

NEWS LETTER

of the International Primal Association

Special Convention Issue

June – August 1979

Convention Theme: Primal Routes to Consciousness

See You at the Convention

by Alan McFarland

The IPA Annual Convention will always have a special place in my heart. Hugging people, crying, being alone, and running naked through the rain. I've attended three. Safety, it is all over the place. Standing up before a crowd of people and being angry and saying how I feel. It's all okay. Sharing all the new exciting things that are happening to me in my life and hearing from others. Workshops? Well I attend a few. Look at the list. There are so many to choose from. Three I want to go to, all at the same time! What do I do? Try to get the times changed around and then find myself taking a walk in the woods with a very beautiful person and missing all three. *Continued on pg. 8*

Is the IPA Viable as an Organization?

by Bill Smukler

This question has been battered about for the last two board meetings. My answer, as a therapist, is an unequivocal . . . YES! My assessment of the IPA is that it is in "the best of times and the worst of times." The best of times because after a long battle we have won the right of being that organization which can give professional status to primal therapists, as well as the organization which can spread the awareness of a new way of dealing with the problems of living. I have been with the IPA since its inception and have seen one member after another leave because of power struggles, ideological conflicts or because of the awareness that primal therapy, as formulated by Janov, is not the answer to the human equation. *Continued on pg. 3*



Five Days in Summer

by Bill Goss

Five days to be filled with stimulating ideas; to be spent with interesting, exciting personalities. Five days of informal laboratory experiments in interpersonal relating at a most authentic level. Five days of opportunity for discovery. These five days, for many of you, will be among the most significant few days of the year. These are the five days of the Seventh Annual IPA Convention from Wednesday evening, August 29th, to Monday afternoon, September 3rd (Labor Day).

As in the preceding three years, the IPA has chosen a rural and rather informal setting for the convention. This seems to suit the mood of our group and to contribute to that special magic which happens when "primal" people come together. This year we will create our own "Brigadoon" on the 100-acre facility of Rockhill Camp at Quakertown, Pa.—about 1¼ hours drive north of Philadelphia—2½ hours drive from New York City. *Continued on pg. 8*

NEWS LETTER

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

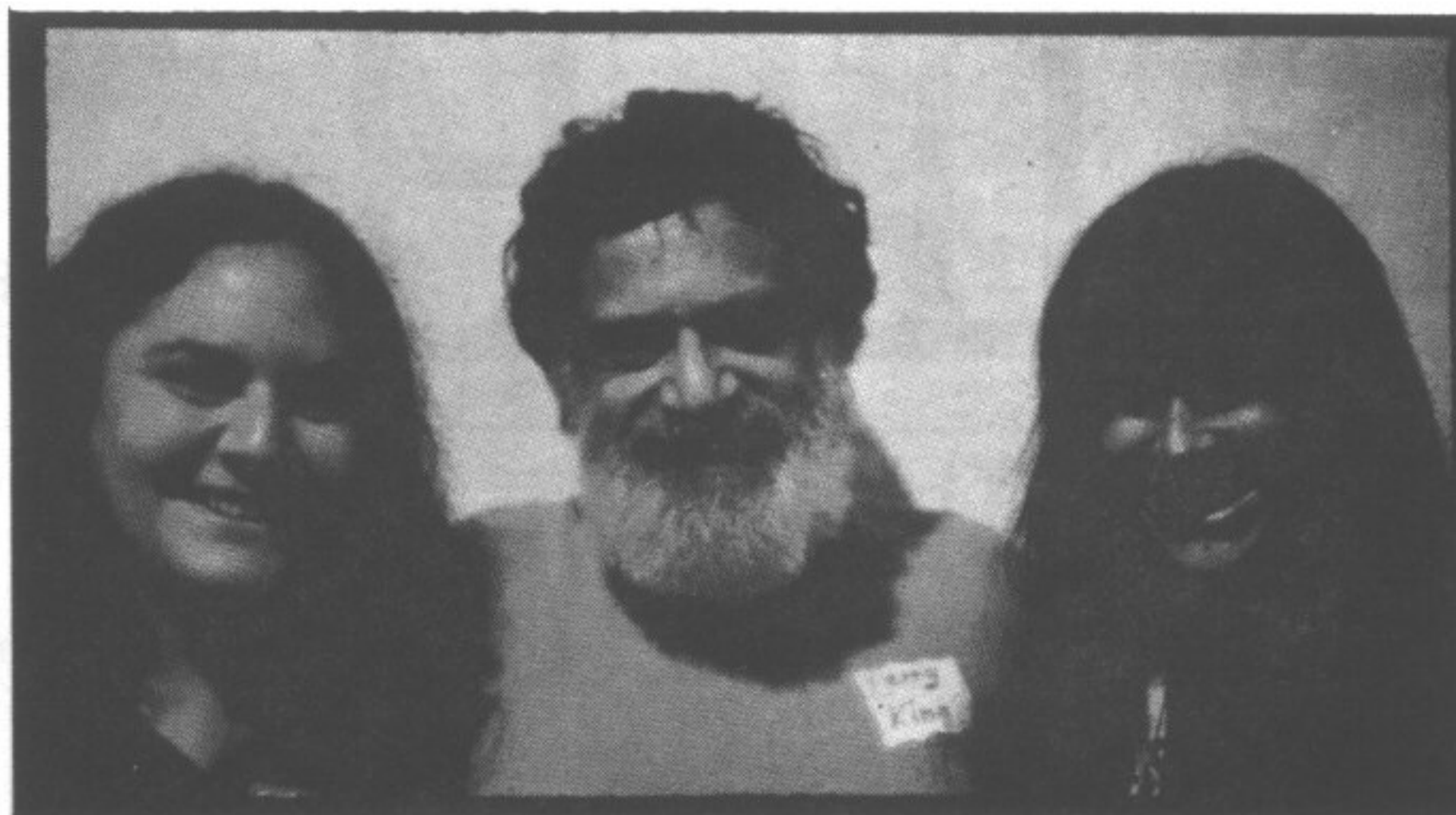
Contributions may be edited for publication. The *Newsletter* reserves the right to make final judgment as to publication of material received.

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Calendar — 1979

- August 29 (Wednesday) to Labor Day Monday: Seventh Annual Convention at Camp Rockhill, Quakertown, Pa.



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Changes of Annual Dues Announced

Most of the money needed to operate our Association throughout the year comes not from members' dues but from the earnings of our annual convention and regional conference. In recognition of this, the Board of Directors voted to reduce the annual dues to only \$15 per year. Our expectation is that the reduced cost will increase the membership. This will extend the influence of IPA and probably increase attendance at the annual convention.

The new dues rate will become effective when we enter our next membership year on August 1, 1979. Loretta Fogel, our secretary-treasurer has already sent out reminders. Of course, you can pay your \$15 at the time you register for the Annual Convention (Aug. 29-Sept. 2).

Newly joined members who sent in a full \$35 (the old rate) will be contacted by Loretta regarding a refund of their excess payment.

Telephone Troubles

The telephone answering machine at the IPA office has been intermittently malfunctioning and we suspect that some incoming calls have been lost. The problem should be corrected by the time you receive this issue of the *Newsletter*.

If you've tried to contact the office without success, please try again.

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.

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Secretary/Treasurer: Loretta Fogel

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Jean Getoff
Alan McFarland
Gro Robinson
Joseph Sanders
Charlotte Saunders
Leslie Sherman
Lance Wright
Alfred Zielke
Larry King

Executive Board Report

by Susan Cohn-Goss and Alan McFarland

The last board meeting was held June 2nd, 3rd and 4th at the home of Bill Goss and Susan Cohn-Goss.

Members of the board who were present were: Bill Goss, Arthur Totman, Loretta Fogel, Alan McFarland, Charlotte Saunders, Leslie Sherman, Lance Wright, and alternate, Larry King. Guests who attended were Bill Smukler, Harriet Geller, Lisa Novick, Lin Whittle, Jacquelin Leichter and Susan Cohn-Goss.

Acting upon the IPA rule which obligates board members to attend three of the four board meetings each year in order to retain their seat, official action was taken to unseat three Board members.

Alternates Larry King and Gro Robinson were officially moved to Board status.

One seat remains vacant since that seat was scheduled to be re-elected this summer.

There has been a change of dues, to \$15 each year, beginning August 1st. (See article elsewhere in the *Newsletter*.)

The Annual Convention Committee began its long and involved task of developing the program for this year's convention. Lin Whittle took over the responsibility of Program Chairman and Harriet Geller, Publicity.

CONVENTION PREREGISTRATION: AN APPEAL

Each year a committee is organized of stalwart souls who agree to take responsibility for getting together the annual IPA Convention. It's a tough job involving not only lots of hours but also lots of difficult decisions about program content. Unfortunately these folks generally get more complaints than thanks.

One of the most difficult aspects of this committee's work is in predicting the number of people who will attend the convention. You can see that this factor enters into site selection, the number of concurrent presentations, and last but not least the arrangements for meals. Historically, the IPA has attempted to encourage preregistration by adding to the convention fee a surcharge of a few dollars for late registration (on-site registration).

It would be most considerate of our members to send in the preregistration form early to lighten the load of anxiety which will be borne by the committee. Please send your registration in early.

What Ever Happened to "Primal Community?"

Once upon a time the IPA published a high quality, bi-annual publication entitled "Primal Community." About two years ago the publication costs began to climb rapidly beyond \$2,000 per issue. At the same time our treasury was feeling the impact of our legal contest with Arthur Janov over use of the word "Primal" as a service mark. Under this economic stress the publication schedule for P.C. began to slip.

At a previous board meeting, the IPA board voted to suspend publication of "Primal Community." The opinion expressed by board members was that the *Newsletter* had become a flexible, high quality and lower-cost vehicle for inter-member communication—thanks to the talents and the efforts of Larry King, Lisa Novick, Leslie Sherman and others.

Is The IPA Viable (Continued from pg. 1)

In the course of this I have developed Mass Time Therapy in which I have worked with individuals day and night for as long as three weeks to break through the heaviest pathology. I have also run, with Charles Ashbach, training programs which have lasted as long as 40 days and 40 nights, to see if we could find a method which would be the most effective, and most efficient in helping people to make basic changes. What we have found is that abreaction, or the primal route, will produce excellent results, but only with those individuals whose psyches are ready for this approach.

We therapists have found that a human being is more than a system. In plumbing the inner depths we have much to share with one another, and our similarities far exceed our differences. You who have left the IPA, we need you back! We need to hear what you have learned as you've gone your separate ways! We have our primal-based awareness in common which opens communication between us, emotionally and intellectually. Coming back does not only mean giving, but also getting, for since the organization has begun, we have expanded our consciousness.

This year our annual convention theme is: *Routes to Consciousness*. Join us as an affirmation that this organization, which has long been going through *its* birth pangs, is now ready to emerge as a force in psychology and marking a period of great creativity.

MEMBER NEWS & NOTICES

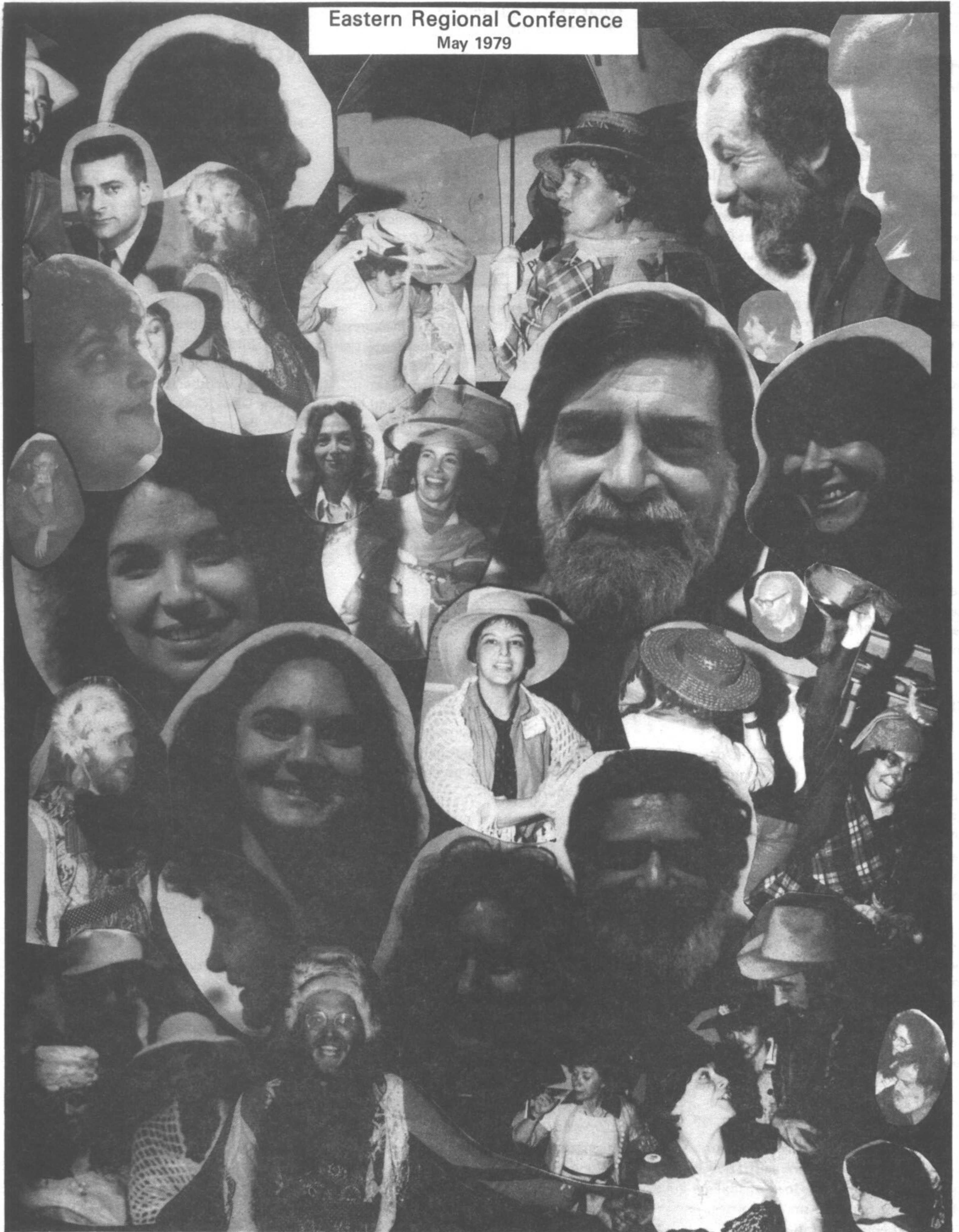
Jens Wennberg, Dianne Davis, Jean Snow, and Ian Raffel are continuing to lead groups as the "Catawba Center for the Whole Person." They have scheduled groups in Mays Landing, N.J., Detroit, Toronto, and London. Of particular interest is a two-day group scheduled at Mays Landing, August 26-28 between the AHP and IPA meetings. This group "Introduction to Primal Integration and Pool Experience" is structured to allow individuals to explore the primal process to see if it is appropriate for them. Information about Primal Integration, this workshop, or others can be obtained from Dianne Davis, Catawba Center for the Whole Person, RD 1, Box 84, Mays Landing, N.J. 08330, Phone (609) 625-1611.

David Freundlich, M.D., has changed the name of his work from Primal-Oriented Therapy to Self-Esteem Therapy which reflects a more positive approach. During the regression phases of therapy the patient experiences a deep emotional release of primal needs, hurts, fears, anger and guilt. The progression phases, by means of positive affirmations, take the patient *beyond* this pain and negativity to a place of feeling good about himself and positive self-regard. Both phases occur within the context of physical and emotional bonding. He will be leading, with Maggie Jones, B.A., 12-hour Primal Group Intensives on October 13, November 10 and December 8, 1979. For information and brochures contact David at the Center for the Whole Person, 304 West 105th Street, New York, New York 10025. Telephone: (212) 222-9445—mornings.

Glyn Seaborn Jones, practicing at the Advanced Progressive Therapy/Training Institute, would like to hear from anyone visiting London. His address is 8 Princes Ave., Muswell Hill, London, N10 3LR, his telephone no. is 01-444 5077.

Larry King has added another sound-proof room with padded walls and floor to his office at 84th Street and Broadway in New York City. He invites anyone who would like to use it to call him at (212) 580-3734. *Continued on pg. 6*

Eastern Regional Conference
May 1979



Third Annual Eastern Regional Conference

by Marilyn Mauss, Newsletter Reporter

Have you ever looked at a smorgasbord table and realized how impossible it is to do it justice? That was exactly my reaction to the Third Annual Eastern Regional Conference held on Saturday, May 19, 1979, at the Unitarian Church of New Jersey at Jenkintown, Pennsylvania. As a reporter, I roved from seminar to seminar trying to pick up salient points, and I must admit both to missing two seminars and to feeling frustrated that I was missing valuable sections of each workshop.

The conference was divided into a morning section and two afternoon sections, each containing four workshops, although one of the morning sessions had been canceled, leaving three.

Approximately 55 people managed to drip and drizzle their way to the registration at Fellowship Hall, where they were greeted, decorated with a name tag, and warmed-up with a cup of tea or coffee. (Some nice person supplied herb teas too.) There were also some delicious munchables.

In the first morning session I attended, **Bill Smukler**, in a seminar entitled "Opening Pandora's Box," pulled, per usual, a large audience, many drawn by that program description, "from the lives of 21 clients." He placed great emphasis on the responsibility of the therapist for the consequences of "opening up" the client, and consequent need for the therapist to have a firm footing for himself in order not to be drawn into the maelstrom of his patients' confusion. He spoke of his experiences with long-term intensives—forty days and forty nights—and the importance of the therapist's being able to assess his own limitations. He further discussed the importance of the first interview—the therapist's being able to be honest as to whether he can or cannot really help the client.

While Bill stayed in a discussive style workshop with questions and answers, **Dan Miller** moved more into the area of experiencing through his "Organic Process" in his seminar entitled "Primer in Primal." We were up on our feet and integrating with those around us in a mode to become more aware of our own bodily reactions and those of the group around us and to experience our intense feelings and express them in the group setting. We were paired into Mommy-Daddy situations or parenting situations, with sum-up sessions after each exercise

to clarify and evaluate the different insights derived from each exercise. One point of awareness discussed was the question a parent can so often find himself asking, "How much of what I am expressing belongs to me and how much to my parents—what is really *me*?"

Jeanna Gollobin, who spoke on "Toddlers," does more than run a nursery school. She is the founder and director of a school for young children which she considers a "Children's Energy Center," i.e., a place to focus and channel energy. She feels her school can give to young children a few hours every day of having other young children and adults devoted to being there especially for them. Her Center also gives the parents a break during the day so that they can more easily really "be there" for the child during the rest of the time. Thus, in those very important early years, the child can reap the benefits of both school and family.

To Jeanna, school is not just school in its traditional sense; school begins when you are born. Her school gives the child the right start with a healthy environment for all concerned; it is not then just a remedial structure.

In her seminar, she emphasized that there are always several options for a parent who is reacting to a child. The parental reaction is generally based upon several outside factors—the kind of night/day the person has had, his/her personality, his/her extent of understanding of child development, etc. She feels it is very important for the adult to remember that, "this child is not out to get me." Another salient point for the adult to remember is that things are in a constant state of flux with young children and that the adult



need only make a decision for the moment, not for the next three years. He can thus ask the question, "What resources do I have to make me happy, useful for another moment?" Jeanna also spoke of keeping language simple when dealing with children and keeping the voice low and well-modulated. Eye contact with the child is most essential for good communication.

Here again in this seminar, mention was made of self-knowledge, to understand one's weak points with a particular child or a particular type of problem. To her, self-analysis seems vital in all interactions, whether adult/adult, therapist/client, or parent-adult/child.

The afternoon brought in a different type of session with **Jean Getoff**, assisted by **Nona Lewis-Wolovsky**, in a seminar entitled "Actualizing Your Creative Dependency." Here we were encouraged to be aware of our dependency needs (especially physically) and to learn how to ask a partner to accommodate them. These needs can be either positive or negative, but they inhibit our expressing our true creativity if they are not released. We had a chance to work with both the need for loving support (expressed physically) and the need for a positive reaction to anger (expressed physically and vocally). This work is based on the theories of **Albert Pesso** who feels that impulses (energy) must move out into the world into interactions. This is how we grow. Once these impulses are experienced in the world and released through the interaction, the person can reabsorb the impulse and use it as a learning experience as to what he really is.

Jean explained that you can keep yourself alive by nurturing yourself, but you cannot grow. You need some place to put loving energy—persons, animals, nature. You need someone/something to accommodate your energies. However, negative energy can be accommodated by simply perceiving it. (How often have you been in a situation where you are throwing out a lot of energy that is not being perceived at all? How frustrating!) Even an angry look can accommodate a negative expression.

Over to a different type of experience—**Lance Wright** and his workshop on the "Effects of Childhood Incest on Adult Women." One of the things we spoke of here is the large percentage of women who have experienced incest or at least some type of rape situation as a child. Lance brought out that the family is an organic cell and that when incest occurs, the cell begins to live off itself, thus becoming self-devouring.

Incest thus becomes, literally, deadening. We discussed one of the problems which occurs most frequently—the inability of the victim to speak to anyone about the experience, or, to be believed if she does speak of it. Somehow, adults do not wish to hear of such behavior within the family.

The double bind situation can also occur when the initiator of the action tells the child: "It feels good and it's our little secret." Some families actually use incest as a means of keeping the family together. Since the father is traditionally the authority figure, when therapy is instituted, there is often a conflict over the emotional confusions associated with the authority figure. Also, conflicts arise from the trust betrayed by the wrong type of intimacy which occurs in the incest situation.

Across the hall I swayed and bounced with **Gro Robinson** who was assisted by **Harriet Geller**. I did not arrive in time for the theoretical discussion, but I did enjoy the fruits of the supportive physical exercises. The awareness of trust and the good feelings of the beauty in the physical closeness of others brought harmony and relaxation, also good communication. We all agreed it would be an excellent way to start corporate board (bored) meetings. The title of Gro's workshop was: "The Basics of Primal."

Here, I must admit that I missed a workshop, the one by **Victor A. LaCerva** on "Humanizing Birth." I apologize and will endeavor to place him first on the list next time. I did find much positive response to the session—it seemed to be attended mainly by mothers.

After a short break, we resumed afternoon sessions. **Larry King**, in his workshop "Primaling on the First-Line," discussed the values of this type of primaling, based upon the physical reactive level, rather than the intellectual or emotional. Primaling is encouraged by reproducing the way the baby experiences feelings, such as thrusting with all one's *muscles* rather than verbalizing "I want." He mentioned exercises such as pushing against a padded wall or pushing shoulders against the therapist's feet. He also spoke of the physiologically therapeutic changes gained by allowing oneself to experience sensations, such as gagging, just for their own sake and without analyzing what they may mean.

The reasoning behind this style of work is that by reexperiencing the child's *physical* reaction, the person has yet another basic tool to free himself from habit structures imposed in the past. It is thus another path-

way to break through negative patterns (defenses) and reach unconscious feelings. Larry feels that even when no thought or emotion is preattached to these exercises, they can lead us directly to infant feelings and free us from the trap of very early blocks. Split-off memories can then be regained. It is possible that in primaling in the preverbal stages, pain *per se* is not felt as the older child would feel it (with ideas attached) but it still connects with trauma experienced at an older age.

When I reached **Fred Zielke's** group—"The Primal Stalemate—Getting Stuck and Unstuck"—they were into a discussion of the pros and cons of medication. The general consensus seemed to be that drugs were a barrier to really dealing with feelings; they were instead a substitute therapy. There is a need for tension to grow through experiencing all types of feelings and the drugs only serve to deaden the feelings along with the tension.

Fred spoke also of his work in drawing the client's anger out and focusing it directly upon the therapist in a physical mode. He spoke of the importance of the therapist knowing how to monitor the anger and thus place sufficient physical space between the therapist and the patient.

Fred further stressed the absolute importance of getting to know each client well and therefore be able to trust his own intuitive response, something that cannot be gleaned from immersing oneself in theories, knowledge of pathologies and other theoretical concepts. He said that the therapist must have the courage to make mistakes. Fred also mentioned that at times it might be advisable to switch to a transactional mode and work with the adult or super ego side of the patient in order to be able to pull out the critical component and thus be able to finally go with the child element.

There was a general discussion of the pain and terror involved in going through primal therapy and an unresolved issue of whether or not a client should be warned of the price to be paid psychologically before he gets involved in the process. It was generally agreed that very possibly the client does not want to know what lies ahead or he would be too frightened to proceed.

As for sheer fun, there was nothing to beat **Mary Thompson's** sessions in creative play—"Primal Creativity in Childhood." We drew and danced and chased and dressed up in big and little costumes and in general

Continued on pg. 8

Member News & Notices

(Continued from pg. 3)

Vernon Dorfman is doing a piece called "Mourning for Myself—a One-Man Show" to be held at the Medicine Show—Newfoundland Theatre at 6 W. 18th Street between 5th and 6th Avenues in New York City on September 7,8,14, 15, 28, and 29—Fridays at 8:30 and Saturdays at 7:30. It is an autobiographic investigation of the death of the primal real self. "I am a dead man. I have come to mourn for myself and I cannot mourn, I cannot cry, even for my own death." The play is a scenario involving fable, monologue and a clown scene wherein the actor attempts to move through the impasse of his mourning to a realization of his real life. Three characters of Beckett are visited during the play. Vernon Dorfman is a physician, psychiatrist, and actor/artist in practice in New York City and Putnam Valley, N.Y. and has studied with Alec Rubin for nine years.



Touch me gently now,
More powerfully than words;
Stay near me;
I'm frightened.
It's a long, hard journey
With no home at the end;
Give me hospice for the hour.
I am desperate when I come to you.
I trust no one.
My heart lies empty; broken,
With all the love run out.
No smile on my lips
No hand on my hand
Fear in my belly
Bitter on my tongue.
So hold me for a minute
Stay by my side
I need you.
Help me clean the wound of poison
Let love flow in like water
Let me heal.
Stay with me for the hour
I am afraid.

Jill Chaplin
May 1977

Feelings & Feedback

Dear Larry,

I have been meaning to write to you concerning the *Newsletter* which I think is really excellent in every way. Lisa's way of setting it up is really super, too. I am sorry I have not been operating as a reporter for the New England area as I had hoped to do. I have been overwhelmed with many family responsibilities.

I think IPA is an organization with great value like no other—where people, who are helping others to make it, treat their clients like equal people. Carl Rogers and his ilk led the way by relating to "clients." But many primal people take the step beyond and say (and feel) "people I work with." Therein, to me, lies the greatness of the IPA—not some "well" and some "sick" people, but a group of *people*—all working toward making it as *themselves*, and helping others to do the same.

Best regards,
Dorothy K. Allen
Stoughton, Mass.

P.S. I definitely feel that it is of value to work with therapists you only have a chance to see at conventions. Also a therapist's value doesn't depend on the number of clients he has. I understand Victor's point of view (that therapists should not sit at conventions) but do not agree with his conclusions.

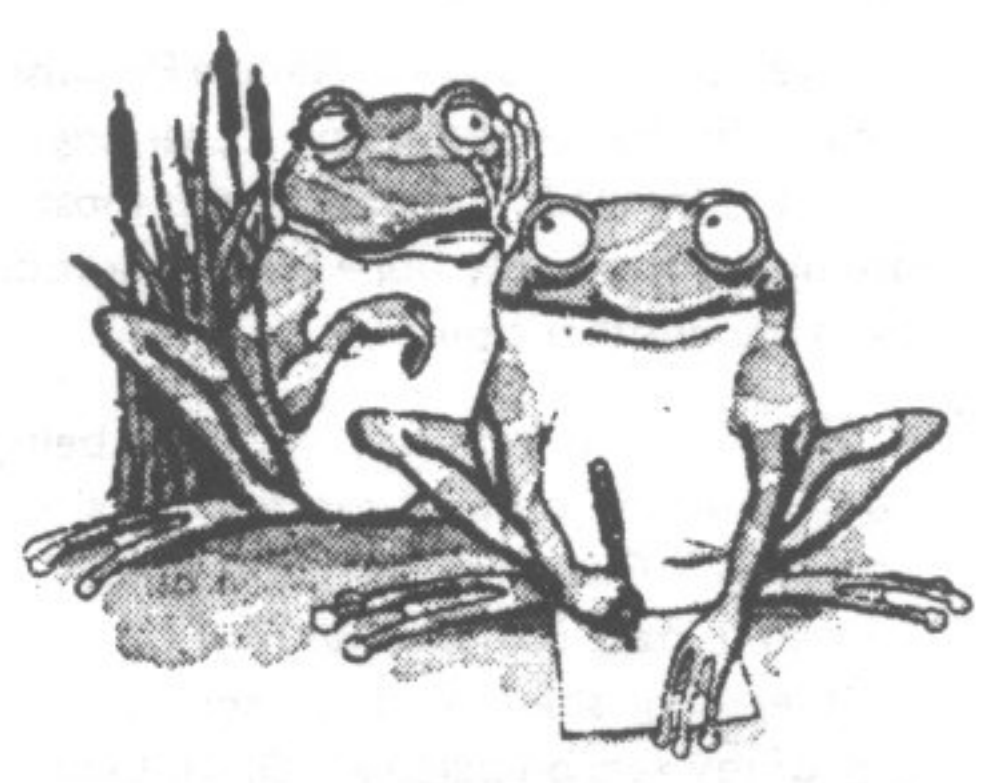
P.P.S. At first I was shocked to find out we weren't going to be at Appel Farm this year, but I'm beginning to think, after reading the description of the new place, that it might just possibly be even better—if that's possible.

I do love the Appels though, especially Mrs. Appel, and wish they would come to IPA.

Dear Larry:

Just a brief note to commend you for an excellent appearing IPA *Newsletter*. The last issue was a pleasure to read, interesting, informative, attractive, the kind of publication one can be proud to be a part of. Congratulations and praises!

Cordially,
Thomas C. Lembcke, C.S.W.
Zion, Illinois



Dear Larry:

Thanks for your kind remarks concerning my contributions to the *Newsletter*. The changes you made in the article on Endorphins improved the article quite a bit.

The program for the Third Eastern Conference which you enclosed made my mouth water, but distance, time, etc., make participation impossible. Why not make each of the workshops (I note that *you* have one which would interest me a lot) available to members on cassette tapes? The sales should be brisk for us here in the hinterlands and the IPA could make some money.

I was able to spend five days at Mays Landing at Easter which helped me get unstuck again.

Kind regards,
John A. Speyrer
Opelousas, LA

It's a good idea—but hope you will be able to make it in person to our Annual Convention.

Dear IPA Members,

I'd like to tell all of you how much the IPA Annual Convention means to me. It is the highlight of the year of my professional and personal life. It is a time when I can relax, be myself, and enjoy the company of other primal people and other therapists.

It is really great to be around a hundred or more people who talk the same language and share our experiences. The rest of the year I have contact only with the people at my own primal center. I am eager to share the workshops and fun with my friends from Detroit so we are planning to drive in a caravan to the Convention in August.

Poem by Laurette Ferland

Child
In me,
I love you.
You know how to
Laugh,
Listen
To a song;
Watch a sunset.
Paint
On walls;
Love a bath;
Roll in the grass.
Dream;
Listen
To the birds;
Run in the rain.
Catch
A bug;
Sit and watch
A butterfly.
Hug
A tree;
Touch the sky;
Pick a flower.
Walk
In mud;
Masturbate
In the sunshine.
Scream
Real loud;
Kick a stone;
Walk without shoes.
Plant
A seed
And watch it
Grow to a plant.
Taste
A leaf;
See the sky
Through a raindrop.
Watch
As cloud
Animals
Chase each other.

Child,
With you
I can live,
Not just exist.

I strongly recommend to all isolated primal people that they come to the Convention and discover what a great, intelligent, creative, caring group of people they belong to.

Sincerely,
Barbara (Bab) Valassis
Primal Integration
Center of Michigan
Detroit, Michigan

To the flame

Take me there.
 Take me higher than the sky
 and deeper than my mind.
 Rain falls
 and
 Surf surges toward me
 reaching and beckoning.
 My being is submerged
 in benevolent warmth
 and I see
 this soft violence
 is part of myself,
 separate in form
 yet in essence merged.
 I want to expand,
 to fly above the sky
 and beyond my mind.
 I want to be whole.
 I want to be one.
 Take me there.

Jeanette Keesling
 Jan. 8-9, 1978

Five Days in Summer

(Continued from pg. 1)

The camp has open fields, tennis courts and an olympic-size pool set back in the woods. Lodging is in cabins, and meals of wholesome food will be served buffet style.

The program theme is Primal Routes to Consciousness. The Program Committee under the leadership of Lin Whittle has brought together a blend of cognitive and experiential workshops which include not only primal subjects but also provide a veritable smorgasbord of other therapies, growth activities and consciousness-raising processes which appear to be of interest to our membership. In addition to these formal presentations there will be time scheduled for non-structured activities such as peer groups, professional dialogue, art activities, lots of play, and space for feelings.

The *Newsletter* has throughout the year attempted to give a clear picture of what takes place at the Annual Convention to those of you who have not previously attended one. (Most of the people who attend once, come back each year.) This is the last invitation you'll receive for this year's convention. If you're considering attending but have not made the actual decision, why not do it now? If you have already decided, and have sent in your preregistration form, how about extending an invitation to a dear friend with whom you'd like to share the experience.

Third Annual Conference

(Continued from pg. 6)

got to do all those things that adults aren't supposed to; I'll bet you could hear the hilarity for miles. A great release!

Again, my apologies to Natalie Robinson for missing her workshop on "Learning from the Infant." The title sounds most promising and I only hope I can hear more from her another time.

Many people were reticent about being quoted in print on their reactions to the conference. On the whole, most people seemed to have gained what they came for, be it learning, sharing, or just socializing. One of my session partners, Dawn Elaine was a first time visitor and found the sessions valuable, saying that it was nice to make contact with people involved in this type of therapy in her area (Philadelphia). Her only negative comment was that she wished that the luncheon sandwiches had been more clearly marked and separated so that a vegetarian could tell which was which.

Susan Delaney of Melrose, Mass., also a first time visitor, spoke of how much she had gained from Jeanna Gollobin's workshop from the point of view of a mother. She also said that she would have appreciated more signs directing people to each workshop. (It was a bit hunt-and-peck.)

Peter Millward, also of Philadelphia, also on his first visit, had mixed feelings. He felt that the registration took too much time. He was not sure if offering four seminars in each time slot wasn't a little too much, and he felt that the advertising and sales approach by some workshop leaders was both out of place and annoying. He also expressed a desire for rooms where it would be possible to work through feelings on one's own. He especially enjoyed Larry King and Gro Robinson's sessions.

Our youngest member, Sam Zeines, declined an interview but intimated that it was a terrific learning experience, that people were most supportive and that he was able to primal several times. Sam is 2½ months old.

With such a successful learning experience behind us (undampened by the weather), we can only look forward to a drier Annual Convention at Camp Rockhill in Quakertown, Pa. the end of August.

See you all then!

See You at the Convention

(Continued from pg. 1)

There are a lot of very beautiful people and that is why I go 'cause my body feels good all the way through. And I want a lot of people to come this summer and play and primal and learn and grow and have a fun vacation.

There is something very special, I hear it is magical, when a group of primal people get together. Though it sometimes seems hard to define primal and everyone seems to do it differently, and I for one seem to do it differently with every client I have, there is something we all have in common (and it includes those of you who have never let out a scream in your lives but feel something warm inside when you read this *Newsletter*) and whatever it is gets amplified at a weeklong summer convention.

There is time for completion. That thing I am too scared to deal with somehow gets itself worked out by the end of the week. People want to hear my feelings. They came to my workshop. It took me three years to grow enough to do it and my big surprise was, I wasn't scared. This year I for one am committed to helping to create a space for people to get together with some format and buddy and to make it just a little safer and easier to have and let go of the feelings that happen at a convention.

We are at a new place this year that will be all our own and from what I hear the owners are very friendly and excited to have us and that is real important. And there is a big pool where it is okay to take off our clothes or not as we wish.

I am at a new place too, living in the country with a beautiful woman, Chiara, in a home that is out of both of our visions and dreams. The convention site is not far from here and what a beautiful area it is.

Hope to see you this summer.



THE MYTH OF NATURAL VS. DIRECTIVE PRIMAL THERAPY

by the staff of *THE CENTER WITHIN*:

Rhoda Wadler, George Morris,
Stephen Khamsi and Larry Evan

There has been a long-standing debate as to whether primal therapy is properly done as "directive" or "natural." Those who engage in this debate dichotomize the therapy as being comprised of two distinct styles, each alien from the other, and then claim that one style is superior to the other and is the only "right" way. This polarization, when accepted without question, has a severe negative impact on the primal process, both as it is practiced and experienced. In actuality, both approaches must be integrated in order to relate to the client holistically. To dichotomize the therapy is to dichotomize the client.

Every human being is unique and each person's unfolding evolves in its own time and way. We have spent a lifetime building up defense systems to protect ourselves from experiencing the agonizing primal pain which, if felt while we are still dependent for our physical survival on our parents, might literally have killed us. We know, of course, that as adults these defense systems interfere with our enjoying life as whole, mature, real people. But simply knowing that is not enough. We have come to associate our very survival with these defense systems, and cannot easily give them up. It generally requires a catalyst to get the process going initially, as well as to keep it going in a healthy and natural direction.

Once begun, does the process continue spontaneously? Will the individual continue to go into deeper transformative experiences unassisted? We think not. While we do believe that the primal process itself is a natural process, we do not believe that defense systems are going to be relinquished freely and spontaneously.

Primal theory assumes that only by connecting a present disordered feeling historically can one be ordered in the present (i.e., being and living wholly in the present rather than reacting in the present to the past). Hopefully, when a client is involved in the full expression of a feeling, that experience will lead naturally to a connection in childhood. If, however, this does not occur spontaneously, if the client's resistance is too great, then it is up to the feeling therapist to facilitate this connection. This is done caringly and supportively in such a way that the client

is aware of the therapist's intention to assist him* through the resistance. The means of assistance which are available to the therapist are infinite, and may range from doing nothing to sharing with the client how the therapist perceives the client to be resisting. Whatever the therapist does, however, cannot be done in any textbook manner; it is only effective when it comes from the therapist's growing sense of empathy with the client.

The point here is that the therapist does not decide or preconceive of a direction for the client's process. The therapist in tune with the client is aware of the client's patterns, and reacts to him out of empathy and feeling. The therapist in tune with himself knows—not in his head, but in his whole being—what is appropriate in a response to his client at every moment. It simply flows out of him.



Those who favor the directive approach to the primal process assume that the client is in one place and needs to be directed by a therapist who is in another place. In a truly therapeutic situation, both client and therapist relate within a shared feeling space; it is actually this sharing of being in tune with the "other" which allows the therapist to support the client in his natural unfolding. It follows, of course, that in order for this sharing to be effective, the therapist must be "clear." The therapist must have worked through his old feelings and let go of them in order to be there for and with the client. The clarity and feeling presence of the therapist facilitates the client's movement into a more whole and present time orientation.

When primal therapy is seen as a process that emerges from within a client, assisted by a responsive guide, then the debate on directive vs. natural becomes meaningless. This is because in being responsive, a therapist incorporates both the "directive" and "natural" approaches. To utilize either approach to therapy to the exclusion of the other is to sacrifice what is truly meaningful—total responsiveness to the client and his unique process.

*We have consciously elected to use the traditional male pronoun throughout this paper rather than the "he/she" approach in the interest of readability.

Will the Real Primal Therapist Please Stand Up

by Larry King

About two years ago, I was angry, dismayed and hurt when my closest friend/therapist/teacher said to me "Larry, you are not really practicing primal therapy."

"Of course I am," I retorted. "I've been doing it for years. My clients regress and re-experience their earliest experiences including birth. That's primal therapy."

"No, its only part of it—they don't experience their bodies and that's because you don't experience yours."

I didn't believe him and argued with him a lot, but, because I trusted him, I gradually opened myself to the possibility that he was right. With his help, I eventually *did* "get into my body" (first-line priming) and was then able to help my clients do the same.

I learned a valuable lesson from this: a person's conception of what primal therapy (or any therapy) is consists of what they themselves have *experienced* as therapy. Though we may know, on an intellectual level, more than we have experienced, it seems to have only a nebulous validity, and we disregard it in talking about *real* therapy.

It explains to me why there are so many schisms in the field of therapy and especially in primal—perhaps the most experiential of all therapies. I am tolerant now in a way I couldn't be before when I hear a person declaim "This is what real primal is." Because for that person, that *is* what primal is—at that moment.

As we experience more, we also expand our concepts of what can be, what is real. Experience is the key. I want many therapists, each with a different reality, to sit for me and I want to share my feeling reality as a therapist with others. The convention is a great place to do this or make the contacts needed.

All therapies are real and there is room in all of us for more reality than we even believe exists at this moment.



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