

INTERNATIONAL PRIMAL ASSOCIATION, INC.

15 East 40th Street, New York, NY 10016 • Phone: (212) 689-0186

NEWSLETTER - JANUARY 1978

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Arthur Totman
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Diane Bethune Zeines
Alfred Zielke

Hi! I'd planned to get this newsletter out before the holidays, but was hit with a ferocious case of the flu, and I'm just finally recovering. So I hope your holidays were warm and that the new year brings growth and happiness to all of us.

By the way, we're still waiting to hear from all of you out there - how about a little note to let your IPA friends know what's happening with you?

D.B.Z.

EUROPEAN REPRESENTATIVES

A LETTER FROM OUR PRESIDENT

England:

The Churchill Centre
22 Montagu St.
London, W1H 1TB
(01) 4029475

France:

c/o John Maurice
10 rue Augereau
75007 Paris
(1) 555-06-22

West Germany:

Coloman Zentrum
D-8091
Soyen - St. Colomann 2
Gars (0-80-73) 7-28

Italy:

Centro Studi Umanologia
Via Litoranea 22
Castel Fusano
Rome 00056
(06) 66-03-89

Happy New Year Everybody!

The first item on the agenda is still finding a secretary. We need a continuous mailing address and phone number that bridges changing administrations. I'm hoping to be able to accomplish this by the end of the month. Meanwhile, Beverly Kopf has been pitching in heroically.

To keep you up to date on our law suit:

The oral hearing was held, as scheduled, on October 11th. Both Bill Swartley and Joe Sanders were present. They felt it went well, but we must wait 6-7 months for the ruling. At the executive board meeting we decided to give a series of workshops and parties to raise funds to meet our deficit in lawyers' fees. You will find evidence of this decision throughout the newsletter and succeeding newsletters.

Our next Board Meeting is set for February 4th at the home of the Wrights, and our Eastern Regional is set for the 29th of April.

I'm looking forward to meeting with whomever can attend the board meeting in February.

Jean Getoff

****PLEASE NOTE THAT YOUR MEMBERSHIP DUES ARE DUE NOW.

SEND YOUR CHECK TO:

CHARLOTTE SAUNDERS
15 East 40th Street
New York, N.Y. 10016

A LETTER FROM OUR PAST PRESIDENT

As primal therapy continues to grow in popularity with people who have had experience in other therapies, I've noticed a growing interest from the professional community as well. One of the most interesting focuses on the birth experience comes from a psychohistorian, Lloyd de Mause who traces reflections of attitudes towards the birth experience through history. Most recently, Lloyd has completed a fascinating study on Jimmy Carter called "Jimmy Carter and American Fantasy."

Another interesting development of primal theory comes with the evolution of the Fisher-Hoffman Process as practiced by Dr. Arthur Sherman in Yonkers, New York. Dr. Sherman works with structures that facilitate a primal process. I am familiar with this approach and am interested in knowing if any of you have found that working with specific time-limited structures has been helpful in moving through the resistances that come up in primal process.

Also, it seems that primal theory is appearing in several Eastern philosophical approaches as well. For example, Bagwahn Rajneesh's literature is replete with mention of the importance of the primal process in working towards clearing ourselves to reconnect with our more existential universal selves.

Lastly, my associates and I have been working with a sense memory that keeps re-appearing during the primal process. For want of a better term, we call it the fear of existential disintegration, which takes the form of panic-like fears of falling apart, dissolving, fragmenting, etc. As well as sharing our first-hand experiences with each other, we have been looking for others who have been in touch with this terror through the process of primal therapy.

If you have first-hand reports of this experience or would like to communicate with us on any of the above topics, please write to:

The DiMele Center for Reconnective Psychotherapy
15 E. 40th St., Room 306
New York, N.Y. 10016

Sincerely,

Armand F. DiMele

A LETTER FROM OUR VICE PRESIDENT

Greetings!

I and many other members have been busy throughout the past five months meeting, talking, exploring, planning the spring regional and summer conferences. We think we have an interesting and important Eastern Regional planned for late April (29th) in Philadelphia and your presence as workshop leader or participant is invited. We have had no luck as yet in finding a suitable site in or near Toronto for our summer conference and this, in spite of the considerable help we have had from the Weiners in Toronto. Thus, we are now focusing our search in the Catskill and Adirondack regions. If you have any suggestions, please inform me right away.

Also, I would again like to invite your suggestions, recommendations, observations, etc. concerning plans for the upcoming summer conference. Your comments are valuable and welcomed!

I hope to see many of you at the February 4th board meeting.

Arthur Totman
491 W. 22nd St. #3F
New York, NY 10011
212-691-1357

MINUTES OF BOARD OF DIRECTORS MEETING - SATURDAY, NOVEMBER 5, 1977.

Present: Jean Getoff, Arthur Totman, Charlotte Saunders, Armand DiMele, Stephanie Callas, Alan McFarland, Alec Rubin, Joseph Sanders, Lance Wright, Diane Zeines, Alfred Zielke.

1. Kathleen Novak resigned her position as a member of the Board for personal reasons. Resignation was accepted with regret.
2. Joe Sanders reported on the recent Janov hearing in Washington, D.C. Discussion followed. A minimum of \$5,000 will be required to continue the suit to its finish. It was resolved that the International Primal Association be committed to continue the fight against Janov through the courts. It was further resolved that workshops and other functions be conducted for the purpose of raising money for a legal fund.
3. It was resolved that there be a delay in filing for tax exempt status as a non-profit organization because of costs involved. An accountant will be engaged to audit our records, file returns, etc.
4. Charlotte Saunders resigned her office of Secretary of the IPA and will retain the office of Treasurer. Resignation accepted with regret.
5. It was resolved that Fred Zielke be the Secretary of IPA to start December 1, 1977. A new person to assist the secretary will be hired with Beverly Kopf assisting with the transition.
6. Arthur Totman reported that the Eastern Regional Conference will be held on April 29, 1978 in Philadelphia, site to be announced. The Annual Conference will be held in Toronto, August 16-20, 1978.

7. Annual membership dues cover the period from January 1 to December 31. Therefore, 1978 fees will be due by the time you receive this newsletter. Your dues help support the many services offered by the IPA, so please put a check in the mail right away.

8. The next board meeting will be held February 4th at 11 A.M. at the home of Lance & Barbara Wright, 617 Zollinger Way, Merion, PA. 19066. (215-M04-4653).

Respectfully submitted,

Charlotte Saunders

COMMUNICATIONS FROM IPA MEMBERS

Recently the following letters have come to my attention. Somehow they have gotten shuffled around in the many changes of administration. They are both delightful letters, and I'd like to apologize to Rod and Bob for being so tardy.

Dear Sir/Friend,

Many thanks for the copies of Primal Community and Primal Pool. I first came upon The Primal Scream in a bookshop two years ago. I don't remember seeing it on the shelf. I just became aware of it in my hand and opened it out of curiosity. I knew then, in the shop, that it was what I had been searching for for twenty years: a key to my problems and a technique for dealing with them. It was the end of a quest because I stopped reading psychology literature right then. I had no more interest in Freud, Jung, Horney, and the rest.

It was also the beginning of another quest, the quest for myself, and two years later I feel that I am almost there. But I have never met anyone else who had even heard of PT, and until I saw it listed in the British "Psychology Today" I was not aware of the existence of the IPA. It is really good to have the contact that your periodicals give; to know that there are a lot of people into primalling, and that things are happening.

I am a librarian specializing in business information at a large public library, qualifying at thirty-five after drifting through a succession of jobs. I failed college, and with my diffidence, shyness and chronic anxiety proved inadequate at many other things. I always wanted to be a creative writer but was continually blocked - I understand why now - and never achieved much. But in the last year I have found myself lecturing and conducting professional meetings, and enjoying it.

I hope that I shall be able to make contact with other primal people, and that I may even find a way of doing something to help the movement. And if anyone feels like writing to me, however far away you may be, I should be delighted.

Sincerely,

Rod White
1a Ilkeston Road
Trowell Notts NG9 3PY
United Kingdom

Dear Friends,

As a new member of IPA I read with great interest the literature you sent me. I have been feeling for over two years with Steve and Penny Lowe in Madison, Wisconsin. It has been the most phenomenal and painful two years of my life.

Although I am not a therapist, I would like to see IPA undertake more activities designed to aid the person in therapy. I noticed that you did a session at the conference last summer called "Sharing the Books that Had an Effect on Me." Why not include the books mentioned in one of the newsletters? so that we all can benefit? Although I'm sure that different works of art affect people's feelings in different ways, I believe that there are a great number of books, movies, and musical selections that bring up feelings for a majority of people in therapy. I would like to suggest that IPA develop a list with short descriptions of books, movies, and music with feeling content for distribution and/or sale to its membership.

To test the interest of such a project, why not put a notice in the next IPA newsletter asking people to suggest movies that have affected them? With the large number of movies shown on television and the advent of video cassettes in the home such a compendium might be of real value to the primal patient. I am very familiar with movies and would love to edit such a "Guide to Feeling Movies." Although some arrangements would have to be made to print the guide, I might be willing to risk doing the whole project and selling the guides myself. A lot would depend on the response received from the notice in the newsletter. Let me know if you're interested.

Cordially yours,

Bob Moon
1426 Jenifer Street
Madison, WI 53703
608-255-1730

FOR SALE Primal room - inside is the size of a queen size bed, tall enough to kneel in. Contact K. Le Winn - 212-879-3703 (10 AM to midnight).

PRIMAL COMMUNITY!!

It's that time again - Primal Community Magazine is requesting material for its Spring/Summer '78 issue.

The primal movement has grown in many ways over the last years and we, the Editorial Board, welcome your sharing with us your experiences, techniques you've discovered, thoughts, poems and artwork (including photos).

The deadline for submission is February 15th.

Please mail all materials to:

Primal Community
P.O. Box 383
127 W. 83rd St.
New York, NY 10024

EASTERN REGIONAL CONFERENCE

The Second Annual International Primal Association Regional Conference will be held near Philadelphia (in Cherry Hill, N.J.) on Saturday, April 29, 1978. The theme of the conference is "Woman-Man, Man-Woman: The Primal Struggle." Beginning with coffee and registration at 9 A.M., the program will run from 10 to 5 with both workshops and didactic sessions. Wine, cheese and dancing will follow. The fee for the conference is \$20 (\$15 for students) which includes lunch and the wine and cheese. Local food take-out services are available for dinner.

The program committee request detailed proposals from persons interested in making presentations at the conference, using the form below.

The IPA is interested in reaching new people. If you have any friends who might be interested in joining with us, please spread the word. All inquiries should be sent to: IPA, 15 E. 40th St., NYC 10016.

INTERNATIONAL PRIMAL ASSOCIATION
2ND ANNUAL EASTERN REGIONAL CONFERENCE
SATURDAY, APRIL 29, 1978

Theme: "Woman-Man, Man-Woman: The Primal Struggle"

Workshop Proposal Form

NAME _____ DIDACTIC _____ EXPERIENTIAL _____

ADDRESS _____ ANY RESTRICTIONS ON GROUP COMPOSITION _____

LENGTH OF WORKSHOP:

HOME PHONE _____ BUS. PHONE _____ 1½ hrs. _____

2 hrs. _____

3 hrs. _____

AFFILIATION _____

PROFESSIONAL/NON-PROFESSIONAL STATUS _____

Please describe your proposed workshop in at least 50 words (include content, goals, how it relates to theme, etc.) Use back of form if needed.

RETURN BY FEBRUARY 28* TO: *No proposals accepted after this date.
LORETTA FOGEL
1875 Jenkintown Rd, Apt D-103
Jenkintown, PA 19046