

# IPA Newsletter



## 2014 Convention by Harriet Geller

The 2014 Summer Convention was nestled in an idyllic wooded sanctuary beside a pristine lake. The accommodations were rustic, the food was delicious, and the IPA Community created the usual atmosphere of acceptance and caring support.

These highlights were some of my annual favorites: Women's group at the top of the list, a perfect Peer Group, Mat Track everyday with new (Lee Aikin and Don Wharton) and veteran leaders facilitating some deep work, and new workshop presenters including Tricia Wassel teaching

the Shalom Process. Also, I always appreciate the availability of Sand Play (thanks to Marie Regis) and art supplies (thanks Julie Eliason) as well as these women's workshops.

I played frisbee by (and in) the lake, recited poetry at Cabaret and danced my body raw at the farewell party. What more could one want? See [primals.org/convention](http://primals.org/convention) for exciting news about the 2015 convention at Virden Center, where the accommodations are downright luxurious.

## The New Board of Directors

President Dianne Arman  
Vice President Barb Bryan  
Secretary Warren Davis  
Treasurer Gary Bradley

Anne Bassen, Julie Eliason, Harriet Geller, Miriam Greenberger, Denise Kline, Jean Rashkind, Tom Rose, Leonard Rosenbaum, Brian Stark and Thaver White.

## Editor's Notes

by Julie Eliason

I am more impressed every day by the results I'm getting by practicing Cognitive Therapy as taught by Recovery International. I am getting so peaceful that I am actually feeling bored, but it is a good boredom that can only be satisfied with doing my art—which has been my goal since 1966, when I first started therapy. Giving up the adrenaline rush and drama of judging myself or others negatively forces me to find other healthier interests.

I am finding many other benefits of Cognitive Therapy such as helping me to get into my primal feelings. I encourage you to check it out at [recoveryinternational.org](http://recoveryinternational.org).

## Table of Contents

From the President	Page 2
Diane Kohl's Story	Page 2
Calendar of Events	Page 2
Barb's Corner	Page 3
Poem by Harriet	Page 3
Primal Cartoon	Page 3
Barb's Story Part II	Page 4
Photos of Convention	Page 5

## A Message from the President

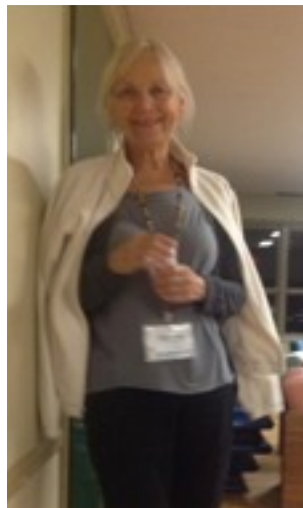
by Dianne Arman, LMSW

During the first two months of my presidency I could not help but notice how many members make contributions to the IPA. We have a large, fourteen member, board of directors and many non-board members are on committees. Still others work on promotion and education. Our 2015 Spring Retreat, and Summer Convention and Retreat are being handled by well-qualified and committed IPA members. The IPA would not exist without the often unrecognized time and energy invested by so many.

As IPA President my goal is to have members even more involved in decisions about the direction the IPA is taking. On March 30, 2015 there will be a "brain storming" event at The Woods Place to share ideas and implement plans for IPA's future. All members and friends are welcome.

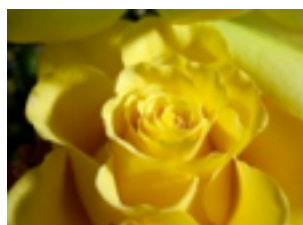
Primal expression of deep, emotional feelings has been our road to healing. The outside professionals who present workshops and trainings at our Conventions and Retreats often enhance our experiences. We welcome all forms of personal growth programs. Please contact me with your ideas.

Peace and love.



### ROSES for:

Dianne Arman for chairing the 2014 convention, Dianea Kohl for her wonderful stories, Denise Kline and Thayer White for creating such a relaxing and stimulating Spring Retreat, Barb Bryan for her mentoring, Gary Bradley for all the hard work he does, Stuart Friedman and Laurie Schwartz for the Hakomi workshop, Warren Davis for taking care of the money, Jean Rashkind for coordinating the 2015 Spring Retreat and for many others who contribute their time, money, talent, knowledge and energy to promote primal processing.



## Dangerous to Say...SEX.

by Dianea Kohl, RN, MFT

Daniel is just one of my clients that tells me something like: "I slept with Maureen last night, so unexpected;" I break in to say, "You mean you had sex with her?" It is not the first time I have corrected him, or many other clients. And, yes, sometimes my friends; I just happen to hear about sexual encounters more often in my psychotherapy practice. Often, I hear on TV, "I slept with so and so," or read books by modern authors, such as Eve Ensler, (author of *The Vagina Monologues*), who wrote in her recent memoir, *In the Body of the World*, "I could not say that the men I ended up living with or sleeping with were more important loves." Why is it so dangerous to say the word SEX...the rest of this story and other insightful essays can be found on Dianea's website, [makereallove.com](http://makereallove.com).

## Calendar of Events

**March 21-22** IPA Board Meeting

The Woods Place, Rising Sun, MD

**March 30** Brainstorming Session with Joy

Wassel on the future of Primal Therapy,  
The Woods Place, Rising Sun, MD

**May 13-17** Spring Retreat

The Woods Place, Rising Sun, MD

A mini version of our annual summer convention and retreat. We draw on the resources of the group to create workshops on site. We will have men's and women's groups, mat track, peer groups, cabaret and a dance party-packed into our four day calendar.

**August 24-30** Summer Convention and Retreat

Seeing and Being Seen:

A Path to Authenticity

Virden Center, Lewes, DE

Keynoter Psychodramatist Susan Aaron

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## BARB'S CORNER



### Pre-Primals

by Barbara Ann Bryan, MA, MSW

I was terrified of the process my doctor recommended in 1974, when I had a problem with my vision. The doctors wanted to inject some dye into my brain to see what was going on. As an experienced primaler, I thought I could work on my extreme fear ahead of time. I set up the scene; going into the exam room, lying on the table (our massage table), being hooked up to the IV and allowing myself to feel the fear building up. Then my buddy, playing the doctor, pinched my neck where I imagined the needle would go in. I let loose a tremendous amount of terror and fear of being killed. When the storm passed, I felt relief. The next day at the hospital I

was calm and not in distress at all. I realized I had already felt the terror.

Since then I have used this Pre-Primal Drama with many clients. Once a client came in with instructions and equipment from her doctor to primal a life saving procedure that she was too afraid to face. It involved cutting off her air momentarily. She felt safe enough to work on it at the Primal Center. She released the fear and the next day her surgery was a success.

Pre-Primals are helpful for medical procedures, fear of flying and rehearsing anything that is blocking you from moving forward. I believe it can be termed a primal when the feeling takes over and the fear is released in a deep, cathartic way.

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## MY NATURE

by Harriet Geller

Because the sun brushes the hillside  
to a lustrous green, while the grass  
beneath the trees is mottled black;  
because only one cicada is harmonizing  
with its mate, I can plunk down on a rock  
and paint the scene in words scoured  
from other poems, cooked up in dreams.  
I stick my nose into nature's business,  
a relief from habitual braying or freezing  
before the pitted terrain of my life.



Written during poetry workshop 2014

by Julie Eliason

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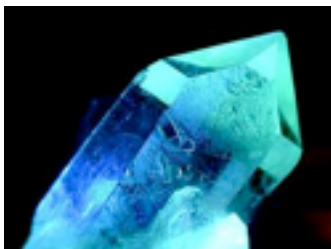
## Part II of Barb Bryan's Story: Opening to the Power Within

by Julie Eliason

In 1977 Barb took her last \$2,000 to sign up for the first Ark. Luckily she got the one last spot available. The Ark was a 40 day intensive designed to train Primal Therapists and was led by Bill Smuckler. He had been trained by Dr. Bill Swartley and had also studied with Dora Kalff, the Jungian Analyst who developed Sand Play.

Some of the Ark activities were:

1. The trainees did co-therapy everyday, taking turns facilitating each other.
2. They had primal sessions with the leaders.
3. Everyday at 7am they shared their dreams in dream group.
4. At 10am one of the trainees or leaders would give a seminar on a primal related subject. That way everybody learned a variety of modalities.
5. Every evening they met with their "pod" to share their day. Pods were small groups who became their families for 40 days.
6. Each Sunday everyone would share their sandboxes with the group. There were 30 sandboxes, one for everyone. The walls were filled with 10,000 items to place.



In 1980 Barb bought a house in Farmington Hills, Michigan. Her mother gave her the money for a large down payment. Because of Barb's persistence, the builder finally found her a mortgage even though she didn't have an income. With the help of Larry Schumer, who designed and constructed the mat room in the basement, and several other primal friends who helped put in a lawn, the center was moved from the laundromat. Barb is proud to say, "They never missed a group." She ran the Primal Integration Center for 40 years. Hundreds of clients were helped in their healing journey by Barb and her staff. Plus she gave leadership training programs.

In 1983 Barb was elected President of the IPA. She served in this position 7 times. When she became the President, her children showed their support for her achievement by giving her a hot air balloon ride which delighted her because she loves heights. After the ride, they all celebrated with champagne.

Barb earned her academic education at The Fielding Institute of California and Wayne State University. She got an "A" in every class except for a "B" in Statistics. In explanation Barb said, "My mind doesn't work that way." In 2008 she was grandfathered into an MSW based on her experience and the course work she had done. Later she earned a Masters in Psychology. Barb wrote her Master's thesis showing how her dreams during the first Ark in 1977 fit in with her therapy. Bill Smuckler used 40 pages out of her paper for his Ph.D. doctorate. Barb felt honored. She now has her

Limited License Masters of Psychology degree, which is pretty amazing since she never had a high school diploma or a Bachelor's Degree.

Barb worked with some of the greatest therapists of the last quarter of the twentieth century—for example, William Swartley Ph.D, an expert on Primal Integration and drama therapy; Stanislav Grof Ph.D. a workshop leader at Esalen, he is one of the founders of Transpersonal Psychology and teacher of theories regarding pre and post natal trauma; William Emerson Ph.D. an expert on techniques for birth priming with babies and adults; William Smuckler Ph.D. and one of the first to use extended time therapy, ie. the intensive; Norm Rody Ph.D. who was very skilled in the use of gestalt therapy; Eugene Gendlin Ph.D. who introduced the focusing technique; and Graham Farrant Ph.D., who taught about cellular consciousness. These well known therapists and others all contributed to her knowledge.

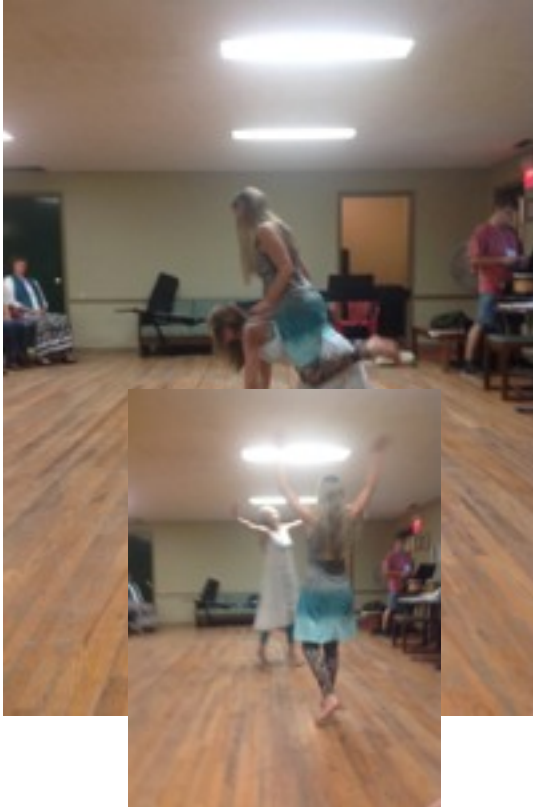
Barb feels very grateful to have worked in a field that she is so passionate about. She has always loved working with people. Explaining her good fortune, Barb said, "When there was an opportunity, I was quick enough to grab it and I think that made the difference." All these opportunities were a sign to her that she was on the right path.



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# Convention Happenings

## DANCE



Dianea Kohl and Karuna O'Donnell performing their Mother and Daughter Dance.

## ART



Chad Chalileh, Gina Mongiello, Dianne Arman and Denise Kline illustrate primal slogans in the spacious art room that was always available.

## MUSIC



Stuart Friedman singing a song by Leonard Cohen with Alex Tadeskung, Jean Rashkind, Harriet Geller and Dianea Kohl.

## MEMORIES



Remembering our beloved Sandy: Joe Dunn, Alex Tadeskung and Marlene Schiller.

Photos of the convention by Julie Eliason.