

PRIMAL

Inside

Message From the President
By Barbara Bryan

News from the IPA Infomaven
By Harriet Geller page 2

Convention Snapshots page 3

Member News
Feelings Are Pure Poetry
By Harriet Geller page 4

Member News
What ugly is
By Robert Priest page 5

Letters to the Editor pp. 6, 7

Killing Our Children
By Barbara Findeisen

Safety Net
By Carol Holmes page 8

Ignorance, Denial, and Reality
By Hy Weiner

Book Reviews
By Colin Strang page 9

IPA Spring Retreat
Professional Profile - LAPP
By Susan Cowan-Jenssen p. 10

Telephone Primalling
By Pat Tömgren page 11

Primal Winter Retreat
IPA Roses page 12

DEEP freedoms CLEARING TRAUMAS AND BEYOND



Dr. Michael Schlosser



Bill Whitesell

30th Annual IPA Convention

By Sam Turton

For thirty years since the first gathering in Montreal, the IPA community has come together once a year to share experience, feelings, laughter and love. Bill Whitesell, this year's convention chair, gathered a tremendous team for this special event. I don't think anyone was without a job!

There were so many interesting things to do and people to see, that the rainy weather didn't matter much. In addition to his keynote presentation on trauma work, Dr. Michael Schlosser shared a number of useful techniques for primallers and practitioners alike. The videotape of a trauma clearing was especially moving to me.

Terry Larimore presented important new perspectives on shock, trauma maps, empathy, and containment essential to our primal practice. Lynn Turner shed light on the exciting new world of holonomic brain research and how it applies to our primal experiences. Add all this to an exceptional

line-up of workshop leaders and it was a convention I'll never forget. Thank you all for sharing your talents and wisdom.

Then there was music! Michael DiMartino and his band demonstrated how the ancient art of drumming unites the body, brain, and community in an outstanding workshop and concert that brought everyone together in one giant heartbeat.

Each day was packed. The Fundraising Draw was the epitome of good will and good fun. The Cabaret was an epic staging of personal expression from the sublime to the hilarious. The dance party had a non-stop percussion section, and the sing-along jam became the biggest chorus I'd seen yet.

The regular daily activities were like old friends: massage and bodywork, early morning movement and yoga, women's group, men's group, mat track, sandplay, community meeting, and peer groups. Bill, how did you fit all this in to six days?! Great job.

Here's to thirty years—and many more to come. See you in 2003!

International Primal Association

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Next deadline: February 1, 2002

Change of address?

Contact info@primals.org

Message from the President



I am filled with excited anticipation for the upcoming year. We have an incredible group of dynamic leaders and excellent plans already for our retreats and our next convention.

I'd like to thank our past president, Yvonne Parma, for her grace in leading our organization for the past two years. I would also like to thank Fred Zielke for his help with our taxes and non-profit status and for his wisdom. They will be missed.

I have watched the IPA grow over the years. We have reached a point of maturity and competence that is a joy to experience. This will be my fourth term as President and I truly feel honored to be part of this group of board members.

I am delighted to welcome our new board members Linda Ellinor, Jim Pullaro, Bob Holmes, and returning member, Mary Thompson. If anyone has questions or suggestions for the IPA, or for me, call me toll-free at 1-877-PRIMALS.

Sincerely and with love,

Barbara Bryan

News From the IPA Infomaven

By Harriet Geller

The IPA Board of Directors began the new year with a meeting at Jane Lewis and Sam Turton's wonderful new home in Guelph, Ontario that was spiffed up just for us. We were treated to their easy hospitality and our first snowfall of the season. Our Board is now led by veteran Barbara Bryan and has three new and enthusiastic members in Linda Ellinor, Bob Holmes, and Jim Pullaro, as well as one returning member, Mary Thompson, joining the rest of us old hands.

Our 2002 Summer Convention, organized with his well-known aplomb and good humor by Bill Whitesell, may have been soggy, but it was decidedly profitable and a highlight for the IPA. The theme, Deep Freedoms: Clearing Trauma and Beyond, was realized in our choice to be our unique selves and in our learning new techniques for transforming our pain over six days of community, support, processing, and play.

Our membership is thriving, as you may have noticed from the animated exchanges on the Email, our e-mail chat group now open to all members. We are attracting more professionals and more people from far-flung places who were impressed by our publications and website as well as our

inimitable perspective. Welcome to all of you! There was a healthy response to the membership questionnaire sent out last spring, and we are pleased to use your suggestions and preferences, compiled by Carol Holmes, as we chart future projects.

As usual, much of our energy goes towards the planning of our events. Jean Rashkind and Larry Schumer, our skilled Convention chairs for Summer 2003, are creating a week that will swing to a musical theme. Bob Holmes is organizing the Spring Retreat, May 22 through 25, 2003, which will be at a new location, Kirkridge Retreat Center in Bangor, PA. It seems that whenever we find a retreat location we like, they go out of business. But we are excited about Kirkridge and we hope you will be too.

We are also looking forward to a three-day Retreat in the Berkshires of Massachusetts in February 2003 organized by IPA members although not funded by the IPA. This weekend came together too quickly for us to become officially involved. We do, however, encourage members in these enterprises and want to provide the backing of the IPA. We hope to do that for additional retreats in the making for next year in Santa Rosa, CA, and the following year in Guelph, ON.

Continued on page 11

Convention 2002 Snapshots

The 30th Annual IPA Convention offered a multitude of moments that we carry in our memories. Here are just a few, captured on pixel by Marshall Zidel, Terry Larimore, and Terry Mueller.



Zidel

Henner Treulieb schmoozes with our new president Barbara Bryan!



Zidel

The Dining Room Drummers! From left: M.C. Tiralla on lid, Sam Addington on stool, Lucas Plumb on mug, Shelly Beach on stock pot, Sam Turton on soup pot, Larry Schumer on mixing bowl, Terry Larimore on spoons, Walter Gambin on Djembe, Warren Davis on Ashiko.



Larimore

Yes, expressing pain does help! Mary Thompson and Larry Schumer lead the "Primal Choir" at Community Meeting.

Larimore



Keynote presenter Michael Schlosser gives a workshop on trauma clearing. Is Sarah Houston taking notes—or is she drawing his portrait?

Terry Mueller and Mark Lipman at the Primal Pool in one of the few moments it wasn't raining.



Mueller



Zidel

Harriet Geller, aka the IPA Infomaven, with Convention 2003 Co-Chair Jean Rashkind in front of the . . . Fine Art Pool.

Larimore

Group portrait preparation—an example of IPA organization at its finest. From the left I see Bernard Rielly, Mary Thompson (Foreground Director), Taff Welch (Background Director), Steve Austill (Upper Level Director), Fern Weiland, Ellen Badnin, Larry Schumer (Non-Director), Ray Teurfs, Bob Holmes, and John Quick (Stratosphere Director).



Member News

Primal Integration Center of Michigan Intensives

Fee includes food, lodging, and airport pick-up. Friday 7:30 pm-Sat. 4:00 pm. Led by Barbara Bryan and Sam Turton.

Dec. 20-21, 2002 (\$140.00)

Jan. 17-18, 2003 (\$140.00)

March 14-15, 2003 (\$140.00)

Reservations and info, contact

248-478-5559

babryan@twmi.rr.com

Training in Primal Integration

Sponsored by the Primal Integration Center of Michigan. Intensive training to develop facilitation skills for primal-style or deep feeling work.

Leaders: Barbara Bryan, MA, CSW, Sam Turton, BA, B.Ed.

Intermediate: Feb. 16-23, 2003

Next Initial: July 13-19, 2003

For reservations and info, call

248-478-5559 or visit

primalworks.com/events.html

FREE One Day Group Intensive—and Wine Tour! Santa Rosa, CA

February 22-23, 2003

This intensive is a part of the Intermediate Training In Primal Integration. The Wine Tour will be offered the following day. For reservations and info, contact Barbara Bryan:

248-478-5559

babryan@twmi.rr.com

primals.org/membernews.html

Sharon Kane

Sharon Kane's Energy Healing Practice in the Boston area includes Spirit Guided and Intuitive Energetic Healing to assist in Clearing, Balancing, Deep Relaxation, Inner Vision Work, Shamanic Journeying, and Cathartic Release Work.

For information contact Sharon:

508-881-5678

skmg@juno.com

Feelings are Pure Poetry

By Harriet Geller

Once again a group of primal poets assembled on a rainy afternoon (were there any other kind?) at the IPA Convention to convey our individuality in poetic images. The participants ranged in experience from complete novices to veteran wordsmiths. In one of the exercises, we wrote ten-line (?) poems in ten minutes using (or not using) the words *coat*, *mirror*, *wash*, and *drive*. Here are some of our outpourings.

Untitled

By Sam Addington

Waves of doubt wash through my chest
And burst through the narrow passage
of my throat
To explode across the brain
Numb from years of pounding surf
And relentless tides
Whittling away my drive
And erasing the passion
Of my youth

Drive, Coat, Mirror and Wash

By Devan

irregardless
of the preposterous urge
the twelfth knight
coated with *amor*
an amorphous *amoré*
yet seamed, loveless coat of armor
begotten from
cold-washed
high-strung
wretched exasperation
of yesteryear
yet again yearned into existence

may I ask this Night
its purpose
in proposing darkness?
to the dayless
and all day-dreamed out

I confront
the affronting mirror
washing the Story
from my relieved face
and free from the drive
to be Something
something more
than Is

Here at IPA

By Michele Del Gesso

And so I'm here

The drive was short
and clear

I look to the raindrops
to wash away
my fears

My mirror
says I'm ready
to work on issues
kept silent for
months

But my coat
hangs on its
hanger

summoning
me to run

Infant Sexual Abuse

By Anonymous

She thought she could get away with it,
But I knew better.

Dark was the proposition,
Silent was the execution.

Blood splattered my coat,
No matter.

Smashed the mirror,
For good measure.

Washed my hands,
Forever.

It Takes Ten Men

By Harriet Geller

I am rising above myself
Because you raise me up:
You mirror my beauty
In your grin, in your drive
To create yourself.
Your breath washes away demons,
Those gnarly beasts clamping my ankles
In their jaws. I coat you with kisses
As I float free on your fingertips.

Today (8/28/02)
By Kate Buckley

Today I drive . . . I drive any place that will let me be me.
Today I am angry . . . I am angry because they allowed you to die
Today I can't stand to look in the mirror for the disappointment I am afraid to face.
In 14 days I will not be able to watch TV, for what happened a year ago that day.
Today I want to wash over the anger and the pain from the loss I was made
to endure that day.
Today I am me, just a girl out there, going to do a job that I know might
take my life one day.
Today I know that my drive to anyplace would be a space that would not heal
the hurt or the pain.
Today . . . is the first day of the rest of my life.

What ugly is

Robert Priest, of Toronto, Canada, is an award-winning poet and songwriter. He has published several books of poetry and prose, and has produced musical CDs and videos. Robert did primal therapy for several years in the 70s, working with Barry Stone of Toronto, as well as four years of primal with Dr. Jim McNamara in the 90s. Exploration of his own primal roots is evident in his poetry and music. Visit Robert's website at <<http://poempainter.com>>.

i put on a man mask
and went among the people of earth
in search of what
ugly
means

many years the word had troubled
me, as i listened
over and over
to some of the approximately
four billion
mouth sounds
which these
animals
make

beauty i had come to understand
in stars
in eyes
the silver lapping of the oceans there
but ugly
what did it mean?

unrecognized
never speaking
but always listening
i walked their streets
and cities
i went into their starvations
their working places

deep in mines
i climbed a mountain
and looked into the writings
and holy codes
of their artists

but it wasn't until
i shared quarters with an actual family
and watched in shock
the upbringing of their young
that i realized
ugly
is what happens to something
your don't love
enough

From *The Mad Hand Poems*,
Robert Priest, 1988
The Coach House Press,
Toronto, Canada

Member News

Therapy Group in Sweden

We have been holding a weekend therapy group in Stockholm since 1993. We meet twice yearly and are interested in recruiting new members. The group leader is Susan Cowan-Jenssen from the London Association of Primal Psychotherapists (see page 10). For more information contact: sue@lapp.org

Intro to Primal Integration

January 24-25

Santa Rosa, CA

Presented by Sam Turton, this didactic and experiential workshop explores the theory and practice of Primal Integration. Friday evening, all day Saturday. Participants will be eligible to join the on-going PrimaLogue circle forming in the Bay area. For more information contact:

Linda Ellinor

707-527-5527

PrimaLogue

PrimaLogue is a synthesis of Primal Integration therapy and Dialogue. An on-going learning circle is forming in Santa Rosa, CA, around this newly conceived and evolving process. For more information about the process and the group, contact:

Lucas Plumb

707-546-1010

Sam Turton

www.primalworks.com

Sam Turton's Primal Integration practice, primal history, theory, book reviews, events and training, articles, questions, and a new "Thought of the Week" article every Monday.

Juliana Brown & Richard

Mowbray - The Open Centre

Primal Integration for group, intensives, and individual work. Founded in 1977.

London, UK

020-8341-7226

info@opencentre.com

www.opencentre.com

Letters to the Editor

Addiction to Pain?

Thank you, Sam, for your interesting article on Alice Miller and Primal Therapy.

I noticed a couple of references Alice Miller makes to the “addictive dependency on pain.” I have experienced this as a common criticism of primal therapy. I have heard it from colleagues and therapists who claim to do deep feeling work.

What is meant by addictive dependency on pain?

Does it mean a person needs to revisit their pain over and over again? Does it mean the person is happier being in pain than being happy? What is wrong with that? Would that not indicate that the person has not sufficiently dealt with the pain—that the person needs to go deeper, or process some aspect of the experience before being able to let it go and begin rebuilding a life? Perhaps it means that the person feels more authentic being in pain.

Why are people seen as being addicted to pain when they are being sincere about how they really feel? Who is to say that they have grieved enough and should now be happy? I agree that people may be stuck in their process and may need some new interventions and directions in their therapy. But addicted to pain? No!

I think the problem is more likely to lie in the fact that some people can't tolerate their own helplessness around other people's pain—or perhaps it triggers their own pain.

After fifteen years of primal therapy I still need to revisit aspects of my own childhood damage. For instance, when some interaction or event triggers my old pain and I react in a way as the damaged child I was then. Or when I feel myself regressing to old patterns of behaving, or when I feel dead or cut off from life. I then know it's time to primal and revisit early childhood pain. It's only then that I am able to move beyond it.

Sometimes I just need to grieve about my hurts, my lost childhood, and much of my lost adulthood. Sometimes I feel more real grieving than I do bubbling for joy. Sometimes I need to be with my whole history—the damaged me and the healed me—and this awareness of both makes me feel good.

To me there is no such thing as addiction to pain, only insufficient experience of it and society's discomfort with it.

“I have experienced this as a common criticism of primal therapy.”

Renate Marek
Urunga, Australia

Renate Marek is a psychotherapist in private practice in Australia. She specializes in Guided Imagery and Music (according to the Helen Bonny method). Renate has had a long association with Primal Therapy and was an participant in 1998 Ark forty-day residential training program.

The IPA and Medicine

I was interested to read the article by Stephen Khamisi about the APA (American Psychological Association) and its apparent willingness to hitch up with the medical profession. Stephen, together with I suspect the rest of the IPA members, is very much in line with the attitude of the Association for Humanistic Psychology on this issue. The journal *The Humanistic Psychologist* has been publishing articles on this issue for many years. Here are some examples:

- Bassman, Lynette (1997) “Holistic mental health care: Alternatives and adjuncts to psychotherapy and medication” *The Humanistic Psychologist* 25/2 138-149
- Breggin, Peter R. (1997) “Psychotherapy in emotional crises without resort to psychiatric medication” *The Humanistic Psychologist* 25/1 2-14
- Elkins, David N, Lipari, Joanna & Kozora, Christopher J. (1999) “Attitudes and values of humanistic psychologists: Division 32 survey results” *The Humanistic Psychologist* 27/3 329-342
- Klein, Martin H. (1995) “Between a boulder and a hard place: The dialectics of positivism, constructivism and hermeneutics” *The Humanistic Psychologist* 23/3 305-320
- Sanua, Victor D (1995) “Prescription privileges vs. psychologists' authority” *The Humanistic Psychologist* 32/2 187-212
- Stern, E Mark (1996) “Patient rights in psychotherapy” *The Humanistic Psychologist* 24/3 403-406
- White, Daniel R & Hellerich, Gert (1992) “Postmodern reflections on modern psychiatry: The diagnostic and statistical manual of mental disorders” *The Humanistic Psychologist* 20/1 75-91

I have always argued that Primal Integration is one of the humanistic family of therapies, and I believe that it would be good for more of our practitioners to be aware of this larger group of friends and potential allies.

If anyone wants to subscribe to this journal the address is: Arthur Lyons, Psychology Department, Moravian College, Bethlehem, PA 18018, USA. If anyone wants to join the AHP, the address is: 1516 Oak Street, Suite 320A, Alameda, CA, 94501, USA. Its journal, also very good, is the *Journal of Humanistic Psychology*.

In my opinion, it is good to link up with people of similar persuasions, particularly if social action is in question.

John Rowan
London, England

John Rowan is an author, Primal Integration therapist, founder member of the Association of Humanistic Psychology Practitioners, and a Fellow of the British Psychological Society.

Making a Case for the Intensive

I read with enthusiasm your article titled "Alice Miller: Editor's Conclusions" in the July 2002 IPA Summer Newsletter. There is a particular point that I would like to address with you and my fellow IPA readership—the role of the *intensive* in Primal and feeling-oriented psychotherapy.

I am a Primal therapist with a private practice in New York City and I conduct intensives as a regular part of my practice. While sharing many of the feelings you expressed in the article, I could not agree entirely with your claim that "the intensive phase is not necessary."

The only thing I see as "not necessary" about an intensive is that it be done at the start of one's course of Primal therapy, which

has been the model according to Dr. Janov. When I broach the subject of doing an intensive with a client it's typically after six months to a year of private therapy, or when we've developed a level of safety and trust that will maximize the therapeutic benefits of the intensive. Having achieved this, I'll explore an intensive with a client when it is therapeutically

appropriate to do so. An example of this is when after weeks or months of focus on a particular area, the client remains stuck or blocked with little prospect for reaching the feelings armored so deeply in the body. An intensive is a level of focused feeling work which can enable a client to break through deeply entrenched defenses. These defenses stand in the way of expressing feelings which may otherwise remain forever hidden from the feeling work that occurs during our one-hour-per-week meetings. I see it as part of my "responsibility" as a therapist to, at this point, offer the powerful intervention which an intensive is. There are times when it is the only intervention up to the task of unseating the deepest defenses. So rather than "not necessary," there are those for whom doing an intensive is essential to the completion of their primal healing process.

A secondary benefit of doing an intensive is that it addresses directly one of the main beefs I've heard, time and again, against Primal and other deep feeling forms

of psychotherapy—that they can take so long to achieve results. When I hear that claim from a client or prospective client I recognize that it can be a part of their defensive structure and I'll explore it with them, but for others it is simply true. An effective intensive done by a responsible therapist can vastly accelerate the time frame for healing. This matters greatly to people who are walking around in pain day in and day out.

As for intensives being overwhelming, they can be, yet the potential for a client becoming overwhelmed is not unique to the intensive—it can happen in any given session. Usually this occurs when a therapist pushes their client to feel feelings they can't yet integrate. A responsible therapist will not do this, intensive or not. An essential component of that responsibility, especially

"An effective intensive done by a responsible therapist can vastly accelerate the time frame for healing."

in Primal and other forms of feeling-oriented psychotherapy, is that a therapist complete their own feeling work and make a commitment to work with their primal pain on an ongoing basis. With this, and proper training, no therapist need be concerned that the intensive is inherently overwhelming and is thus something to be avoided. And while not for every client, I

have never conducted an intensive which failed to help someone achieve a deeper level of understanding, and healing, than ever would have been possible without it.

Craig Moncho
New York, USA

Craig Moncho has been affiliated with the Institute for Integrated Feeling Therapy since its early days, when it was known as the Primal Therapy Center, Inc. While completing his personal psychotherapy there, Craig began private one-on-one training in the Mentor-Protégé educational model with the Institute's Director, Jeffrey T. Cohen. Cohen himself was trained in Dr. Arthur Janov's Primal Therapy by two of Janov's own protégés Theresa Sheppard Alexander and Julieanne Jones.

Born in Brooklyn and raised on Long Island, Craig is married and has one child. He is a member in good standing of the American Counseling Association.

Reading Lists

The IPA is in the process of creating two primal reading lists—an essential list of primal classics and an extensive list that will include a broader range of related subjects.

Linda Ellinor will chair the Reading List Committee with Lucas Plumb and Ray Teurfs acting as Co-chairs. The committee is looking for volunteers to recommend and review books or articles that might be of interest to the primal community. If you are interested, please contact:

Linda Ellinor
707-527-5527
lellinor@sbcglobal.net

Multilingual?

The IPA receives emails and phone calls from all over the world. If you're multilingual and interested in helping us out with our international communications, please contact:

Sharon Kane
508-881-5678
treasurer@primals.org

Certification

Primal Integration Educator

The IPA now has a process for certifying facilitators who complete the Advanced Training in Primal Integration requirements.

This process has been developed over many years in order to safely recommend Primal Educators. The IPA is more concerned with the applicant's own primal experience and therapeutic expertise than with their academic credentials. We do, however, examine every aspect of education and training to make our decision about the applicant's qualifications. This certificate is a validation by the International Primal Association, an organization of your peers.

For more information, contact:
Barbara Bryan
248-478-5559
babryan@twmi.rr.com

New Members

The following members have joined since the last newsletter. Thank you for being a part of our growing community. Welcome!

Paul M. Cicchetti
Old Bridge, New Jersey, USA

Nell Corry
Williamsburg, Massachusetts, USA

Briseis Gatto, Wing Chow
White Plains, New York, USA

Hal Geddes
Turks and Caicos
British West Indies

Albert Lee
Toronto, Ontario, Canada

Mark Lipman
Medford, Massachusetts, USA

Fred Lubin
Fort Collins, Colorado, USA

Annette Pfannenstiel
Syracuse, New York, USA

Kathleen Scheg
Silver Spring, Maryland, USA

C. Harley Ristad
Los Angeles, California, USA

Ray Teurfs
Santa Rosa, California, USA

Henner Treulieb
London, Ontario, Canada

New Ewail

An "online community" is a valuable resource for people, especially those who are far away or isolated in their daily lives. Ewail is an email discussion group for IPA members. It exists in order that we can support one another, connect, share, grow, feel, and heal in a safe and caring environment, no matter where we are in the world.

If you are not presently on Ewail and wish to join, visit the IPA website at:

www.primals.org/ewail.html

or contact:

Larry Schumer
help@primals.org

Killing Our Children

An excerpt from Barbara Findeisen's upcoming book "First Impressions."

There are many explanations of what might drive an adult to kill a child: drugs, poverty, insanity, divorce. What is given scant support is the emotional pain of the perpetrator. Early abuse from the womb forward, which has never been dealt with, has the power to produce a blind killing rage. Perhaps because of our empathy for the child and our anger and shock, we are not able to see the pain of the persecutor.

Though there is statistical evidence linking childhood abuse with later adult violence, it is rarely seen as a major contributing factor in child abuse and severe neglect. I contend that it is the major contributor. Severely damaged children may grow into adults who seem to function. They grow up, go to school, have children, but their tentative hold on a carefully crafted reality leaves them forever at risk for a breakdown or an explosion of repressed, uncontrolled emotions. The wholesale use of prescribed medication is to prevent such dangerous occasions, which is helpful, but masking symptoms may be confused with healing.

One only needs to review the case of Andrea Yates, the Texas mother who murdered her five children when she was "off medication," to understand the temporary lock medications have on unresolved emotional pain. The media abounds with stories of violent acts committed by people who neglected their medication or who were given the "wrong dose" or "wrong prescription." Such tales reinforce the medical and drug companies' importance and position as necessary and sole protectors of our safety and mental health. If medication might have saved Andrea Yates' children that sunny morning in Texas, I say, "Yes, by all means, take your medication." I would add, "please, seek therapy to heal the pain from your own wounds."

My position is that medications are a temporary solution to a very old problem but there are more lasting solutions to old pain. It can be remembered, re-experienced, and drained of emotional charges so it will not be acted out on innocent children. True, it requires more time, more compassion and patience. It also requires therapists who are

not afraid of feelings, who have dealt with at least some of their own unresolved early pain. It requires courageous therapists and clients and a safe, supportive environment. For the most part, hospitals and institutions do not provide it.

Barbara Findeisen, MA, MFT, is president of the STAR Foundation and director of the STAR Program <www.starfound.org>. A graduate of Stanford University, Barbara has been in private practice since 1972. She is president of the Association for Prenatal and Perinatal Psychology and Health (APPPAH) and is internationally recognized for her work in pre- and perinatal psychology and regressive psychotherapy.

Safety Net

By Carol Holmes

in another time
my love flowed freely
unrestrained, pure
a beam of joy
from my heart
to its outer world
so great
it could not be contained
it burst into expression

but my world
had closed its eyes
was sleeping
through its existence

I watched
my cupid's arrows
hit her wall
then, turning with intent
punctured my heart

a web was woven
to protect my love
I will not bleed again
my energy for life
still a resounding vibration

now,
a dense network
surrounds my being
made with careful purpose
made to endure

Ignorance, Denial, and Reality

By Hy Weiner, first IPA President.

After 12 years as a Park Avenue Analyst, I began to think I was a failure. Ingenious interpretations, analysis of resistance, transference, my counter-transference—all of it didn't significantly change my patients, or me. It wasn't worth all that time and expense. Hence, I embarked upon an eclectic search for several decades and became one of the three founders of the IPA, with William Swartley and Tom Verny.

At the turn of the century, Freud's collaboration with Breuer (*Studies in Hysteria*) explored cathartic therapy. They found that repressed intense affect

had triggered otherwise inexplicable neurotic symptoms—a real breakthrough. Otto Rank later added the repressed trauma of birth. Wilhelm Reich supplied the concept of deep body armoring as a powerful resistance to change. Sandor Ferenczi chided Freud about the interminability of analysis: "Patients need an emotional experience—not re-education."

Here were some of the most significant and unacknowledged sources of Janov's Primal Therapy. In his great haste to credit himself for all these hard-earned discoveries, Janov completely ignored the crucial importance of transference and counter-transference. Thus, he ruthlessly pushed to evoke pain as the royal road to normality. The practice of modesty and humility was certainly not his therapeutic forte. Here, the therapist was "the dealer of pain"—for the good of the patient! It never occurred to Janov and many other therapists that we are all neurotically flawed and need each other's help. This is the real cornerstone of the IPA!

The last two decades provided a powerful tail wind to all therapeutic efforts. Indeed, even without therapy many Americans seemed to be happier

during two decades of increased good fortune. With great confidence people and corporations spent and splurged as mountains of debt piled up. We have been more optimistic and confident than ever before. Too confident, as we spent more than we can really afford.

Now we begin to face an epochal zenith from which a huge downturn begins. Unemployment and bankruptcies begin to soar. While the media ponders a "possible double dip Recession," millions of retirees and laid-off workers experience Depression. Since early 2000, the much-heralded "recovery" is an ever-receding mirage. The realization, an uneasy one, is that Enron exemplifies the corrupt enronization of our entire culture.

Silently and gradually, unnoticed, the food and drug oligarchies wreak public havoc for huge profits, with hand-picked "regulators" who are deaf, dumb, and blind. Drugs prescribed in hospitals cause more than two million serious reactions (recent U of Toronto study) of which 106,000 die each year—the fourth leading cause of death in the US (*JAMA* 98; 279[15]:1200-5). This is as many as three times the deaths of 9/11—per month! But where's the outrage? Meanwhile, my learned colleagues battle to become legalized drug pushers instead of battling the criminal profiteers.

At this late hour, I am concerned that we are busy removing emotional splinters as a vast destructive tsunami approaches. There is little awareness or warning of the huge avalanche of debt and its worldwide derivatives—a Damoclean overhang that threatens financial and social chaos.

I am almost 85. I have an empty medicine cabinet and still play tennis. Having survived The Great Depression, I've earned the rite of doom and gloom. I know the denial of reality can impoverish and even kill you. Don't rely upon Wall St., Madison Ave., or Washington. Use your own head—to save it.

"We are all neurotically flawed and need each other's help."

Book Reviews

By Colin Strang

Emotional Understanding: Studies in Psychoanalytic Epistemology

Donna M. Orange
1995, The Guilford Press, New York

This is a beautiful book, written by a psychoanalyst, in which she describes several of her techniques in approaching a person's emotional life. She gives a tacit "nod" to such important primal concepts as emotional memory. Concepts that she introduces that are important include: fallibility, intersubjectivity, and perspectival realism.

I enjoyed her slowly developed critique of the therapeutic process, and in particular, I found her implied criticism of the infallibility of feeling a valuable and courageous cautionary note to strike.

This book goes some way towards creating new answers to the old question: "Can we be mistaken in our feelings?" The answer she gives (and the answer of the reviewer) may not be initially comforting; but the subtlety of the picture she paints brings its own long-term reward. Highly recommended.

Freud: Darkness in the Midst of the Vision

Louis Breger
2000, John Wiley & Sons, Inc., New York

This is a wonderful exposé of Freud that is not difficult to read. It is a well researched, generous, yet candid look into an important life—and a large slice of recent psychological history. Freud's contemporaries Breuer, Rank, and Ferenczi come up particularly well, and Breger's "Background and Sources" (p. 375) indicate this. This is an inspirational and humane book by a special person. Highly recommended.

Colin Strang is a primal scholar and critical thinker in Melbourne, Australia. Seventeen years a member of the IPA, Colin has been primalling for 25 years.

International Fees

Although IPA Membership is now available to overseas residents for only \$30 US per year, exchange rates for some currencies make it expensive to join. If your country's currency exchange makes membership prohibitive, please contact:

Sharon Kane
508-881-5678
treasurer@primals.org

IPA Brochures

The new IPA information brochure is an ideal introduction to the IPA for friends, family, therapists, clients, health professionals, and anyone interested in deep feeling approaches to growth and healing.

For FREE brochures contact:
Jane Lewis
info@primals.org

Distance Discount

Do you live in the USA, 1000 miles or more away from our Convention location in Elmer, New Jersey? If you do, you will now be eligible for the same 15% discount on your Convention 2003 fees as attendees from outside the Continental US!

IPA Needs You!

The Convention is not the only way to be involved in the IPA. To find out how you can boost primal and enjoy the IPA community all year, contact:

Sharon Kane
508-881-5678
treasurer@primals.org

Audio & Video Recordings

Is there a Convention workshop you wish you had attended? Buy the tape! The IPA has an extensive list of audio and video tapes available at very reasonable prices and shipping rates. To order, visit our website:

www.primals.org/recordings.html

IPA Spring Retreat

May 22-25, 2003
Kirkridge Retreat Center
Bangor, Pennsylvania

The IPA Spring Retreat has found another home. Kirkridge Retreat Center is located 75 miles directly west of New York City in the beautiful Pocono Mountains region of eastern Pennsylvania.

The IPA Spring Retreat is an opportunity for all of us to join together in primal process and community. The three-day retreat offers men's and women's groups, small group sharing, daily primal group, therapeutic workshops on a variety of topics, and much more. Evenings are filled with jam sessions, singing, dancing, cabaret presentations, games, and community sharing. Be sure to mark the dates on your calendar—further details and costs will be posted as soon as they are available. For more information, contact:

Bob Holmes, IPA Spring Retreat Chair

Email: link.2.holmes@sympatico.ca

Call: 705-737-3360 or toll-free: 1-877-258-9315

To read personal accounts of past retreats: www.primals.org/activities.html#retreat



Professional Profile

The London Association of Primal Psychotherapists (LAPP)

By Susan Cowan-Jensen

The Association was established in January 1986 by therapists who were trained by Dr. Arthur Janov at the Institut Primal Européen in Paris. Whilst acknowledging our debt to Primal Therapy and Janov's description of how childhood pain creates emotional illness, we felt that the importance of the therapeutic relationship was being seriously undervalued.

The therapeutic model as described by Janov is in essence very simple. The client has suppressed traumatic events of his/her life in what is called the "pool of pain." The therapist's role is essentially, as technician, to tap into this pool and drain it through emotional re-experience and thereby rid the client of both his/her physical and emotional symptoms. However, by working with clients over a period of time, we were convinced that for healing to occur, other areas needed to be addressed.

The work of neurobiologists like Allan Schore confirm many of Janov's hypotheses on how pain affects our biology, but Schore's work also shows the crucial importance of

our relationships and the quality of early attachment as a key element in the formation of the personality. Therefore in our view the core of a successful therapy is what happens in the therapeutic relationship. Our clients work with one therapist and within that relationship basic fears around trust, loss, separations, attachment, and dependency can be worked with. Therefore issues such as boundaries, transference, countertransference, consistency, and empathy are all crucial. Honesty is always required, but "busting" to feel pain—never.

We have been established in the UK for sixteen years and it has taken some years to digest and integrate our knowledge and experience. For the past ten years we have run a five-year training program for therapists which is accredited and recognized by the United Kingdom Council for Psychotherapy, the largest psychotherapy organization in the UK.

This is the first in a series of IPA professional profiles. To submit the profile of your professional practice for consideration, contact:
editor@primals.org

Telephone Primalling

By Pat Törngren (From the Primal Support Group archives)

QUESTION: I don't have any buddies in my town, but I do have a couple of friends not too far away that I can phone. How do you primal over the phone?

ANSWER: For me it's like this: I ask the other person just to listen, and not to say anything to take me out of the feeling. Then I start talking about whatever is bothering me in the present (the trigger). Sometimes if the person on the other end makes sympathetic sounds that mirror my feeling, it helps me get in further, without distracting me from my train of thought.

It's usually the rule that the person "sitting for you" doesn't say anything while you are crying. But a week or two ago I did a phone session with my therapist's locum.

We booked the time, but when I got onto the line all I could say was, "Hi Pieter, I'm really hurting," and then I couldn't say anything more—I was crying too much. He just said very softly, "It's okay, Pat, I'm here, I'm with you." He said it so softly it was just in the background, and feeling his caring made me cry harder and deepened the primal.

Well, like I said, I start to talk about what is happening in the present, and that usually gets me either angry or crying. When I am solidly connected to the feeling, I often switch and start to talk "to" the person who has triggered me, as if they were there, and that takes me deeper into the crying.

At that point my mind is unconsciously "scanning" my childhood for a similar scene (one where the feeling is the same). When that connects, I start talking "about" what happened in

childhood. I "feel around" and follow where the crying goes deeper.

Suddenly, instead of talking "about" mommy or daddy or whoever, I find I am talking "to" them. Again I feel around and follow where the crying goes deeper.

If there is first-line pain, crying "mommy" may turn to "mama" and then I may get to baby crying where there are no words at all—just baby cries and sometimes choking etc. If it's a deep birth primal, I roll off the chair onto the floor (though I still usually manage to keep the phone receiver in my hand!).

After the crying is over, my buddy may make a comment or two, but most-

ly I just tell them what I have been reliving, and what the connections are. Occasionally my buddy may intervene if I am halfway through the primal and I stop crying. She might say, "You sounded very angry when you said _____. What was happening then?" That may take me back into it.

There are all kinds of "techniques" that one can use to help people get into their feelings, but the one

that helps me the most is to know and to feel that the person at the other end of the line really cares. It's the most powerful primal tool there is!

Pat Törngren is a veteran primaller from the Cape Town area of South Africa, an avid primal community builder, and the list owner and moderator of the on-line Primal Support Group.

(Editor's note: In my opinion, these suggestions are not only useful for telephone primal work, but are also a very concise set of practical guidelines for primalling in general.)

"Infomaven" continued from page 2

We are on a firm financial footing for the second year in a row and intend to use some of our bounty to fund ideas that have been in the wings for a while. We will be spreading the wealth in the form of Convention Scholarships, including a 15% discount for attendees from more than 1,000 miles away as proposed by Steve Austill at the General Meeting, and reducing the burden of travel expenses for Board Members to attend meetings. We have authorized the development of a Primal Startup Kit—written material, and eventually a video, on buddying and self-led primal groups—especially for locales where there is a shortage of professionals.

The Fundraiser Drawing at the Convention (which cannot be called a Raffle because of New Jersey statutes) was again a winner, adding \$340 to the IPA Scholarship Fund. It was worth making a fool of myself for and great fun. Also contributing to the IPA coffers is our sale of Convention audio- and videotapes being promoted on the website. Take a look to see if the workshop you missed is available.

One more item on the financial front: we have voted to change our fiscal year from August through July to a normal calendar year. There are a few issues involved here, so I will let you know how this will impact the membership as soon as the issues are resolved.

One of our concerns for the coming year is ensuring that new members and new event participants get what they need to become a part of our community, and we are working on making that happen. We are also developing protocols to facilitate the network of Regional Contacts around the world in fulfilling their function as liaisons between the IPA and their local communities.

Our next meeting, the weekend of February 1-2, 2003, will be at Bill Whitesell's in McLean, VA. On Friday evening, Bill will be hosting a peer-led primal group in his home to which the community is invited. And, as usual, all IPA members are welcome to sit in on the meetings.

"He said it so softly it was just in the background, and feeling his caring made me cry harder and deepened the primal."

Primal Winter Retreat

February 14-17, 2003
 Angels' Rest Retreat Center
 Leyden, MA

This new retreat, organized by IPA members for IPA members, will be held Valentine's/President's Day weekend. The format will be based on retreats of the past years: peer groups, mat track, informal workshops, cabaret, and a Valentine's dance.



With its pristine natural environment and exclusivity, Angels' Rest creates a setting of comfort and safety. It is located 2.5 hours west of Boston, MA, and 1.5 hours north of Hartford, CT. Come to this retreat for IPA members and friends who want to feel, be healed, and experience the warmth and love of like-minded people. <www.angelsrestretreat.com>

Early bird rate: \$310 before November 30, 2002
 Regular rate: \$335

Make check payable to Alex Tadeskung and send to:
Alex Tadeskung
 P.O. Box 2394
 Framingham, MA
 USA 01703

For more information, contact:
alextadeskung@hotmail.com
 For transportation information, contact:
Leonard Rosenbaum
 202-393-2885

Start a Retreat

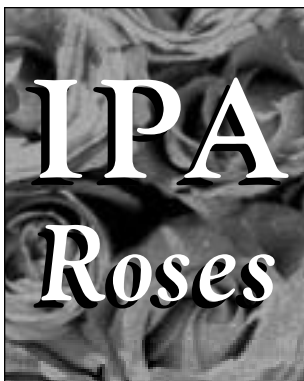
The IPA Spring Retreat was created as a prototype for small, self-supporting, regional gatherings throughout the world. The IPA Board of Directors encourages members to organize retreats on their own, or with the official assistance and sponsorship of the IPA. Official retreats require four to five months of preparation. If you are interested in organizing a retreat, please contact:

info@primals.org

IPA Fall Retreat

A new IPA Fall Retreat 2003 is being planned in the Bay area of California. Linda Ellinor, Ray Teurfs, and Lucas Plumb will be organizing the event, with Linda acting as Board liaison. This retreat will be another great addition to the primal activities getting started in the Santa Rosa area (PrimaLogue circle, trainings, workshops). If you are interested in supporting or assisting, contact:

Linda Ellinor
 707-527-5527
lEllinor@sbcglobal.net



- to Bill Whitesell for all your dedication and work as the "Master" of the IPA's 30th Annual Convention.
- to Mickey Judkovics for checking out Kirkridge Retreat Center—now it's our new Spring Retreat home!
- to Carol Holmes for your invaluable volunteer work with Registration and the Secretary Committee.
- to Pat Törngren for all your outreach efforts to connect primal people around the world.
- to Yvonne Parma for your wisdom, inspiration, and brilliant leadership as IPA President, 2000-2002.
- to Fred Zielke for your solid, sensible presence on the Board all these years.
- to Harriet Geller, the Founding Mother of E-mail—it has left the nest and is flying around the world!
- to Jane Lewis and Sam Turton for hosting the Board in international territory—their home in Canada.
- to all the newsletter contributors—Sam Addington, Barbara Bryan, Kate Buckley, Susan Cowan-Jensen, Michele DelGesso, Devan, Barbara Findeisen, Harriet Geller, Carol Holmes, Renate Marek, Craig Moncho, Robert Priest, John Rowan, Colin Strang, Pat Törngren, Sam Turton, and Hy Weiner.

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
Lifetime Membership (payable over five years)	\$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	\$75

• Membership for \$30 per year is available to overseas residents, full-time students, and individuals who support themselves exclusively with public assistance.

• All dues cover the fiscal year from August 1 to July 31. 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. Canadian checks (in US Funds) are accepted with an additional \$5 service fee. Send with your complete name and contact info (including email) to:

IPA, 18 Cedar Hill Road, Ashland, MA 01721, USA