

# **Wisconsin Public Psychiatry Network Teleconference (WPPNT)**

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# WPPNT Reminders

## How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoomgov.com/j/1606358142>
- **Phone:** 669-254-5252
- Enter the Webinar ID: 160 635 8142#.
  - Press # again to join. (There is no participant ID)

## Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.
- [Participate live to earn continuing education hours](#) (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2024.htm>

# ZEN THERAPY

Zen, as therapy, aims to help us hatch out of our shell and experience the world once again fresh and new.

-David Brazier,

*Zen Therapy: Transcending the Sorrows of the Human Mind*

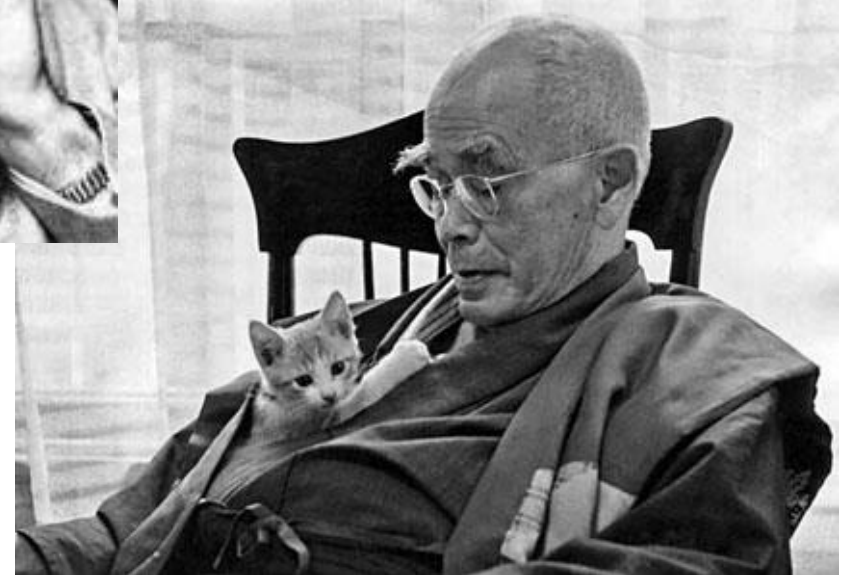
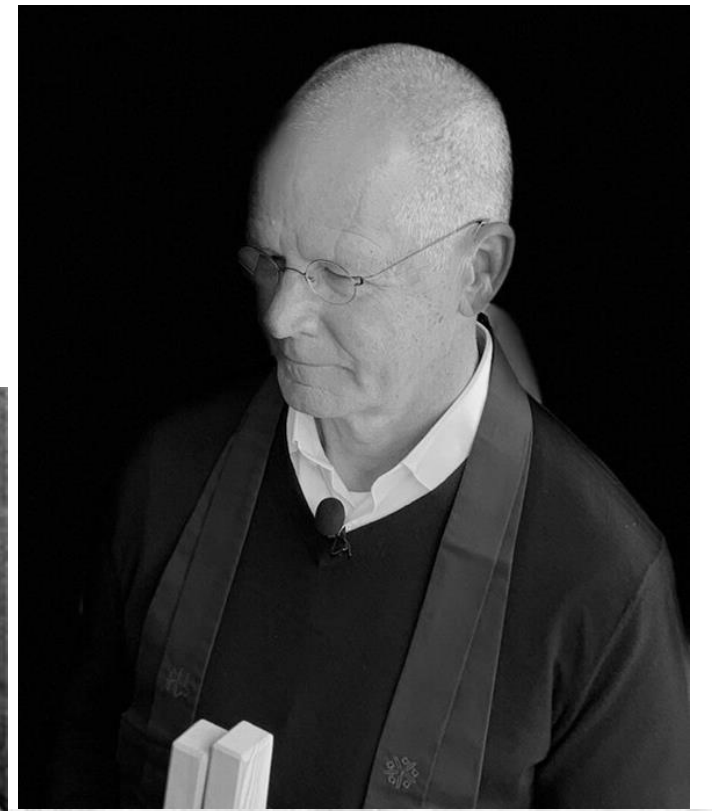


# Zen Therapy

zen = meditation  
therapy = promotion  
of healing (remove  
obstacles to healing)

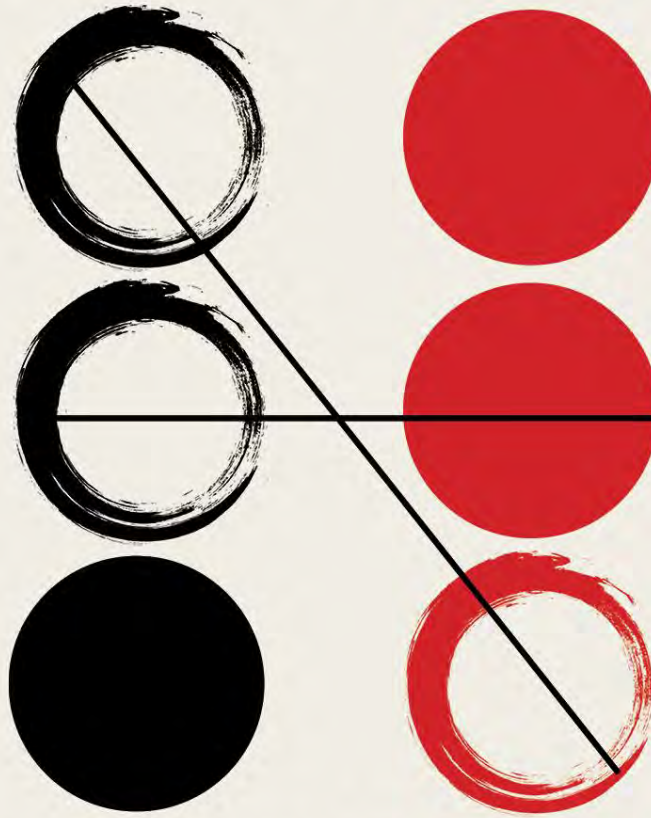


# WHAT IS ZEN?





# GAMES FASCISTS PLAY

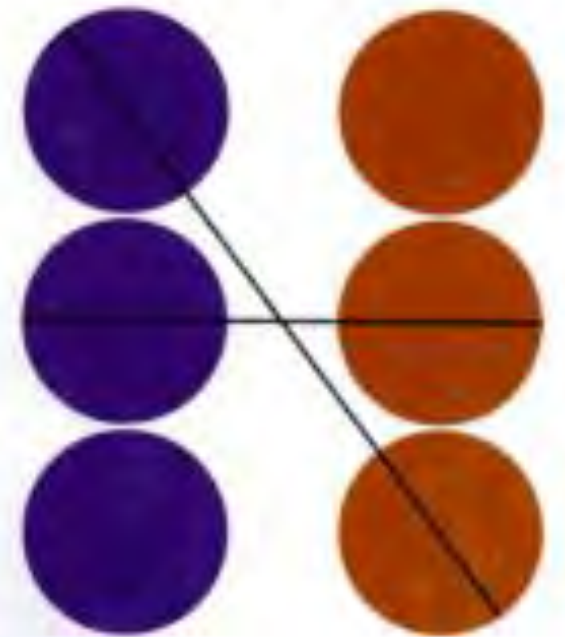


BY ANDREW ARCHER, LICSW

# Games People Play

The Psychology of Human Relationships

by Eric Berne, M.D.





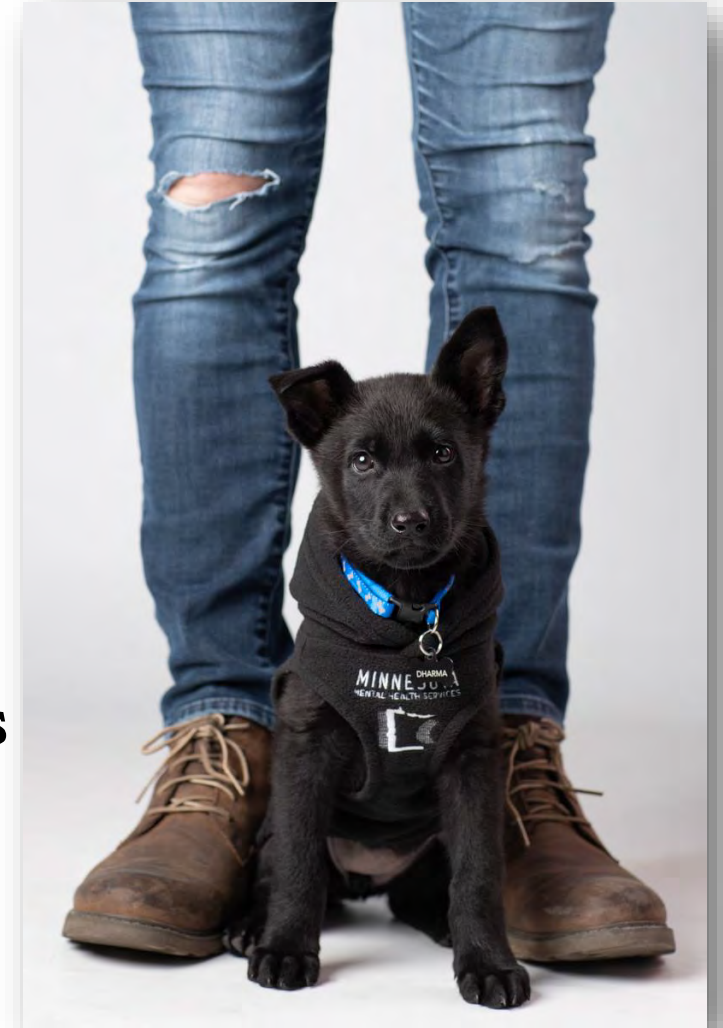
**MINNESOTA**  
MENTAL HEALTH SERVICES

# BIO

Transactional Analysis deals with what **actually** happens rather than with what is going on in the **minds** of the individuals concerned.

—Eric Berne,

*The Structure & Dynamics of Organizations & Groups*



# ♦♦♦ WHAT I'M THINKING

1. Learn aspects of **Zen Therapy** from both the **therapist** and the **patient** perspectives.
2. Explain the practice of ***zazen*** (meditation) as it relates to **consciousness**, i.e., you ***are*** meditation.
3. Three central aspects of Transactional Analysis personality structure, i.e., **Parent, Adult, Child**.





# CONSULTATION



**P**arent

**A**dult

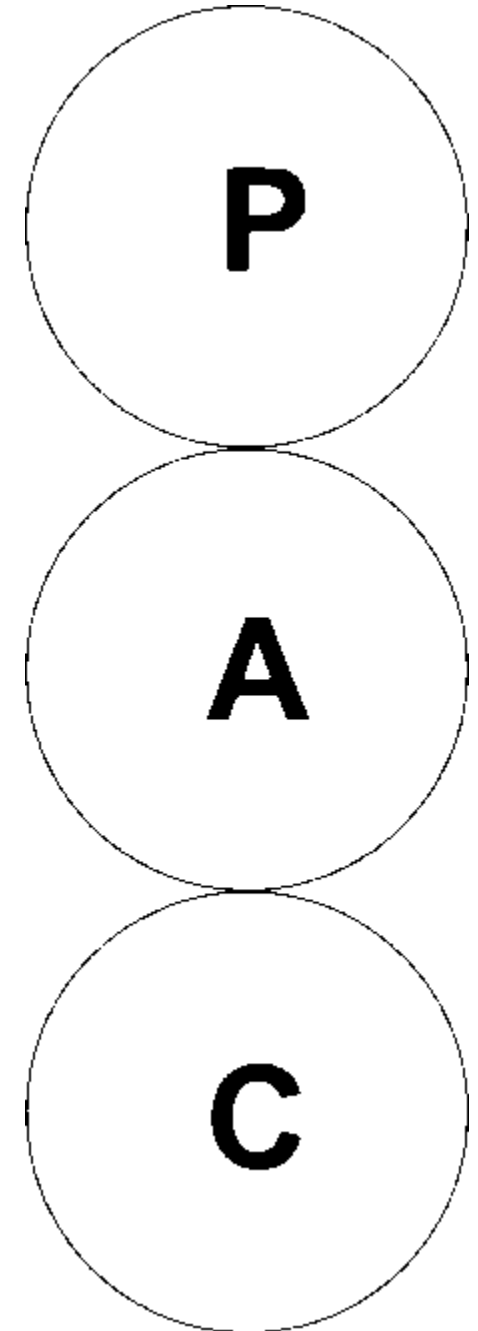
**C**hild

We carry a copy of our parent figures (Parent) and we have a mindful Adult state

“That every **individual** was once **younger** than he is now, and that he **carries within** him fixated relics from **earlier years** which will be **activated** under certain circumstances (archaeopsychic functioning).

Colloquially: “**Everyone** carries a little boy or girl around **inside** of him”.”

—Eric Berne,  
*Games People Play*



# THE ASSESSMENT

Psychotherapy is like surgery in that before any decisive intervention is made the patient must be thoroughly prepared. The difference is that in psychotherapy the preparation may take much longer than the intervention.

—Eric Berne,

*Principles of Group Treatment*

# ANALYZE LATER

The patient has a **built-in drive** to **health**, mental as well as physical.

His mental development and emotional development have been **obstructed**, and the therapist has only to **remove the obstructions** for the patient to **grow naturally** in his own direction [...] The therapist **does not cure anyone**, he only treats him to the best of his ability, being careful not to injure and waiting for **nature** to take its **healing course**. . . . “curing the patient” means “getting the patient **ready** for the cure to happen **today**.” (Berne, 1966; p. 63)

# TIME STRUCTURE

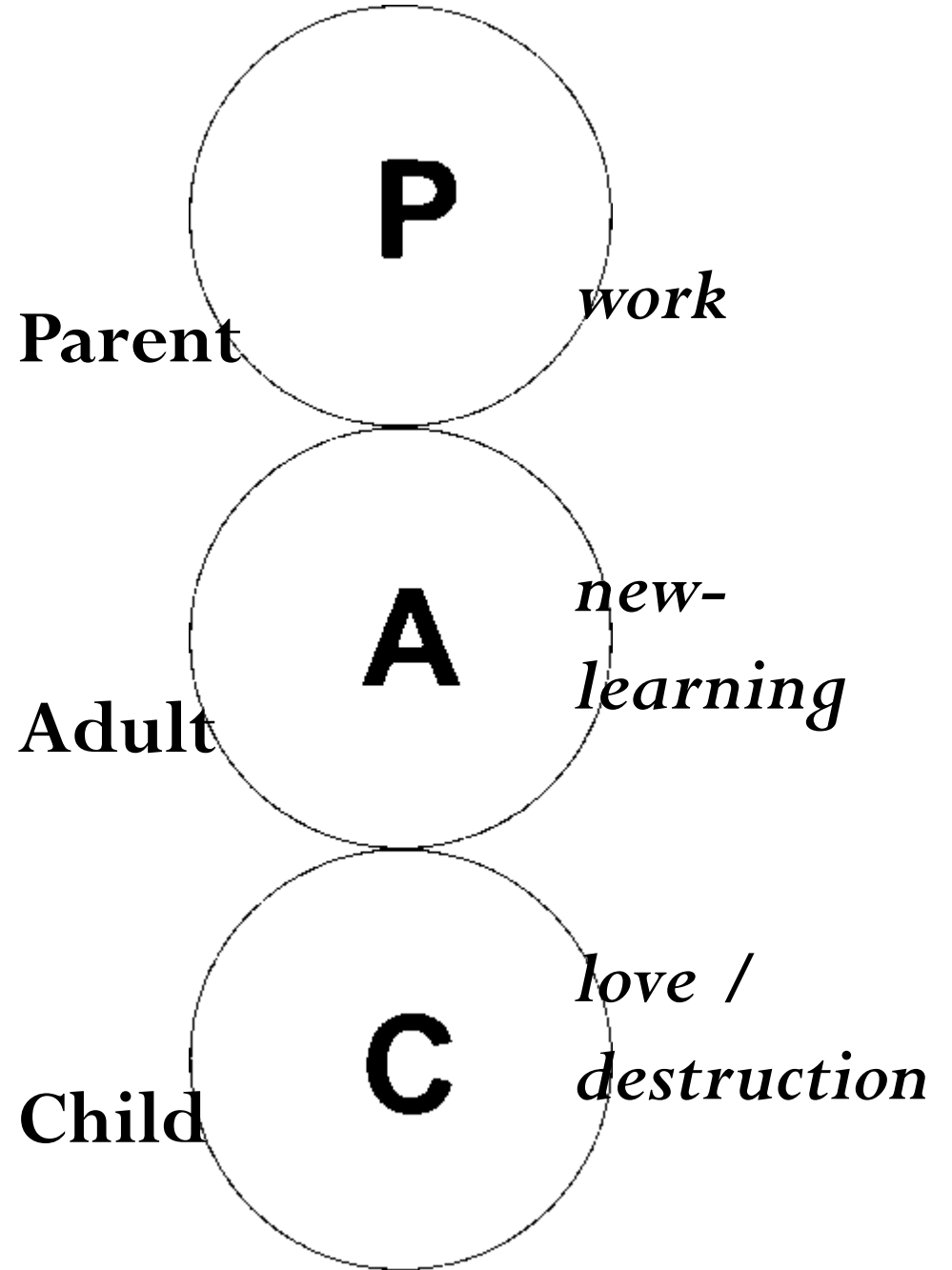
Since time does not pass, it must be passed through, and that means always scheduled or structured. Don't just sit there, do something! What shall we do this morning, this afternoon, tonight? Mom, there's nothing to do. He doesn't do anything. I've got lots to do. Get up, you lazy loafer. Awritechuguy, getcherasses outabed. Don't do anything, just sit there, and for one million dollars an hour I'll fill your time on Channel 99. A million? He's worth it, man. Pay him two million if you can.

—Eric Berne,

*Sex in Human Loving* (1971)

# PERSONALITY STRUCTURE

e.g., DSM diagnostic examples



Not Two Not One



Natural Child  
(wild)



Adapted Child  
(based on conditioning)

# MEDITATION

mind-control

i.e., “behold the mind”



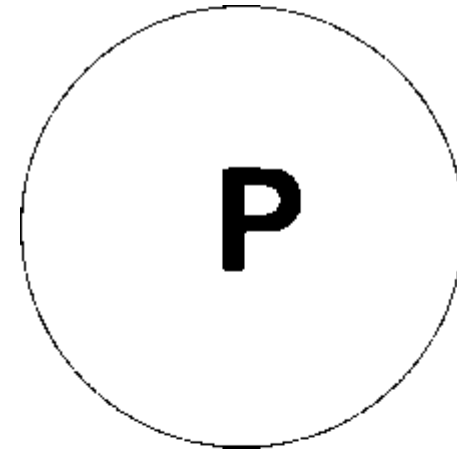


# INTUITIVE KNOWLEDGE

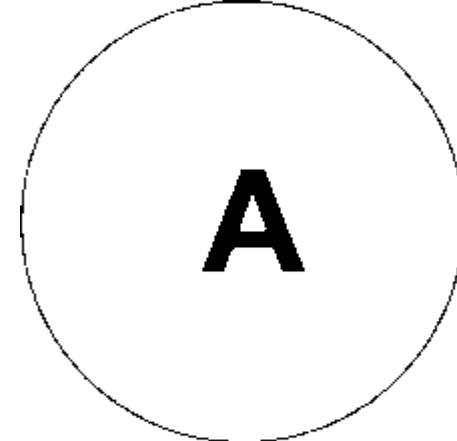
“I [You] am [are]  
... I *have*...

zen mind

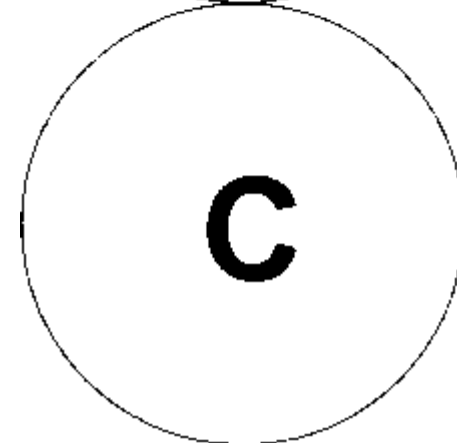
*qi*



*subjective*



*objective*



*self-nature*

# “MENTAL HEALTH”

TA does not try to “make” the patient better [...] The therapist is, in an existential sense at least, **indifferent** to which **choice** the patient **makes**; all he can do is make it **possible** for the patient to **choose**. There is, however, **no** use in trying to **conceal** from the patient that the **therapist** is **biased** by his own **prejudices** in **favor of health and sanity**; he may even **advise** the patient to choose **getting better**, but whether or not that **advice** is taken is up to the patient.

—Eric Berne,

*Principles of Group Treatment*

# SINCERITY

The goal of Transactional Analysis is to establish the most open and authentic communication possible between the affective and intellectual components of the personality.

—Eric Berne,  
*Principles of Group Treatment*

‘Cure’ is a progressive process rather than one-off event; client passes through a series of sequential stages of development

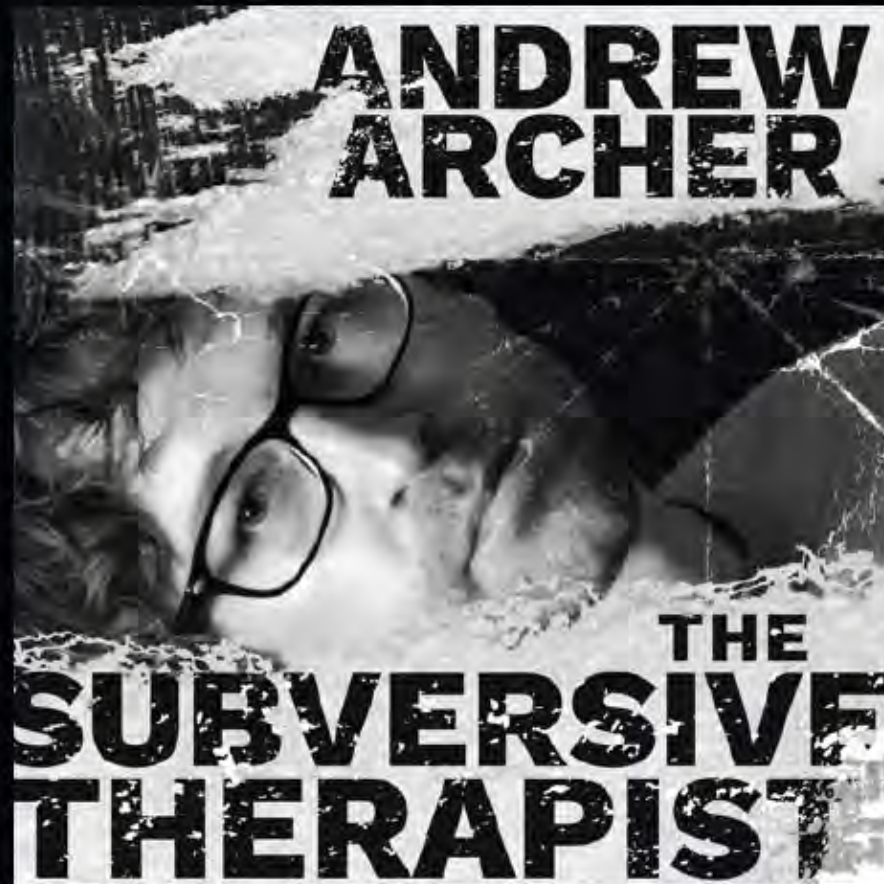
# OBSERVABILITY

1. **Social Control** (Adult, structural analysis)
2. **Symptomatic relief** (address Parent & Child, e.g., reappraise beliefs via transactional analysis)
3. **Transference cure** (sub therapist for original Parent, analyze Games)
4. **Script cure** (no longer “patient”; redecision)

(Stewart, 1992; p. 79 & 80)

Thank you!  
SubversiveTherapist.com

**LISTEN NOW!**



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