

# NEWS LETTER

of the International Primal Association

November 1978—February 1979

Conference Theme To Be:

## THE INTERNATIONAL YEAR OF THE CHILD

As the Newsletter was going to press we learned with great sadness of the untimely death of founder, supporter, and longtime friend of many in the IPA,  
**William Swartley**

### Eastern Regional Conference Set

Date: May 19&20

Place: New York City

by Charlotte Saunders  
Chairperson, Conference Committee

#### Members Invited to Feb. 24 Board Meeting

The next Executive Board meeting will be held near Philadelphia on Saturday, February 24th, 1979, at the home of Bill Goss and Susan Cohn-Goss.

As usual, there are lots of activities planned around the board meeting. On Friday night, committees will meet at 9 p.m. The board meets on Saturday promptly at 11 a.m.

All members are invited to participate in any or all of the meetings, stay for the (probable) party Saturday night and then stay over 'til Sunday when there will be another program.

Call Bill or Susan at (215) 885-8221 or (215) 572-5590 for travel information or if you need a place to "crash," they'll try to assure you a pad.

*The International Primal Association is celebrating the International Year of the Child. That's the title of our Eastern Regional Conference to be held May 19 and 20, 1979 in New York City.*

As a followup to our recent Annual Conference, we are planning to focus exclusively on furthering an understanding of prenatal, infant and early childhood growth and development. Some of the relevant topics to be presented are infant-parent communications, issues related to the prenatal and birth processes, cross-cultural perspectives in child rearing, physical care of the infant, early object relations, and education of the very young child. We are particularly interested in integrating our own experientially based exploration and discoveries with new findings derived from research being done in these areas. The purpose of the conference is to provide a forum for ideas which will make this synthesis possible.

The committee is busily at work with the details of setting up this conference, and we can still use the energy and ideas of any interested people. If you want to be part of this stimulating special event, call me at (212) 889-5555, or write c/o the IPA office.

#### The Primal Scene in Europe

by Dan Miller

It's hard to say just when primal reached Europe, but I don't think it could have had much impact before 1973. I think it was November 1974 when I did my first groups in Paris and Munich, and Bill Swartley had been to Rome and London a few months before that. About the same time that Bill's action was taking

hold in Rome (July 1974-75), Bill Goss began training groups and gave a lecture in Milan in northern Italy. Mike Festa, Isabel Festa and Angelo Llanes continued running primal therapy in Rome while Swartley concentrated on the Churchill Center in London and, also in the summer

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#### Janov Appeal Refused ... But Tries Again

We reported in the last *Newsletter* that the decision had been made by the Trademark Trial and Appeal Board of the Patent and Trademark Office to cancel Arthur Janov's registration of "Primal Therapy." Following this decision Janov attempted to file an appeal. However, this appeal

*Continued on pg. 8*

## NEWS LETTER

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### Information for Contributors

All submissions to the *Newsletter* must be *typewritten*, double-spaced with wide margins, on 8½"x11" paper.

Contributions may be edited for publication. The *Newsletter* reserves the right to make final judgment as to publication of material received.

Drawings and cartoons are requested in black ink on white paper with the artist's name and address on the back.

Send all submissions to:

Larry King, Editor  
IPA Newsletter  
Apt. 13-C  
365 West End Avenue  
New York, NY 10024

### IPA Calendar — 1979

- February 24: Executive Board Meeting at the Goss's in Philadelphia
- May 19 & 20: Eastern Regional Conference in New York City
- June 1-3: Executive Board Meeting in Boston
- August 29 (Wednesday) to Labor Day Monday: Seventh Annual Convention at Appel Farm in New Jersey

Charlotte Saunders is head of both the Annual Convention and Eastern Regional Conference Program Committees and invites you to contact her with ideas at (212) 889-5555, or write to her at the IPA office.

### Help Wanted

The *Newsletter* needs an additional reporter for the New York City area. Also, someone to assist with typing and copy-editing. If you can help, please call Larry King at (212) 580-3734.

### If You're Not an IPA Member

Our general mailing list has grown over the years to an impressive number. We are now at a stage where we must revise it to eliminate inactive or disinterested persons.

If you want to continue receiving the *Newsletter* and other mailings we want you to tell us so. Please send us a postcard to the address below.

Or better yet, why not join our association? IPA, 417 Johnson Street, Suite 205, Jenkintown, PA 19046.

### IPA Membership

The IPA is in its seventh year. During that time the Association has spawned much warmth and sharing amongst its members and has seen the beginnings of many new friendships, as well as the communication of important ideas.

For many, the organization has provided philosophical and emotional support. It has been a central point for persons around the world to touch and make contact with others sharing a similar point of view.

In our seventh year we are looking forward to adding new members and expanding our energies toward a greater growth and celebration of life.

Won't you join us?

Annual dues are \$35.00 (from August to July) full time student, \$20.00 (with copy of student I.D.). You can join now and pay only 50 percent for membership through July, 1979.

### You Know Who You Are!

Letters were sent out to members who were delinquent in their dues accounts. The response has brought smiles to the faces of the officers who are appointed to worry about money. However there are some of you out there who haven't responded.

Exciting things are happening. We're planning a great Eastern Regional Conference for New York City this spring, and your board is thinking aggressively. Your dues payment is important.

Will you take the few minutes required to mail in your check? (See address on page 2.)

(We'll be distributing copies of our newly computerized membership list next month. If you want your name included act quickly.)

### IPA Office

International Primal Association  
417 Johnson Street, Suite 205  
Jenkintown, PA 19046  
Phone: (215) 572-1881

### IPA Officers

President: William R. Goss  
Vice President: Arthur D. Totman  
Secretary/Treasurer: Loretta Fogel

### Members of the Executive Board 1978-1979

Stefanie Callas  
Larry Gauchman  
Jean Getoff  
Alan McFarland  
Joseph Sanders  
Charlotte Saunders  
Leslie Sherman  
Lance Wright  
Victor Zeines  
Alfred Zielke  
Gro Robinson, alternate  
Larry King, alternate

## Board of Directors Share Their Feelings About Each Other

by Penny Stone

On Sunday, November 12th, the IPA Board of Directors held an experimental "rap session" at Jean Getoff's apartment in her therapy room, where the members of the board could get to know one another better and feel free to express their feelings towards each other. Many feelings were expressed, both warm and angry, loving and hostile, towards people who were present, and it was generally considered to have been a constructive session of much value. It was also appropriate for a group of people who are so involved with primal therapy both as individuals and as professionals to relate to fellow board members in a feeling way. It is important that the controversial nature of the encounters and feelings expressed that day remain confidential in order to protect the rights and feelings of those involved, and also to guarantee the privacy of any future rap sessions. Here are some comments by a few of the participants:

**Gro Robinson:** The rap session was a very good idea and there should be more opportunities for people to speak out and express their feelings. It cleared the air of long-held grievances. I also feel very strongly that there should be more non-therapists on the Executive Board for policy-making decisions.

**Charlotte Saunders:** It was an opportunity to experience how peoples' awareness of themselves and others had grown and an opportunity to confront feelings and perceptions. Overall, it was a very worthwhile experience.

**Jean Getoff:** The Sunday session was unique, never done before. We all had a chance to get to some of the feelings we have for each other. It will probably be an exciting thing to repeat. It was good, even though some negative feelings were expressed. We got energy from everyone's commitment, and the feeling that we are not alone.

**Arthur Totman:** More than anything else that I can think of, this kind of inter-actional, inter-professional (secretaries and therapists, haircutters and dentists) inter-personal experience defines the IPA as unique and exceptional. I listened and responded; I spoke and was responded to. Past alienations, hurts, hostilities were aired. Caring, tenderness, and vulnerability were shared. Healing took place...

**Larry King:** Looking back on it, I can see that most of the hostility and defending came from old, childhood places. I would like to see us use the primal process of making it safe for, and encouraging people to take their feelings "back" as an integral part of such meetings. This would end much of the struggling, where people trigger, back and forth, each other's primal angers, fears, needs and defenses, but don't realize it. We have the tool of priming—I want us to use it!

**Susan Cohn-Goss:** It's really important for people to sit around and *not* talk about the IPA but to discuss their feelings and who they are. It didn't happen until the end. I would like to see more of this, to share interesting facts about ourselves.

**Bill Goss:** It's an important thing that hasn't been done nearly enough. We meet one another and interact within the context of the IPA activities. It seems to me that primal people intentionally avoid discussions of what they do, their professional backgrounds, etc. and mostly deal with now. I think we should start the board meetings with a rap group. If there are any strong feelings, it would clear the air. It would be a great delight to have more depth of understanding when you know what people have been through, where they have been emotionally.

## Serious Objections Raised to Therapists Sitting at Conventions

by Penny Stone

Victor Zeines, talking about the ethical issue of therapists working with patients at an IPA convention, recently said, "Buddying is fine, patient to patient. But if someone is a therapist, I am opposed to their sitting with a patient at a convention because that therapist does not know the patient's emotional history, only the patient's immediate need, and is not taking any responsibility for any harmful aftereffects. The IPA convention is not the place for free therapy. There have been cases in the past where therapists needing patients sat with patients. Thus, it's a dangerous situation—and unethical."

**Editor's Note:** Anyone with positive or negative experiences at a convention or with opinions on the above issue is invited to write about them for the next *Newsletter*. (See Information for Contributors on page 2.) L.K.

## Victor Zeines Moves Onto Board As Armand DiMele And Ninalee May Resign

Ninalee May, Ed.D. was the IPA President from 1975 to 1976 following Barney Brewton and succeeded by Armand DiMele.

Following the usual procedure, she was appointed to the Executive Board for two years following her term of office. This automatic appointment was scheduled to expire September 1, 1978. But, as a result of a motion made at the board meeting at the 1978 Appel Farm Conference, Ninalee's term on the board was extended an additional year. This established a temporary condition of eleven board members in the year 1978-79 rather than the usual ten members.

She submitted her resignation from the board on November 11, 1978, and it was accepted with regret. Due to the unusual circumstances no alternate board member was appointed to replace her.

Also on November 11, Armand DiMele resigned and was replaced on the Executive Board by Victor Zeines, who had been an alternate.



## A Note of Thanks from Your Secretary-Treasurer

Hi!

Just a few words to acknowledge, with much thanks, the help I've received from Harriet Geller, and her employer, Monarch Data, in getting our membership mailing list onto the computer. It is an accomplished fact and I've already received the first run of labels (used for this mailing). We hope to be entering our general mailing list also, at some date in the near future.

Because of this modern advancement you can expect sometime in the next month to receive a current membership list with updates to follow more frequently than before.

Also a "thank you" to Linda Schmalstieg without whose help we'd probably still be keypunching in names and addresses.

*We are in need of some more help in entering the data of our general mailing list, if you can type, live near New York City and have some time to donate, please contact me at the IPA Office (215) 572-1881. Thanks.*

Loretta

# Feelings & Feedback

## From the Editor's Desk:

With two issues now under my belt, being Editor has been a most exhilarating, sometimes painful, but always a *growing* experience.

My exhilaration comes from the many acts of creation: writing the headlines, designing the front page, encouraging people to write and then editing the submissions, all the while trying to create a sense of style, an emotion-in-print, which will both reflect and advance the energy and emotions of the IPA itself.

My exhilaration was bolstered by all the people who felt that energy in my first *Newsletter*, delighted in it and shared their feelings with me.

However, I was surprised by one or two unexpectedly *angry* criticisms.

That hurt, and at first I closed-up. But I was able to primal on it, open up to what they were saying and grow from the experience. And as I grow and learn, I see the *Newsletter* reflect some of the changes in me and become better because of them.

It always amazes me how almost all of the pain I believe other people are causing me is really very old pain and all my own! Even more amazing is how primaling puts it in its old, old place and leaves me with the joy of strength—the inner strength of being in the present and of knowing that I will not be easily triggered into that old pain—and those old defenses—again.

Dear IPA Members,

I was so impressed by the handsome new format for the *Newsletter* that I have finally written my long-procrastinated-over letter. The energy level that bounced off the *Newsletter's* pages was also contagious.

I have been out of primal therapy and not working "on the floor" for eleven months. The post-therapy experience is of continual wonder and interest to me and I would like to share some of my thoughts and feelings about this phase of the primal experience.

I have found that one can live from one's feelings, without defenses, and do so with deep satisfaction and peace. The work I did in therapy was raw, terrifying and full of pain, but the healing there was deep, strong and lasting. I can live with

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Dear Larry,

This is in response to your letter of 11/2/78 which showed interest in my letter of 10/27/78.

Why I haven't been supportive of the *Newsletter*:

Since my participation in the 2nd Annual Regional Conference, Cherry Hill, New Jersey, (Aug. 1977), I haven't felt as if primal therapy was the central theme. There seemed to be a mixing of other approaches; mainly analysis and conditioning trips.

There can be no full "here and now" until we've been "there and then." I too can enjoy the excitement created by the extra-curricular activities and their social strengthening of one's third-line (here and now), but I flew back East (on a dishwasher's salary) to do some therapy and find out how to get involved in a program sponsored by the IPA of primal training and employment.

The introductory literature sent to me about IPA membership stated that such a program was to be had. In August of 1977 I found out this was not to be true. It couldn't have been true anyway, because Janov still had legal control over who does primal.

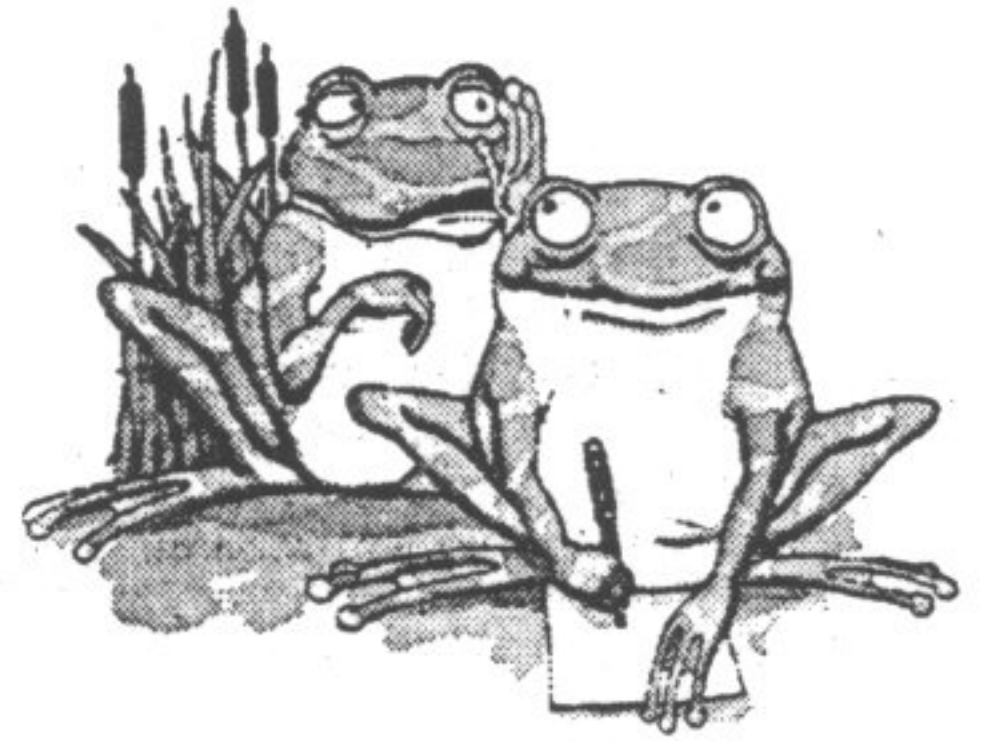
So I found out that what I *have* found helpful is the list of names of persons who are involved in primal therapy.

I learned what I know of primal therapy from the Berkeley Center, Berkeley, CA (1974), and have been trying to continue my involvement as best I can. I'm still trying to get involved with the Primal Foundation (Art Janov) and have been given a rate of \$3,000 down and a year to pay the other half.

The sort of work that I saw done at the Berkeley Center was quite primal. Sometimes my therapist would bust me too hard or too soft, but usually she was "right on."

The therapy was sometimes directed but the clue always came from me. Usually I was the director and my therapist would simply guide me to where I was and she would flow with me. Oftentimes, when I was into a sad scene she (Dassy) would cry too.

She would reinforce my behavior when it needed to be and I never became de-



pendent on her. I did become dependent on the safe, quiet, dark sound-proof room, though!

She helped me express emotion and reinforced the little boy in me with strength.

I think that needs can be met by a therapist, but only after the patient grasps the why—the meaning to the experience of feeling. When I became little and knew that mommy was less than my friend, my therapist would let the little boy know the truth, but only *after* I *felt* the truth and not before.

The staff at the Berkeley Center worked closely with each other—as all therapists must, and from time to time would arrange a social function—much like the Aug. 1977 IPA Conference. (I did not make it to the 1978 IPA Conference, but judging from the *Newsletter* comments, it sounded "right on.")

I did three months followup therapy at the Berkeley Center, ran out of money and had to return home to work.

As you know, Larry, it takes time to unwind the bent mainspring of the past and put it back where it was.

When I got home from therapy I was doing first-line birth primals, but there was no one to help me and no place to feel free and safe enough to feel.

So I eventually adopted some of my old habits. I have learned a great deal about the subject and I wish to resume where I left off.

To this date there is no funding available through any governmental body in regard to primal therapy.

When you have your to-dos in the future I think it would be best to have a "place" to feel safe to "feel" and full-fledged therapists to oversee. Only primal therapists will do.

Sincerely,  
Robert S. Freeman  
Loleta, California

## Feelings & Feedback (continued)

Dear H. Lawrence (Larry?),

I received the recent copy of the *IPA Newsletter* in the middle of a somewhat hectic day and it was a pleasure sitting down and reading it over. Let me congratulate you and your staff on an excellent piece of work! I found it polished, informative, personal and loaded with energy.

Over the past few years, both my husband and I have had numerous contacts with IPA folk—Charlotte, Armand, Dan, Loretta, etc.—both in a personal and a professional way. We have enjoyed/learned/experienced much and returned from each contact feeling refreshed and energized. Your *Newsletter* provided that same feeling for me and I am looking forward to more of the same.

As I am editor of our own local Center newsletter, I am aware of the benefits of specific feedback. So, let me be specific.

**Format**—Spacing, print and paper were easy to read, bold and diverse. The only section I found the setup too repetitive was "Report from Roving Reporters." A breakup or somewhat different setup would have been easier for me to follow and read. Possibly, you might set each reporter's interviews off by block work lines so they don't all run together.

**Cover Page**—Definitely eye-catching, especially with the "Primal Therapy" trademark block. Bold type is very effective.

**Information**—Article submission, membership and board meeting information was very valuable. I hope this will be included in all upcoming newsletters. It's a great help for new members. Also, providing the date and locale for next year's convention at this early date is a great personal help to us out-of-towners. This past year we were unable to attend the Appel Farm convention for a number of reasons but we can now plan our workshops and intensives for next summer so that they do not interfere with the Convention.

**Member News and Notices**—Good to hear some updates about some old friends. Also, made me wish I could spend more time in New York. The listing of workshops is very helpful and I hope to see this as an ongoing part of the newsletter. When we do travel, it is helpful to plan activities around upcoming workshops.

**Poetry**—I really enjoyed!

**It's Magic!**—It was magic. Beautiful, Bill.

**Movie Reviews**—Glad to see this. We have been doing the same here at the Center. Over the past few years we have collected an extensive video library of feeling movies, TV shows, clips, birth sequences, etc. and use them in workshops, therapy sessions, educational symposiums and for pure feeling awareness. Film and music have become a vital part of the program here.

**Halloween Masq**—Wish I could be there! (By the way, I loved the cartoon.)

**President's Letter**—I plan to respond personally to Bill. He definitely moved me.

Again, let me congratulate you all on a beautiful job. I'll close with an observation and a question. I noticed you had no Southeast regional reporter. Want one?

Warmly,  
Susan Ball Hannig, M.Ed.

It's Larry. Thank you for the detailed feedback and yes, we do want and you now are our new Southeast regional reporter. L.K.

Dear Editor,

Congratulations to the IPA and the Primal Feeling Center for their successful suit against Janov! In Canada, I had been engaged in a similar but solitary struggle against Janov since 1973 and I am pleased to announce that I stopped him from gaining a trademark on "Primal Therapy" here a few weeks before the Washington decision was handed down.

Sincerely,  
Tom VERNY, M.D.  
Toronto



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the scars from my past, but I could not have lived much longer with its bleeding wounds.

Living from my feelings, without a room, a group or a therapist to fall back on, has meant making careful choices about friends, time, work, school and marriage. By being aware of my body and its wonderfully clear messages about my choices of people and situations, I have felt a steady increase in my sense of safety, pleasure and my ability to do good work for myself and others. In every instance over the past year that I have made a "struggle" choice of person, situation or behavior, my body has sent a swift and clear message (headache, stomachache, chest pains and lower back pain) about the unhealthy nature of that choice for me. I have come to the point where I trust my body sensations and messages totally when I am assessing a person or a situation. My body hasn't let me down yet!

In addition to trusting and listening to my body, the post-therapy experience has been one of making a space for strong feelings in my life, whenever and wherever they occur. I have spent days working through deep and profound feelings of grief and need while working and going to school. It often meant seeking a ladies room or an unused classroom in which to cry and feel my feelings. It is unthinkable and practically impossible for me to "hold in" or "sit on" any such feelings anymore. This often means dealing with the discomfort and fears of others as they rush forward to cut off my deep feelings which have stirred their own pain. I feel it is crucial for me to be able to move from a state of deep feeling to one of full integration of that feeling as such moments occur. I have learned to let my feelings rise and seek whatever expression each needs—tears, laughter, action, stillness, quiet or noise.

My delight and great faith in the primal process grows stronger every day. All the suffering and struggling of our births and childhoods were not in vain. We are softer, wiser and more loving for going back and feeling it all again. The first time we merely survived our pain, but in feeling it again we have triumphed over it and moved onward.

I am so pleased to be a member of such a community of people. I am looking forward to helping others as a therapist.

Thea Starr  
Chicago, Illinois

## First Annual Halloween Masquerade a Hit!

by **Larry King**

helped by **Penny Stone and Harriet Geller**

Over 45 people attended IPA's first Annual Halloween Masquerade on October 28th at the Center for Human Development in downtown Manhattan. Almost half the people wore costumes; really creative, imaginative costumes. First prize went to **Larry Gauchman**, who dressed as the devil and behaved devilishly from the moment he entered (in a puff of black smoke).

Other original costumes: **Alec Rubin** being a gorilla, **Richard Greeman** cavorting as Richard Nixon (with an incredibly startling gorilla mask under his Nixon facade), **Diane Davis** as a pumpkin head, **Leslie Sherman** lithe and glittering as a beautiful cat, **Stephanie Callas** as an eye-catching stripper, **Gail Clark** reborn (re-hatched?) as a duck, and **Lynda Wismer** and **Paul Gertz** as loving/spatting newlyweds. **Gary Eller** and **Jo Elle** dressed as they see themselves in fantasy (he in a silver metallic body stocking, she in a black-sequined dress and blond wig). **Bill Goss** was regally dressed as an Arab and **Susan Cohn-Goss** wore a white Biafran robe, revealing her true self as an exotic princess. **Arthur Totman** was a hillbilly, **Charlotte Saunders** was a Carmen, a Spanish gypsy. **Loretta Fogel** flew in from Jenkintown, Pa. as a butterfly. **Walter Gambin** wore a red nose and **Larry King** a pacifier.

The highlight of the evening: very improvised sketches by each costumed person acting out the theme of their costume. The prize for the best costume was determined by applause for the act, not just for the costume alone. **Bill Goss** acted as Master of Ceremonies.

The party was organized by **Arthur Totman** and **Stephanie Callas**. (Stephanie also bought the delicious food.) Decorations were the creation of **Gary Eller** and **Jo Elle**. There was great improvised disco dancing to music provided by **Arthur Totman**.

Late in the evening, when asked for a quote, **Gail Clark** said, "This party brought up all my primal shit." **Gro Robinson** commented that the party was "A good opportunity for patients and therapists to meet informally." **Bill Goss** said "It was great for everyone to get together. The discussions and peripheral interactions were as valuable as the party itself. I would like to see more interaction at social events. Interpersonal sharing is the most valuable thing." My comment? "Let's do it again next year!"

## Myself

At the gate of my madness  
awaits music and sadness  
the key is but a tear  
which unlocks my fear  
Bringing on the gladness

*Robert S. Freeman*



## Childbirth Hologram

by *Alexis Krasilovsky*

Pregnant? I am a filmmaker working on a hologram about childbirth and looking for parents-to-be who are interested in a three-dimensional record of their baby's birth. Making a motion picture hologram is not dangerous for the baby or the mother: lasers are used *only* in the printing process. I'll be using a Bolex movie camera, I'll be fairly unobtrusive, and certainly supportive.

I consider this to be a Pro-Choice image. It is meant to warn our legislators, physicians and theologians to reconsider all aspects of women's health for the well-being of our mother earth. Midwifed by science, faster, bright, bolder than equestrian stone conquerors of past art, the childbirth hologram reintegrates rational thinking with inmost dreams. It is also a primal image, reflecting our entry into the world of senses. As in "For Colored Girls Who Considered Suicide When the Rainbow Is Enuf," the hologram's rainbow-colored light provides us with another perspective.

If you are interested, please call me at (212) 222-1438. This hologram is a project of Cabin Creek Center for Work & Environmental Studies, funded by the New York State Council on the Arts.

## Conception

Infant soul transcending through the Universe . . .  
Screaming my way from the lap of God  
And — Stop — Short  
at mother and father  
Who must now decide to give this soul a body . . .  
I must wait  
in dependence  
And then, finally, a miracle occurs:  
Implantation of the sperm and the egg  
forms a new little organism, ME,  
that swims and moves, molding and developing over time  
Evolution of men and life.  
Indescribable bliss of movement and growth.  
I hear the music of the Universe  
Its magnificence . . .  
Its total bliss.  
All that I've learned to appreciate in beauty and in love  
Stems from this feeling, this moment in eternity  
This cosmic expansion  
creation  
life . . . . .

*Paul J. Hannig, Ph.D.*

## The Primal Scene in Europe

*Continued from pg. 1*

of 1974, checked in at Toronto. Hy and Marcia Weiner had settled into Toronto in July 1973 to join Tom Verney who had started a primal practice there and that city soon became well-equipped with primal therapists.

Meanwhile, a few European analysts such as Ingrid Hering went to the Primal Institute in Los Angeles and brought back an excited interest in primal. I met Ingrid the day after she came back from the Primal Institute when she joined a group I conducted for the Therapiezentrum at St. Colomann in Germany. She primaled beautifully, but refused to relate to the other group members because it was "counter-primal." We fought it out and after five days of group she agreed that the members of my group primaled as deeply as at the Primal Institute and had the additional benefits of relationship as well. We became co-therapists at St. Colomann and now she has opened a center of her own in Stuttgart where relating has priority.

It was in Munich in 1974 that I did a training group for therapists attended by Dieter Mittlesten Scheid and some of the St. Colomann staff. They had begun on their own, wanted competent training, liked what they learned from me in Munich and offered to organize training workshops for themselves as well as groups for patients, a relationship we continued until this year. They have now become one of the largest growth centers in Europe, having expanded to offer guest workshops including therapists such as Bill Swartley and Armand DiMele and modalities other than primal. Other German cities that have centers I know about are Hamburg where Gisela and Herman Worm are co-directors and Frankfurt where Gertrude Kepellen and Dieter Hermann co-direct. I've heard of centers doing primal in Geneva, Stockholm and Amsterdam, but know little about them.

In France, Organic Process Therapy has become the major form of primal experience extant. This doesn't mean there aren't significant individuals such as Claude Allais and Jean Assens who have created their own forms for therapy which include primaling, but they seem to be growing away from it.

Organic Process will have its own French therapy center opening in February at Couperdrix, a small village about an

hour outside of Paris. It's being called OPTIC, short for Organic Process Therapy International Community, and has Genevieve Francois as Organizational Director and myself as Therapy and Training Director.

Dr. Janov made a pitch for the European interest, appearing at swank hotels in London, Munich and Paris, but his approach seems to have turned the Europeans off. I'm told he appeared with beautiful girls, demanded all kinds of attention from the press, and his "cure" claims fell on very skeptical ears. So, there's still no Primal Institute in Europe though feelers have been put out. Meanwhile, Europeans have taken it into their own hands, not without difficulties and conflicts.

For instance, I was asked to do a five-day training group for a group of professional psychoanalysts in Hamburg. The organizer of the group, Dr. Gisela Worm, was herself a supervisor at the Hamburg Psychoanalytic Institute, and she convinced twelve of her colleagues, one-third of the Institute membership, that they had to try an Organic Process primal. The workshop was absolutely beautiful, and they went back to the Institute Directors hoping to convince them to relate it theoretically and practically to psychoanalysis. Despite Janov's criticality, primal is essentially an outgrowth of psychoanalytic concepts, and this was clear to the Psychoanalysts. However, their Directors were frightened, threatened expulsion (and loss of livelihood), demoted the organizer, and thereby quashed a rebellion that could have made Psychoanalysis—with its very rigorously trained therapists—the most potent therapeutic force anywhere.

Primal lacks adequately trained therapists who seriously study the history of psychotherapy, know theories of personality development, can differentiate the kinds of problems brought in by patients and can make strong contributions to theoretical psychotherapy. (I know this will get me a lot of flak, but I'll stand behind it and include Janov's group too.)

Psychoanalysis lacks therapists who can get behind their theories to reach the patient as a feeling human being as the primal techniques do and anybody who can do both is a formidable psychotherapist. The essential thrust of both therapies is to get rid of defense mechanisms, regress the patient to childhood trauma, abreact negative experiences and create a more

fulfilled and loving human being, to oversimplify the comparison.

In France, too, the opposition is severe. Avante-garde therapists using techniques of Bioenergetics, Gestalt and sex therapy are looked upon as upstarts by the Psychoanalytic establishment.

The A.H.P. is making inroads in Europe, however, and several National A.H.P. Organizations just had their first meetings in Germany and France (perhaps other countries too). Those meetings had a lot of energy and the drive to de-intellectualize the therapy process is growing fast in Europe. There are also some new forms, indigenous to the Europeans, taking hold, which we haven't seen here. Though primal is still not strong enough to warrant an organization of its own there, there is a lot of interaction with the A.H.P. oriented groups to which primal adherents are making important contributions.

I'm sure there's more going on than I've heard about so if anyone reading this has some interesting information, I'll be glad to know about it. Address letters to Mountaintop Farm, R.D. #2, Livingston Manor, New York 12758, or to me c/o the IPA Newsletter.



## Bill Swartley

by Bill Goss

I sat down with the intention, as President of our Association to write an appropriately objective acknowledgement of the death of Dr. William Swartley who was one of the most energetic of the organizers of the IPA.

I find that I don't want to be objective; I want to tell you about Bill Swartley as I experienced him.

Bill taught me more about the primal process than anyone else. He'd been in it longer than most people. He'd been to Carl Jung's Institute in Zurich, been a disciple in India and been through the Alan Watts Institute of Asian Studies. He'd instituted group therapy in the prison system, done LSD therapy (before it became illegal), instituted use of heated pools in therapy (and, consequently, nude groups) along with psychedelic light/sound shows—all of this to help facilitate what later became known as primals. And all of this before 1970. He'd most recently been interested in prenatal primals dealing with birth, gestation, implantation and before.

To see him in action as a group leader was a great adventure. He was the most intuitive therapist and the greatest teacher I've known. He loved excitement. He reminded me of one of those jugglers who keep a dozen plates spinning atop a dozen slender sticks. He loved ideas too. Mostly these came out in training sessions or in conversations outside groups.

He'd been a regular "Johnny Appleseed," spreading primal about the world. He started centers in New Jersey, Toronto and London. He'd carried the word to Rome, resulting in two centers operating there.

He'd shared ideas with people like Jung, Watts, Assagioli, Laing, LeBoyer, Grof and many more than I can recall at this moment. He'd been our Association's chief protagonist in the recent proceedings against Arthur Janov.

He seems a giant—a good daddy, a bad daddy and a mortal man. I have a sense of great loss: I'm not done with any of them.

Plans are being made to possibly organize a gathering of people who choose to come together to celebrate Bill's passing.

The logical location is Bill's old center at May's Landing, NJ. (It is now being called CATAWBA.) There probably won't

## Special Conference Issue of the Newsletter

The next issue of the *Newsletter* will be published in time for the May 19th Conference. We request articles and information related to its theme: *The International Year of the Child*.

Some suggested areas:

- o What's *really* important to a child
- o Being adopted
- o Memories of an "Oedipus Complex"
- o Growing up in circumstances *other* than the usual nuclear family
- o Being illegitimate
- o Having stepparents
- o Growing up gay, bi- or transexual; or with parents who are
- o Growing up in a *very* large family; many siblings and/or many relatives
- o Growing up with a disability; or with disabled parents
- o Growing up rich or poor
- o Growing up gifted and/or talented
- o Suggestions on raising children from someone with clear memories of their own childhood
- o Growing up happy and happy childhood moments
- o Having therapy (any kind) as a child; how did it feel? did it work? suggestions to therapists who work with children
- o Can a child be in primal therapy? How young?
- o Moving from place to place a lot as a child
- o Invisible companions, fantasies, toys, pets
- o Growing up isolated
- o Psychosomatic childhood illnesses
- o The effects of divorce
- o Relations with siblings; with other children
- o Relations with teachers and other non-family adults



be any structure; I suppose that everyone would do their own thing.

If you are interested in getting together in memory of Bill, call the office (215) 572-1881 and leave a message on the machine. We'll get back to you and let you know when.

- o How important is (human and social) environment compared to heredity?
- o How early can one remember? Pre-birth? What are those memories like? Any instances of their being factually verified?
- o Childhood sexual fantasies and realities; how do primal memories compare with Freudian concepts; penis envy, fears of castration, phallic symbols, etc.?
- o Psychotics, addicts, alcoholics, criminals, etc., as parents
- o Therapists as parents
- o Memories of and suggestions to obstetricians, pediatricians, child psychiatrists and other doctors
- o The hospital environment to a child with physical illness; being in a mental institution
- o Child abuse; parent abuse; sibling abuse; physical and emotional
- o Writings from children
- o Childhood nightmares; what should parents do when they happen?
- o Racial, religious and ethnic problems in childhood
- o Expressing feelings as a child
- o After you go through primal therapy, do you still want to have children?
- o Poems on/about/from childhood
- o A short story about any of the above—or "What Being a Child Is *Really* Like!"

Please keep all submissions as *brief* as possible. Sign your name—but we won't publish it if you request. And please, please, so that we can set it in type, you must *typewrite* and *double-space* on standard 8½ by 11 inch paper. (Keep a copy for yourself.) Send to: Larry King, Editor, *IPA Newsletter*, 365 West End Avenue, New York, NY 10024

### Janov Appeal *Cont'd* from pg. 1

was filed late and the Board refused to admit it. Janov has now filed a request for reconsideration.

As things stand now Janov's registration of "Primal Therapy" is to be cancelled. However, the actual cancellation will not take place until Janov's attempt to appeal and/or appeal proceedings are terminated in a manner adverse to Janov.

It is unlikely that the decision will be reversed. Nonetheless, it is important that we follow the developments and also continue to raise money for the pursuit of the matter. If you really care what happens, please send in a donation to the legal fund.



## MEMBER NEWS & NOTICES

**Michael Bernet** is instituting bimonthly weekend workshops integrating bio-energetics therapy with primal therapy and utilizing the body-temperature pool at Mays Landing, NJ. Collaborating with him in these workshops is Pam Bescher, a bioenergetics therapist. A workshop is scheduled for Feb. 9-11. Future workshops will be in April and in June.

In alternate months Michael will be conducting integrative weekend workshops utilizing the body-temperature pool at Fort Courage, CT. These are designed as "pre-primal" for those who are not yet ready to take the plunge into deep primal work and as "inter-primal" to give a holistic, supportive and non-pressured atmosphere in which primal experiences, there or elsewhere, can be more fully integrated. A Connecticut workshop is scheduled for Mar. 2-4 (Barton Knapp co-leader). Further Connecticut workshops are planned for May and July.

Write Michael at 219 Seaside Avenue, Milford, CT 06460 or call (203) 878-4877 for further details and to be put on his mailing list.

**Leslie Sherman**, artist, designer and therapist-in-training at The DiMele Center, will be teaching a course at Hunter College's Center for Lifelong Learning, entitled "Suit-Your-Self," beginning Thursday, February 22nd at 6:00 p.m. This ten-week series of discussions and group experiences will explore old habitual dress patterns and how they do or do not reflect your most recent internal growth and development. For further information you can contact Ms. Sherman at The DiMele Center, 15 East 40th Street, New York, New York 10016, telephone—(212) 889-5555 after 10:00 a.m.

**David Freundlich, M.D.** continues his practice of primal-oriented therapy in Manhattan. He has been integrating more positive methods after the painful part of the primal. David is also directing a series of training workshops at Putnam Valley, New York and the leaders are Laura Perls, Daniel Casriel, Alexander Lowen, Albert Ellis, Zerka Moreno and Albert Pesso. For further information and a brochure, contact David at the Center for the Whole Person, 304 West 105th Street, New York, New York 10025, telephone—(212) 222-9445 (mornings).

**The Center for Feeling People, Inc.**, 7081 Taft Street, Hollywood, FL 33024—telephone (305) 473-1321, announces its spring workshops.

Saturday, March 3—Cosmic Consciousness (Explores the higher realms of the human psyche in an attempt to discover where we came from and where we are going.) 11 a.m.—9 p.m. —\$50.

Saturday, March 31—Human Sexuality (Explores the emotional aspects of human sexuality.) 11 a.m.—9 p.m. — \$50.

Saturday, May 5—Human Sexuality.

**Michael T. Dooley** announces that he has *Sound Masks* which absorb 70% to 80% of the sounds made while primaling. For information, write to him at 2540 N. Ashland Ave., Chicago, IL 60614.

**Florine Snider** is conducting Primal Living Weekends in the Country (East Hampton, Long Island) where up to 10 people at a time share daily living experiences in a relaxed, informal atmosphere, in addition to primal group work.

The experience is proving to be much more than anyone expected in terms of using primal feelings that arise in daily experience. For example, sitting around the dining room table becomes not only an experience of sharing a meal together, but many feelings get expressed that lead to old feelings. Feelings are dealt with whenever they arise.

First priority is given to Florine's own patients, but there is a waiting list for future weekends.

Thus far, Florine has led two such weekends, the last one over Thanksgiving. For information about the Primal Living Weekend in April, over Easter/Passover, call (212) 873-6132 for details.

**Organic Process Therapy** is offering workshops in a variety of places this spring. Following is the schedule. All workshops are led by Dan Miller together with co-leaders when listed.

Mar. 31. New York City—Introductory Workshop in Body-Mind Awareness.

Apr. 20-22. Mays Landing, NJ—The Primal Pool. Charlotte Saunders and Bill Sanderson.

May 5. New York City—Introductory Workshop in Body-Mind Awareness.

May 11-13. Mays Landing, NJ—Washington Primal Pool. Maria Courie, Charlotte Saunders, Bill Sanderson.

May 26-27. Livingston Manor, NY—Memorial Day Weekend Intensive. Phyllis Ferber.

Ongoing Organic Integration Groups offered in New York City, Pittsburgh and Washington, DC.

For information on any workshop, call the number most convenient for you:

New York City	(212) 625-4802
Heights Holistic Health Center	
New Rochelle, NY	(914) 633-9341
Tina Conte	
Livingston Manor, NY	(914)439-5167
Dan Miller	
Washington, DC	(301) 652-0697
Maria Courie	
Pittsburgh, PA	(412) 486-4073
Steve Linn	



## Organizing Local Rap Groups

by Bill Goss

One of the most enjoyable aspects of membership in IPA is the opportunity to get together with other people who are into primal. It seems that there are two important components to such inter-relating. One is the *content* of what we talk about and the other is the *process* of relating. Coming together with other primal people offers the opportunity to gain learning of both *content* (theories, techniques, experiences, etc.) and of *process* (risk-taking, authenticity, feedback, etc.). Learning is exciting!

We can suppose that among our membership there are quite a few persons who would like to get together with others and just rap. Of course, there may be some difficulty in getting together initially. Since IPA headquarters is supposed to be a focal point, here's what we'd like to propose.

- If any members or non-members interested in participating in getting together for occasional or regular rap sessions will send in a postcard, our office secretary, Sue Cushmore, will sort them by geographical location.
- Sue will then make a list of the interested people who live near (or relatively near) one another and send the appropriate list back to each postcard writer.

*Continued on pg. 11*

## Prior Lives Regression

by Thomas C. Lembcke

Two of my primal clients have asked me about regressions into prior lives. One has experienced events prior to birth while priming. These include briefly, a life and death as a Swedish princess, and observing the moment of conception, exclaiming: "No, no, I'm not ready yet. I'm not ready. This isn't right!" while observing her parents coming together to conceive her. She claims to have observed the sperm and egg coming together and feeling all the while that she should not be born in this family, that it was a mistake, that it was too soon.

With that experience, I am wondering if others in the IPA have had similar experiences of prior lives, either in their own therapy or in the therapy of their clients. I am interested in gathering information regarding pre-birth priming, either through the *Newsletter*, by letter or personal conversation.

While seeking information about this subject, I came upon a new book, *You Have Been Here Before: A Psychologist Looks at Past Lives* (Coward, McCann & Geoghegan, Inc., New York, 1978), by Edith Fiore, a California psychologist. Dr. Fiore is a hypnotherapist who claims to have accidentally come upon reincarnation therapy while doing regressions in hypnotherapy. The book is a series of cases in which the regression to a prior life or lives assisted in the treatment of a wide variety of emotional and behavioral problems. I felt comfortable with Dr. Fiore's type of work, finding it quite similar to primal theory, especially when she says, on page 170, "I felt that we had pinpointed the event responsible for his fear of heights, but I sensed that he needed really to experience the feeling itself in order to get the relief he sought—and needed." However, she uses the method of hypnotic induction to assist the client to reexperience that feeling rather than using a primal approach.

In the preface (pp.14-15), Dr. Fiore writes:

When I first began using hypnosis I, like many other hypnotherapists, asked my patients to comb back through the years, revealing events in their growing up that caused present symptoms—resulting in the removal of the symptoms. Startlingly, a problem—for example, one of forty years duration—could sometimes be traced back to the first few years of life. Then I found myself moving back to the first months, even to the birth experience itself, which in many instances was found to be the trigger—

often leaving the person feeling guilty, unwanted, and sometimes with such lifelong physical symptoms as recurring headaches. Gradually, I went back even further, discovering emotional problems arising from those supposedly cloistered months in the womb.

Now I am convinced that many problems have their roots *earlier*—in former lives. My patients and I have found that previous lifetimes can have a profound impact on current lives in terms of an individual's abilities, symptoms, relationships, character traits, and, indeed, in myriad other ways.

If others in the IPA have read the book, I would be interested in other impressions of Dr. Fiore's work.

Also, are there primal therapists using hypnotic techniques to further primal therapy?



### On Being Stuck

by John A. Speyrer

I'm a self-primaler here in south central Louisiana and it is not often that I get to meet other primal people. Trying to meet other feeling persons I bought a personalized automobile license plate with the word PRIMAL, but no one around here knows what it means. I, myself, found out what it meant four years ago when Gestalt/Transactional Analysis exercises in group therapy opened me up enough to begin the primal process. One day I arrived home from work, opened the front door, and burst into tears and have been priming ever since.

It's taking me a long time. After four months my horrendous stomach pains were about gone and fourteen months later my hypertension (previously 160/110) became practically nonexistent. The *bete noir* of anxiety is still with me, but that might be because I was "stuck" in the birth phase for so long. I did not know I was stuck. I never had a therapist, but Dan Miller worked some magic at the IPA Convention in Lennox, Massachusetts and I was amazed how a therapist could make such a difference. I then became eager to experience group primal therapy and when I got a call from New Orleans about a primal group in that area I jumped at the chance. I had been in a head-bobbing phase of birth for over a year but Bill Swartley got me out of it in a hurry. Six months later Jens Wennberg and Sue

Gallagher again got my therapy proceeding on the right track.

I had been reading Janov about how some use the first line as a defense, but I reasoned that since I was a self-primaler no mock primal therapists were mucking up my therapy. I was, unknowingly, my own mock therapist. It is so easy to get fooled. The endless repetitions of the stuck phase were tension relieving so I figured I was getting somewhere, only there was no end to it as I was priming for many hours each day. So to all you self-primalers out there the moral of this story is: See a therapist every few months, the results might surprise you.

### Was Early Freud Primal? A Book Review

*Catharsis In Psychotherapy*, M. Nichols and M. Zax, Gardner Press Inc., New York, 1977, is a compelling book for anyone interested in the feeling therapies. The authors give a concise history of the uses of catharsis in ancient healing rites of Babylonia, shamanism and voodooism to present-day evangelical religious movements. There is an entire chapter on Breuer and Freud's innovative use of catharsis in the early days of psychoanalysis. A detailed explanation as to exactly why Freud did not continue using abreaction and discontinued it in favor of his "talking therapy" is given. This chapter is the most interesting in the book and its reading is a must for anyone interested in the background of primal and perhaps might help to answer that perennial question: Did Janov discover primal or did he merely rediscover early Freud? The history of abreactive hypnosis and the treatment of traumatic war neuroses is also discussed. The rest of the book deals with catharsis in group treatment, the psychology of grief, and an evaluation of the usefulness of catharsis in clinical psychology. The conclusion reached is that there is limited value to catharsis except in cases of recently occurring emotional traumas.

Primal therapy is discussed in the chapter on "Recent Emotive Approaches to Psychotherapy." Janov is excoriated since he makes his therapy so easy to criticize! He is accused of producing scores of "walking wounded." The authors feel that defenses are a necessary part of a person's psyche since the undefended person will probably be at the mercy of his impulses which will cause frustration and wasn't this the problem to begin with?

Continued on pg. 11

**From the Vice-President's Desk:  
Thoughts About Organisms, Computers  
and Human Sensitivity (excerpts from a  
letter written to a friend, February 1978)**

You asked some questions. I'll attempt some answers. My life is going in the direction of a focus on the human body. . . and my own radicalism is a radicalism of persons refinding, re feeling, reaccepting the life of the body as the source of all life, all healing, all harmony, both intra- and interpersonally. I don't know at this time how I can or will reconcile this commitment with a larger social politics or with the age of a growing computer technology in which nature is being superceded with a more abstract and reductionist science. However I must and will proceed out of my own intrinsic gut awareness. I am convinced that the possibilities of the human organism are so much greater than the rational scientism that makes use of only a small part of the human brain. And at the same time I am also aware and deeply saddened by the fact that this misuse of the human potential (this very limited and limiting view of life) may very well destroy the environment that supports and nurtures a larger and more organismic life while at the same time further and further eroding man/woman-kind's already very dim awareness that such a more whole way of being/acting/experiencing/sensing is even possible. And of course, possibly destroying personkind itself. And maybe these are only the conservative ravings of an old-fashioned, outdated fool who cannot accept the new cybernetic age of silicon-chip machines that already can nearly outthink and outperform their makers. These very machines may kill us. And others of their kind may be able to gather and integrate and come up with the kind of solutions that will save us. To what, for what I don't know. It certainly is a mind-boggling world/universe that we live in. I guess in the end what I really want is to be so confident and at peace in my present-being-in-the-universe that I can commit myself fully to whatever I perceive my present task to be with a certain sense of humor that comes from my not having to hold on to anything, including and especially, my own life.

Perhaps we are finding or will yet find in our time that the most unique aspect about human beings is not their rational brains that already can be simulated by machines but rather their creativity and even more specifically, their special ca-

capacity (in most cases blunted and repressed and denied and regressed and untended and depressed) to care, to understand (stand under), to love. And perhaps the special task of many of us enlightened beings in the present time is to find a path, a way through the jungle of disturbed, disordered, alienated ways of relating to a new possibility of meeting and nurturing and respecting and giving room and acceptance to one another. I am committed to the intense-feeling, primal therapy modality as one way of accomplishing this by going back to the natural feeling being within me, the child who was such a beautiful balance of body-sensitivity and joyous, celebrative vision, and allowing this child to have its rightful place alongside the strong, wise, adult self. And to help others to take this journey down and back. In the end this may be the thing to save our sanity, each other and our lovely world. At the least, it may be the sensitivity that will be programmed into the computers so that they will have assimilated the best of us as well as the worst. If that were true then I might not feel so utterly desolate inside at the thought of being superceded by wires and metal. Maybe they'll take care of their world and each other better than we have done.

Love and peace, my good thoughts go with you on your own unique, difficult, and wondrous journey.

Arthur Totman

**Local Rap Groups**

*Continued from pg. 9*

- If possible, each list will identify one person who has agreed to be the focal point for the initial organizing of a group. (If you are willing to be the point-of-contact for organizing a group please note it on your postcard.)
- After that you're on your own, unless you can identify ways in which the IPA office can be more helpful. Perhaps we can provide lists of speakers or discussion topics, but we'll make no plans until we hear from you.
- If your group "gets off the ground" let Larry King, our *Newsletter* editor, know about it. Your activities are newsworthy and publication of followup news may cause more people who are potential friends to join you.
- Send your postcard now! We'll try to get the list back to you in five weeks. See page 2 for *Newsletter and IPA Headquarter's addresses*.

**Was Early Freud Primal?**

*Continued from pg. 10*

Another criticism is that, by ignoring the therapeutic relationship between patient and therapist, an important determinant of success which is important in any form of cathartic therapy is ignored. It seems that primal therapy has been criticized by some patients as "intolerable emotional brainwashing." Moreover, there is no proved relationship between a drop in vital signs and improved emotional wellbeing. Passive noninvolvement is certainly not an appropriate model for psychological health, the authors have decided. Janov is chided for refusing to acknowledge the work of his predecessors and ignoring the history of psychotherapy as well as common sense. Deep emotional release techniques were extensively developed and used by Fritz Perls in Gestalt therapy while W. Reich pioneered in the interplay of repressed traumas and physiological blockage many years before primal. Janov, furthermore, ignores the possible psychological traumas of adolescence and adulthood since all problems are not the result of childhood/infantile traumas. Primal therapy has a tendency to orchestrate the feelings of the patient to conform to primal theory and the feelings which erupt are, thus, not spontaneous. The traumas are not stored in the brain in a "pure form" and it is more logical to assume that the ventilated feelings are, in reality, present day adult frustrations. People who are emotive are attracted to the therapy and become prepared for what is to happen. Yet in spite of all their criticisms the authors conclude that all of the evidence is not yet in to judge whether or not primal therapy is effective.

I am not making any attempt to answer these objections. Those of us who are intimately involved with the primal process have our own answers. Some of us may agree that certain criticisms have varying degrees of validity. To accept the basic tenets of primal theory does not mean that it is faultless. There may be something better; but until it is discovered primal therapy will be relieving suffering and giving hope to those of us fortunate enough to be involved. Others who feel that primal therapy is a big ripoff cannot be persuaded by intellectual arguments. I was a slow learner and kept up with neurotic attempts to convince others of the efficacy of the primal process for far too long. Now I know better, so all I can do is feel the source of my frustration.

John A. Speyrer

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