



THE ENCOUNTERER

An Information Service 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

May 1, 1974

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REPORT: Conference March 1-2, 1974, in Suburban San Francisco by the Golden Gate Foundation for Group Treatment, Inc. Registration 300. Conf. Convener, F. Ernst, Jr., Conf. Chm., Alan Peek; Program, Charron Dokey; P.R., Arlie D'Angelo; Facilities, F. Harry Ernst, III; Budget, William Jones; Food, Marcia Thorne; Hostesses, Eileen Beeman; Materials, William Toronto; Entertainment, Audrey McMichael; Registrar, Betty Hovde. The Official Introductory Course in Transactional Analysis, "TA 101" run by Gaylon Palmer and assistants was taken by 60.

After conference closure 60 of the hardy, applying what they had learned, stayed on for a marathon that went into March 3.

Conference highlights included "Vital Statistics from 10 years of TA Psychiatric Practice" F. Ernst, Jr.; "Ins and Outs of Sexuality" L. Mart; "Being a Therapist" W. Collins; "Competitive Frame of Reference" J. Schiff; "Systematic Introduction of TA into a School System" (Little Rock, Ark.), J. Ferguson and N. Nicholson -- from a nationally guarded education to a blooming of learning with TA in the classroom, 50 presentations capped by the seven member TM panel, "Teaching Member Training Standards in the ITAA."

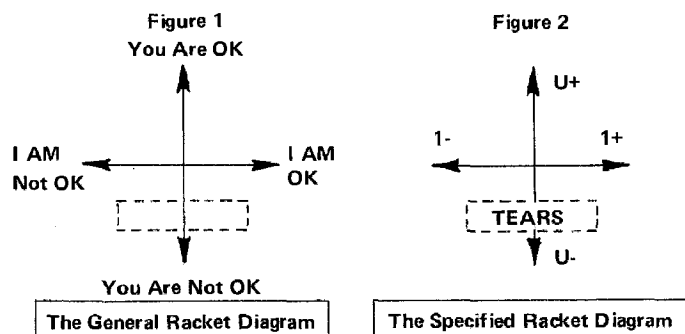
Music by Helen and Tony Intintoli and Hugh Rice completely captured and enraptured the Conference.

NOTICE: 4th Ann. Conference for Interpersonal Understanding, July 12-13, 1974. Write Chm. Larry Mart, 2717 Cottage Way, No. 3, Sacramento, CA 95825. Tel: 916/481-2164.

FORMULATION: Alphabet of Behavior Letter No. 4:

The Psychological Racket Diagram.

This alphabet letter, the racket diagram, succinctly encapsulates that a racket involves specialized strokes solely of a "You are not OK with me" nature (Fig. 1) When the particular racket is identified, such as a tears racket, the word "tears" is written inside the dotted line to describe the U- quality of strokes being given by the tearful person (Fig. 2).



Early in life people learn that the display of a certain emotion at home has the effect of bringing other events of the homestead to a halt, e.g., when mother bursts-into-tears or when "father is tired," when mother isn't talking to anyone or when father is wrathful. Little people learn that these feeling displays secure certain advantages. The child experiments with the use of one or

more of these emotions and learns that, so also for himself, these shows of feeling give him (blackmail) advantages over others esp at home.

A RACKET is a repetitively displayed emotion with coercive intimidating qualities which can be used for a game payoff. A racket aims to 1) bring about the outward consent of the Other Person; 2) hampers the chance for get-on-with pleasure for either person; 3) restricts the choices of OP to either inaction, retreat or avoidance; and 4) puts a burden on OP. A racket is a show of feeling to which there is a lack of personal commitment. The feeling shown is a "You" feeling, not an "I" feeling, therefore it is said to lack authenticity, it is more a show. Example: A 37-yr.-old woman burst into the group room at the same time bursting into tears. She was comforted by the assemblage and her tears subsided. She then was asked if other events and people could be gone ahead with. She responded with renewed tears. At that time in the marathon other events of greater moment were in need of handling. Therapist then gently asked if she'd like to go with an assistant across the hall. "No. No. I'll be all right." and the sobbing abruptly stopped in less than 20 seconds as she regained her composure.

In practice a racket is a blackmailing operation, wherein a special brand of "You are not OK with me" strokes are given out until placated or given in to. A racketeer is effectively saying "No matter what, you are not OK with me. You can't get the best of me. I may end up being OK with myself (GRO You) or I may end up being not OK (GNW You) but if I do go down for the 3rd time, I ain't going alone." The dotted line in the lower half of the OK Corral depicts an enshrined form of stroking with the dynamic of "You are not OK with me" (U-) for a "put down," to "bring down," to show "You can't get the best of me now while I'm worshipping in the temple of this, my sacred feeling." This "You can't get the best of me" is 2-edged: 1) There are none of the best (U+) strokes coming from the racketeer and 2) "I won't go down alone if I go down."

Not only are OP's unconditional strokes to racketeer rebuffed but also OP receives back "OP You are not OK with me!" until racketeer's demands have been met. Rackets are noteworthy for the lack of unconditional "You are OK strokes" and the tenacity of giving only "You are not OK" strokes; no free smiles, no free "thank you's." A racket can be the payoff to a game and when it is, the racketeer either has a get-rid-of or get-nowhere-with the victimized other person.

The next issue of THE E will describe the specific stroking sequences by which a racket is invoked, game vs racket, diagnosis of Parent vs Child racketeer, an Rx for GW of a racket.

ENCOUNTER: Dan and Charlene told in group that they played "Uproar" on occasion. "You can go ahead and play," they were told, "then slam the door behind you both the last time when you both get on the same side of it" -- Contributed by Sally McKinney.

Ed. Note: In the "Uproar" game, with its slammed door gimmick the door is rarely locked behind the departed one. 30%-50% of nocturnal "Uproar" ends up with a GOW payoff of mutually satisfying intercourse. "Phanphukkintastic!"

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The FOUNDATION for GROUP TREATMENT, INC., is a nonprofit organization, founded to provide opportunities to professionals working with groups to increase their effectiveness and efficiency. THE ENCOUNTERER, the news service of the FOUNDATION has reports and notices of current developments in this field.

Associations of group treatment professionals are invited to use THE ENCOUNTERER to notify others of their activities.

Interested Associations and Institutions are asked to apply for THE ENCOUNTERER on a continuing basis.

A list of other publications is available from the FOUNDATION upon request.



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GLOSSARY OF TERMS AND ABBREVIATIONS USED IN THE ENCOUNTERER

- A** Adult, "Level-head", objective, ego state.
- ANGLE** – 2nd move of a game, also called Maneuver-1. Angle also refers to a facial attitude (often occurring with the 2nd move of a game).
- C** Child, Childhood, "the Kid" ego state.
- CON** 3rd move of a game, formerly called Maneuver-2
- E** THE ENCOUNTERER
- EB** Eric Berne
- EGO STATE** – A quality of feeling-reasoning with its related behavior; a state of mind.
- G** Gimmick; trick, wrinkle, 4th move of a game. .
- GAF** Get-Away-From: the DEVOLUTION life solution of I-am-not-OK-AND-You-are-OK.
- GNW** Get-Nowhere-With: The OBVOLUTION life solution of I-am-not-OK-AND-You-are-not-OK.
- GOW** Get-On-With: The EVOLUTION life solution I-am-OK-AND-You-Are OK.
- GRO** Get-Rid-Of: The REVOLUTION life solution I-am-OK-AND-You-are-not-OK.
- GW** Get-Winners, Get-Well, Getting Well, usually synonymous with GOW life solution.
- H** Hook; come-on, engagement, 1st move of a game. .
- OK CORRAL** – The Diagram of (a) the life positions, solutions to intimate relationships and (b) the in-operation manner of resolving encounters each day.
- OP** Other Person
- P** Parent, Parent ego state; to be differentiated from Adult ego state.
- P-O** Pay-Off: Ulterior (latent) motive, reward, 5th move of a game.
- R_x** Prescription, prescribed, therapeutic advice, treatment recommendation.
- SCRIPT** – Life-story; map of a person's life, often resembling a fairy-tale.
- SOBA** – SOB-Authority, Silly-Ole'-Boy-Authority.
- SOBA-HUNTER** - Person with an "authority problem," a crusader; a revolutionary.
- SUCCINCTISM** – Concise graphic formulation.
- TA** Transactional Analysis founded 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.
- THE E** – THE ENCOUNTERER
- THWITS** – "To-Hell-With-it's", Having a case of the