

PRIMAL

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The Spring Retreat

By Michele DelGesso and Linda Marks

Planning for this year's Spring Retreat is in full swing, and we are eager to replicate last year's success. This time we are happy to offer more people the chance to share our "mini convention" experience.

The three day retreat will run from Thursday evening, May 17th, through Sunday afternoon, May 20th at the terrific Grow II Lodge in New York's Catskill Mountains. It is run by a commune based on Staten Island that have their own group process and are very interested in ours. We will be lovingly taken care of and very well fed, at a price that fits our budget.

Although we will be deciding on the final schedule at the retreat, we would like to print a tentative list of workshops and events in the flyer. So we ask each of you who would like to run an event such as mat track or cabaret, or contribute a workshop, to please email Michele DelGesso and Linda Marks at Byedoll@aol.com.

We are also looking for volunteers who will be arriving earlier on Thursday or staying later on Sunday to help with set-up and clean-up. If you're interested, please let us know in advance.

We would like to hear from you so that we can improve on this already wonderful concept. More information will be coming, but please feel free to email us now with your ideas and questions. And don't forget to mark your calendars! This is a chance to let your spirit and mind run free – as well as your singing voice and dancing feet. We will again be offering men's and women's groups, primal mat track every morning, small group sharing, community meetings, cabaret, jam sessions, and partying into the night!

We encourage IPA members in other areas of the country (or world) to consider organizing similar events in your region. To find out how easy it can be, contact Harriet Geller at gelleh01@library.med.nyu.edu.

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The International Primal Association, Inc. publishes the IPA Newsletter. Opinions expressed by the authors are their own and not necessarily those of the IPA. The Editor reserves the right to edit contributions and to make final judgment as to the publication of all materials received. Please submit contributions via email if possible.

Deadline for Summer 2001 issue:
June 1, 2001

Change of address?

Contact the Secretary

Board Process: Vision & Action

By Harriet Geller

Several years ago, Steve Austill helped the Board "primalize" its activities by adding a Process Day prior to the regular full-day meeting. On Process Day we explored thorny IPA items and personal issues on both emotional and rational levels in order to be prepared to come to speedy consensus decisions at the business meeting. This innovation served the Board extremely well.

This year, prompted by new Board member, Earl Klotz, we took the next step at the February meeting and combined Process Day principles and business into an integrated two-day event. Under the skillful and sensitive guidance of our president, Yvonne Parma, we completed the entire agenda with a minimum of angst and virtually no interpersonal conflict – a rare accomplishment.

We began with a visioning session which centered on new areas of focus for the IPA's promotional activities and possibilities of reversing the decrease in the IPA's professional base. Our brainstorming came up with many ideas, including these:

promoting the IPA as a community, exemplified by the unique atmosphere at our various gatherings; supporting training of new therapists; supporting and publicizing local peer groups; using the website to highlight individual's experiences as therapist, trainee or client; reaching out to therapists who are currently on the periphery of our community. This is just the beginning in two fertile arenas for growth of the IPA.

The results of our weekend of work are in evidence in articles and notices throughout this newsletter: getting our financial house in order, primal discussion groups on the Internet sponsored by the IPA, substantial progress in finding a new Convention site and time, developments on the IPA web site, new fund-raising initiatives, and much more.

Stay tuned for more news from our next meeting April 21 & 22 in Washington, D.C. Final planning for the Spring Retreat and Summer Convention will be at the top of the agenda. As always, all IPA members are welcome, and out-of-town attendees will need to find their own accommodations.

Regional Contacts

By Denise Kline

For those who want to know more about primal from experienced IPA members, we are offering regional contacts who would be glad to speak with you by phone or respond by email. They may be able to give more specific information on therapist referrals, or help connect you with workshops and training. Maybe there's even a primal peer group in your future! We hope you will join us in supporting, using and expanding this very necessary network. Refer to the following list, pick the area closest to you, and give our volunteer members a call.

If you would like to be a contact person in a new or growing area, please advise Denise Kline (Membership Development Chair) at 301-791-9237 or dkline43@aol.com. We intend to develop a more extensive network that includes other regions of the U.S., Canada, Europe, and beyond. With your help we can make primal life more available all over the world!

Northeast U.S. & Boston

Fred Zielke

781-395-7466 fredzk@aol.com

New York & Philadelphia

Jean Rashkind

215-732-1659 jrashkind@aol.com

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Ingemar Fransson: 011-46-8-825423

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877-PRIMALS or 202-393-2885

Psychodramatic Bodywork® & Primal



By Susan Aaron

As the keynote presenter at the IPA Convention 2000, I saw many similarities between the process of Primal therapy and Psychodramatic Bodywork®. Rather

than discuss the method you know best, I'd like to tell you about my area of expertise and let you draw the relevant comparisons.

Psychodrama was created by J.L. Moreno, who believed that all blocked spontaneity could be traced to earlier traumas. These traumas could be revisited and repaired and in this process, the blocked spontaneity could be unblocked.

We start with a moment in the present where there is pain, upset, frustration etc. This might look like a conversation with the boss where you fail to stand up for yourself; a headache that won't allow you to work; a relationship that you're unable to let go of. These are all examples of a situation in the present that you'd like to be different.

We put these situations into action by choosing people (auxiliary egos) to play roles for us. For example, you might pick someone to play your headache and have a dialogue with it to explore why it's there. This present day exploration leads us to a past trauma where our spontaneity was originally blocked. We then act out this scene using members of the audience, only this time we insert the repair experience that the protagonist would have liked to have happened. Moreno calls this *surplus reality*. Since the repair didn't really happen in life, we now experience an alternate reality. This repair could be a grandparent intervening and stopping abuse, or a parent saying they were sorry. The possibilities are limitless, and they are related directly to what the protagonist would have liked to have happened.

The last piece of the psychodrama is returning to the present, having had the repaired past experience, and seeing how we relate to the present day situation differently.

The bodywork that I use during a psychodrama is directly related to blocked meridians (shiatsu). If someone is feeling sad and unable to cry I would work on the lung

and heart meridians in specific places to help unblock them and encourage the tears to flow. This helps greatly during a psychodrama. When someone is trying to receive a repair experience sometimes they're unable to let in the positive messages until they release the pain and grief from their body. By adding bodywork to the psychodrama, the healing can be fully on a body level as well as emotional, mental and spiritual.

Specific meridians help with the flow of anger, sadness and fear. There are also meridians that can help with suppression, blocking and dissociation. All physical interventions must be done with great sensitivity to the client and their needs. By unblocking the body, the person can have a very deep and powerful experience, therefore these techniques are to be employed with great respect.

In my demonstrations at the convention, the group chose facilitated encounters on both occasions. This is a slight adaptation from traditional psychodrama. In an encounter, each person deals with issues in the present that are concerning them. After the issues are aired each protagonist is encouraged to see the source of the issue within themselves and their history, i.e. earlier trauma or an earlier traumatic relationship. By looking for the transferences, and doing a small piece of psychodrama with the original person (usually a parent), the protagonists are able to lift the charge off the person in the present and see them more clearly. By watching the other protagonist do their transference work, it becomes clear to the co-protagonist how they triggered the other person. Co-protagonist work, or encounter, is much more delicate and exposing work to facilitate than psychodrama. In a psychodrama the client controls what issue they will explore. In an encounter, you have no control over what you may trigger in another person and what this will force you to look at in yourself. It is a growth process, but one that needs to be facilitated with great delicacy and respect for both parties. It is easy to trigger issues of "it's not fair—you love them better than me."

I hope this information is a useful elaboration of the experiential process many of you shared with me this summer. Feel free to contact me at aaron@youremotions.com or visit my website www.youremotions.com.

Members News

Primal Integration Center of Michigan Intensives

March 9-10 (\$140.00)

April 13-14, 2001 (\$140.00)

May 25-28, 2001 (\$360.00)

Memorial Day weekend from Friday 7:30 pm through Monday 4:00 pm. Led by Barbara Bryan, Michael Hoyland-Young, Marie Regis. The fee includes food, lodging, and airport pick-up.

June 29-30, 2001 (\$140.00)

Therapist Training Programs

Seven to ten day residential programs are in development.

Call for details.

248-478-5559

babryan@concentric.net

Yvonne Parma & Fred Zielke

Do you live in the Boston area? We hold free monthly meetings for primal people, with a sharing go-round, optional mat time, discussion and a potluck dinner. For more information, contact **781-395-7466** yturtle@aol.com

Terry Larimore

Terry has a set of 8 informative brochures on her pioneering work with adults and infants, including an introduction to shock and trauma, information on sponsoring her workshops, details of trainings for therapists and parents, and survival skills for birthworkers. For a free copy of the whole set, contact her at **415-924-6432** terry@terrylarimore.com

Sam Turton

Sam's primal centre and home, only 45 minutes from Toronto, is ideal for individual or group residential intensives, with a separate bachelor apartment and a new, detached primal space. His unified growth and healing approach combines primal, Zen, bodywork and wholistic healthcare within a safe, non-directive relationship. **519-763-5881** turton@albedo.net

False Memory Syndrome

and its Implications in Primal Therapy

By John A. Speyrer

Sexual abuse of children is a worldwide phenomenon. In our country some estimates are that one child in six has been molested. But there is one phenomena which is almost as disturbing as being sexually molested as a child, and that is being falsely accused of molestation.

I think it is time that the primal movement begins seriously examining the issues raised by the False Memory Syndrome Foundation. The FMS Foundation was formed in March of 1992. Its objective is to challenge findings in some psychotherapies which they claim uncover early childhood sexual molestation which really never existed. Lately there has been much discussion on television talk shows, in books and in magazines about accusations leveled against various therapists whose clients felt that, during psychotherapy, they had been implanted with the idea that they were incest victims.

Many of the purported FMS victims subsequently confronted their parents (very often their father or step-father), verbally or occasionally in courts of law, about their alleged abuse which had resulted in alienation from their families. Some of these victims later retracted their accusations that they had been sexually molested and concluded that the idea of their molestation had been implanted by their therapist. They claimed they were victims of the False Memory Syndrome and called themselves retractors. They realized what great harm they and their family had suffered when they made the false accusations, and it has become, for them, a cause celebré to attack their therapists and even the concept of repressed memory.

How did these problems arise in the psychotherapy movement and get to this point? The concept that repressed sexual trauma causes psychic disabilities had its origin in the theories and early writings of Sigmund Freud. He found that a large number of his hysteric patients recounted child sexual abuse. Although stunned by these revelations, he documented some of the case histories in *Studies in Hysteria*, (1895). However, so pervasive were his findings of sexual childhood trauma in the households of upper class Victorian Vienna that he had some doubts as to its reality.

So from either a sense of doubt or from lack of courage of his convictions, he later renounced his early findings and instead theorized that his patients were fantasizing their early memories of molestation. Some authors have contended that this changed the direction of the psychoanalytic movement

in subsequent years (for an interesting book on this subject, see *The Assault On Truth: Freud's Suppression of the Seduction Theory* by Jeffrey M. Masson).

The issues with which the False Memory Syndrome is concerned have polarized some members of the psychotherapy community. Because of the lack of courage on the part of Freud, some therapists feel that their patients' memories are "made up," while others seemingly overcompensate for Freud's hesitancy, perhaps seeing abuse where none exists. Charles Hanley, in a review of Masson's book (*Int. Journal of*

Psychoanalysis 67:517-521), insists that Freud did not disavow his earlier findings. He writes that Freud "amended them, to make them correspond with the facts, and he brought them into relationship with the discovery of infantile sexuality and its potential for pathogenesis." Hanley says instead that it was Masson who suppressed Freud's seduction theory by his choice of references and that Freud continued to recognize the sexual abuse of children.

This point may never be resolved since Freud has written extensively on many subjects in abnormal psychology,

at times even contradicting himself. As in quoting the Bible, one can mine Freud's writings to prove that he held any particular stance. Be that as it may, the ignoring or not stressing the importance of the trauma theory of neurosis in Freud's writing after *Studies in Hysteria* probably delayed the discovery of primal therapy by Arthur Janov by many decades.

When I first heard of the False Memory Syndrome I concluded that its victims were sexual abuse survivors who were in denial. But the more I thought and read about FMS, the more I began to believe that an explanation of denial was perhaps too simplistic. I think the primal community should begin considering the possibility that some memories which are accessed in primal therapy may be partly confabulated.

We all know that some primals are very subtle. That does not mean that they do not have a factual basis in reality, but because of their subtlety, they may be subject to possible misinterpretation by both therapists and patients. As we know, the material elicited from the unconscious by primals is frequently incomplete and it may take a number of re-connections or re-livings before the specific content of the trauma material becomes clear. It is during this period of time when I believe that it may become easy for the primal patient to confabulate, that is, to fill in the blanks of



unclear parts of the primal material with fantasies of “what could have happened.”

Some primal reliving which might fit in this category could be past lives experiences, sperm, ovum and implantation primals, ritual abuse primals and primals dealing with satanic cult abuse. I have not heard (as of yet!) of primals of alien abductions (that’s when some extra-terrestrials in UFOs abduct earthlings to have sex or perform surgical experiments on them!), but I would not be surprised if such testimony of those re-livings will be forthcoming in the future.

Are primalers who are reliving some events victims of an over-active imagination? Many who are not in primal therapy would unequivocally answer in the affirmative. And while I do believe that some type of memory can be implanted at the cellular level, where does one draw a line between implausible yet possible and definitely impossible primal re-livings? Is there no limit to what is possible in primal re-livings as there is in holotropic breathwork therapy? In the future will we be hearing about some primalers re-living their past life as a mosquito, or re-experiencing the evolutionary phylogeny of our species?

I must admit that if I had never experienced birth primals, I may have questioned their reality. Nonetheless, those of us who are convinced of the reality of primal re-livings lose any credibility we might previously have had with non-primalers when we assert that it is possible to re-live crib experiences. But even more raise their eyebrows in gestures of disbelief when we recount the belief that re-living one’s birth is possible.

Our descriptions of intra-uterine relivings allow even more individuals to ridicule the whole concept of primal therapy. But what kind of a credence from other professionals or even from family and friends can we expect when we say that we have reexperienced our own fertilization and/or our life as a sperm and ovum?

Problems with communication don’t stop there, for some of us go beyond cellular consciousness and proclaim that re-living traumas of prior lives makes it possible to alleviate present day emotional problems. At this stage, how much credibility remains for the primal concept with those outside the primal movement? Not much, I fear.

Should those who believe in the possibility of experiencing past lives or gamete cell primals, for example, be disavowed by the primal community? Of course not! But embracing all theories, even those which lack an iota of scientificity, detracts from the credibility of primal therapy. Perhaps these primals are in areas where science cannot investigate, and primaling will always be ahead of scientific discoveries which might validate some of its more abstruse concepts.

In discussing the problem of accepting without proof such ideas, Ashley Montagu in the foreword of Elizabeth Noble’s *Primal Connections* rather kindly and generously writes that: “speculation is the lifeblood of the scientist. . . The scientist believes in proof without certainty, while others believe in certainty without proof. But before one can get to proof one

must speculate, even fantasize. The trick, of course, is not to fall into the error of mistaking one’s speculations or fantasies for facts or certainties.”

When repressed trauma is uncovered in primal therapy, what responsibility should a therapist have to determine, and to encourage his patient to determine, where truth ends and confabulation of memory begins? Should not the primal community at least express an opinion rather than ignore discussions of the False Memory Syndrome before the concept of repressed trauma becomes suspect even by those who should know better?

Some FMS advocates do not deny the possibility that repressed memories exist. However, they incorrectly believe that detailed memory points to the presence of confabulation. Those who have retracted their accusations believe that some who seek psychotherapy are unusually suggestible. They believe that when this susceptibility is coupled with hypnotism or with a therapist very anxious to uncover sexual trauma, then a situation is set up which encourages a patient to fabricate untruths.

A psychotherapist, either in primal therapy or in any other therapy, should never conduct the therapy with an agenda of attempting to uncover certain specific traumas. Implanting an idea into a patient’s mind of what is the cause of his emotional or psychosomatic problems is unprofessional and unconscionable.

So what do you think? How frequently, in primal therapy, do false memories occur? Do they occur at all? Has a false memory in primaling ever occurred to you?

A primal recounted to me by a friend involved his being untimely removed from his mother’s breast before he had had enough milk. Seeking more information, he contacted an aunt who informed him that he had always been a bottle-fed baby and had never been breast fed due to his mother’s breast disease. However, it is conceivable and not improbable, that his mother did make at least one attempt at breast feeding. So this example would not necessarily be a false memory. Instead, I pose these questions to those of you who have experienced (or whose clients have experienced) re-livings of definitely impossible, or of highly improbable proportions.

If John’s challenging article moves you to respond, please send your Letters to the Editor to turton@albedo.net

“How frequently, in primal therapy, do false memories occur? Do they occur at all?”

Lifetime Membership Award

John Speyrer has done more to foster the electronic communication of primal therapy than anyone else in the world. As the architect of the Primal Psychotherapy Page, he has single-handedly created the quintessential home for grassroots primal journalism, professional discovery, and personal communication. To honor his dedication and efforts, the IPA Board of Directors would like to present John with a Lifetime Membership. To visit his “global home” or to send your thanks and congratulations, visit <http://home.att.net/~jspeyrer/>



Annual Convention: *Brave New Site Search*

By Bill Whitesell

Although this year's annual convention will be held at Appel Farm over the week spanning Labor Day, the IPA Board is considering the possibility of finding another site for the Annual Convention in 2002. A Board committee has been set up to investigate possible sites for the 2002 convention; it is chaired by Denise Kline and Leonard Rosenbaum, and I serve as secretary.

The Committee has been considering one possible facility located in the same general area as Appel Farm, called Ramblewood. We invite folks to have a look at their website at www.ramblewood.com. We also have the following supplemental information on the place: it is located 8 miles from Interstate 95, about 1 hour from Philadelphia airport and about 50 minutes from Baltimore/Washington airport. It is 10 miles from a train station with Amtrak service (perhaps 4 or 5 trains stop there per day). The cost would be about the same or less than Appel Farm, including use of all facilities and three meals a day. Ramblewood has 400 beds, and other facilities, which appear more than ample, are indicated on their website. They have a regular customer who rents over labor day weekend, but the last week in August could be available.

The Committee would also like to invite the IPA community to join in the search for alternative convention sites. In that regard, we have prepared the following criteria for folks to consider when proposing possible sites:

- Convenient for transportation. (Not far from major airport or highways, and centrally located for the bulk of attendees.)
- Reasonable cost.
- Priming permitted. Swimming pool (or lake) with nudity permitted.
- Adequate accommodation, meeting rooms, dining, mattresses for priming, and other facilities.
- Availability toward the end of summer, preferably the last full week in August, rather than the week that includes Labor Day.
- Exclusivity for the IPA in the use of the site.

We invite you all to send comments and new site ideas to:
 Denise Kline - DKline43@aol.com
 Leonard Rosenbaum - leonardleonard1@cs.com
 Bill Whitesell - whitesell@tidalwave.net



Convention 2000 Portrait

Left to right, reclining in front: Alice Rose, David Morris, Angel Terrazas, Rebecca Shrager, Noah Zidel, Jessica Nooney.

Sitting: Marshall Zidel, Kris Shaw, Johanne Hamel, Karl Reis, Sarah Houston, Cate Lund, Chris Wright, Teresa (Tess) Smelser, Marlene Schiller, Sam Turton, Jane Lewis, Jeff Silva, Marie Regis, Linda Marks.

Seated: Mary Taylor, Marian Delp, Denise Kline, Warren Davis, Shelly Beach, Walter Gambin, Larry Schumer, Michele DelGesso, Barbara Bryan, Joe Sanders, Brenda Scribner, David Cope, Peter Vondras, Freddie Cope, Alec Rubin, Mary Thompson.

Standing: Walt Syben, Joe Dunn, Linda Di Ianni, Tom Lundrigan, Susan Aaron, Larry King, Mickey Judkovics, Rick Benson, John Quick, Bill Whitesell, Fred Zielke, Robert Grow, Peter Lynch, Sharon Patterson, Rigel Patterson, Kevin Cope, Jana Smith, Mandi Cope.

Levitating: Rex Osbourne, Jonathan Delman, Deborah Delman, Mair Ellis, Pauliann Lister, Jean Rashkind, Taff Welch, Harriet Geller, Wayne Carr, Gary Soulsman, Judy Lucrezia, Earl Klotz, Jerry Lucrezia, Yvonne Parma, Leonard Rosenbaum, Sharon Kane.

If anyone would like a high quality color copy of the above portrait with attendee names, please send \$3.00 to:
Steve Austill, 12 Mt. Vernon St., Saugus, MA 01906 USA.

Memories of Debby

As many of you know, long-time IPA member Debby Caplan passed away last October. Did you know that in 1973, she helped to start the IPA in Montreal? If you have any memories like this, or special stories and photos of Debby that you would like us to publish, please submit them to the editor, or to Debby's husband, past president Larry King at topking99@yahoo.com.

Primal Antarctica

This winter, the IPA's indomitable Barbara Bryan took a break from her Primal Integration Center of Michigan and sailed "to the ends of the earth" – the Antarctic continent. Teeming with primally pure penguins, sea lions, whales, and icebergs, this vast wilderness area is documented in Barbara's amazing photo collection.



Letter to the Editor

Regarding my picture in the Fall Edition where I am holding one of my cookie mics - I am in the process of designing the 2nd generation "cookie mic." Not only are we working to make the sound richer and fuller, but we hope to lessen the fat content while simultaneously completely eliminating all crumbs with our new, patented "crumb filter." So far, all of my cookie mics have been wireless (which of course makes digestion of it much easier), but this will be the first wireless, crumbless cookie mic. Look for it in stores the day after Thanksgiving.

Noah (Nozer) Zidel, Boston

Editor's note:

"A Significant Session" is the very first submission for our "Stories of Joy and Pain." I want to thank new IPA member Lisa Samson for courageously sharing her truth.

"Stories" Submissions

- 250–500 words or less are ideal for the newsletter. Selections up to 2000 words would be saved for the website or a book. Keep in mind that short selections are often the most inspirational.
- Express from your personal perspective, and refrain from using names unless you have written permission from the individuals mentioned.
- Choose subject matter that has deep personal meaning for you and speaks of your primal life and experience.
- Please submit via email to turton@albedo.net

E-Letter Nixed

Due to a lack of response for a digital Newsletter at this time, I will focus on other endeavors such as using my physical body and being in sunlight - Ed.

Primal GQ

Who would have imagined it? Gentlemen's Quarterly, the upscale men's lifestyle magazine, published a one-page article on primal therapy with snippets from an interview with San Francisco therapist and IPA member, Stephen Khamsi.

Afterward, Stephen jokingly described his "surreal interview," as "about 50% accurate," and that "parts were even made up!" Nonetheless, the article graced the big December 2000 issue, and in spite of the typical "breezy" style, the writer called primal therapy a positive and socially responsible way to deal with the "screaming, pounding, wailing, moaning, issues-having side to your life." Stephen, thanks for sticking with it!

Stories of Joy and Pain

A Significant Session

By Lisa Samson

Sam and I go into the back primal room, and I'm losing my nerve. I let him know this, and that my fear is about going into some really deep work with a man present. So we talk about it for a bit, and I find I'm getting angry with myself that I'm getting sidetracked. That made my mind up.

I let myself go down into what I've always felt was a bottomless black hole, and an image came to me of being a very small baby lying in my crib with someone in the room. The next thing I know, I'm pushing out/away with my legs and arms, and I'm struggling with something, I don't know what. I scream until I can't breathe, and as I come fighting back up for air, I say "Stop I mean

it!" This was significant, in that I understood my limits and respected them even in the midst of a life-and-death primal.

So we take some time to bring me out and get me more grounded in the present. And then Sam is looking me in the eyes and he says, "I think this is why you're here, Lisa, this is why you came this weekend." We talk about what I want to do, that it was very brave and significant for me to be able to stop and stay right where I was and see how I feel. I tell him what my perceptions were, and that I felt like someone was trying to hurt, or possibly kill me, and I decide to go back down. It's amazing to me now, how easily I made that decision, based on the amount of fear I was feeling, and at that moment I had no idea of the outcome.

So down I go again with a death grip on Sam's hand and when I can't breath anymore, instead of the fear ripping me apart there's this unbelievable strength that comes, and I'm finally fighting and screaming, "NO!!", and suddenly I let go and come out the "other side."

It took some time for me to realize what had happened, and even before I could really register that I had gotten past that horrible fear, I was sobbing and asking, "Why, why didn't they want me?" The pain was somehow a little more bearable, I believe now,

because I could feel how incredibly strong I was for making it through. I cried for awhile and told Sam I was having a little trouble with a man being there with me. After some time I was aware of his heart beat and I guess the idea came to me that it was just a heart beat, everything living has one, and I don't have to compare or feel threatened, or act enticing, or be anything in relation to that heart beat. And for the first time since I've been doing this work I looked down into that crib with baby Lisa in it and instead of feeling all the rejection and pain and ugliness - I saw and felt a beautiful baby. Then I was reaching out for her and bringing her up

into my arms, feeling her wiggling into me, all of her sweetness and innocence. Then there wasn't any more division, the little baby was me and I was holding me and feeling how beautiful I was, how wonderful and

sweet, so strong and with so much potential. I believe it was the first time I - loved - me.

Then I was aware of a tingling vibration all through my body. I kept wiggling my toes and flexing my muscles as I continued to recognize myself. And as if I could stand anymore joy suddenly I could feel my heart!! And then I cried more tears of joy. It was like tiny celebrations going on all through my body! I lay there for a long time in Sam's arms crying tears of joy, laughing and smiling, feeling the love I hold for myself. Then after a time I would just think of someone and suddenly I was with them sharing my joy. I felt so wonderful and I said so many prayers. Then I cried more tears when I realized that the next time I held my children "I" would really be there in a way I had never been before.

I talked and shared with Sam every minute expression of coming through the other side, and he told me about the first time he came through. I remembered saying to him how simple it is to just BE. Getting there is not, it is so much work, but I did it. I dreamed and dared, I planned, I made the decisions every step of the way, I faced the demons and won. I cried from my pain, I felt love for myself, and finally I said a prayer that someday I might help others find their way through to that kind of joy.

*"I believe it was
the first time
I - loved - me."*

Should We Expand the Mission of the IPA?



By Chris Wright

It must have been exciting times when the IPA was launched in the 1970s. It was a major breakthrough, this new form of therapy that did more than just talk. Finally we had a process for consciously healing the underlying, repressed emotional charge that creates havoc in our lives.

However, we've learned much since then. In those early days emotional processing was considered "therapy." It required the supervision of a licensed professional therapist who was specially trained. Arthur Janov, the originator of Primal Therapy, even to this day, will go to his grave believing that you can't regress into your repressed feelings unless you're facilitated by someone trained professionally by his Institute. The rest of us are "mock primal therapists." And heaven forbid that peers ever try to process together.

But how could a process as human and natural as consciously experiencing tension to resolution have become so "therapized"? Why do you have to pay someone to provide a safe structure for you to cry in, or angrily storm? Or even regress? Are the facilitation tools so specialized, so difficult to master for most people? Is this really rocket science? What we have discovered is that most people can easily be trained to facilitate and support someone processing safely through their charged issues.

Is emotional processing something to only be done in therapy? If I'm in a bad mood or feeling upset, can't I simply release the emotional tension inside that's throwing me off my center? Do I always need to "regress" to "First Line Pain" for the process to be cleansing and feel my old self again? Am I wasting my time if I'm "abreacting," simply crying until I feel better and get a release?

For me personally, I process every week—whenever too much internal pressure builds up or when I get triggered. I process alone, and at times with a "buddy" facilitating. Sometimes I regress deeply. Other times, the crying and storming simply discharges the internal pressure. Anywhere from fifteen to thirty minutes later, I feel completely free of any tension or charge – at peace, alive, open in my heart. Pleasurable "vegetative streamings" (Reich's term) flow through my body and being. It's wonderful. I hate feeling any other way. The difference from before the process and afterwards is like night and day. The alternative of sitting on the internal pressure, and then acting it out in some way, is unnecessary suffering for me.

Shouldn't people know that this process, these tools, are available?

And what about in our relationships? Husband, wife, our children –don't we all need a safe structured process we can use together for clearing the air of charged feelings that, otherwise, can harm each other? Unfortunately, the safe tools that enable that have been missing. And the results are devastating. Over half of all marriages end in divorce, and children get scarred as people act out their charged feelings on to each other.

I believe the IPA is positioned to champion the cause of promoting this technology and building communities that process together. We could become a leader in this area, offering resources in how to set up communities in your local area to provide the knowledge and support to make safe emotional processing a part of people's lives.

In this vision, for example, the IPA could systematize these tools in easily learned programs. Then provide training for people to lead workshops

teaching these programs – how to process with a facilitator (and how to facilitate), how to process effectively alone, and the tools that make processing in your close relationships safe when you've triggered each other.

In the early days, I used to teach traditional emotional processing weekend workshops. People came and had a powerful emotional catharsis. But I saw that what people really needed was to learn systematically in the workshop how to do it themselves – when alone as well as with their own network of support. In this way, they didn't have to rely on me or another therapist, as their only resource, to process tensions that came up. So that they could use it in their everyday life, as I did in mine.

I'd like to see the IPA take leadership in this domain. As an organization it is uniquely qualified to do so. It could promote among its members introductory workshops on learning to process in their community. A member can bring an IPA trained leader into his or her local area to teach such a workshop over a Friday night-Saturday day. And from there, develop a regular peer process group in the community, using safe standards developed by the IPA. Once a group is formed, the IPA can then offer advanced local or regional workshops on topics such as processing mother issues, father issues, advanced facilitation tools, how to process conflicts safely, processing birth trauma, sexual abuse, and more.

I believe that therapists and skilled laypersons would jump at the chance to get such training and be able to offer these tools and processes in their area. This knowledge is so precious, the tools so invaluable. The IPA would generate increased membership and income as leaders are trained and as more people learn to process. And, more importantly, the IPA would become more relevant to peoples lives, making a difference in the world. A real difference.

Chris Wright is a primal therapist in the Washington, D.C. area. He offers workshops locally and around the country. Contact Cwright003@aol.com or 703-440-0440.

Do the Raffle!

That's right, folks! The IPA Fundraising Team will be holding a raffle at the 2001 Summer Convention. Please donate whatever items or services you can - household goods, sandplay objects, "white elephants", handmade items, massage, peer time, therapy, tennis lessons—whatever you can give that someone else can use (legally!). There'll be lots of prizes, lots of winners, and lots of fun!

APPAH time

The Association for Prenatal and Perinatal Psychology and Health is holding their 10th International Congress, "Birth, the Genesis of Health," Dec. 6-9, 2001 in San Francisco. Nonmembers \$350 before 03/15/01, \$475 before 09/15/01. Call 707-857-4041 email appah@aol.com visit www.birthpsychology.com

Emerson Books

Primal pioneer William Emerson has two new publications. **Remembering Our Home: Healing Hurts & Receiving Gifts from Conception to Birth** is co-authored with Matt, Sheila and Dennis Linn. The book maps the experience of the baby from conception through birth and the impact of those experiences on later life. William's insights and formidable experience are coupled with the Linns' integration of psychology, medicine and Christian spirituality. **Shock: a Universal Malady**, is a booklet/tape program designed to assist health professionals in acquiring the skills needed to prevent, recognize, and treat early trauma/shock.

Emerson Training Seminars

March 9-11 Seattle, WA
March 9-19 Mexico City
April 26-29 Boulder, CO
May 4-6 Ashland, OR
May 11-14 New Orleans, LA
June 8-11 Petaluma, CA
June 23-29 Mill Valley, CA
Call 707-763-7024 or visit www.emersonbirthrx.com

A letter to members and friends

At this time, I have been Treasurer for 8 months. After the Summer Convention I sat down with a fine toothed comb and looked over all the ways we had spent our money over the last few years. I found various places we were "leaking" money, losing money or not earning as much as we should have. The most relevant discovery was that it had been a long while since anyone had really looked at the entire financial picture and set guidelines accordingly. I've attempted to do just that these past eight months. I've come up with two working budgets: one budget for a typical, healthy year and one budget for a reduced-expense skeletal year which is the one we're using until we return to better financial health.

The board was happy to comply with my guidelines for minimal spending and maximum cost cutting. The positive results are starting to show themselves. According to my projections through July, we should still be in the black at the start of the Summer Convention which will be an improvement over our situation at the start of other Conventions in the past!

One other important financial discovery was that our costs for running our conventions had been inching up gradually but we had not adjusted our conference fees accordingly. That is one of the reasons we were gradually getting into increasing financial challenges.

Jean Rashkind, Harriet Geller and I have put our energy into coming up with gradual, and hopefully manageable, increases to our convention fees that will cover our real convention costs and then begin to help cover our other costs of yearly operational expenses.

Fred Zielke has masterfully brought our tax returns up to date and Bill Whitesell will be beginning our application for non-profit status, shortly. Fred and Bill have also been invaluable supports for me in my role as Treasurer. Taff Welch has also contributed legal pearls of wisdom, as needed.

We also have some funds earmarked for outreach projects to put the IPA back into the public eye as an organization that promotes us as a loving community committed to personal growth and education about our style of deep healing. Denise Kline and Leonard Rosenbaum are currently involved in an outreach project to help us connect and reconnect to other like minded communities.

The Fundraising committee, Barbara Kay Cope, Leonard Rosenbaum, Earl Klotz and myself, will shortly be presenting copies for sale of the 1991 video of Bill Smukler's keynote speech. This video captures Bill's great warmth, boyish humor and his ability to spread love and goodwill to us and to the outer community at large. It is a beautiful documentation of a most beautiful man.

I'm happy to say that our membership has grown by a substantial handful of people this year! Thank you to everyone who renewed their memberships, and a special thanks to all newcomers who have taken the step to become members. Your membership dollars support this wonderful organization that, in turn, supports our personal deep healing and, in turn again, creates all the positive ripples beyond our community that accompany deep healing.

To all of you who sent me little notes of support, thanks and friendship with your registrations and membership dues, I thank you for the personal touch. I have them all tacked up on my board to remind me of our ongoing, loving connections within the IPA.

Love and Regards to all,

Sharon Kane, IPA Treasurer

Convention 2001 - Help Wanted!

Massage Therapists

We need IPA members who are certified massage/bodywork therapists to be part of the bodywork team. Partial scholarship available. Contact Marie Regis 516-767-7707.

Early Morning Activity Leaders

We are looking for volunteers who would like to lead groups in Yoga, T'ai Chi, Stretching, Movement, etc. Contact Jean Rashkind at JRashkind@aol.com or 215-732-1659

Volunteers

If you would like to assist in any aspect of the convention, even a small thing, please contact Sharon Kane, Volunteer Coordinator at skmg@juno.com or 508-881-5678.

Primal Circles - Primal Heart

29th Annual IPA Convention

Tuesday, August 28 to Monday, September 3, 2001 • Appel Farm, Elmer, New Jersey

By Jean Rashkind

The magic of our Annual Summer Convention inspired this year's theme: Primal Circles - Primal Heart. Each year the IPA community comes together to learn, to celebrate, to heal, and to be with others who yearn to be whole. We come to be in a place where we can be fully who we are and share from our hearts. Whether in words or song, jokes or tears, we bring forth our deepest selves.

At our gatherings we move in and out of many circles, be it our peer groups, men's and women's circles, workshops, or any of the many groups we form each day. As a group we hold the space for sharing and healing. We become pieces of a larger wisdom by joining together our individual essences and experiences.

Just as an individual sharing from the heart can touch and heal us all, the power of the community can bolster and contain us as no one person can. This year's Convention will highlight and magnify the many ways that we bring ourselves to the group, and the many ways that the group reflects back to us as individuals. We will expand our repertoire of stories, as well as explore new ways of creating group experience.

A particular focus will be the evolution of a shared (community) experience through the interaction of our individual stories. Our keynoter this year, Vera Orlock, drawing from her background in movement, Body-Mind Centering® and Somato-Emotional Release, will help us to access our inner truths in unique ways, and will facilitate group structures involving the whole community.

Join us for . . .

- Workshops
- Speakers and discussions
- Community meetings
- Womens' & Mens' Groups
- Peer Groups
- Primal "Mat Track"
- Morning yoga/stretching
- Meditation
- Massage & bodywork staff
- Swimming/sauna
- Sports
- Music jams
- Dance
- Cabaret

Call to Presenters

All IPA members are invited to submit workshop proposals. An exploration of the themes is welcome, although not required. Also, workshops dealing with obstacles to authentic community: secrets, masks, shame, fear, stereotypes, conflicting roles, etc. would be valuable. To ensure consideration, please submit your proposal by April 19, 2001.

If possible, send your submissions via e-mail.

2001 Workshop Proposal

Name (with credentials, if desired) _____

Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone _____ Fax _____ E-mail _____

Workshop Title _____ Length: 1.5hrs ____ 3hrs ____

Format: Lecture/Discussion ____ Experiential ____ Panel/Debate ____ Recreational ____ Other ____

For scheduling, please circle the days you will be at the Convention: Tu We Th Fr Sa Su Mo

Print or type on separate sheet: 1. Workshop Title 2. Workshop Length (1.5 or 3 hrs)
3. Workshop Description (75 words) 4. Biography (50 words)

Your workshop description and biography may be used in promotional materials. The Convention committee reserves the right to edit your description, but will make an effort to contact you if significant changes are required. If you expect people will experience deep feelings, please include provisions for unresolved feelings in your workshop description. All personal information shared by any member of a workshop or similar IPA activity is to be treated as confidential.

Presenters must register for the Convention. Submitting a workshop proposal does not constitute registration. A separate Convention brochure including registration form will be sent out to everyone on our mailing list.

Send proposals to:

Jean Rashkind
Convention 2001 Chair
226 W. Rittenhouse Sq.
Apt. 705
Philadelphia, PA 19103
E-mail: JRashkind@aol.com
Fax: (215) 546-0292
*(write Jean Rashkind prominently
on cover page)*

Convention info:

For Convention information,
call (215) 732-1659
or contact:

Yvonne Parma, President
(781) 393-4523
Yturtle@aol.com

Larry Schumer, Vice President
(801) 257-0433
larry@larryschumer.com

Barbara Kay Cope, Secretary
bkcope@bellatlantic.net



Roses to:

- Steve and Ginny Austill on their 50th anniversary. Childhood sweethearts forever.
- Fred Zielke and Yvonne Parma for hosting the breakthrough February Board Meeting. The IPA's home away from home!
- Wayne Carr for kick-starting our website and keeping it rolling.
- Newsletter contributors Susan Aaron, Michele Del Gesso, Harriet Geller, Sharon Kane, Denise Kline, Linda Marks, Jean Rashkind, Lisa Samson, John Speyrer, Bill Whitesell, and Chris Wright for their journalistic wizardry.
- Taff Welch for supplying a set of past IPA Newsletters and Aesthemas for us to digitally archive.
- Jane Lewis for OCR scanning Taff's ancient archives for the website.
- Noah Zidel for doing sound for the Convention Cabaret , DJing the dance, and also inventing the "Deluxe Barry White" big-sound cookie mic.

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
Lifetime Membership	\$1000	\$1500
Annual Membership (based on income)		
\$100,000 or more	\$110	\$165
\$50,000–99,999	\$75	\$112
\$25,000–49,999	\$60	\$90
Less than \$25,000	\$50	

- Low-income membership for \$30 per year is available to individuals who are either full-time students or who support themselves exclusively with public assistance.
- All dues cover the fiscal year from August to July. To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.
- Please make out your check to the IPA in US funds, and send with your complete name and contact info (including email) to:
IPA, c/o Sharon Kane, 18 Cedar Hill Road, Ashland, MA 01721, USA

International Primal Association

c/o Sharon Kane
18 Cedar Hill Road
Ashland, MA 01721
USA

Address correction requested

NOT A MEMBER YET?
The IPA needs your support.



Feel Different.