



## Spring 2014 News

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### New Newsletter Editor

Hi! This is Julie Eliason. I am thrilled to be your new newsletter editor. Together we can have lots of fun sharing our love of primal therapy. Thank you, Thayer, for all your help on my first newsletter.

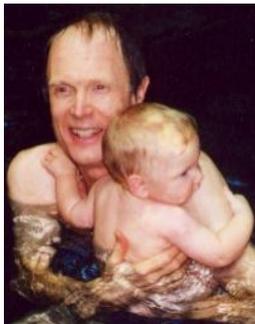
*Julie*



*Painting of me (Julie) & my father*

### The IPA Can Be More Nurturing By:

1. Listening and caring for our members and anyone seeking more info on primal therapy.
2. Volunteering to help keep our organization vital and providing for our members.
3. Owning our feelings instead of projecting and blaming others.
4. Helping those with needs - to be part of our community with scholarships.
5. Providing a safe place for us to practice new behavior.
6. Encouraging people to give and receive caring, friendships, and hugs.
7. Being the "good mommy or daddy" for someone who needs safety or nurturing.



This list could go on and on.

*By Barb Bryan*

### IPA Events Calendar

**May 14-18:** Spring Retreat at the Woods Place in Rising Sun, Maryland. FULL! Standby list only.

**Aug 25-31:** Summer Convention at YMCA Camp Linwood-MacDonald in Sandyston, NJ.

Board Meetings: **May 18 at 3 pm, Aug. 28 at 12:30 pm, Aug. 30 at 3 pm**

### IPA Summer Convention August 25-31, 2014

New and exciting things are happening this year at the Summer Convention and Retreat at Sandyston, New Jersey. We will be offering a course entitled, "Introduction to Primal Therapy," open to anyone interested in learning about primal integration. Social Workers will receive 6 CEUs for attending. This convention is in a truly lovely, rural, peaceful setting in northwest New Jersey. Swimming, sunning, boating, and games are available for those desiring more outdoor activities, and vegetarian meals can be requested. *(continued on page 3)*



## Barb's Corner

by Barbara Bryan

*I would like to share a poem that became a very important part of my personal process. When*

*I felt like I was going through "the dark night of the soul," the words of the poem sustained me and gave me the courage to face my fears and despair.*

## Invictus

By William Ernest Henley

Out of the night that covers me,  
Black as the Pit from pole to pole.  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeoning of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds, and shall find, me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll.  
I am the master of my fate:  
I am the captain of my soul.



## IPA Roses



*To Sandy Weymouth for inspiring us.*

*To Dianne Arman for organizing our Networker presence.*

*To Dianea Kohl, Randy Goldberg, and Dianne Arman for staffing the IPA Networker booth.*

*To Julie Eliason for becoming Newsletter Editor.*

*To Thayer White for the new IPA brochure.*

## President's Soap-Box

by Thayer White

It has been a whirl of IPA activity for me since assuming the role of president two months ago, with many growth opportunities and personal challenges. Many IPA changes are happening; for one example, consider the spring retreat. For the first time in years, we have sold out, mainly due to much lower costs and more planned healing for attendees.

I have become known on the board as one who thinks all our marketing efforts will come to naught unless or until we come across as a happier and healthier group of people... not by pasting phony smiles on our faces but instead by doing the work that results in that radiant post-primal smile that we see regularly amongst us. My strong belief is that we need to see many more of those smiles more often before we will regularly keep newcomers as members.

I do look forward to serving you as president; please let me hear from you about anything at any time, by sending an email to [president@primals.org](mailto:president@primals.org) Thanks. Thayer



## Joda Shin Hand Rosary

Poem by Harriet Geller

I pray with my tears. Each one  
washes a bead of the rosary.  
There are two kinds of beads (as if  
there were only two kinds of sadness):  
gray lumps speckled with tiny pits  
like deformed robin's eggs, interspersed  
with three glass spheres, each layered  
in brown and gold strata, planets  
that swirl their topography  
as the universe shifts around them.  
They are not enough to satisfy  
my longing, heal my trauma,  
ornament my future. The tears alone  
will have to be my salvation.

*This poem was inspired by art work from the Rubin Museum of Art in NYC.*

## Losing Sandy

By Julie Eliason

This is the second painting in a series I created to help me handle the pain of losing Sandy. Art therapy didn't eliminate my need to primal my grief. Painting made the pain even stronger as I faced my feelings of loss, disintegration, anger and powerlessness. I still had to lie down on my bed and experience the feelings in my body. I am so thankful for primal therapy, because I was able to get some physical relief from the aching in my diaphragm. I even used David Gorsky's song, "You Don't Let Me Down," to get into deep crying. Music and art can facilitate, but in my experience I still have to do the primal work. As I was feeling abandoned by Sandy, I regressed further to being abandoned in the crib for hours by my very depressed mother. My cries became baby cries. I still do not accept the reality - that Sandy is gone. ...*Julie*



### Speaking Up by Diane Kohl

It's 1984. I am 38 years old. I finally have the courage to not only listen to my 10 year old voice that tells me it is not true what the bible says, that you will go to hell if you do not accept Jesus as your savior, but also to take action to leave my family's religion. Then, I could sing with John Lennon, imagining a world without religion, where we can be one, in love. It was scarier to hear my 12 year old daughter tell me that I will go to hell by leaving this soul-crushing belief of the bible. We both have tears caressing our cheeks, as she looks piercingly into my eyes from her upper bunk bed.

Overcoming the fear of being rejected by my family and friends was hard enough, but the repercussions linger as years later in 1998, I am at a greyhound bus station's restroom seeing a mother threatening to hit her 4 year old daughter if she doesn't wash her hands. I want to speak as I glare from the doorway, "Please don't yell at her: I know you may be tired, but you are scaring her and she deserves to be treated respectfully, as much as you do." I am fearfully silent, and ashamed.

continued online at Diane's blog >>>

<http://makereallove.com/speaking-even-afraid/>

### Convention (continued from p.1)

At the convention this year, everyone is eligible for a ½ hour free bodywork-massage from our massage therapists, who have expertise in a wide variety of techniques.

This year's theme is, **OPENING TO THE POWER WITHIN**. At the IPA we believe that unexpressed feelings cause our minds and bodies to shut down thus preventing our growth and development. This year's schedule includes a day long Hakomi workshop featuring Stuart Friedman, LMHC, MS and Laurie Schwartz, LMHC, MS. In an atmosphere of safety, internal messages that help us understand how we seek, take in, and keep out support will be revealed.

The IPA board is committed to creating a nurturing, supportive, and welcoming community. Scholarships are available for work volunteers, students, and those in financial need. Hope to see you there!

More details are available from Barbara Bryan at 248-478-5559 or on the website at:

<http://www.primals.org/convention.html>

## The IPA at the Psychotherapy Networker Symposium

March 20-23, 2014 Washington, DC

The Psychotherapy Networker Symposium, March 20-23, 2014 in Washington, DC, attracted over 3,500 mental health professionals. It was a perfect setting to introduce and re-introduce primal and the IPA to mental health professionals.

Diane Kohl and Dianne Arman manned the IPA booth answering hundreds of questions, distributing literature, and passing out sticky notes. Some visitors stopped at the booth to enter the drawing for one of ten \$25 Amazon gift cards and stayed because they were curious. Two hundred and seventy people asked to be added to our mailing list.

### Anthony Eaton "Sandy" Weymouth

February 24, 1942 - March 16, 2014

The struggle with cancer for over two years has ended.

Sandy upheld that strong tradition of a much earlier family member and commissioned explorer, Captain George Weymouth, who discovered the Penobscot River in Maine in 1595. Affirming that tradition of exploration, Sandy graduated with honors from Harvard University in 1964, then launched into new directions as a movie maker, Bible and phone system salesman, New York cab driver, Broadway musical promoter, newsman, writer for one of our largest pharmaceutical companies, and bill collector. For the last twelve years, following his full time job retirement, he was a regional initiator, convener, and vigorous national leader of the "feelings catharsis" primal therapy movement. It was Sandy's enduring belief that an inherent shortcoming in our country's emotional make-up was the self-inflicted restraint in expression of one's deeply seated feelings. An immediate relief was to engage in a communal or personal primal scream as a method to reach the wounds inflicted upon us in the earliest years of our lives, not only to bring relief, but optimism going forward.



To those who came to Sandy's home, "The Woods Place" in Rising Sun, Maryland, Sandy provided food, temporary lodging, and emotional support, all at little or no cost. Many showed up with deep emotional wounds. Sandy's friends numbered in the hundreds, and many have remained extremely loyal to him over the years.

In his closing months, in spite of his weakening body, Sandy remained vigorous in pursuit of his dream. With the last of his energy he would, typically, drive his van to Athens, Ohio, upper Pennsylvania, New York City, and then to Atlanta, Georgia, meeting with followers and offering counseling - all within ten day's time.

Sandy's immediate family survivors are his older brothers, Philip Jr. and Charlie Weymouth. He was blessed to the end by the assistance of his cousin Bill Machold, nearby Maryam Savabi, Natoyi Lively, and his closest friend and college compatriot, John Thorndike.

Sandy's final resting place will be in his beloved woods. A celebration of his life will be held May 10th at The Wood's Place.