

GAMES IN TWO PLANES

Abstract - Berne's transactional analysis of games consisted of the comparison of ego states of two players, and of the identification of two levels of communication, one open and the other hidden. This analysis is the social psychiatric quality of games. An individual psychiatric approach was developed by Goulding and Kupfer in their diagram of games which Berne originally refused to accept as game analysis because games were part of social psychiatry and did not belong to individual psychiatry. For Berne, once a game had been dealt with at the social level, he restricted individual psychiatry to structural analysis and decontamination of ego states. The Berne-Goulding combination helps people reclaim their power to be game free, and to find options for healthy living.

Transactional analysis proper is used here to distinguish the individual and social psychiatry of games. Generally speaking, Berne's (1977,154) diagram of the transactional analysis of games depicts the social psychiatric aspects of games. Berne (1961) describes social psychiatry as, "the study of the psychiatric aspects of specific transactions or sets of transactions which take place between two or more particular individuals at a given time and place." (12). While the two levels of individual and social are implied here, Berne (1963) separates structural analysis from transactional analysis where he writes, "The 2 basic diagrams of social psychiatry are: **personality** or **structural**, showing the 3 types of ego states for each personality, and, **transactional**, showing the ego states active in each person engaged in a transaction." (I.c., 241), and, "transactional analysis is the social aspect of structural analysis." (1961, 12).

Here the individual psychiatric aspects of games will be depicted by the Kupfer-Goulding (Goulding, 1972) diagram. On the one hand Goulding (R. Goulding - personal conversation with the author) saw his method of game analysis as part of the social picture, and on the other hand Berne refused to accept his and Kupfer's approach for publication in the Transactional Analysis Bulletin because it was not, in Berne's view, a transactional diagram. The author had pressed this matter with Goulding because of the phenomenological awareness that he had gained personally from Goulding's analysis. Later on this was confirmed when he found that clients and trainees regularly gained inner awareness of their dynamics from using the Kupfer-Goulding model. In a recent study, the author has compared and connected the drama triangle with the game pentagon, suggested that the drama pentagon is suitable for analysis of intrapsychic game dynamics while the game pentagon is more suitable for social game analysis, and reported evidence that a person may be one of the actors in a social game without necessarily being on the triangle, i.e., without playing an intrapsychic game. (Summerton, 1991). Pursuing this train of insight further, the author remembered an occasion when, dealing with an aftercare group for drug addicts, the two types of analysis were vividly portrayed, and now, five years later, form the paradigm for this article. The author acknowledges Jawahar who provided the clinical material for the case study.

Berne (1964) did not restrict himself entirely to the interpersonal level in his analysis of games, and the intrapsychic level is to be found throughout his work. For Berne, a game was what happened between one person and one or more others, it was interpersonal and transactional. On the other hand, Berne (1970) did specifically mention later in his career that a skull game could take place within the head of an individual who could fantasize the transactions taking place, imagine the switch and payoff, and presumably complete all the elements required of a game (189). It is this inner awareness of transactions taking place which identify the intrapsychic dynamics of a game played internally within an individual, and which provides a basis for distinguishing the intrapsychic from the interpersonal.

any good quality stuff on the market?" and now I realize this, in no way am I going to Madras."

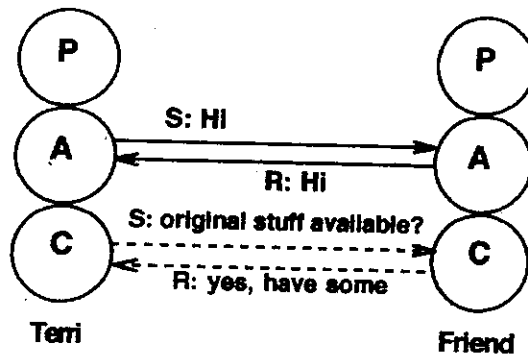


Fig.1. A duplex transaction

Terri and the group then analyzed what would have happened if she had gone to Madras, and all agreed that it was most likely that she would have started using drugs again, Terri agreed with this conclusion. Terri said that if her friend had offered her drugs under the circumstances, then she would hardly be able to refuse without being downright rude to him, and so it was too dangerous for her, and that she would go to any lengths to protect her sobriety, and that's why she would not go to Madras.

Terri was alive and eager to see the transactional analysis of what she had been planning. She provided the full scenario of what would probably have happened. She would feel obliged, "just this once" to have a joint, and that would have led her directly into becoming an active addict once again. Thus far, Terri had understood the social psychiatry of the transactions.

Individual Psychiatry of Games

On another occasion, Terri expressed amazement that she had been denying this hidden activity, and she was interested in knowing how she did it, and what she was doing inside herself. First of all, in relation to her friend, she recognized that when she herself said "Hi" to him, and he replied "Hi" back, actually, she would not hear the "Hi" but would hear his hidden invitation to use drugs, whether he meant one or not. In other words, in response to her hidden message, she would hear an open reply from him. This would lead to her taking the payoff of using the drug and feeling really bad about it, and then wondering how ever she could have got herself into it all, that is, pondering why her Adult ego state had not been functioning. Analysis of her inner processes is diagrammed in Fig. 2 on the Kupfer-Goulding (Goulding, 1972, 112- 114).

Goulding (1972) wrote,

"the definition and description of a game (Kupfer-Goulding) is:

1. Ostensible (usually) adult stimulus
2. Secret Message
3. Response to secret message
4. Pay off of bad feelings
5. Entire series of transactions are not within awareness of adult (unconscious if you wish, although I hate to use unc.)" (l.c., 112-115)

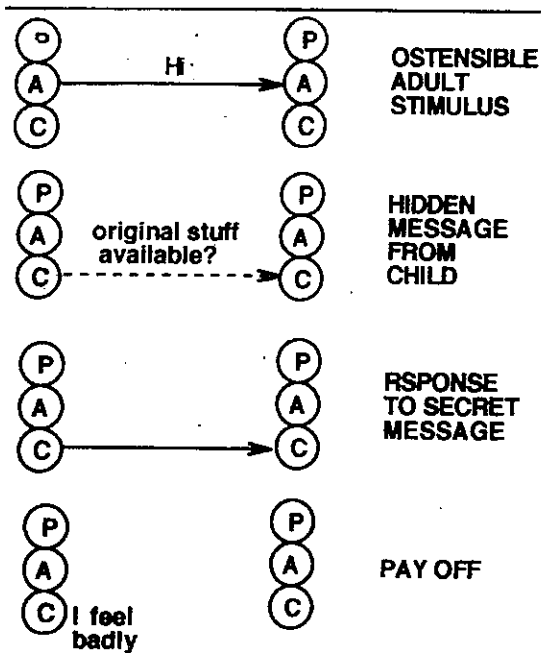


Fig. 2. Kupfer-Goulding Game Analysis

On the Kupfer-Goulding model, Terri's original social message (1) is a greeting: "Hi". This is accompanied by her secret message (2) in the form of the question: "Is there any original stuff available in the market?" Whatever reply her friend might make, she imagines in that reply the invitation, "Yes, have some." Hence, she hears as an open message (3), a positive reply to her message which until then was secret from herself. Normally, after a short delay, she would accept, use drugs, become miserable and ask herself, "Why did I use?", that is collect her pay off (4). In all this she was unaware in her Adult ego state of the tricks she was playing with herself. As a result of her analysis on this model she said, "No", to seeing her friend again because this was equivalent to returning once again to drugs and to her previous suicidal existence.

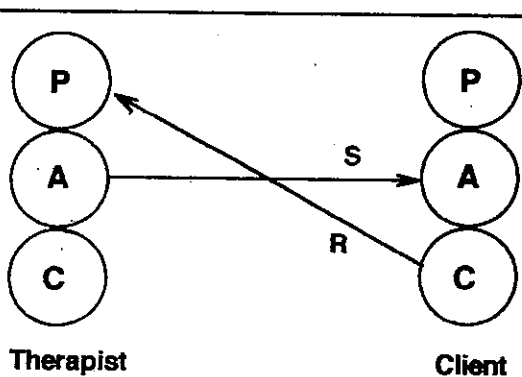


Fig. 3. Crossed Transaction Type 1 AA-CP

Games and the Transference Transaction

The two planes of game analysis offer an approach to understanding the transference transaction as outlined by Berne (1972,17), especially for the training

situation. This double level of game analysis requires that a person analyze what is seen externally by others - the social level - as well as what is seen by only by oneself and not by them - the individual level. When the analysis is social, all parties are included, and diagrams of duplex transactions give clues to the event (cf. Berne, 1977, 155); individual analysis is regarded from one person's point of view only. Berne's (1972,17) diagram applies to the social situation in which a straight forward comment from the therapist's Adult is crossed by a reply from the client's Child to the therapist's Parent (Fig. 4).

Shifting Berne's diagram to the training situation and using it as an entry point to intrapsychic game analysis, it does not matter to a game playing client which ego state the therapist is operating from because the client re-defines this to suit his or her purpose.

Trainee Tim was in one of his training group sessions. The supervisor began by asking the trainees to state their contracts, and when it was Tim's turn he began with, "I'm having some problems with one of my clients." Recognizing the discount (Schiff, 1975,17) as the start of a game, the supervisor asked, "Tim, what do you want from me?" From Fig. 4, the supervisor's Adult to Adult query is the stimulus, and Tim responds to some other, imagined statement, and consequently crosses the communication and replies from his Child to the supervisor's Parent, thus fulfilling the requirements of a crossed transaction Type I, saying "I've told you I have some problems and you ask me what I want."

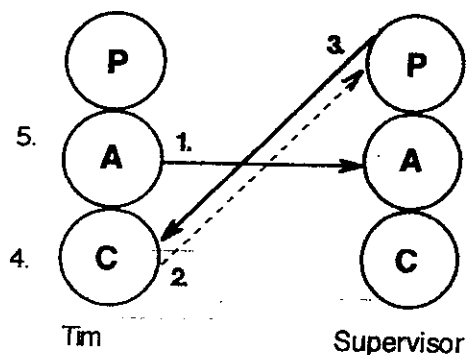


Fig. 4. Tim's Game on Kupfer-Goulding Model

At first sight, there was an Adult to Adult statement from Tim informing the supervisor that he had problems with a client. This is represented by 1. on the Kupfer-Goulding diagram as given in Fig. 4. Accompanying this open message was a secret message which he had not identified up to this point from Tim's Child to the Supervisor's Parent, and this is represented by 2. on Fig. 4; Tim discovered later that the hidden message was, "I need you to help me." The supervisor's query was re-defined by Tim to a refusal to help him, and was perceived as an open refusal to his request - and this is represented by 3. on Fig. 4, from the Supervisor's Parent to Tim's Child. Tim collected his pay off of feeling bad - 4. on the diagram - and, what was actually going on at the psychological level was outside the awareness of his Adult ego state - 5. on Fig. 4 in the Kupfer-Goulding analysis. During his training, Tim often accused the supervisor of playing games and collecting pay offs out of his, the supervisor's awareness. After a long time, especially when he heard himself on tape recordings, Tim began to be aware of what he was doing outside his own Adult awareness; this is diagrammed in Fig. 5.

Tim realized that besides playing a game, he had been projecting his inner dynamics onto the supervisor. In the projection he had been hearing a hidden message coming from the supervisor which was not there besides the open message. Tim's perception was that when the supervisor asked, "What do you want from me?" - 1. on Fig. 5, he was also taunting Tim with, "I refuse to help you" - 2. on Fig. 5 - to which Tim replied, "I came to you because I thought you would help me." - 3. on Fig. 5.

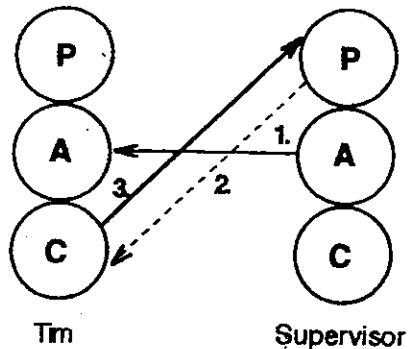


Fig. 5. Tim's Game projected on Supervisor

In both Fig. 4 and 5, the important point is not what actually transpired between the two persons, but what the individual imagined was transpiring. In Fig. 4, Tim dealt with his own perceptions. As he recognized his dynamics that previously were unknown to him, he opened himself to hearing what was actually happening between him and the supervisor, and not what he imagined to be happening. In Fig. 5, Tim projected his imagined thoughts to the supervisor in a transference; by omitting the projected psychological message symbolized by a dotted line, the crossed transaction, Type 1 appears. Eventually, Tim associated his perceptions and his intrapsychic analysis with the social analysis and with what transpired between him and the other. In subsequent training sessions, Tim located his dynamics as a P₂ transference (Moiso, 1985, 197).

Four methods of game analysis generated by Berne

Berne invented transactional analysis as a system of individual and social psychiatry, based on his discovery that every normally functioning person has a Parent, Adult and Child. He also discovered a way to analyze the games people play by using transactional analysis. In his writings, Berne generated at least four methods of analyzing games the first of which is the transactional analysis of duplex transactions leading to a "predictable and well-defined outcome or payoff" (1964, 48) and marked by "an unexpected twist" (1963, 155). Secondly he developed a colloquial analysis by which various games played are identified from colloquial expressions such as 'Why Don't You Yes But', etc. (1964, 63).

Berne's third form of analysis is formal or scientific. In this Berne identified thesis, antithesis, etc., ending with the advantages accruing to game players (1964, 70). Finally, Berne developed Formula G which described certain behaviors such as the Con or bait, Gimmick, Response, etc., leading via the Switch and Cross-up, to the Payoff (1972, 23). Berne continued developing his understanding of games throughout his life and this evolution was interrupted by his untimely death. Berne (1959) wrote, "Games are usually segments of larger, more complex sets of transactions called scripts." (219)

Discussion

Berne's (1964, 52) fundamental idea of game analysis is that it belongs to social psychiatry. He wrote, "after a game has been analyzed, the players are in a much better position to keep their Adults in control and play or not play that particular game as they see fit, so that they are no longer compelled by the needs of the Child or the Parent to start it or to go along with it." (1959, 219). Once a person's game is identified, he moved from transactional analysis to structural analysis, especially to decontamination of ego states, and thus to individual psychiatry. (1977, 155). However, even in his analysis of games throughout *Games People Play* (1964, passim), Berne refers to intrapsychic processes of the game player. In addition, he explicitly refers to intrapsychic processes when he links games with games played in fantasy (1970, 189), and in so doing assigned them an intrapsychic level.

The Kupfer-Goulding (Summerton, 1979,) model of analyzing games offers entry to phenomenological awareness of what a person does while playing games. Though unacceptable to Berne because its focus was inner awareness and intrapsychic rather than interpersonal interaction, in Goulding's thinking it belongs within the system of transactional analysis.

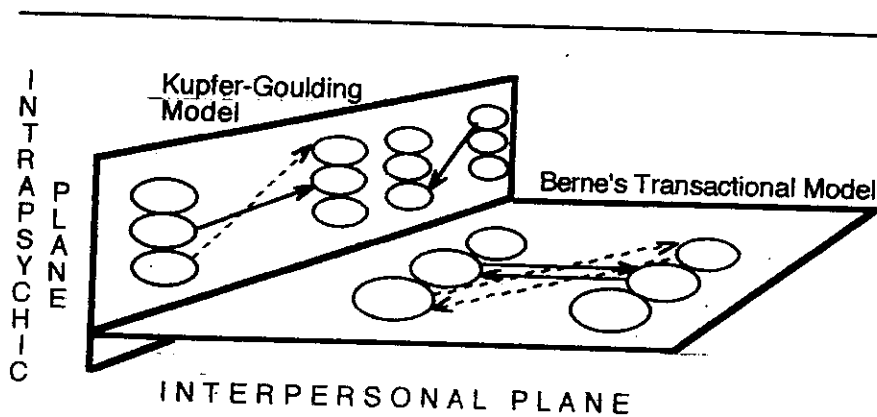


Fig. 6. Transactional Analysis of Games in Two Planes

The comparison between the two ways of analyzing games is depicted in Fig. 6 where the intrapsychic focus is shown in a different plane to the interpersonal focus of traditional game analysis. In one person's game playing, both the intrapsychic and the interpersonal planes operate at the same time. Keeping the dynamics of each plane clear while operating in therapy and training has helped people exercise social control and interact with others without being hooked into internal games and de-energizing payoffs.

Conclusion

Game analysis in two planes offers a way to social control. People learn to refuse being hooked into games by others. While analyzing external both interpersonal transactions and intrapsychic reactions, a person can move from one to the other, separate them from each other, and discover options for acting in the external environment, i.e., achieve social control. For social analysis, the two-plane approach is based mainly on Berne's analysis of games (1964), and for the intrapsychic side of the analysis, it is based

on Goulding (1972). Feedback given to this two-plane approach has included, "It works", "I make it work", "Now I see", and "Wow".

References

- Berne, E. (1959). Principles of transactional analysis. Indian Journal of Psychiatry, (1), 215-221.
- Berne, E. (1977). Transactional analysis: A new and effective method of group therapy, 1958, reprinted in Berne, E. Intuition and Ego States. San Francisco: Trans Pubs.
- Berne, E. (1961). Transactional analysis in psychotherapy - A systematic individual and social psychiatry. New York: Grove Press.
- Berne, E. (1963). Structure and dynamics of organizations and groups. New York: Simon and Schuster.
- Berne, E. (1964). Games people play - the psychology of human relationships. New York: Grove Press.
- Berne, E. (1970). Sex in human loving. New York: Simon and Schuster
- Berne, E. (1972). What do you say after you say hello - the psychology of human destiny. New York: Grove Press.
- Drego, P. (1986). Ego state paradigms and models. in Drego P. & O. Summerton, TA Source and Foundations. New Delhi: Private Publication, 1-36.
- Goulding, R. (1972). New directions in transactional analysis: creating an environment for redecision and change. in Sager, Clifford J. and Helen Singer Kaplan, Progress in group and family therapy. New York: Brunner/Mazel.
- Moiso, C. (1985). Ego States and Transference. Transactional Analysis Journal. 15 (3), 194-201.
- Schiff, J. (1975). Cathexis reader - Transactional analysis treatment of psychosis. Harper & Row: New York.
- Summerton, O. (1979). Transactional game analysis - games since Eric Berne. New Delhi: Manohar.
- Summerton, O. (1991), "Three dimensional transactional analysis illustrated", manuscript submitted for publication to Transactional Analysis Journal.

The author - Oswald Summerton, S.J., is a Level II Supervisor and Teacher of the ITAA, a Clinical Teaching Member of TASI (TA Society of India) and currently its President, and Co-Director of TACET (Transactional Analytic Centre for Education, Research and Training) in New Delhi, India. His address is: 4 Raj Niwas Marg, Delhi-110054, India.