

THE ENCOUNTERER

An Information Service for Group Psychotherapy Professionals. Published under the Auspices of the Golden Gate

FOUNDATION for GROUP TREATMENT, INC.

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Schedule of Summer Issues of THE ENCOUNTERER:

No. 11, 6-5-69; No. 12, 7-5-69; No. 13, 8-20-69.

REPORT: Joe Alexander in personal communication reports teaching the principles of the "Activity of Listening" at a business management course held at Modesto State College (Calif) this last spring.

B for Getting OKs from the Other Guy: "Find out where the other guy's kid lives and feed him." from LE MART.

FORMULATION: Objective, on the level, straightforward, reasoned, thoughtfulness is the most compassionate method of approach one person can give another. "I-have-a-feeling" feelings are anachronistic thinking patterns. True, they (the feelings) are in the gut, but there is another organ in the body of most persons which is more capable of determining, understanding, figuring out the equation of the self, other-person configuration (gestalt, relationship). It would be a prejudicial conclusion to infer the writer is denying the value of a person having feelings, emotions. For it is those strivings, those dreams, born in childhood, which provide the mainstream forces for the "purpose to life," the "lust for life." The above is to say, instead, that patients who have their situations computed to them, who have been able to objectify their troubles have more rapidly gotten well of loser commitments; those "really feeling" commitments made in childhood which when now expressed, result in their disappointing daily social encounters.

The most compassion for another is inherent in the amount of time and work it takes to produce reasoned thinking about "me and you, so we both come out OK."

VIGNETTE: Wall Marking: Mr. Markman was reporting his experiences with indelible wall marking:

"In my nome, I was the first to do it. I made my mark first. Then the rest of my family, my wife, each one made their mark. Now it's strange, it's GREAT! Now it's MY Family! And now we all (family members) say now (sic), 'It's MY family!'"

"I have a friend who got interested when I told him about it at lunch a few days ago. We went to his home for a few minutes on our way back to work. He brought out some crayolas and told me 'Why don't you make me a mark here?' I did, then we left. Later that evening I called to talk to him. His wife answered; our families have known each other a long time. She sounded mad, asked me 'Did you mark on my wall today?' I told her 'yes' and asked her could I talk to her husband--'he was out,' she said. 'When would he be back?'--she didn't know and then she started all over on me about marking on the walls. I never did get to talk to him. That was a few days ago--I haven't talked to him since. He didn't call me."

It turned out Mr. Markman had overlooked the fact that in his friend's home the owner had not been the first to mark; in fact, still had not marked. Mr. Markman, in being the first to mark, had been given an unprotected, an ineffective permission to leave his mark on the wall. "I don't know now, I guess I'll have to wait to see what happens to our friendship. But WOW! Now it's MY family and MY home!"

There are reports of divorces where the couples did not reach prior explicit agreement about wall marking and one has gone ahead to leave their mark on the home walls without the other marking.

"You know! You're just not supposed to mark on walls. Why?"

"Well, you're just not supposed to that's why! You're just not supposed to; that's all there is to it!"

B for Get-Well-Of-Apathy and Get-On-With the Job at Hand: Stand in front of a mirror, engage your own eyes, level your head, then prefacing with your own first name, vocally and audibly say, "(Josephine), You're OK!" then continue to hold your own gaze in the mirror for one full second. Results to date: (Cont. next column)

1. Most persons carrying out this B reported that it is more difficult to carry out when alone than when others are present. Readers are invited to account for this.
2. For the first few times of doing this, most persons have difficulty in uninterruptedly holding the gaze on self for the full 1.0 seconds after completing the audible words. Many break off from looking at themselves at 0.1 to 0.4 seconds after completing the words.
3. Most who have taken this B tell of breaking out with a smile for themselves; of warmly, self-consciously regarding themselves in the mirror, ie tell of having a glowing "winner's" experience.
Putting the first name at the beginning of the spoken words augments (by X5 to X10) the warming-up, galvanizing effect. For those who are brave try, "(Own first name)! You are Great!" See if you can keep from wrecking it after saying it.

FORMULATION: Script and Gender: Theory of Getting Well, Part 3: Many fairy tales, Scripts are known by the gendered name of the main character. To name some: Goldilocks-and-the-3Bs, Snow-White-and-the-7Ds, Beauty-and-the-Beast, Cinderella. For the clinician, it is important to keep in mind that the gendered name of the script of a person, the drama chosen as a lifetime blueprint may not coincide with the kind of genitalia ascribed to the person in the fairy tale. A recent government scandal in Britain was precipitated by a 19-year-old call-girl whose script would seem to be "Jackie" of Jack-and-the-Beanstalk. When she brought down the Giant (Profumo), she very nearly brought down the entire castle (of government).

The writer has known male Snow Whites ("Whitey")--"mirror, mirror on the wall"--attractive and desirably talented; two male Goldilocks ("Barefoot")--runaway adventurers; one female Beast ("Bitchy")--"I care for you, you don't care about me"; two male Cinderellas ("Cinderfella"). In each of these instances, the patient identified the particular fairy tale and the high frequency of and fascination with its being told in childhood. Each was able to use the "mapping" which came from learning his own script during treatment and each successfully programmed "new style" life events as a result of locating his particular script with its intrinsic "okay" values. Each became more efficient in his wanting and in his living.

In the case of the persons studied clinically, it was seen that abandoning or attempting to change to another life-script had become unnecessary, even if, in fact, it had been desirable, let alone possible. What euphemistically has sometimes been referred to as the "counter-script," probably refers to the life stories of the other characters who are cast into the plot of the particular fairy tale; ie, the life styles (get-on-with, get-away-from, get-rid-of, get-no-where) of the other personalities who occupy the different life-positions in the story--see "Scripts and Positions" THE E, No 3, 2/5/69. In practice it is realistically achievable, regardless of the script's usual gender, to (re)locate the GOW or get-winners position in the person's fairy tale in order to secure a get-well that holds up.

To Summate: The name of a Script (supposedly indicating a gendered quality) and the variety of plumbing (stand-up or sit-down) a person is born with, do not necessarily coincide. Therefore a "SHE" in a fairy-tale may very well in real life, be a workable and effective "HE," and vice versa. The importance of establishing what the unique value for "OK" is, what the unique meaning of "OK" is in each script, is very likely one of the major keys for opening the lock to getting-well.

Note to Readers: Starting with this issue there is a GLOSSARY of terms and abbreviations used in THE E. It is printed "upside down" on the reverse side of this bottom panel.

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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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| | | | |
|--|-----|---|----------|
| Adult, "level-head," objective, ego state | A | Pay-Off:Ultior(latent)motive,reward-4th | P-O |
| Child, childhood, "the Kid" ego state | C | move of a GAME | |
| Cycles per minute | CPM | Pounds per square inch | PSI |
| Cycles per second | CPS | Prescription, prescribed, therapeutic | B |
| THE ENCOUNTERER | | advice, treatment recommendation | SCRIPT |
| Gimmick: (trick, wrinkle) 3rd move of a GAME | GAF | Life-story;map of person's life-often resem- | |
| The DEVOLUTION Life Solution of Get-Away- | | bling a fairy-tale | |
| From: I-am-not-ok-and-you-are-ok | | SOB Authority, Sillly-Ole'-Boy-Authority | SOBA |
| The OBVOLUTION Life Solution of Get-No- | GNM | Soba-Hunter:Person with an "authority problem"; a | |
| Where: I-am-not-ok-and-you-are-not-ok | | Crusader; a revolutionary | |
| The EVOLUTION Life Solution of Get-On-With | GOM | SUCCINCTISM:Concise graphic formulation | TA |
| (It, life, living): I-am-ok-and-you-are-ok | | Transactional Analysis-originated by Berne. | |
| The REVOLUTION Life Solution of Get-Rid-Of: | GRO | It is: | |
| I-am-ok-and-you-are-not-ok | | 1. A theory of (social) behavior | |
| Get-Winners, Get-Well, Getting-Well, usually | GW | 2. A theory of personality structure | |
| synonymous with the GOW Life Solution | | 3. A method of (group)psychotherapy treatment | |
| Hook: (come-on,engagement)1st move of a GAME | H | 4. An organization | |
| Maneuver:(con,angle,ploy)2nd move of a GAME | M | It embraces and is not contradictory to | |
| Number | NO | psychoanalytic theory and practice | |
| Parent, Parent, ego state; to be differen- | P | THE ENCOUNTERER | THE E |
| tiated from Adult ego state | | "To Hell With It"s, Having a case of the | VOL |