

# IPA Newsletter

International Primal Association

Spring 2016

## President's Letter

By Dianne Arman, [president@primals.org](mailto:president@primals.org)

I first came to Primal Therapy and the IPA 40 years ago when I discovered that talk therapy was not helping me. Over the years I returned to Primal whenever the need for processing deep emotions resurfaced. The work I did with my therapist and at IPA events helped me have a less painful and more fulfilling life.



Many people have had a continuous connection with the IPA over the years by serving on the Board of Directors, leading workshops and attending retreats and conferences. These people are our role models and mentors, the backbone of the IPA community. Their wisdom and experience provides stability and security for less experienced members, but everyone attending conferences and retreats brings something special to the primal experience. It's in the security of the group cohesion that much of the work is done.

The IPA is evolving and maturing. The future is exciting. The IPA fills our need for deep personal interaction and connection. Thank you everyone for being part of this remarkable organization.

## Calendar of Events

**May 11-15, 2016** **Spring Retreat**

Kirkridge Retreat Center, Bangor, PA  
Mickey Judkovics, Coordinator

**June 17-19, 2016** **Mini Retreat**

The Woods Place, Rising Sun, MD  
Dianne Arman, Coordinator

**August 24-30, 2016 (Wed. - Tues.)**  
**Summer Convention and Retreat**

Virden Retreat Center  
700 Pilottown Road, Lewes, DE

### Featured Presenters:

Tricia Wassel *Core Energetics*  
Brings consciousness to how we block energy and create defense patterns.

Jean Rashkind *The Theater Within*  
A fun way to experience and accept various parts of ourselves.

### Plus...

A variety of workshops, men's and women's groups, sandplay, art table, daily mat track, beach excursions, cabaret and dance party.

Dianne Arman and Bill Machold, Co-chairs  
For more information call **877-PRIMALS**

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## BARB'S CORNER

*By Barbara Bryan*



Recently, I have been focused on various health issues that have come up near the end of my eighties. My goal is to acknowledge, adjust, compensate, resolve and heal those physical problems. I want to be less involved with the physical reality of being old, so that I will have a smoother, more aware and receptive, fulfilling and joyful life in my nineties.

For future newsletter columns, I would like some input from IPA members about questions or issues you would like to have me address. I have not been feeling very creative lately and would be happy to discuss a subject or problem that others are interested in and that might go into further discussion on E-mail.

So, please send me any questions or ideas you have for an interesting discussion about primal experiences and feelings that are important to you. Email [babryan@mi.rr.com](mailto:babryan@mi.rr.com) or phone 248-478-5559 and check out Barbara Bryan on Facebook.

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## How I Get Into My Primal Feelings

*By Michael Gottlieb, B.Sc. Healer*

In order for me to be willing to feel my feelings (pain, hurt, anger, fear, jealousy, resentment, etc.), I spend a few minutes visualizing something that feels good. I'll visualize someone hugging me; loving me; being good, kind and comforting to me. A visualization is accepted by my subconscious mind as real. Therefore, when I imagine being loved, valued and respected, I am much more willing to feel my pain.

These are some of the steps I take to access my primal feelings:

- I lie on the mat, my body in a spread-eagle position.
- I visualize my parents. I talk directly to them, yell at them, get angry at them, tell them how I feel.
- I use life experiences to trigger early anger, pain and hurt.
- I kick against a cushion. This is very helpful.
- I primal a dream.
- I study my baby and childhood photos and visualize them when I'm in my primal room.
- I do psycho-cal exercises ("picking grapes", "chopping wood") to open my heart before going on the mat. I coordinate my breathing with the body work.
- I dance and sing to music before primaling.
- I visualize scenes in movies that trigger me.



Contact: 212-477-9509

## Jan and James

By Jan Owens

It was really hard giving birth to a grandson...Where did the time go? What a primal experience to see someone I gave birth to (my son) and his wife have a baby. Oh my Goddess!

www.keepingintouchmassage.us  
302-737-4032

*Behold, James Craig,  
my new grandson..  
We're bonded buds.!*



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## Victory With Mickey

By Julie Eliason

Mickey and I are Primal buddies. He lives in upstate New York and I live in Michigan, but we meet on the phone every Saturday morning. We take turns doing our work, an hour each. We listen attentively. We don't say a word.



I have been making great progress, slowly feeling my abandonment and unmet baby needs. I was left alone to cry for hours. My mother was mentally ill and had postpartum depression. She wasn't able to care for me. I was starving—literally. This early experience caused an imprint of rejection, unworthiness and pain. I felt abandoned at my core and abysmally alone all of my life.

Regressing to infancy each week, I am gradually feeling my desperate loneliness. The wounds are slowly healing and I'm beginning to trust friendship.

Thank you Mickey for being my buddy. Without you, I'd never show up. I'd roll over to escape into sleep, instead of doing my Primal work. Because you are here, I'm working every week to heal. I'm lessening this horrible imprint of pain, abandonment and need. With you dear Mickey, I'm having Primal victory.

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## IPA Roses to . . .

- ❖ Warren Davis for stepping up to be Acting Treasurer as well as Secretary and everything else.
- ❖ Spring Retreat coordinator Mickey Judkovics, assistant Dianne Arman, scribe and organizer Anna Puleo, and all the workshop leaders, especially our Bonding Psychotherapy guest presenter, Paul Komatinsky, who became an integral part of the community.
- ❖ Dianne Arman for coordinating and Bill Machold for providing transportation, nourishment and much other support for our mini-retreats and board meetings at The Woods Place.
- ❖ Thayer White for facilitating one-on-ones at the mini-retreat.
- ❖ The Newsletter contributors: Alex Tadeskung, Julie Eliason and Dianne Arman for Retreat photos; all the columnists; Julie Eliason, editor; Harriet Geller, layout.

## News From John Rowan

John reports that his chapter on Primal Integration now appears in *The Beginner's Guide to Counselling and Psychotherapy* (2nd ed) edited by Stephen Palmer and published by Sage. The chapter includes an Introduction, Development of the Theory, Theory and Basic Concepts, Practice, Which Clients Benefit Most, and a Case Study as well as a Bibliography and Suggested Readings.

John is continuing to speak and write about the unfair ways in which the "terrible twins" of psychotherapy (Primal and Transpersonal) are very often left out of supposedly integrative approaches to therapy and counselling.

You can contact John at: 70 Kings Hill Road  
North Chingford, London  
United Kingdom E4 7LY

020 8524 7381  
[www.johnrowan.org.uk](http://www.johnrowan.org.uk)

## Spring Retreat Photos, May 2016



*Jean Rashkind,  
Alex Tadeskung,  
and Harriet  
Geller*



*Retreat artists (from left) Dave Gorsky, Anna Puleo,  
Julie Eliason, Dov Halevi*

## Poems by Harriet Geller

### Lotus

*From a third century Indian sculpture*

Another *Seated Buddha*. After  
eighteen centuries in meditation,  
he has given up his head and right  
arm.

An enlightened being!

Lustrous limestone like sea foam  
melts through his smooth skin,  
cradles five toes splayed upward  
into stamens of a lotus,

and bends with the parallel folds  
of his tunic, undulating waves in  
sand  
sculpted by the tides. His torso  
is drawn upright as if by a string

between earth and sky  
proclaiming  
the way to inhabit the world.

### Ah, Spring!

*(Written at the '16 Spring Retreat)*

This winter is past,  
and many others, since  
pistachio lichen began layering  
curlicues and peppery mounds  
on this rock, itself a work

of decades or centuries  
of minute pebbles crawling  
and insinuating between, around  
and on top of one another, letting  
the rain lubricate and cement

their intimacy. The lichen and  
an amoeba's forest of dark moss  
need not rush to cover up  
such risqué artistry. Only one  
official ant stops to shake a  
finger.

## More Spring Retreat Photos



*Standing: Warren Davis, Alex Tadeskung, Joe Dunn, Dov Halevi, Harriet Geller, Bill Whitesell, Maria Williams, Dianne Arman, Bill Gronwald, Paul Komatinsky*

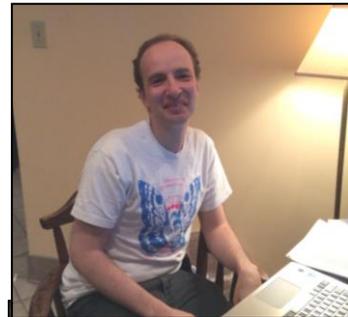
*Seated: Walter Gambin, Jean Rashkind, Dave Gorsky, Anne Bassen*

*Lying: Anna Puleo*



*Bonding Psychotherapy guest Paul Komatinsky and Dianne Arman*

*Leonard Rosenbaum*



*Newcomer Dov Halevi and Bill Gronwald*

*Julie Eliason and Bill Whitesell*



*Anne Bassen and Dave Gorsky*

*Joe Dunn*

