



THE ENCOUNTERER

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

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Rx for Better Control of Your Own Destiny and Getting-Well of Personal Deflation and Inflation: Selectively give 25 individuals a named hello each day. By named hello, say the person's name when helling him, "Hi Jim". In the acts of selectively giving out 25 named hellos a day among those you greet you increase your value to them. You are giving each one an extra external verification of his personal worth. Within a few days of starting this you will be getting back no less than 80% of the number of hellos given, many with your name attached. AND you will like it! As it becomes your program to give these 25 (or even 50) a day to people of your choice then it comes to be less important whether you say it first as the stimulus-initiator or the other guy is 1st & you are the response-initiator. As you become less demanding on getting your own name back you will be discerning more clearly who could be an authentic friend and who is out to work you for their own ends. For some, as you start getting up near 50 a day you might consider including a few from your enemy list, sometimes to see how it goes.

Comparatively, a barely perceptible grunt, nod or raised hand would have stroke value of one. A clear vocal "Hello" or "Hi" without a name would be worth ten units of stroke value. And by the same token the impact of a named hello, "Hi Sarah", would be worth 100. In other words by comparison, a barely noticeable greeting is a penny's worth, a vocal hello is a dime's worth and a named hello greeting is a dollar's worth in stroking economy terms. The ultimate greeting to a person, a named Happy Birthday, eg "Happy Birthday John" would be 1000 or \$10.00. But this as a surprise opening greeting could be expected to be thrown-up on.

A named hello is a "natural" stroke and takes little education to appreciate. A dollar given instead, would itself be stroking but the meaning of that kind of stroke would involve much more learning, be that much less natural a stroke. There is a cult who says and would have you believe that names and saying them to a person is not important, but they probably caught this from trainers who call them and refer to them by name, whether by birth name or an adopted one.

Beginning this program of (giving) 25 named hellos a day will lead you to be more in charge of your life. You will be more actively deciding who your friends are going to be. You will be doing more of the picking and leaving less time for being picked. Students who name their hellos to 90% of their classmates are routinely in the 90th percentile of their classes both academically and socially. This is regardless of race, creed, color or gender and whatever the status of any "Affirmative Action" program extant.

It is proposed that if this Rx were adopted as part of the National Physical Fitness Program and pushed as hard as daily exercise (running in a circle) there would be at least as much added improvement in the general level of health, eg a drop in days off work for illness. It is estimated when 25% of the population over 4 yrs. old has taken up this Rx there will be a flattening out, a stabilizing of the current economic escalator of inflation. AND it would lead to a dramatic reduction in the millions of productive man-hours lost to strikes each year. If given the choice -- Why strike when you are already getting a dollar value and also a hi natural value for your time & efforts? For those who say "You can't feed, clothe, house without the dollar" I agree. When, however, an "either-or" adds "but you can live without hellos." I would argue back "OK, so you want to be the first to go out tomorrow (and) not talk to anyone at all, all day long?" The initial part of any talking contains the greeting whether it is specified or not. It IS the hello. In any case, in the meantime, you using this program will be able to count on a life of greater personal value and health.

The acts of discriminatingly giving named hellos or not to specific, selected persons can be one of the most powerful social tools at anyone's disposal. There are other social tools such as special skills, talents, good looks, and money but none are as universally available as this tool, the legitimately amplified hello greeting, the named hello! You forget a person's name the 2nd or 19th time you see him? Ask him for it! He'll remember it when you don't. Or you can always go for an embarrassed instead. You give a named hello to someone who doesn't know your name the first time. He will by the third. This Rx is an activity with both a prompt and a relatively enduring return with mutual satisfactions.

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 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.		