

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

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MEETING NOTICE: May 11-15, 1970; American Psychiatric Assn, San Francisco, CA--Civic Auditorium, Write-Med Dir, W E Barton, MD 1700 18th St NW, Washington DC 90009.

Statistics: Attendance reported by a group therapist at a correctional institution--91.8% gross attendance for the first 6 months of the group, (456 patient-sessions by group members out of 486 possible) and 92.4% for 12 months, (1,032 out of a possible 1118). (Percentage attendance is one measure treating efficiency for patient and therapist.)

Patient selection: 2 referred by other inmates (patients of same therapist), 10 were from the top of the waiting list. Group met twice a week for one hour; 12 members.

Treatment Contract: Each member wanted to get well of going back to jail. In addition, there were explicit treatment goals for each member: Samplings include get-well-of-lisping, g-w-of-stammering, g-w-of-hard-of-hearing, g-w-of-killing, crusading, being-an-illegal-peeper, diddling-li'l-kids, etc. The gross absence rate (for any and all reasons, "excused or not") was 7.6% (100% minus 92.4%). This is 1/2 the annual absence rate of California secondary schools (compulsory, mandatory attendance by pupils).

Although, theoretically there was a PENALTY for absence from the group session, in practice, absences were not PENALIZED or disciplined. Alternate methods, within the treatment contract were located to handle these. An absence rate 1/2 of the educational system probably means that Rebel Child  $\Rightarrow$  Disciplining Parent transactions were much reduced in frequency between therapist and patients (eg, 71% or more below the frequency in the school system) without squashing "the Kid" in the patients. RE the specific number 71%--0.71 is the square root of 0.50 (1/2). This means that the inmate-patients with their strongly cathected Rebel-Childs were attracted to attend, were intrigued with the therapy process, became hooked on the activity of getting-well; ie the cathexis of their mischievous Rebel Child was enlisted in the Get-Well process. See coming issues on the Rebel-Child positions and "the Spoiled Child".

RE for G-W of HIVES: "Work it so you get called by your first name more often."

In group, in family and in one-to-one therapy sessions, urticarial lesions have receded within 6 hours and less for the use of the patient's first name, by the patient getting his first name given to him ten or more times in a session, as the sole additional treatment medium. Persons with repeated episodes of hives have been told explicitly "Get yourself called by your first name more often, more regularly". "Get your first name back to you at least fifteen times a day." This is done, eg, by the hive-ridden person using the names of the other persons with whom he is in touch. Persons with hives are pale-faces. Increasing the use of their first name to them leads to more warm-faces.

Clinical Hypothesis: Rheumatoid arthritis and urticaria (repeated hives) may be based on similar psychophysio-pathology.

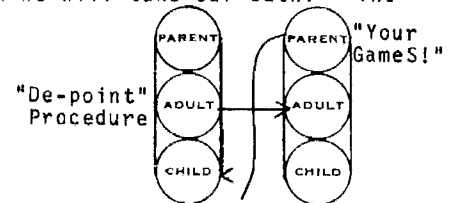
In COMING ISSUES OF THE ENCOUNTERER:

- INTIMACY, THE Varieties of.
- Clues useful in identifying the Script-stories of patients.
- Continued elaboration of how to identify and how to use the four categories of encounter-solution operations (Get-On-With, Get-Away-From, Get-Rid-Of, Get-Nowhere-With) in bringing about an effective, lasting Get-Well, Get-Winners for the patient being treated and improved efficiency in treatment.
- More Script Get-Well Matrixes with their values for "OKAY".

FORMULATION: NAME OF THE SPECIES. HOMO LUDENS VS HOMO SAPIENS. This species of animal is the sole surviving genus of the family of mammals, Hominidae. SAPIENS is from the Latin meaning wisdom, sagacity, sapience, profoundness of thought. LUDENS refers to the playfulness of man and is derived from the Latin ludus, a child's game, a place where mind and body are exercised. The verb ludere means to play or to amuse one's self. The LUDI were the public games in honor of the gods. Ludus Literarum was a school for learning the elements of knowledge. HOMO LUDENS more accurately reflects that quality of the species-of-animal, man, which learns, invents ways for and enjoys playful activity. This name also reflects the fact that mind-and-body exercise (in giving and attracting stroking) are a keystone of man's liveliness, aliveness (or as some are prone to call it, "mankind's immaturity and the problems which humanity makes for itself"). The games-people-play (whether successful or unsuccessful by other definitions) are central to the maintenance of life, ie the stroking (biological) advantage. No other time structuring activity conveys the "psychological bread" that a game does.

PARENTAL SUCCINCTISM: "Oh, you're just playing games!" "Stop playing games and be serious!" "I don't want to play any of your games now!"

The above are said in a disparaging tone. The plural of the word GAME is reminiscent of the use of the pronoun "we" as with "super-mommies" on a hospital ward telling patients, "Now we will take our bath!" The speaker of the "your games" lines is disparaging, belittling and unsympathetic toward playfulness procedures; with these phrases is trying to stop the other person in order to "finish getting my point across to you". These Parental "points" tend to be tedious, tricky or trying to the would-be listener. The Parental talker is trying to stop the other person's activity which might blunt the sharpened point of his pointed remarks.



FORMULATION: Contributing to a successful conjugal union:

A woman, in being a successful mate, is periodically "a bitch" while attracting and holding a spouse. A man who is successful in attracting and holding a playmate is, on occasion, "a bastard". Difficulties for extended conjugal relationships lies less in the vigor with which encounters are carried out with each other, eg, as with assaultiveness; instead, it is more a matter of the length of time of cut-offs and separations between the partners where the difficulty lies for the two persons (a couple). The extending, lengthening of the intervals of time between their encounters with each other is the trouble; ie where there is absence of stroking between partners. The sustaining stuff of life between partners comes from the particular, uniquely specific stroking which each gives the other: be it curled, sneering lip, deliciously heated vagina, infuriatingly premature ejaculation, physical assaultiveness. This view then makes it possible to account for the healthy longevity of some couples "who have fought with each other all of their married life". This is, however, in contradiction to extant judicial opinions, legislative and penal codes and societal prejudices, eg, that a man must not, should not and ought not to beat his wife. The fact is that many marital contracts would not continue to exist if non-assaultiveness were to be strictly adhered to in the relationship.

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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.

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.

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1. CLINICAL reports
  - a. ENCOUNTERS, vignettes, applicable to group treatment
  - b. FORMULATIONS of theoretical and practical nature
  - c. **Rs** for GETTING WELL.
2. NOTICES of coming talks, seminars, meetings for learning, teaching, training.
3. REPORTS on events of interest to group treatment professionals.

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|   |          |  |     |
|---|----------|--|-----|
| Pay-Off:Ultior(latent)motive,reward-4th           | P-O      | Adult, "level-head," objective, ego state    | A   |
| move of a GAME                                    |          | Child, childhood, "the Kid" ego state        | C   |
| Pounds per square inch                            | PSI      | Cycles per minute                            | CPM |
| Prescription, prescribed, therapeutic             | <b>R</b> | Cycles per second                            | CPS |
| advice, treatment recommendation                  |          | THE ENCOUNTERER                              | E   |
| Life-Story:map of person's life-often resem-      | SCRIPT   | Gimmick: (trick, wrinkle) 3rd move of a GAME | G   |
| bling a fairy-tale                                |          | The DEVOLUTION Life Solution of Get-Away-    | GAF |
| SOB Authority, SIlly-Ole'-Boy-Authority           | SOPA     | From: I-am-not-ok-and-you-are-ok             | GNM |
| SOBA-HUNTER:Person with an "authority problem"; a |          | The OBOLUTION Life Solution of Get-No-       |     |
| Crusader; a revolutionary                         |          | where: I-am-not-ok-and-you-are-not-ok        |     |
| SUCCINCTISM:Concise graphic formulation           |          | The EVOLUTION Life Solution of Get-On-With   | GOM |
| TA  |          | (It, life, living); I-am-ok-and-you-are-ok   |     |
| Transaccional 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 | GM  |
| 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    | Parent, Parent, ego state                    |     |
| "To Hell With It"s, Having a case of the          | THWIT's  |  |     |
| Volume  | VOL      |  |     |