

REGISTRATION FORM

DAYS	REGULAR	EARLY*
6	\$684	\$619
5	\$623	\$563
4	\$542	\$492
3	\$441	\$401
2	\$318	\$288
1	\$179	\$159

Listed prices are for members. **Non-members add \$30 to listed price.** Fee includes food, lodging, workshops (except Holotropic), activities, and use of Appel Farm facilities. Blanket and pillows provided. Bring linens or rent for \$12. **1-Day Special:** one day, no overnight for \$75. **Distance Discount:** US residents more than 1000 miles from the convention, and registrants outside the continental US deduct 15%. **Newcomer Discount:** deduct \$15 from total (1-Day Special excluded). **Children:** free up to 7 years; discount

8-17 years. Call for fees and childcare info. **Tenting on grounds:** same fees apply. **Off-site lodging:** deduct \$17/day/person. **CEUs:** Call for more information. **Payment:** Send no deposits. All fees payable in full upon registration, US funds only. Refunds made minus cancellation fee with written request before Aug. 1, 2004.

Name _____

Address _____

City _____ State/Prov. _____

Country _____ Zip/P. Code _____

Tel _____ Email _____

Member Non-member Is this a change of address? _____

Where did you learn about the IPA? _____

Circle days attending: Tue Wed Thurs Fri Sat Sun Mon

Circle arrival day 1st meal B L D Departure day last meal B L D

Check discounts Off-Site 15% Distance \$15 Newcomer

Register me (us) for _____ day(s). The fee is \$ _____

2nd person, name _____ if child, age _____ \$ _____

3rd person, name _____ if child, age _____ \$ _____

Holotropic workshop, add \$35.00 per person \$ _____

Linen rental, add \$12.00 per person \$ _____

Donation (optional) to IPA Development Fund \$ _____

Donation (optional) to IPA Scholarship Fund \$ _____

TOTAL (US funds only) \$ _____

Credit Card Type (Amex not accepted) _____

Card # _____ Exp. _____

Send Form: with credit card information or check (payable to IPA) to: IPA, 18 Cedar Hill Rd., Ashland, MA 01721 USA. For more information on payment call 508-881-5678 or email treasurer@primals.org
For general information on the convention, contact Harriet Geller:
Phone: 212-674-4278 **Email:** convention@primals.org
Web: www.primals.org

PRIMAL MIND



valuing intellect
and emotion

32nd Annual Convention

Tuesday, August 31 to Monday, September 6, 2004
Appel Farm, Elmer, New Jersey, USA

I N T E R N A T I O N A L
PRIMAL
A S S O C I A T I O N

WELCOME!

At this year's convention on *The Primal Mind—Valuing Intellect and Emotion*, we invite you to explore the interplay, the balance, the connections and the disconnections between our minds and our feelings. We will offer a full schedule of events that work with feelings, but we will also be looking for ways to appreciate that aspect of our psyche that excels at analysis, common sense, discrimination, productivity, understanding, and bringing the bloom of creative imagination to fruition.

Please join us for a week of community where we encourage all sides of ourselves to be expressed!

Harriet Geller and Jane Lewis
IPA Convention 2004 Co-Chairs

WHO WE ARE

The International Primal Association, founded in 1973, is an organization and community of professionals and lay persons dedicated to the experience, exploration, education, research and promotion of deep feeling therapies, personal expression and growth.

IPA business is conducted by an elected Board of Directors as well as the welcome input and involvement of all members. We are a fully volunteer, community-driven organization.

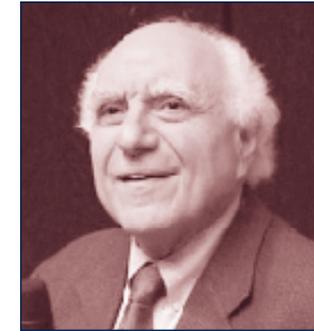
APPEL FARM ARTS & MUSIC CENTER

Situated in rural southern New Jersey, Appel Farm is a multi-disciplinary arts and conference center for education and creative self-exploration. For over 20 years, this unique, rustic setting has been the perfect home for the IPA Annual Convention.

The center has a variety of buildings with spaces equipped for workshops of all kinds—dance, drama, art, music, discussion, and emotional expression—including a professional 500-seat theatre. Enjoy swimming, ping-pong and pool, softball, tennis, basketball, and volleyball, or explore the expansive grounds and surrounding woods.

Dormitory-style accommodations are informal and sleep 6 to 10 guests. Some private and wheelchair accessible rooms are also available. Excellent farm-fresh meals provide generous servings with vegetarian options.

For more about Appel Farm, visit www.appelfarm.com



KEYNOTE

Holes in Roles Albert Pessa

Albert Pessa is co-founder of **Pessa Boyden System Psychomotor Therapy (PBSP)** with his wife, Diane Boyden-Pessa. While many

forms of body psychotherapy trace their roots to Wilhelm Reich, PBSP came out of the Pesses' backgrounds in modern dance with a focus on emotional expression. Established in 1961, the PBSP process has constantly been refined in both theory and technique and has evolved into a complex and comprehensive school of psychotherapy that is taught and practiced in eleven countries.

Al has conducted training programs for psychological practitioners worldwide, held leadership positions at various health facilities, authored and contributed to numerous books and articles, and presented workshops in PBSP for over 40 years. Please visit www.pbsp.com for in-depth discussions of PBSP.

The keynote will be presented Thursday afternoon. Please check under "Thursday" in this brochure for more information.

Gus Kaufman, Jr., Ph.D., will provide a followup workshop discussing additional aspects of PBSP, guiding us in exercises, and demonstrating the power of PBSP structures. Dr. Kaufman, a senior PBSP trainer, works with couples, families and teens in trouble; people in chronic pain; and other therapists seeking personal growth. He has lectured in the U.S., Europe and Israel.

HOLOTROPIC BREATHWORK™

Holotropic Breathwork facilitates access to all levels of human experience, including unfinished biographical material, birth memories, transpersonal phenomena, and residues of trauma stored in the body. This special 3-session workshop Wednesday morning and afternoon and Thursday morning is led by Ted Riskin, LCSW, certified by Stanislav Grof, and Jane Martin, a Breath Therapist with a private practice in Titusville, NJ. For more information on Holotropic Breathwork and a list of contraindications, visit www.tedriskin.com/hb/njsched.htm.

A \$35 surcharge is required to attend this workshop. The minimum number of participants must be preregistered by the Early Bird deadline in order to guarantee that the workshop will run. The surcharge is refundable if the workshop is cancelled.

DAILY ACTIVITIES

Movement & Yoga. Wake up to early morning Yoga, stretching, and T'ai Chi.

Massage & Mind-Bodywork. Mind-Bodywork includes Swedish massage, CranioSacral therapy, Shiatsu, Thai massage and Oriental restoration therapies offered by an on-site team coordinated by Tess Smelser.

Women's & Men's Groups. After breakfast, gather with others of your sex to share thoughts, feelings, contact, and ceremony.

Mat Track. Connect and express your deep feelings in a safe, supportive, daily primal group led by experienced facilitators.

Community Meeting. The entire community meets daily to greet newcomers, discuss convention news, and review the schedule. On Friday, an extended meeting will be held so that members can share feedback and contribute to the IPA vision.

Peer Groups. Share the events and feelings of your day within a small group setting.

Jungian Sandplay Room. This extraordinary environment for self-discovery is yours to explore round-the-clock. Create a scene from your unconscious with items from the late, great Bill Smukler's immense sandplay collection.

Games. Games to challenge your intellect will be available throughout the week in the Dining Room.

GETTING THERE

From the north: New Jersey Turnpike South to Exit #2; Rt. 322 east to Rt. 45; south on 45 to Rt. 77 at Mullica Hill; Rt. 77 south past US 40 East for 3.3 miles to the flashing light at Shirley Road. Turn left, 2 miles to Appel Farm, 457 Shirley Road.

From the south: US 295 over the Delaware Memorial Bridge to Rt. 40 East, then Rt. 77 south for 3.3 miles to the flashing light at Shirley Road. Turn left, 2 miles to Appel Farm, 457 Shirley Road.

Web Map: www.appelfarm.com/appelfarm/directions_map.htm

Directions & Bus Info: www.primals.org/convdirections.html

Transportation Arrangements: Contact Leonard Rosenbaum (1-800-Leonard or 202-393-2885; leonardleonard1@earthlink.net) for info on limo service or local/NJ bus service from PA or NYC. For pick-up, please let us know your estimated time of arrival before Aug. 20.

DESIGN & ART PRODUCTION BY SAM TURTON. COVER ILLUSTRATION/LOGO BY KARUNA O'DONNELL. PHOTOGRAPHY BY MARSHALL ZIDEL EXCEPT WHERE INDICATED. PHOTO OF ALBERT PESSO COURTESY THE PESSO BOYDEN SYSTEM PSYCHOMOTOR ORGANIZATION.



WORKSHOPS

Program is subject to change without notice. All IPA workshops and events are educational and are not a practice of therapy.

TUESDAY

Arrival 5:00 p.m.

Dinner and Opening Circle.

WEDNESDAY

Holotropic Breathwork. Orientation and first session.

What Is Primal? Larry King, an IPA Elder from NYC, gives an introduction to the theory and practice of primal psychotherapy.

Introduction to Jungian Sandplay. Mary Thompson, M.S., will guide you into the profound and limitless world of sandplay.

Political Forum. Healing our political communities is as important as healing our emotions and feelings. Join Steve Austill for a lively discussion.

Experiencing Bliss through Tantra. Use the body's vital sexual energy to connect body and mind (emotion and intelligence) with pure consciousness. Promote transformation and self-healing through pleasure! With Laurie Handlers, M.A.

THURSDAY

Holotropic Breathwork. Second session.

Storytelling. Storytelling can facilitate transformation, both within and outside sessions. Explore the therapeutic use of stories and how they can support healing processes with Patricia Poulin.

Keynote Presentation: Holes in Roles. Al Pessa will focus on his work with clients who have unwittingly filled the holes in the roles that left deficits in their parents' maturational processes. As children, they distorted their own personalities in a compassionate attempt to care for the parent, leading to dysfunctional patterns in their adult lives. Using Psychomotor "structures," Al will elucidate this phenomenon and teach how to release clients from those burdensome roles enabling them to lead more satisfying lives.

FRIDAY

Making Sense Unwittingly. Yvonne Parma, Primal and Expressive Arts Therapist and international trainer in expressive therapies says: Let spontaneity guide your hands in making art—and realize how intelligently you portray your emotional landscape.



Therapist Peer Group. Barbara Bryan, M.A., and Sam Turton host a workshop for therapists and facilitators to openly discuss any personal issues and challenges in their primal practice.

Thoughts About Spirituality and the "In Love" Feeling. Have you ever wondered why many say "oh god," or cry at orgasm? Diane Kohl, R.N., M.A., will lead a discussion and exercises. If possible, please bring a picture of yourself at an early age.

Graham Farrant—In His Own Words. Enjoy a reading by Terry Larimore of 15 pages of Graham Farrant's personal story from his unpublished book, "From Soul to Cell." Sharing as time allows.

Psychomotor Therapy Applied. Gus Kaufman, Jr., Ph. D. will demonstrate PBSP, a powerful, gentle, body-based method of emotional re-education/therapy that promotes mindful healing. Exercises, theory and personal work.

Primal Integration Training. Barbara Bryan, M.A., and Sam Turton discuss their seven-day training program for those who wish to develop facilitation skills for primal-style or deep-feeling work.

The IPA Fundraising Draw. Bring your unwanted treasures: household goods, white elephants, handmade items, creative services, session time. Whatever you give is tax deductible!

SATURDAY

What's So Great About Consciousness? with Dan Miller, Ph.D. What role does consciousness play in daily life, science, evolution, feelings, and Primal Therapy? We can't escape it (although we try), so we may as well understand it.

Put Your Family on the Mat. Linda Ellinor and Lucas Plumb combine family constellation theory with primal therapy to help participants tap into early trauma or deficits. (Early registrants will be sent materials so they can hit the mat running. Contact NLPlumb@sonic.net if you plan to attend.)

Empowerment Regressions to Treat Pre- and Perinatal Shock with Terry Larimore, M.S.W. Discuss common wounds experienced before/during birth and develop symbolic, physical, emotional and spiritual empowerments that can release/repattern the long-lasting imprints that result.

Carrying Your Parent's Pain and Shame. Bonding psychotherapy will be used to emotionally release our parent's pain, particularly shame, absorbed during our formative years. Neurobiological theory will be discussed. With Lynn Turner, Ph.D.

Safely Process & Heal Arguments/Conflicts Together. What do you do when you're triggered/upset in your relationships? In this workshop with Chris Wright, LMFT, learn how to safely process and heal charged feelings/issues/conflicts in your relationships.

Art Gallery: Opening Gala. Karuna O'Donnell curates a gallery of paintings, sculpture and other art works by convention participants. Bring your creations for the whole community to enjoy.

IPA Cabaret! Get on stage and express yourself with a song, a poem, a skit, improv, or humor—to the most supportive audience around!

SUNDAY

Heart Math: The Heart/Brain Connection. Lynn Turner, Ph.D., gives a cognitive rendering of the strong connection between the heart and emotional brain using recent groundbreaking research from the Heartmath Institute.

Buddying. Effective buddying and overcoming problems—sometimes problems you don't even know about. Larry King started primal buddying in 1950 under the direction of L. Ron Hubbard.

Conflict in Relationships with Barbara Bryan and Dianne Arman. Learn how to resolve conflicts in relationships using Imago and Primal therapies.

Do's and Don'ts for Sexual Healing. Things to do and things to avoid when dealing with sexual trauma, with Steve Austill.

Softball: Valuing Mind and Body. Join Larry Schumer as we renew our sports experiences through our annual softball game, where we open ourselves to the possibilities of enlightenment and fun through sports.

IPA Dance Party. Another chance to enjoy and express yourself in a fun-filled evening of music and dance.

MONDAY

Regular Daily Activities.

IPA Annual General Meeting. An opportunity for all members to discuss IPA issues and elect Officers and Board of Directors.

Closing Circle

Departure 3:00.

