul would wait for "directing clues" from the therapist, in order to then play one of his games "Doctor (Father)-IS-Always-Right" to foil the therapist, to see if by getting instructions (directions) to follow, he could then make the therapist "out-to-be-a-fool", feel foolish, and then be enraged at him (Paul) i.e., get the payoff for this game.

The following was developed with Paul and has been workably useable by him and other Pinocchio's:



Within each Script story, there is at least one of the characters who predominantly uses GOW operations in solving his encounters. In each treated patient, there is at least one slot for the therapist to fit into. For two treated patients who had a "Sleeping Beauty" Script, this therapist' role was one of being the "moat-bridge operator" ("At-Your-Service-Ma'm!").

The script story itself corresponds to a map. This story when located, is THE Map of the person's life-time territory. Each script has within it, a quality by which the players in the drama vis-a-vis confer okayness (or not) onto (the activities of) self and/or each other.

The Unique value which makes for Okayness in a person's life-story is analogous to a compass. The Script Story, with this unique quality, this unique value of what makes for being "good", "Okay", valuable, valued in a person's life, in his life story, this concept, is the most efficient method of proceeding with script

analysis; the most useful to patients who come to therapy to get-well. To date, the best diagrammatic representation of this (the most apprehensible and useable by patients involved in actual getting-well) is that known under the name of "The Matrix for Get-Well in Your Own Script and Own It". The "Okayness Value" is that unique view of life events -- the item in a person's thinking which accounts for the fact that "people think differently from each other."

It is the experience of this writer that Getting-Well is accomplished in patients lives by shifting some percentage (perhaps as much as 5% of the operational resolutions) of their daily social encounters to the reciprocated GOW outcome, thus bringing about, thus causing the production of an exhibited "I-Am-Okay-AND-You-Are-Okay"; these being so TIMED as to maximally increase the likelihood of having it reciprocated (given-back) by the SELECTED other person.

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.

#### Glossary of Terms and Abbreviations Used in THE ENCOUNTERER

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 From:</u> I-am-not-Ok-and-you-are-OK.	SUCCINCTISM:	Concise graphic formulation
GNW	The OBVOLUTION Life Solution of <u>Get-No-Where-With:</u> 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
GOW	The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK		
GRO	The REVOLUTION Life Solution of <u>Get-Rid-Of:</u> I-am-OK-and-you-are-not-OK.		
GW	Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution.		
H	Hook: (come-on, engagement) 1st move of a GAME.		
M	Maneuver: (angle, con) move of a GAME.		
No	Number	THE E	THE ENCOUNTERER
P	Parent, Parent ego state; to be differentiated from Adult ego state.	THWIT's	"To Hell With It's", Having a case of the ...
		VOL	Volume