

NEWS LETTER

of the International Primal Association

September/October 1978

Convention Elects New Officers

Amid sunshine, swimming, dancing, singing and the best workshops ever, the Sixth Annual IPA Convention elected new officers:

President, Bill Goss

Vice President, Arthur Totman

Secretary-Treasurer, Loretta Fogel

Following is a letter from our new President:

President's Letter

Hi,

I'm still floating on all the wonderful feedback and validation which was extended to me as a person during the annual convening of IPA. I'm excited about being selected as the president of our organization and delighted at the choice of other officers and board members who will share this adventure with me.

It seems to me that the role of president is that of being a leader as well as the chief worrier. In accepting the nomination it was important to me that I disclose the directions in which I expect to lead. I want to use this opportunity to make a similar statement to those of you who were not present at the convention.

It seems to me a time for organizational renewal! A lot of enthusiasm, talent and hard work went into creating this organization. In the intervening years, other dedicated and hard working people nurtured it through its infancy and kept it safe and intact while it grew, learned and gathered strength to the point where today we are a viable entity entering maturity. It seems to me that, as a maturing entity, it is now time to look at ourselves and the world about us and to find our place in that world. I propose to focus

Continued on pg. 3

IPA Wins!

U.S. Patent Office Cancels Janov's "Primal Therapy" Trademark

by Joe Sanders

IPA has received notice from its legal counsel that the U.S. Department of Commerce's Patent and Trademark Office has cancelled Arthur Janov's registration of the trademark "Primal Therapy." It had been issued in May 1972 and was subsequently challenged by IPA and the Primal Feeling Center of New England. Members of the Patent Office's Trademark Trial and Appeal Board held a hearing on IPA's challenge on October 11, 1977 and ten months later issued the order cancelling Janov's trademark.

IPA's lawyer states, "I do not believe that Janov can overturn the decision." However, "if Janov does appeal, we will continue to challenge him," declared new IPA President Bill Goss.

Editor's Note: Joe Sanders and Bill Swartley have contributed a great input of time and energy to the IPA suit. They have attended hearings in Washington and worked closely with our legal counsel. Many thanks to both. H.L.K.

Announcement!!!!

ta ta ta taaaaaaaaaaaaaaaaaaaaaa!

by Loretta Fogel

The IPA has leased a new office in Jenkintown, Pa., hired a part-time secretary and installed a new phone. Sharen Hyman will be in the office every Monday through Thursday between 1:00 p.m. and 3:00 p.m. (Any changes in this schedule will be reported in the *Newsletter*.) At other times, our answering machine will be in operation.

**International Primal Association
417 Johnson Street, Suite 205
Jenkintown, PA 19046**

Phone: (215) 572-1881

Bill Goss, Loretta Fogel and Sharen have a schedule which insures that the mail and machine will be checked every day and they plan to answer mail and callers as soon as possible. They want to hear from you soon!

NEWS LETTER

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Information for Contributors

All submissions to the *Newsletter* should be typewritten, double-spaced with wide margins, on 8½"X11" paper. They should be directed to the Editor at the above address.

All contributions are subject to editing as deemed necessary. The Editor 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.

Change-of-address notices and all non-Newsletter correspondence should be sent to the IPA office:

International Primal Association
417 Johnson Street, Suite 205
Jenkintown, PA 19046

Phone: (215) 572-1881

IPA Membership: (until August 31, 1979)

\$20—Full-time student

\$35—Single person

\$55—Couple

From the New Editor

After a year of writing and editing the IPA Newsletter, **Diane Bethune Zeines** has retired. At the conference, she said that she had tried to involve members and extend the scope of *Primal Pool* (the previous name of the newsletter). "But," she said, "I found the response of the members disappointing." Despite poor participation by IPA members, Diane turned out a dynamite newsletter and we all owe her a large vote of thanks.

As new Editor, I said at the conference that I see the editor's role primarily as editing what others write and not doing the writing myself. I am making every effort to encourage members and potential members to put on paper all the great ideas and observations that I hear from them verbally. They definitely have the energy and talent!

The *Newsletter* is very lucky to have **Lisa Novick** as Production Manager. Skilled in designing, editing and paste-up, she has access to type-composing equipment and the talent and experience to use it, so that the *Newsletter* looks as professional and beautiful as it is.

Our new Design Consultant, **Leslie Sherman** is helping us achieve the best possible overall appearance and designed this issue's masthead.

Helping decipher, correct and retype the edited copy is our new Editorial Assistant, **Emily Anne Schaffer**. **Joan Benham** is helping with proofreading and copy-editing.

Several people have volunteered to gather primal-oriented news where they live and work. But the *Newsletter* needs more regional reports from all parts of the United States and around the world. We truly want to report the activities of our many international members. Send in brief notes about what is happening to you and your friends—it doesn't have to be perfect. We will whip them into shape and they will look great in print with your name on it!

The *Newsletter* also needs artwork—particularly cartoons. We need humor; primal joy needs to be expressed also.

There are a lot of new readers out there. We want to hear from you. How did you get into primal? Has it made a change in your life? The way you work? The friends you choose? Is there any of it that you feel so good (or bad) about that you want to speak about it, share it with others?

Feelings come out naturally when you feel in a safe place and with safe people. The people who read this *Newsletter* are largely primal people who have felt deeply inside themselves and can empathize with what you are saying. My experience with primal people is that they are sympathetic. I don't have to be "big" all the time. I can take a chance and know I will still be loved if I am not perfect. I am taking that chance by being Editor of this *Newsletter*. Come take that chance with me by writing in and sharing yourself with a whole lot of new friends!

H.L.K.

Board Meetings

All IPA members are welcome at all committee and Board Meetings.

The next Board of Directors meeting will be held at the apartment of Jean Getoff, Apartment 7F, 251 West 89th St. (on the corner of Broadway), in New York City at 11 a.m. on Saturday, November 11.

At 8:30 p.m. the night before there will be meetings at Jean's apartment of the **Program, Convention, Ethics, and Fund-Raising** committees. (Volunteers needed.)

On Sunday, the Board members *only* will meet, not for business, but for the opportunity to get to know each other on a deeper, more feeling and personal level.

There will also be Board meetings on February 24, 1979 in Philadelphia at the Goss's and on May 19, 1979 in Boston.

If anyone needs or can supply sleeping space for out-of-town visitors during the Board meetings, please contact the IPA office.

Next Convention Set

The Seventh Annual Convention of the IPA will again be held at Appel Farm. It will start on Wednesday, August 29, 1979 and end on Labor Day Monday.

Charlotte Saunders is head of the Annual Conference Program Committee and invites you to contact her with ideas at (212) 889-5555, or write to her at the IPA Office.

**HALLOWEEN!!
HALLOWEEN!!**

From the Vice President

It's hard to believe that another autumn has already arrived and with it another term as the Vice President of this enigmatic organization. I'm weary. Still recuperating in body and spirit from the enormous task of putting together and putting on our big annual happening, the Sixth Annual Conference. It was an invaluable personal and professional experience for me; I learned a lot. I worried a lot. I grew a lot. (I didn't sleep a lot!) I discovered that I could do much more than I thought I could do.

I am feeling, slowly and strongly, the return of creative energy, the gentle rejuvenation of body and mind. It knocks me out how this renewal always comes as a surprise! The mind so easily gets stuck in forevers (both peaks and valleys) while the organism keeps pacing itself in its own natural rhythmic manner, in response to environmental stresses and stimuli—and, of course, to the weight of our own foot on the gas pedal. Pit stops are a necessary occurrence! How easily we forget.

I worked closely with and got to know better some very talented and supportive IPA people over the course of this past year. You each know who you are. Thanks, once again. I also learned a little more about human imperfection, both my own and others, and consequently more about *anger and acceptance*.

So, here we go again. We've planned our first party, got the new office set up, and our energetic president has already thought up 3,000 new ideas. The organization needs your energy, ideas and feelings to make this the most productive and exciting year we've ever had. Commit some time this year to help out. We have yet to discover who we are and what we can become. My belief is that this will only happen as each of us adds a piece of ourselves: a favorite poem, or perhaps news about primal in your area for the *Newsletter*, etc., a thought, criticism, or suggestion to help shape our 1979 conference, your body to help plan and run this year's parties, workshops, and conferences. Yes, another autumn has arrived. Let's get this show on the road—together.



A Letter from Our Ex-President— Jean Getoff

A Hello to All—

I was delighted to hand over the executive duties to Bill—and already I am experiencing the energy and input of the new team of Bill, Arthur and Loretta.

This promises to be a year of structure and purpose for all of us, embedded in a friendly network that keeps channels of communication and meeting open constantly.

In addition, I wanted to share with you my excitement over the historic Israel-Egypt peace talks. To see the open warmth of Carter, Sadat and Begin after a 13-day "intensive" said something very personal to me. Feelings seem to be entering the political arena. Real hugs available to men with strong political and personal differences became symbolic of something achievable to all. To make time and concentrate on communication and solutions finally worked in the public arena. I hope it is an omen of more to come—in the world and in IPA.

Your ex-President,
Jean Getoff

Open Letter to Claire and Al Appel And Appel Farm Staff

Dear Friends,

I'm writing this letter to once again thank you for the warm hospitality extended to us during our sixth Annual Conference down on the farm.

Your smiling faces and hearts provided for me an atmosphere of acceptance where I could be me, just me, happy, sad, angry or glad.

As site chairperson I came prepared to worry and fret but your unending cooperation made that totally unnecessary.

Speaking for myself, thanks again and I can't wait for August 29, 1979, when I can once again be down on the farm.

With love and in friendship,

Loretta Fogel
Secretary/Treasurer

President's Letter (continued)

this year on the following issues:

- to define our goals and objectives and to redefine our purpose.
- to move toward financial stability so that we'll have fewer economic limits on our activities.
- to surround us with the aura of a proud, professional organization.
- to increase the number of occasions when we get together for work and play.
- to work toward extending the activities of IPA beyond the Boston-to-Washington corridor.

It seems that many of you also believe in this platform since not only did you vote for it but, what may be more significant, there were many offers by members to *commit* themselves to some part of this undertaking. I am optimistic!

The well-being of any commercial organization can be monitored in terms of money. The well-being of an organization such as ours is manifest in terms of enthusiasm and *involvement*. It is my hope that in the forthcoming year the activities of IPA will not consist of an energetic few people (officers, the board, and the chairpersons) pouring "stuff" out to a lethargic many, but rather a flow of enthusiasm, ideas and demands coming from the membership to the elected leadership for focus, dissemination and action.

If we could meet face-to-face, I'd like to challenge each of you to examine your reasons for belonging to IPA. Then I'd request that you become more active in both shaping our association and determining its direction along lines that you think important.

I'd like to hear from any of you "out there" who are willing to offer ideas, criticisms, energies or facilities. I'll write back!

Sincerely,



William R. Goss



Members of the Executive Board 1978-1979

Stefanie Callas
Armand DiMele
Larry Gauchman
Jean Getoff
Ninalee May
Alan McFarland
Joseph Sanders
Charlotte Saunders
Leslie Sherman
Lance Wright
Alfred Zielke
Gro Robinson, alternate
Victor Zeines, alternate
Larry King, 3rd alternate

MEMBER NEWS & NOTICES

At the Convention, Victor Zeines mentioned that the IPA get-togethers give him a chance to find out "whose dog has died, whose cat had kittens."

Like Victor, we all feel out of touch with people we rarely see. This section of the *Newsletter* is your chance to let your friends know where you are and what you are doing; the big and the little things in your life, the personal and the professional. It is open to all IPA members and we hope to hear from you soon. (See information for contributors on pg. 2 on how and where to send your News & Notices.)

IPA members receive a 10-percent discount on all events, workshops, etc., mentioned in this section. H.L.K.

We interviewed our outgoing business secretary, **Gloria McLean**, to find out: after IPA—what? A vacation on Corfu? A private room at Bellevue? No, just life as usual in the Big Apple with less typing and more dancing. Says she looks forward to playing with the IPA as a member rather than an employee. One thing that's new: at the request of Gro Robinson, Gloria is now setting up a class for non-dancers in Enlightened Bodywork. (Lao-Tsu says: "Once the spirit and the body have been integrated, they can be kept from separating by concentrating on the vitality...") This is the class in "How to *Keep Feeling Good*," a happy outcome of her workshop at the IPA convention. Anyone interested in joining the class, call Gloria at (212) 964-0607 for details.

Gerald Baker is moving to New York City from West Palm Beach, Florida. He is looking forward to a new job, studying Shiatsu, and spending more time among feeling people.

Diane and Victor Zeines are happily settling into country life in their new home in Woodstock, New York.

Jean Getoff is excited about the new mini-thon structure she's now using with some of her clients.

Bill Swartley is teaching a series of Wednesday night seminars on *The Theory and Practice of Primal Integration*. For information, call him or Jean Snow at (416) 532-2841, or write: The Center for the Whole Person, 801 College Street, Toronto M6G 1C7, Canada.

Larry King, after living in Los Angeles for a few years, has resumed his primal therapy practice in New York City. Based upon his experiences and training over the last several years, the work he is doing is empathic, non-directive and recognizes the need for healing movement in the present as well as re-experiencing the past. He is currently organizing and building the Primal Healing Center on the Upper West Side of Manhattan and there are fully padded, soundproofed rooms available at low cost for individual use, buddying and other therapists. For details, call him at (212) 580-3734 or write to him at The Primal Healing Center, 218 West 84th Street, New York, N.Y. 10024.

Arthur Totman, Charlotte Saunders and DiMele Center staff are conducting an all-day primal workshop on *Love & Aggression*, Saturday, November 18. Information (before November 8): call (212) 889-5555; or write: The DiMele Center, 15 East 40th St., Rm. 306, New York, NY 10016.

Florine Snyder is planning a Thanksgiving weekend primal workshop in the country from Thursday to Sunday afternoon with fun as well as tears. Call her at (212) 873-6132 for details.

Help Wanted

IPA Newsletter needs reporter for New York Metropolitan Area. Apply to Editor.

Missing Persons

Can you help us? Do you know the current whereabouts of Carolyn Schmidt, Bill Siegel, Cathy Vszoki (formerly of Cobery, Victoria, Australia), or Dr. Howard Smith (formerly Munich, Germany)?

If you know where we can reach any of these people please let me know. Write to Loretta Fogel, c/o IPA, 417 Johnson St., Suite 205, Jenkintown, PA 19046.

Within every human being there is a core whose perfect center is a dazzling galaxy of energy, whose perfect center connects with the ultimate source of being. To reach this center you must risk going through and beyond fear. You must journey past magic, past method, past mentors, however great. You must journey to the place you face yourself—naked and alone. Only in that place—only there will you know with a certainty that mocks despair, that laughs at death—that you are not alone.

Jack Rosenberg

Should you shield the canyons from the windstorms you will never see the beauty of the carvings.

Elizabeth Kübler-Ross

Touch the earth and feel the sun—
And you will know that there are tremors
below and turbulents above that rise up
and quake in our bones—
A gentle wave washes over the shore and
reminds us that the bond is never
broken—

Only disturbed for the moment.

Leslie Sherman

HALLOWEEN!

IT'S MAGIC!

It's not really a secret, but very few people know about it. It's a magic place I want to tell you about. It's not really a place either—it's a magic town. No, it's not even that.... it's just magic!

Every so often a spell returns out of somewhere far from within the ancient history of man animals. It doesn't always fall in the same place, but somehow the people who know about such things always know where it's going to happen. They move toward this mysterious event with the same kind of awe, I suppose, as did the three wise men, or those people in "Close Encounters." There's some deep knowing or special awareness which says to them, "you must go."

These pilgrims can always tell when they've come to the place because they can feel the glow of enchantment. You don't feel it with your skin but somewhere deeper inside. When it touches people they change right before your very eyes. Most immediately turn into children and begin to run and skip and jump, and to talk in excited voices; before they even take off their "good clothes." Others become sort of like excited marshmallows; they sit around a lot but you can tell that they're very aware. Some get a little scared.

The people in nearby towns don't even know that there's a magic place behind the trees. If they did, they'd think that it always lasted only a few days, but to the pilgrims-turned-children it just goes on and on. Hardly anyone bothers to think that it won't last forever. Those who do make themselves very unhappy.

It's like a costume party where you can be anyone you want to be and almost no one tries to tell you what costume you have to wear, although sometimes other kids will ask you to play dress-up games with them. You can change into anything you want, anytime you want so you don't have to stay a marshmallow, or a cowboy, or a Mommy or anything. Even the scared kids don't have to stay scared. But you can if you want to. That's okay, and the other kids are mostly kind and remember that they've been scared too.

The children love to sing and dance and bang sticks together and they don't even care if someone is watching. They wrestle. They lie on their bellies and smell the earth. They laugh a lot. Sometimes they cry, but they become happy again. It's fun!

They get together in bunches or in piles and they talk to each other a lot. They tell each other their secrets. They talk about real grownup things too, and they can look very serious but you can tell they're having fun. Kids love to learn.

Sometimes, they throw off all their clothes and run, arms spread, naked across the fields under the sun. It's curious, their bodies still look like the bodies of the pilgrims, but the way they move....the joy in their eyes.... they *are* children.

These people love each other a lot. They almost always are glad to see one another, and they always say "Hello" when they chance to meet even if that happens many times each day.

I can't say what the magic is, even though I've thought about it a whole lot. I think it may be the word "YES."

And the secret I want to tell you is that I know where its going to happen next summer—in the fields of southern New Jersey, outside the little town of Elmer, at the farm of Albert and Claire Appel. That's where! And it's okay with me if you tell someone you really care about!

Bill

THE OPEN I

Violence on screen never appealed to me. After being so deeply in touch with the pain that violence caused me in my childhood, I am very, very empathetic and watching violence is not thrilling to me but both painful and sad—for I know that the people up there do not *really* want to destroy each other.

Stage and TV plays are often no more than people acting out old needs. As that becomes apparent, the characters become repetitious and the play becomes boring.

Violence and projecting are the opposite of feeling—and without feeling a play or movie or TV show becomes, at best, an intellectual exercise; almost never an entertainment! I want to be spared that. I want to be warned in advance.

You probably do, too. But are you also willing to share the good news about something feeling and entertaining that you saw (or read)? If so, share it—here is the place. Put your feelings on paper. Let us know what turned you on or off about it, why you think we should see it or not see it.

H.L.K.

☆ ☆ ☆

Dianna Turk has seen one hit movie several times, but still has mixed feelings about it. Here is her review of "Saturday Night Fever":

"Saturday Night Fever" is not a movie I can recommend whole-heartedly for primal people due to sequences of excessive emotional and physical violence. However, it does offer an insightful perspective into the plebian and non-intellectual world of a young man who, as a result of a loveless and denied life, is deep in Primal Pain of which he is unaware. The story revolves around the battle waged between the Real and the Unreal Self in the hero, Tony Manero, and how he begins to learn about love and self-respect, tenderness and sensitivity, male and female stereotyping, and self-determination.

Although the level of presentation is simplistic, this triumph of the Real Self fulfills a basic emotional need of many, as indicated by the film's box-office, which is the largest of all time. Children and teenagers will find it particularly appealing because of the infectiously exciting soundtrack created by the Bee Gees and the dancing abilities of its star, John Travolta.



Report from IPA's Roving Reporters

At the conference, the *Newsletter* had two roving reporters, Barbara Valassis and Dotty Allen. Barbara asked the following questions: Is there anything you would like to see changed or added? Any dissatisfactions? What's the best thing here? What about Appel farm? What are your feelings?

Jessie Ruskie Best was rebirthing. Also Arthur's Demon group. The farm is familiar and would be comfortable each year. I wish people would wear name tags all the time. I want a primal group daily.

Mark Nemmers Excellent site. The farm itself is secluded and rustic. The best thing is coming together with other primalers—the safety and freedom.

I was expecting to find more and easier facilities for getting out feelings, but the therapists had come basically to have a good time. I would like there to be a regular primal group each day. I liked the good selection and balance of workshops and the excellent food.

Harriet Geller I want more time to go swimming, more mats on the floor, more tissues. Best—the warm people! The highlight was the Thursday night entertainment. The energy is so high—no drugs could get that effect. I'm more interested in new techniques rather than being in primal groups.

Al Feintuch The best things here were three workshops: dream workshop with Joni; Charlotte's workshop; Arthur's Demonic workshop. I want to come to Appel farm again. The beds are not too good, but the ambience is excellent.

Joni Pastor The best thing here for me was the people. I enjoyed the small group. Appel farm is good but I would like lights for the pool at night. Also, a better organized car pool or limousine service.

Bernie Polak There were a lot of bests; the pool, and everyone so natural. Terrific workshops, all high calibre. The innovation of the panel discussion and the films were a marvelous educational experience. The socializing at meals and evenings—sharing views with other primal people. Having a new, warm, affective, bonding, charismatic experience; these are the ABCs of the IPA conference.

For the next conference I would like to see more workshops and workshop alternatives during meetings for those who are bored with the meeting. I love Appel farm—it's a space of its own. The informality and relaxation are great for a city person: "My summer camp," as I explained to my sons.

Sandi Johnson One change I would like—more space in the schedule. The best thing for me was Saturday's seminars. I think the whole conference could be on the effects of birth and very early development. Appel farm? Beautiful.

Tom Lembcke Best for me was the atmosphere; non-judgmental, permission to be, relaxed. I am concerned about the heavily directive and interventive type of therapy versus the non-directive modes of therapy which I favor and hope to write more about for a future *Newsletter*.

And here are Dotty's interviews:

Steve Linn

Dotty: What are your impressions of the IPA meeting?

Steve: I trained in Primal this last year. Other than that I was totally ignorant of Primal. I came to find out new information and to meet people—it's been happening.

Dotty: What do you like about the conference?

Steve: I have found nothing that was earth-shattering but it has all been interesting...so much so that I can say that there is nothing that I wish I hadn't gone to. I think it will all be of value in my work. The conversations I've had are as important as the workshops. I have a few complaints. The first is the transportation from the airport to here. Also, there was a phone call that was not delivered and I was sitting right there. At one time there was nothing happening except meetings.

Gene Marlowe

Dotty: What are your impressions of this IPA conference?

Gene: I had a certain idea that there would be more one-to-one stuff. I was disappointed.

Dotty: What do you like about the conference?

Gene: Arthur's Demon workshop. Gro Robinson's belated workshop in which she was dealing with her own feelings. I have done a lot of psychodrama but having a partner repeat exactly what you want [in Pesso Structures] was new to me. I discovered that watching and then participating in exact words brings up feelings.

Claire Appel

Dotty: What are your impressions of this IPA conference?

Claire: This is a group that has gotten to be comfortable with one another—like a family!

Loretta Fogel

Dotty: What are your impressions of the IPA conference?

Loretta: That would be prejudiced—really....I've had a really good time. I had the best time I ever had. It had to do with my space but it also was influenced by the good vibes that were here.

Dotty: Anything you particularly liked?

Loretta: I saw more interaction between people than ever before.

Dotty: Was there anything you didn't like?

Loretta: NO!

After the convention, Larry King asked Mike Bartlett, a therapist who has been at the Primal Institute (and officially "dis-owned" by Janov) why he did not attend the conference or become active in the IPA.

Mike's answer, "From my exposure to people in IPA I don't know what I could get from them outside of the social aspect. There seems to be a gap between their ideas, which are based on the therapy modalities they practiced and the therapy I know—most haven't had a valid primal therapy experience to base their therapy on. But that movement toward something real is better than their sticking with what they were doing if they know that what they were doing wasn't real."

Most people don't know what therapy is about. Of course, that is also what Janov would say about *me*. I do want a group of people who are deeply interested in exploring and sharing *real* primal experience."

HALLOWEEN IS COMING!



A Halloween Masquerade?!?!? What am I going to wear?

First Annual Halloween Masquerade

October 28th, Saturday Nite — 9:00 P.M.

853 Broadway, between 13th and 14th Sts.

Space Donated by the
Center for Human Development

\$6.00 Donation

For those of you who have experienced the fun and frivolity of the three discos we threw last year or the one at this year's Annual Conference, no more need be said. As for the rest of you: "Where on earth have you been? You're missing all the fun!"

Come as your favorite or unfavorable monster, ghost, elf, fairy, gnome, animal, mythological, comic book or science-fiction character, movie star, politician or any other flamboyant, non-sensical, irreverent, comical or scary personality. There will be a prize for the best costume. Bring a friend or two! There will be:

Music	Dancing	Bread	Wine	Cheese	Cider
	Vegetarian Food		Candy		Lots of Fun!

Anyone interested in helping to make it happen or have sleeping space to offer out-of-towners? Call Arthur Totman at (212) 889-5555 by day or (212) 691-1357 by night.