

# IPA Newsletter



## HOPE

### News from the IPA Board

by Warren Davis

The Convention, chaired by Harriet Geller and Alex Tadeskung, will be at the Virden Center. Susan Aaron will be the keynote speaker. The convention fees will be on a sliding scale again this year.

The Spring Retreat will be held on May 13-17, again at the Woods Place. Jean Rashkind will manage the Retreat. The Retreat will be very inexpensive, because the costs at the Woods Place are much less than at a commercial retreat center.

The Psychotherapy Networker Symposium will be held March 26-29 in Washington, DC. The IPA has reserved a booth in the Exhibit Hall. Dianne Arman, Dianea Kohl, Leonard Rosenbaum, and Randy Goldberg plan to represent the IPA.

Bill Gronwald has produced a booklet of testimonials about how Primal has made a difference in people's life.

Status of the Woods Place: At Sandy Weymouth's request, several people who were close to him have established a non-profit organization, the FeelingsCatharsis.com Foundation. It has since changed its name to the Anthony E. Weymouth Foundation. Its purpose is to promote the primal approach to emotional healing, and to promote the Woods Place as a venue for primal-oriented activities. Several weekend groups have used the Woods Place in the last few months. Currently, the property is in probate, the process in which ownership of the property is formally transferred from Sandy's estate to the Foundation.

### Editor's Notes

by Julie Eliason

### Kangaroo Care for Adults

Kangaroo Care is beneficial for all ages—from zero to 100 plus. Skin on skin contact, also known as Kangaroo Care, is so powerful, it saves babies' lives. Premature infants were dying in Bogota, Colombia because they had few incubators. In 1978, Dr. Sanabria discovered that babies placed on their mother's bare chest after birth were surviving.

This method stabilizes the infants' temperature. Oxytocin production

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## A Message from the President

by Dianne Arman, LMSW

The IPA is a sanctuary for those who have experienced trauma at some time during their lives. Trauma can create an emotional block that interferes with a person's ability to face life's challenges and opportunities with hope and enthusiasm. Working through emotional blocks can release energy that heals. We don't completely understand why Primal Integration helps people but those of us who have been in the IPA for a long time have seen hope and confidence increase in ourselves and others. People grow stronger and move into the world to pursue life goals.

When life presents more challenges we are confident because we know Primal is there for us. Primal is partly about regression "in service of the ego" (Sigmund Freud), so we in the IPA focus on keeping the inner child safe while participating in IPA activities.

Dr. Eric Byrne, founder of Transactional Analysis, states that we develop an "unnatural child" to cope with hurtful situations while we are growing up. Our "unnatural child" is hyper vigilant and reactive. An IPA goal is to acknowledge the survival skills of the "unnatural child" while encouraging the "natural" adventurous, loving, creative child to grow stronger and feel less threatened. In order to accomplish this IPA activities are safe and nurturing and supportive of risk taking. Everyone is welcome to experience the IPA.



### Steve Austill, 1930-2015

Steve was an IPA-certified Primal Therapist and a prominent figure in the organization since its early years. He was president as well as a decades-long member of the Board of Directors, where he offered more than his share of innovations and hosted meetings in the Boston area. In addition to chairing a most successful Summer Convention, he presented a cornucopia of diverse workshops and served as On-Site Coordinator over many seasons. In Boston, he organized monthly open primal groups for years. He was a strong leader and always delightful to be around.

We who knew and loved him will miss his special presence.

## Calendar of Events

**March 26-29 Psychotherapy Networker Symposium** Diane Kohl, Randy Goldberg, Leonard Rosenbaum, Dianne Arman  
Omni Shoreham Hotel, Washington, DC

**March 30 Primal Discussion Group**  
Joy Wassel, Coordinator  
The Woods Place, Rising Sun, MD

**April 17-18 Men's Primal Group**  
Don Eschbach, Coordinator  
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

Viriden Center, Lewes, DE

Keynoter Psychodramatist Susan Aaron  
Co-chairs Harriet Geller and Alex Tadeskung

For convention information call 212-674-4278  
For event information call 877-PRIMALS

## BREASTS unashamed

by Diane Kohl, RN, MFT.

I didn't have any until I was fifteen, just buds, as my granddaughter calls them, and even they barely bloomed in my bathing suit. I was embarrassed to be the only one to be seen in an undershirt in the high school girl's locker room. My mother would say "You don't need a bra." Duh...but my broken heart did.

(The rest of this story and other insightful essays can be found at Diane's website, [makereallove.com](http://makereallove.com)).

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## BARB'S CORNER



In 1972, when I started in Primal, I chose to stop all medications. I had been on an antihistamine daily for years for allergies. So I stopped and began sneezing. I kept a record of my sneezes (sometimes 30 times in a day), and what might have just provoked them. After several weeks I realized that one of my regular triggers was a mis-spelled word.

I remembered an incident in the fifth grade. All eight grades took part in a spelling bee. A friend and I were the last two standing. We went back and forth for quite a while and finally I failed on the word, "minute". They gave me several tries and I couldn't do it, so I lost.

This had puzzled me for years, so I took it to the mat. I felt the frustration of that moment and the confusion. I managed to let out some of the pain. "I know how to spell minute!" I yelled. Then the thought broke through— what if I win and my father still doesn't love me?

Did I then spend most of my life playing second best? Yes, until Primal Integration Therapy helped me to be who I really am.

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## WRATHFUL DEITIES

*in a painting at the Rubin Museum of Tibetan Art.*

by Harriet Geller

I finally got it about those colorful figures,  
their faces in a menacing scowl, their fat feet  
dancing awkwardly around meditators and teachers.

I saw how useful they are to trample  
demons of the soul resistant to kindness.  
Their multiple eyes don't miss any of my sins,

and the one in the forehead might even be wise.  
Those fangs are ready to rip my neuroses to shreds  
while six arms hold them down. The dark blue deity

hides in the night for a sneak attack, bursting  
into flames when triumphant. The white deity  
grapples with misbehaviors that pretend innocence.

The red, barely visible against a red background,  
lives in my heart, beating back hatred and fear.  
And the one that looks like Poseidon, green skin  
and flowing white locks, washes me clean.

## ONE OF A KIND

by John Serjeantson

Once I lived in a room with a view  
That view I projected onto others  
I was only aware of this one room  
It was all that I knew  
Then I did primal therapy  
Feelings that had been repressed  
The armour in which I was encased  
Heaved and strained holding new life  
like a seed pushing against its husk  
Until—Pew! constriction gave way  
The armour, the husk, gave way  
The door to my room had opened  
I discovered that I lived in a mansion  
Instead of in a solitary room  
The mansion has many rooms,  
Many windows  
The windows have many views  
the rooms, attic, floors, and basement  
All are now accessible to me

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## Beliefs About Autobiographical

**Memory** by John Rowan,  
Ph.D.



In the July 2014 edition of the *Psychologist* there is an article (Conway, Justice & Morrison) with the above title. In it there is a box labelled 'The modern view of memory', which seems to me one of the most narrow, biased and dogmatic accounts I have seen since the publication of the Roman Catholic Catechism. Its ten paragraphs all suffer from the same fault – they deal with just one form or type of memory, which is conscious recall. No other type of memory is dealt with or even mentioned in any way.

Research on conscious recall is quite simplistic. On page 504 the authors give an example of such research. "We asked our respondents two simple questions: Bring to mind the first memory you have. What age are you in this first memory? and In your view, what is the earliest age someone can have a memory from? Talk about simple-minded!

I would like to urge the simple point that some people, given the right setting, can remember their birth, and life in the womb at

various earlier ages. The reason this does not show up in the data is simply that the wrong research method is being used. And the reason why the wrong research method is used is simply that other methods are excluded, and indeed not even considered.

The controversies about memory in therapy might be eased if we accepted that there were four memories, not one.

1. Intellectual memory, cognitive memory, is located somehow in the brain, mostly in the cerebral cortex. The details are not yet all worked out, but nearly all of the work in memory in psychology has to do with this type of memory. This is the type of memory dealt with in 'The modern view of memory' from the article mentioned.
2. Emotional memory also has a great deal to do with the brain, but here it is mainly in the limbic system, and takes the form of images rather than words. It is difficult to reach other than by actually re-experiencing the events concerned. This also applies to memories held in the muscles, as Reich and other body therapists have discovered. See Babette Rothschild (2000).
3. Bodily memory is held all over the body. Again it has to be re-experienced or relived, rather than called up verbally. Graham Farrant (1990) calls it cellular memory, and has written a good deal about it. Much of the primal work in psychotherapy (Brown & Mowbray 1994) depends upon this level of memory. David

Chamberlain (1998) has given much of the evidence for birth memories being of this kind.

4. Subtle memory or soul memory is not located in the body or brain, but in the subtle body. It holds memories of previous lives and of lives lived at other levels of the transpersonal realm. It is not difficult to tap into once one makes the effort, as Roger Woolger (1990) has argued.

Each of these four has its own rules and its own mode of investigation. But 2, 3 and 4 are hardly studied in academic psychology. Hence therapists interested in the subject, because it comes up in their work with clients, find it hard to read much about it, and the word gets passed down from therapist to therapist in informal ways. It would be better, in my opinion, for all four to be opened up properly in academia. If these things exist, they should be studied in all their complexity, and not left to the few therapists who have taken the trouble to write up their findings.

What we are saying, then, is that if you want to study early memory, you have to use the appropriate setup in order to do so. In particular, because some of these memories are particularly intimate, a relationship of trust has to be built up between the researcher and the person being studied. This takes time and preferably a nice environment to achieve. Most academics are not set up for this and perhaps do not even want to. Many psychologists, including some of the most prestigious, deny the possibility of memories going back before the age of about three years.

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## Memory [continued]

The reason is that they are making use of research designs which are not designed in such a way as to enable early memories to emerge. What we find in psychotherapy is that new clients very often start off with the belief that their childhood cannot be remembered but was doubtless 'happy'. As they begin, however, to build up a rapport with the therapist and a sense of trust, memories of their childhood begin to return. In other words, early memories need an atmosphere of trust and permission and acceptance before they will emerge.

One of the leading psychologists who has taken the trouble to investigate this is David Chamberlain, who died just recently. His 1996 paper is a good example of the kind of results which can emerge from properly conducted research. (See also the references below.) This absurd attitude to research is still continuing in 2014. There is as I write a website where people are being asked about their earliest memories, in exactly the same way as in the above passage, clearly assuming that rational conscious answers elicited at a computer keyboard are going to be enough to answer all the research questions. It seems hard for ordinary academic researchers to admit that their empirical quantitative methods might not be suitable for all purposes. All the way through we have seen that this stage is a stage of heightened emotion and vivid images. It is

not the field of rational man. It cannot be reached by people in white coats asking questions from their clipboards.

For further information on all this the interested reader may consult Blum (1993) or Fedor-Freybergh & Vogel (1988), which are well-researched and validated. For more references for this paper contact me at [johnrowan@aol.com](mailto:johnrowan@aol.com).

## One of a Kind [continued]

I am a mansion with many floors  
Each floor was designed by the architect  
Each floor and the whole is unique  
The architect goes in for uniqueness  
Each building the Architect designs  
Each building, each person is unique  
So it is for me and for each person  
For the architect goes in for uniqueness.

Inspired by Dana Friend

## Mat Track

by Julie Eliason

**"Must be a full moon.  
This is the fourth  
birth tonight!"**

## Kangaroo Care for Adults [continued]

is increased in the infant's brain, which encourages a sense of security and bonding.

Oxytocin is produced also in adults' brains during cuddling, hugging, handshaking and spooning. This chemical promotes relaxation, lower blood pressure, healing and bonding.

As wonderful as Oxytocin is, some people who have had bad relationships with their parents are not comfortable with the emotionally close feeling the neurohormone produces. Consequently, they respond negatively. Therapy can help change this response.

In conclusion, I encourage everyone to spoon your loved ones, hug often and shake hands whenever possible. Skin on skin is good for all of us for good health and to feel secure and bonded.

