

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.

Editor, F H Ernst Jr MD

February 5, 1970

Vol 2, No 23

MEETING: April 24-26, 1970; Sacto Transactional Analysis Institute Annual Spring Conference: Kings Castle, Incline Village, Lake Tahoe, Nevada. Write: Exec Secty, Sacto TA Institute, 350 University Avenue, Sacramento, Calif. 95825

ERRATUM-ADDENDUM: In the issue of Jan. 5, 1970, No. 21, the last line of the article "Name of the Species: Homo Ludens vs. Homo Sapiens:" was omitted. It reads: "Credit for the Latin research goes to K. J. Ernst."

MEETING: May 8-11, 1970; San Francisco CA. Sheraton Palace Hotel. American Psychoanalytic Assn. Write: Exec-Secty, #1 East 57th Street, New York, New York, 10022

EPIGRAM: "NOW IS NOW, WOW IS NOW!" by Jennie Lou
Formulation: Anytime a person (patient or non-patient) does something new, does something big, he does a "WOW!"; anytime he tries a new dance step for the first time, enters his first therapy group, applies for a new job, seduces his first playmate, submits his first manuscript for publication, he will do it in a NOW moment. He can postpone doing it, but when it is done, it will be done within and it will be done during a NOW moment and it will be done with the accompanying WOW warm-up (glow or embarrassment or red-in-the-face or "show-up", etc.).
G-W (get-winners) means the (more) efficient use of the (upcoming) moments of a lifetime. Fifty years is 1.5 billion seconds, eighty years is a 2.4 billion seconds. Each second is lived one at a time.

"Seize the moments of opportunity as they come, for they too, as with life its very self, shall pass you by, if unheeded, if uncaressed!"---Stenn, 1699.

ENCOUNTER: She-in-treatment-to-get-well-of-crying-and-changing-husbands: "My husband's family is too nice. They are so sweet and nice, butter wouldn't melt in their mouths. The h___ of it is, the bastards keep getting me down. What can I do about it? Could you give me a prescription for it?"--stopping, her gaze at first on therapist, then gaze going down to floor, lower lip out, face paled, upper eyelids covering most of her eyes (a-cold-hard-face).

Therapist (after a six second pause): "Like how you feel now?"--(her gaze coming back up)--Talk to them (more).

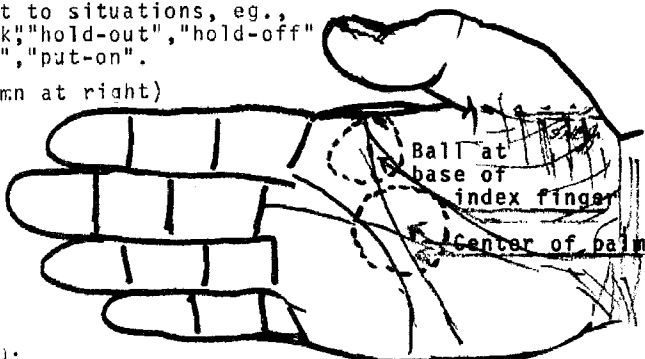
Looking up at the therapist, the whites of her eyes at first started to pink, then seeing him smiling, she burst into a giggle (vs a burst-into-tears) as the rest of her facial expression continued to fill with color.

COMMENTARY: This writer takes note of the increased frequency with which the terms "witch message," "witch Mother" and "demon Child" are cropping up in the Transactional Analysis literature. In none of these are there references as to how a get-well is accomplished, on how the locating of these "fiends" aids the g-w process or what alternatives are available to patients after "your-Witch-Mother's message" is identified. The question may be asked (back), "Which witch are you talking about?"

Similarly, the terms "anti-script", "epi-script", "over-scripted" are subscripted to with confusing results, at least to this reader.

Handshakes convey a full breadth of the qualities commitment to situations, eg., "hold-back", "hold-out", "hold-off" "put-down", "put-on".

(See column at right)



RIGHT HAND:

FORMULATION: The GREAT HANDSHAKE:

As most know there are a wide variety of handshakes and handshaking techniques. Many small children receive extensive training (nagging) about which hand to do it with, as when saying "good-bye" to the doctor or "hello" to the new step-father: "No dear, with your right (other) hand!" Which hand is offered is more important than how the preferred hand is given or taken hold of. Yet, next to the tone of voice, there is probably no better single (ritualistic, ritualized) transactional indicator of the quality of person with whom one is dealing.

The handshake is the one physical-touching activity which remains sanctioned for (almost) all situations throughout ones life. Other touching activities, eg, "brush touching", (slower) caressing, physically pressing another person, kissing (on lips or cheek), tickling, etc., have certain conventions and restrictions.

There are very few situations where the offer of the (right) hand as a gesture of good-will is out-of-bounds. This latter, for example, has been a valid and unchallenged channel for physical-touch which is open between the author's male-in-mate (felon) group patients and the female professionals attending these "live" (clinical) group therapy seminars.

Handshakes, as solutions to encounters, can be classified into the categories of Get-On-With, Get-Away-From, Get-Rid-Of, and Get-No-Where handshake; to identify personal examples: the overpowering, rim-of-the-hand, vice-like-crunching, hold-back handshake; the limp, full-hand offered by a hard "Kick-Me" player for the crushing of that person's knuckles; the limp and drooping distal-end-of-the-right-fingers offered by a "Cool-It, Man!" player; the stiffened-fingers, end-of-the-hand by a "Trying-Hard" player; the limp left-hand-fingers given to the other person by a "(Killer) Sweetheart"; the hold-(the-center-of-the-hand)-out offered by "Ain't-It-Awful" and "I'm-Only-Trying-To-Help-You-Dear"; the heavy-pumping, shake-your-hand-and-arm-off-and-stick-it-in-your-face handshake; the stiff-fingers-only, hand-flexed-concealing-the-palm, thumb-bruising-the-back-of-your-hand handshake; the I-got-(up-and-in-and-on)-more-of-your-hand-than-you-got-of-mine handshake, etc.

There is one variety of handshake that repeatedly has warmed those giving and getting it: THE GREAT HANDSHAKE! As a reproducible phenomenon, THE GREAT HANDSHAKE is defined as follows: The open hand is gently over-opened, (moderately hyper-extended) with the four fingers held together and thumb pulled to the side. Then (the ball at) the base of the first (index) finger is placed into the center of the other person's palm as the thumb rolls around to the back of the base of the other person's index finger. Then the rest of the fingers are smoothly and firmly wrapped around the balance of the recipient's hand as your thumb eases the base of the other person's index finger into your own palm. It will be found by those who do it, that, as with (other en) gendered behavior, almost any other person's hand is capable of becoming "Just-My-Size!". Most persons are aware that the center of the palm, when tickled by another, stimulates a referred sensation in the genital-perineal area of the body (in males, at the base of the scrotum; in females, at the vaginal orifice). When, however, the center of the palm is pressed into by another person's hand, as described, it conveys a complementary filling-out, filling-in, a joining-up, a getting-on-with-you sensation; it gives the reciprocated sense of "I-am-OK-AND-you-are-OK!". It is "The Winner's Handshake!".

Those who have The (G-O-W) WINNER'S GREAT HANDSHAKE recognize each other in the act of shaking hands. Those who learned it in (Adult) measurement terms teach others. Since first introduced as a definable phenomenon several "5th, 6th, and 7th generation" students, unaware of its originator, have accurately, in words, informed me about how to go about doing it.

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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.

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