



THE ENCOUNTERER

An Information Service of the Golden Gate FOUNDATION for GROUP TREATMENT, INC.

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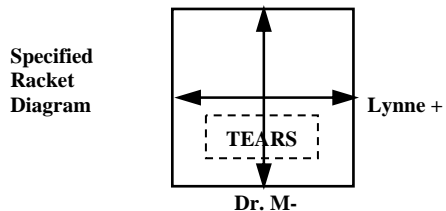
Editor: FH Ernst Jr, MD

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NOTICE: *THREE DAY* transactional analysis *CONFERENCE* in Suburban San Francisco, April 25, 26, 27, Fri. noon to Sun. 1 P.M. Golden Gate Foundation for Group Treatment, Inc. at the Holiday Inn, Fairfield, CA on I-80. Specialty Workshops: *Stroking Profile*, *Mini Script*, *OK Corral*, by developers of these TA instruments. A conference for clinicians, educators, nurses, administrators, corrections, health professionals, management, services, parents and children of all ages. Information: Conference Convener: F.H. Ernst, Jr., M.D. GGFGTI, P.O. Box 1141, Vallejo, CA, 94590.

ENCOUNTER: At a social gathering, Mother told that Lynne, 18-1/2 months old, began, on the slightest provocation to suddenly burst into tears when daddy was around, exactly two weeks before. Almost to the day since she became 18 months old she had begun to simultaneously tear up, look for and reach toward daddy who would usually fulfill her unspoken request-demand. Dr. M, first securing mom and dad's OK, began to play with Lynne. Inside four transactions and 30 seconds, Lynne repeated the sequence parents had reported and dad picked her up. Lynne kept watching Dr. M who continued to playfully gesture and invitingly smile at Lynne. She continued her show of sobbing and so far, dry tears. Dr. M asked another friend to begin to brush-touch the back of his right hand at three to four second intervals but not look at Lynne. Dr. M, meanwhile, continued *his playful gesturing and eyeing toward Lynne*. Lynne's tears and sobs abruptly stopped and stayed stopped as long as Dr. M was getting his hand brush-touched. The sobbing just as promptly returned when the brush-touching of Dr. M's hand was discontinued for five or more seconds, only to stop again within three of four seconds after re-initiation of two brush-touch strokes. This sequence was recycled eight times over a seven-minute interval, when Dr. M disengaged to do something else. Lynne's father later reported how unusually tractable she was for the rest of that weekend.



Developmentally, rackets appear one or two weeks before or after 18 months of age. Rackets are an essential part of the "Kid Survival Kit" -- see future issues of *THE ENCOUNTERER*.

FORMULATION: *PERSONALITY STRUCTURE, FUNCTION AND OPERATION. Personality Structures:* Each person has three general ways of thinking-feeling and behaving, three classes of personality: Parent, Adult and Child. This is like having three cars, e.g., a station wagon, a 4-door hardtop and a puddle jumper.

Personality Functions: Each class of personality is able to do certain kinds of jobs better than the other two; like with the three

cars. The station wagon is better equipped to carry loads, e.g., small children, groceries, lumber supplies, trash to the dump and the family and boat on a vacation. The 4-door hardtop is for the grown-ups to go to business meetings or go out with other grown-up friends for an evening. The puddle jumper is for Junior, is for going out in the desert rock hunting or exploring countryside and mountains off the road where banging the car up is not so important. Each of the three cars could, if necessary, be used to do the jobs of the others, but less efficiently; so also with the structures of the personality. How many have heard or said "natural Parent," "nurturing Child," or "programmed spontaneity" (Adult)?

Personality Operations: Each class of ego state is able to resolve the full range of social encounters. So also the station wagon can be used to *get-rid-of trash*, take guests to have a *get-on-with fun* evening out, to jump into and take a ride to *get-away-from* and cool off after a fight at home, or go to the store only to arrive there after the store has closed, and *get-nowhere-with* the errand. Both 4-door hardtop and the puddle jumper could be used to accomplish the same operational ends, but the GOW fun evening out with the guests would be less GOW using the puddle jumper with its broken window, busted door handle, unreliable headlights, rattling fenders, etc.

RX for GW of SUICIDE: "Tell me your Adult has decided not to let your Kid bump yourself off." In those cases where this declared decision has been explicitly secured from a suicidal person *with clean language*, i.e., patient says "I'm not (my Adult is not) going to let my Kid bump me off," or "I've decided I'm not going to bump myself off!" The therapist then quickly adds, "I'll take your word for it" and then moves onto another subject. This latter from the therapist has the effect of assisting the suicidal person's Adult to become committed to the decision. "*With clean language*" means the therapist takes care to get the declaration from the patient's decontaminated Adult. Less than decisive statements such as, "I'll try to," "I'll do my best," "I'll do all I can to prevent my Kid from it," etc., are responded to with "No, no! That's not an Adult decision. Are you going to take care of your Child with your Adult? Trying isn't doing it. It's better for your Adult to take charge of this job than for your Kid to keep the loophole to get out of your decision!" This procedure has been done with seriously suicidal cases even in the first session. Author once did it after calculating the risk (?) that patient would not return -- She didn't! She is still living ten years later. Her kid-self bitterly resented giving up the club over others, then. Was she a potential Marilyn Monroe?

The rationale offered to the patient making this explicitly stated decision: You, the clinician, are better equipped to carry out more technical aspects of treatment and he, the patient, can act like the lifeguard at a swimming pool or a person with a Red Cross course in life-saving techniques, and as such can assist you, the professional, by doing the first aid work while you go ahead with your job rather than his Kid keeping you tied down doing the first aid work.

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

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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 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 |
| GOW | The EVOLUTION Life Solution of <u>Get-On-With</u> (It, life, living); I-am-OK-and-you-are-OK | | 2. A theory of personality structure |
| GRO | The REVOLUTION Life Solution of <u>Get-Rid-Of</u> : I-am-OK-and-you-are-not-OK. | | 3. A method of (group) psychotherapy treatment |
| GW | Get-Winners, Get-Well, Getting-Well, usually synonymous with the GOW Life Solution. | | 4. An organization |
| H | Hook: (come-on, engagement) 1st move of a GAME. | | It embraces and is not contradictory to psychoanalytic theory and practice. |
| M | Maneuver: (angle, con) move of a GAME. | THE E | THE ENCOUNTERER |
| No | Number | THWIT's | "To Hell With It's", Having a case of the ... |
| P | Parent, Parent ego state; to be differentiated from Adult ego state. | VOL | Volume |