

WHEN I GO OUTSIDE AND
LOOK UP AT A CLEAR
BLUE SKY I WANT TO
ENJOY THAT CLEAR
BLUE SKY-



BUT I ALWAYS KNOW
INSIDE MYSELF THAT IF
I CATCH MYSELF
ENJOYING IT - THAT
CLEAR BLUE SKY
WILL SUDDENLY
RAIN ON ME.



SO I WORK AT NOT NO
WHAT'S AROUND ME
IF I SUDDENLY FIND
MYSELF ENJOYING SO
THING - BEFORE IT CA
WRONG I KNOCK ON
AND THINK OF THE
WORLD'S TROUBLES.

Feiffer depicts the classical loser who finds no joy in life. In Bersian terms she is saying "but" and "if onl

GAMES ANALYSIS ADDS FLAVO

by Patricia McBroom

WAHM?
NIGYSOB.
SWYMD?

"Why does this always happen to me?"

"Now I've got you, you s.o.b."

"See what you made me do?"

These are games people play as part of a dishonest relationship, psychiatrist Eric Berne wrote three years ago. And by now, thousands of readers are probably quite adept at picking out the games of wives, husbands and friends, so popular has the Berne "games" book been among professionals and lay public alike.

Last year, when psychiatrists met for their annual meeting, Dr. Berne's session on "transactional" or games analysis played to a standing-room-only crowd. And if the psychiatrist from California's Carmel-by-the-Sea is not going to change the face of psychiatry, much of his language has at least crept into the field.

He was the first to map "payoff" territory—that land of unconscious rewards for neurotic behavior. He did this, moreover, in a pop language anyone can understand.

Thus, a game is a recurring set of moves—or transactions—between two or more people, followed by a gimmick. The game is always dishonest—Dr. Berne does not use common psychiatric words like neurotic, immature or childish—and is noted for its ulterior quality and payoff.

Some games may last for life, such as "Alcoholic," "Debtor," and "Kick

Me." "Kick Me" refers to the classical victim whose payoff is the satisfaction of knowing his misfortunes are worse than anyone else's. He revels in WAHM.

"Alcoholic" is a more complicated five-handed game with a Persecutor, a Rescuer, a Patsy and an Agitator. According to Dr. Berne, the payoff in this game is not the drinking, but the hang-over, when the Alcoholic can indulge in self-castigation and obtain forgiveness.

"Debtor" starts with getting in over one's head, then playing "Try and collect,"—TAC—and finally releasing righteous rage against the greedy, ruthless creditor.

Small landlords often play "Creditor" or "Try and get away with it"—TAGAWI—says Dr. Berne. Wherever they meet, the TAC and TAGAWI players each quickly recognize each other and become involved.

The upshot is that people warp life and lose fun. "They get confused because they're not straight," says Dr. Berne. A dishonest man is like a player piano, says Dr. Berne. He thinks he is playing, but it's all automatic. The honest man actually plays the piano and finds joy in life.

"Fun" is a key Bersian word. Psychiatrists are too serious, he says, and there is no evidence seriousness ever cured anybody. He always takes his patients seriously, Dr. Berne maintains, but "looking serious" is different, and something the exuberant Dr. Berne finds hard to do.

This may begin to sound somewhat like heresy. Actually, psychiatry is probably a profession flexible and diversified enough to digest Dr. Berne and all his language, and that seems to be what is happening.

Transactional analysts now number between 500 and 600. They have 15 training centers scattered throughout the country, but no special patient clinics. They lecture at medical colleges and institutes, such as the Langley Porter Neuropsychiatric Institute in San Francisco, where it was estimated one out of four residents are influenced, while the others remain skeptical.

Consistent comments by psychiatrists on the Berne approach include "helpful," "fresh," but "not something that will revolutionize the field."

One explanation for such bland acceptance is that games, payoffs and transactions are not strictly Dr. Berne's inventions.

Psychiatrists have long been aware of payoffs. Encouraging patients to recognize their unhealthy behavior and its unconscious rewards is an integral part of traditional therapy. "One views this as part of the whole spectrum," comments Dr. Earl Witenberg, director of the William Alanson White Institute of Psychiatry, Psychoanalysis and Psychology in New York. What Dr. Berne did, he says, is to isolate, identify and perhaps overemphasize this games-payoff aspect.

Also, the idea of transactions—or the psychology of interpersonal exchanges such as between husband and

TICING
AND
ME-
N GO
WOOD



THERE'S ONLY ONE
TIME IT'S SAFE
TO ENJOY AN
EXPERIENCE -



AFTER
IT'S
OVER.



y" instead of "yes," "no," and "wow!", the words of a winner.

R TO PSYCHIATRY



Cole Weston

Dr. Eric Berne

wife or employer and employee—has been around since the 1920s, said Dr. Witenberg, when the concept was first described and integrated into psychiatry.

Dr. Witenberg echoes a common criticism of transactional analysis when he says its use tends to avoid getting at the unconscious of a person. That is, in fact, just what transactional disciples wish. "If I oversimplify," says Dr. Berne, "other psychiatrists over-complicate." Probing around in childhood memories is often a waste of time, say the transactional analysts.

A more important reason for Dr. Berne's acceptance lies in the diversity

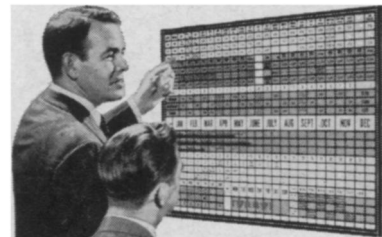
of human nature. "I have yet to find one therapeutic method applicable to all people," says Dr. Witenberg. Analysis may be useful to one person, group therapy to another, and transactional analysis to yet another. If the Berne technique is superficial and ignores the complexity of human nature, as its critics charge, that may be all the better for some patients.

Indeed there is evidence that games analysis is particularly useful to prisoners, alcoholics and marriage partners. Convicts "dig it," says Dr. Berne, because it is in a language they can understand. And it is pragmatically oriented to keeping them out of jail.

Dr. Donald A. Shaskan, chief of psychiatric services at Langley Porter, sums up the attitudes of many psychiatrists toward transactional analysis when he says the "less sophisticated part of the population seems to get something out of it." He personally feels games analysis is too structured and makes group therapy less interesting. The more dynamic approach is a fluid one in which group conflicts evolve with little direction from the therapist, he says.

And, lastly, Dr. Berne has probably been accepted because games have been an American preoccupation for the past 15 or 20 years. If mathematical games theory can benefit everything from gambling to cocktail parties' one-upmanship, it should certainly be able to add something to the knowledge of human behavior.

GRAPHIC VISUAL CONTROL



You Get Things Done Better And Faster

The BOARDMASTER saves time, cuts costs and prevents errors. You see what is happening. Shows facts at eye level. For Production, Scheduling, Inventory, Sales, Traffic, Etc. Simple to operate. Write on cards, post on board. Fully flexible. Million in use. Price \$49.50 with cards.

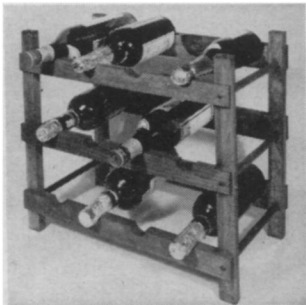
FREE 24 Page BOOKLET No. V-10
Mailed Without Obligation

GRAPHIC SYSTEMS, Box 398, Yanceyville, N.C.

EARLY AMERICAN

WINE RACK

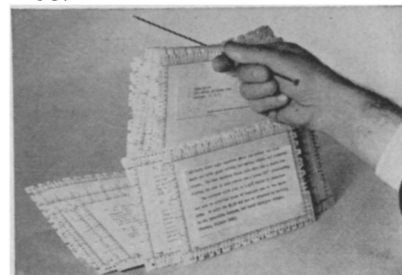
Add an authentic touch of Colonial times to your home with this lovely American made Wine Rack. Rustic and charming, practical too. Can hold up to 12 bottles. Antique pine stain on rustic wood. Wonderful for that special corner, can also be hung on wall easily. Stands 17" high, 18½" wide. Comes with pegs for stacking if you want more than one rack. Each Wine Rack only \$5.95 plus \$1 post. & hdlg. Send check or M.O. Satisfaction Guaranteed.



CRESCENT HOUSE

135 Central Park Road SN.
Plainview, L.I., N.Y. 11803

AUTOMATE YOUR FILES for instant data retrieval



Now you can use the latest Punch Card System to keep your data in thousands of categories at one time. This inexpensive system provides extraordinary possibilities for classification and selective sorting and yet requires no expensive machines or complicated methods. Speeds up cross-filing, inter-correlation and data retrieval for anyone who must keep basic information on file for use in a variety of categories. Information can be written, typed, or actually pasted on the cards. The information is then coded onto each card by notching away that portion of the card between the hole and edge. The notches allow the coded cards to be separated from un-notched cards when a sorting rod is inserted in one of the holes of a group of cards. Since the notched cards have nothing to support them when the sorting rod is lifted upwards they will fall from the group—leaving the un-notched cards intact and separated. A sorting operation takes just a few seconds and you never have to put the cards back in any particular order. This system is widely used for scientific data, literature searching, new product files, market research, hobbies, etc.

The punch cards are 5" x 8" with 120 holes around the four margins. A standard code for the holes is printed on the cards which can be adapted to the widest variety of sorting operations. Each system consists of • 200 Punch Cards • Notching Punch • Sorting Rods • Coding and Sorting Instructions • Storage Box.

All for only **\$12.85**

Add 80¢ for postage and handling
SATISFACTION GUARANTEED

DYNA-SLIDE COMPANY

1566 Sherman Ave. Evanston, Ill. 60201