

NEWS LETTER

of the International Primal Association

Special Conference Issue

March - May 1979

Bill Swartley Memorial Weekend June 22-24

We announced in the last issue of the *Newsletter* that a memorial was being planned for Dr. William Swartley who was probably the chief source of the energy which resulted in the organizing of the IPA in 1973. Bill was also our chief proponent in the legal hassle with Arthur Janov over the use of the word "Primal" as a service mark.

An unstructured weekend of celebration of Bill's passing will take place at the center he created at May's Landing, New Jersey from the evening of Friday, June 22 through Sunday June 24. A small fee for sleeping accommodations is involved. Contact Diane Davis at the center (now called Catawba) for details: (609) 625-1611.

You Are Invited...

The June Board meeting originally planned for Boston will instead be held near Philadelphia at the home of Bill Goss and Susan Cohn-Goss.

The actual meeting will take place starting at 11:00 A.M., Saturday, June 2, however, committee meetings and some socializing will take place Friday night. The "being together" will likely spill over to Sunday.

All members are invited to participate in any or all of the meetings, the off-duty party Saturday night and then stay over to Sunday.

Call Bill or Susan at (215) 885-8221 or (215) 579-5590 for travel information. If you'll need a place to "crash" they'll try to arrange a pad.

Saturday, May 19th

Cherry Hill, N.J.

EASTERN REGIONAL CONFERENCE IS "GO"

by Bill Goss

The *Third Annual Eastern Regional Conference* was one of the principal topics discussed at the February Board Meeting. After exploring the questions of who, what, where, when, how and why, the conference took the following shape:

WHO? The anticipated attendees may perhaps be divided into four groups for program planning purposes:

1. People who are chiefly interested in primal therapy and who are relatively new to the subject.
2. People who are also chiefly interested in primal therapy but who have basic knowledge and are seeking information/experience which are not at the introductory level.
3. People who are chiefly interested in matters relating to childbirth/parenting at an introductory level. These may be parents, prospective parents, or people in related helping professions.
4. People whose interest is childbirth/parenting who are seeking advanced-level presentations.

Continued on pg. 3

Executive Board Report

by Loretta Fogel

The February 24th meeting of the International Primal Association Executive Board was held at the home of Bill Goss and Susan Cohn-Goss in Wyncote, Pennsylvania. The board members present were Bill Goss, Arthur Totman, Loretta Fogel, Charlotte Saunders, Jean Getoff, Alan McFarland, Leslie Sherman, Lance Wright and Joe Sanders. Absent from the meeting were Stephanie Callas, Larry Gauchman and Victor Zeines. Guests present were Bill Smukler, Jack Siman, Gary Eller, Ninalee May, Susan Cohn-Goss, Lisa Novick, Lin Whittle, and Harriet Geller.

The meeting opened with the usual treasurer's report and reading of the minutes of the previous meeting. A drop in current membership was reported.

A discussion about the death of Bill Swartley followed. People spoke of Bill and his value to the organization and the effect that his death might have on the organization.

We talked of where the IPA is headed and if it can survive without some change from the way it is currently structured. No conclusion was drawn on this subject.

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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:

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IPA *Newsletter*
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New York, NY 10024

Calendar – 1979

- May 19: Eastern Regional Conference in Cherry Hill, New Jersey
- June 1-3: Executive Board Meeting at the Goss's in Philadelphia
- June 22-24: Bill Swartley Memorial Weekend at Catawba, May's Landing, New Jersey. Contact Diane Davis, (609) 625-1611
- August 29 (Wednesday) to Labor Day Monday: Seventh Annual Convention at Appel Farm, Elmer, New Jersey

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.

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 and your dues payment is important.

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

(We'll be distributing copies of our newly computerized membership soon. 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

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

A Message from Our President, Bill Goss

For many IPA members the only contact with other members is at the Annual Convention. On the other hand, there are a few people who are involved with the day-to-day operation of the association. The officers are in frequent contact. The board members meet at least quarterly. A number of others are involved in committee work. Our *Newsletter* staff is constantly at work. Furthermore, there are the "regulars" who are always present at meetings or social gatherings.

Unfortunately, this creates the appearance of an inner circle which some members could view as a closed one. (I think it might be more workable to view the association as a body of energy which is more intense at the center.) This "inner circle" notion is supported by the not-surprising fact that the people who are active are the ones who are most likely to be voted into office at the summer election. They are known by other active members and their names are recognized by less-active voters.

I have for some years had the nagging thought that something is wrong with this system. I remember years ago when I first joined IPA that I felt myself a peripheral person. I didn't know many people. I recognized that I didn't know as much about primal as some people I knew. I also supposed that most of the people I didn't know were also more qualified than I. Accordingly, I hung back.

I finally stepped forward by attending board meetings and on my second try was elected to the board. Then last year I was elected to preside for one year. I know a lot more about the organization, its needs and its inner workings. I'd like to share some of what I've learned.

Ours is a group of people who are striving toward growth—our own individual growth and that of others. We are not a group of therapists nor a group of "buyers of therapy," nor a group of people who are looking at therapy. We are all of these things at once.

Like everything else in the universe, we are changing. People are joining every month and each year some people drift off to whatever new interests are stimulated by their growth. Our ideas are changing. Likewise, new leadership must emerge.

The leaders need not be the most qualified therapists or the most articulate spokespersons for primal therapy. They need only be people who have an interest and some energy to give to our association. I suspect that there are many of you other members who are choosing to stand outside of the "inner circle" for whatever reasons. Maybe you need only an invitation to step closer to the center. I now heartily extend you that invitation. Come closer! You are welcome! We want to know you. It's our organization—it belongs to all of us. It *is* all of us.

I urge you to risk stepping in closer. Send to Larry King that article you've thought about writing for the *Newsletter*. If you'd like to attend board meetings—do that. If you'd like to be a candidate for office, ask the questions you need to ask. Establish contact with myself, another of your officers or a member of the board. Ask for support. We'll help you to make yourself known to the membership.

This summer, at the Annual Convention at Appel Farm in Elmer, New Jersey, we'll be electing the president and the vice president for 1979-80. (The secretary/treasurer post is a two-year one. Loretta Fogel will occupy the position for another year.) Several of the seats on the board will be vacated. A number of committees will require reconstitution.

The work is sometimes difficult, but usually enjoyable. Most importantly, the association needs all of the energy it can get and the workers have the great opportunity for interpersonal dynamics with growing, feeling people. It's your move!

A Note From Loretta Fogel

It was really nice to see my friends the Hannigs at the Eastern Regional Conference of the AHP and especially nice to meet their son, Adam. Paul and Susan said that they are really looking forward to this year's Annual Convention at Appel Farm. They are not only planning to come themselves but they are planning to bring quite a few Floridians with them. Thanks for the encouragement for the Convention and it sure will be nice to have you all with us this summer.

Eastern Regional Conference

(Continued from pg. 1)

WHAT? The program is a blend of primal topics and the theme *The International Year of the Child*.

It will be one day in length. Registration will start at 9:30 A.M. There will be three presentation periods of two hours each. Within each period there will be four presenters. Generally each of the presenters will be addressing one of the four groups identified above.

A buffet lunch will be served at noon and the cost is included in the registration fee. Likewise, in the evening wine and cheese will be served during an unstructured play time. Folks who play instruments are urged to bring them.

WHY? To share understanding. To see old friends and meet new ones. To "Be" together.

WHERE? On the wooded 30-acre tract which surrounds the Unitarian Church of South Jersey on Route 42 outside Cherry Hill, New Jersey (near Philadelphia). Dress casually as leaders may wish to make their presentations outside as was done last year.

WHEN? All day Saturday, May 19th.

HOW? Flyers have been sent out within the Eastern Region with details on travel. A shuttle system will be operated in the morning (9:30–11:00 A.M.) for people who will use public transportation.

All systems are "GO." All that's necessary is for you to also Go! Take a friend and make some new ones.

If you want to car pool, call the office and maybe we can help.



"As to the issue of birth, we must recognize that those who regress emotionally and feel their own births deeply, develop an incredible empathy for children and the birth experience itself. Those who have never felt their own births can only participate in and allow inhumane and violent births to continue. It is an unfeeling, out-of-touch society that continues to allow the outrages that are perpetrated against infants. When full birth consciousness occurs in society, then physicians will have to respond and learn the natural techniques as espoused and practiced by Leboyer. . . ."

from *Feeling People* by Paul J. Hannig, Ph.D.

Dear Larry,

We would be pleased to have you print this letter we wrote to Jackson Memorial Hospital in the *IPA Newsletter*:

A few months ago I gave birth to a healthy 8 lb. 13½ oz. baby boy at Jackson Memorial Hospital in Miami. My concern, as well as my husband's, was not only for the physical health of our child (I have been diabetic for nearly 10 years) throughout my pregnancy and during the first weeks, but also for his emotional well being, especially during the first hours and days of his life.

Following 8½ months of pregnancy, we went into natural labor and within five hours my son was born. I must take special note of the energy and total commitment of the midwifery service during this time. The obstetric and midwifery services cooperated fully in our desire to have our child born in as natural and emotionally supportive a way as possible given my medical history.

The next phase of our interaction with the hospital was laced with some turmoil. Due to a change in the nursing staff, previous communication concerning my son's "rooming in" procedure and my husband's presence in the nursery with the baby

while I was in the recovery room, was never relayed properly. Therefore, it was with extreme distress that my husband found himself evicted from the nursery as soon as he attempted to enter. After my husband adamantly summoned the department heads of Pediatrics and Obstetrics, our son was finally returned to me following a 2-hour stay in the nursery and remained with me for a full 48 hours as I had requested. My intense primal background and education made it vital to me to have this early bonding with my son. Both my husband and I were willing to fight for this right—and unfortunately, fight is what we had to do. As it was, my son was left alone in the nursery for two hours, after the initial bonding period in the delivery room, without the presence of either myself or my husband which is something we had wanted to avoid at all costs. Our heavy emotional bonding during the gestation period seemed to give him a strong foundation, however, and he seemed to come through that initial separation without too much trauma. Only time and emotional exploration, of course, will tell.

One further point which I want to share with you. My husband and I wrestled for some time with the question of cir-

cumcision for our son. Religious and social reasons finally prevailed and we had the circumcision performed shortly after his return from the hospital, although we both had misgivings. My anxiety was justified as we found it to be emotionally one of the most barbaric, inhumane and brutal acts ever perpetrated on so innocent and trusting a human being.

Babies do feel. They do register pain psychoneurologically. Recent research has shown that pain is registered in the limbic, hypothalamus and midbrain of the newborn infants. These structures are highly developed and fully functioning before, at, and after birth. Other research shows that 2- and 3-month old infants show brain wave patterns approximating full grown adults, thus indicating the possibility that the infant cortex is more developed than we had previously realized.

It has been my experience that many well-qualified pediatricians believe that babies do not feel or remember pain. From my experience working with adults who were exposed to much pain in their early lives and then re-experienced it *as adults* at a primal, emotional level, I must challenge this misconception and I further challenge the medical profession to recognize this as fact.

Sincerely,
Susan Ball Hannig, M.Ed.
Paul J. Hannig, Ph.D.
Center For Feeling People, Inc.
Ft. Lauderdale, Florida

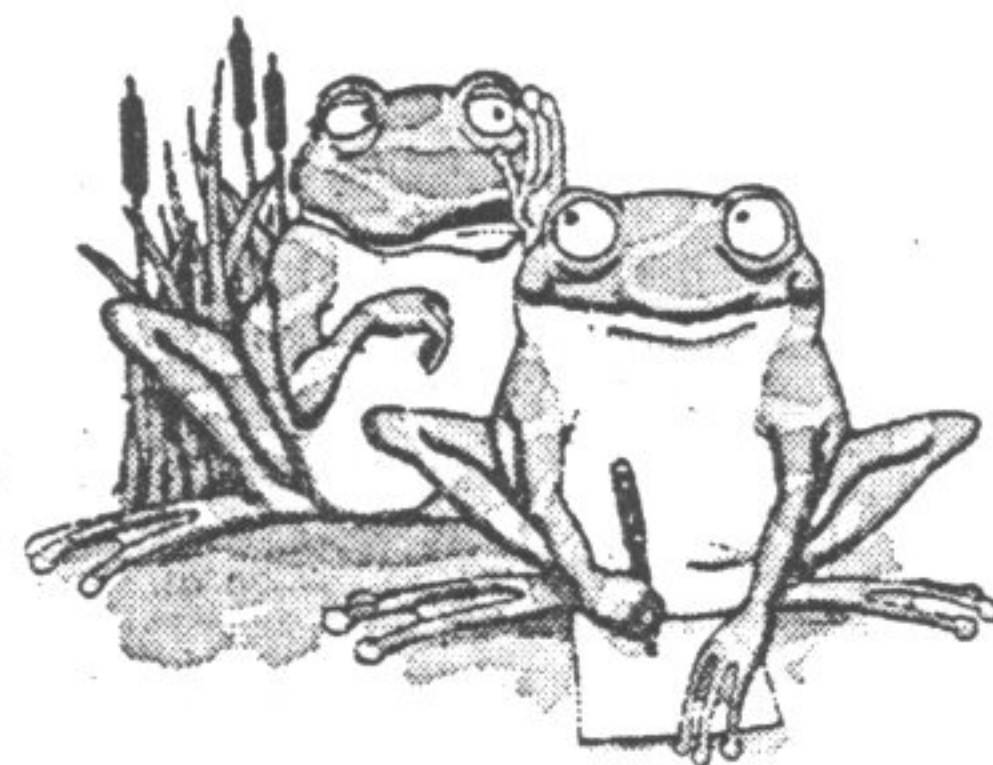
I remember my circumcision well. It can be summed up in two words: *PAIN & BETRAYAL!* For an excellent report on and against this barbarous practice, see: "The First Rip-off," in the May '79 *Hustler*. L.K.

Dear *Newsletter* Staff,
Loretta and Larry King:

As far as the theme for the International Year of the Child, you asked, "Can a child be in primal therapy and how young?" Let me say that our son Adam has been in our therapy groups from the day he was born and even before, while in his mommy's tummy and still before that, while in my sperm bank . . . and before that, floating in the Universe. Our own involvement with primal work preceded his conception by quite a few years and during his entire gestational and post-natal period this environment was his home. *(Continued on pg. 6)*

A
D
A
M

Feelings & Feedback



From the Editor's Desk:

I didn't know it at the time, but long hours of therapy have revealed to me that I took the job of *Newsletter* Editor to fulfill an unconscious wish to receive the enormous amount of mail that I was deprived of during my childhood.

I love opening my mail.

Nothing pleases me more than reading an intelligent submission with a lot of feeling in it. For instance, Gary Cohen's response to Victor Zeines' stand, in the last *Newsletter*, that therapists should not sit with people at conventions; or Susan and Paul Hannig's answers to some questions I raised about primal parents and children.

I am particularly pleased that some readers have responded to my request for reviews of media material of interest to primal people. John Speyrer's summary of a technically intricate TV program highlights the *endorphins*, brain chemicals which probably play a major role in blocking primal sensations from our consciousness.

John also raises a controversial point about priming; if we don't "learn" to primal, what *do* we do to achieve it? For me, it's a lot like learning to walk: a natural human ability, true, but most of us need a little help getting started!

If *you* see it in a different way, drop me a line—my mailbox is never too full.

Dear Larry:

The *Newsletter* is looking really professional these days thanks to you. I am sure it represents a lot of work for you.

I am enclosing something which you might run in the next issue. The Public Broadcasting Service is having a T.V. program on endorphins. I'll do a review of the program and mail it in to you.

Regards,
John A. Speyrer
Opelousas, Louisiana

John, the *Newsletter* looks professional thanks to Lisa Novick. It's a great *Newsletter* because of *your* many contributions and those of other readers. Thank *you* all. L.K.

Dear Larry,

Thank you for the card. I have been thinking of sending some news but really waiting it out until my new name was legal. So here it is!

New things are happening in Detroit. First and foremost, our name has been changed from *Primary Concept* to *Primal Integration Center of Michigan*. Second, I have joined the staff of MetroTag (Metropolitan Transactional-Analysis Gestalt Institute), and now am covered by Blue Cross for private sessions. Third, we have added two new members to our staff. Larry Schumer has been a primal facilitator in the past and now will be a regular. He has a B.Ph. and a teaching certificate. He has been in primal work for 5½ years and is a very open, dynamic and intuitive person. Vince DeLoach has a C.S.W. and a M.A. He has had training in re-birthing, T.A., Gestalt and hypnosis. He has been rolfed and has had primal experiences. Vince has worked in cooperation with me with clients while they go through the primal process, helping them integrate the work. He is excellent at tracking people, very creative and knowledgeable. He was the head of the Alcohol Treatment Center at Wayne County General until recently and is on the staff of the Human Growth Center in Ann Arbor, Michigan. I am extremely excited about working with both of them.

We had a caravan of about 12 going to the Easter five-day workshop at Catawba in April. A much-needed time-for-myself to prevent "therapist burn-out."

Our center had a booth at the *Symposium on Humanity* at the University of Detroit. Our weekend workshop, June 15-17, will be led by Jens Wennberg from Boston, myself, Vince and Larry. If you will be in the area, please call me at (313) 681-5170 for information.

We are looking forward to a group of us again going to the convention at Appel Farm in August. I hope we will see all our old friends and some new ones.

Love,
Barbara A. Valassis
Detroit, Michigan

Dear Larry,

I was speaking to a colleague after reading your recent *Newsletter*. While we both agree that the *Newsletter* is a valuable work, we can't understand why there is no IPA representation of West Coast primal activity. Why is there no West Coast Regional Reporter, as there are for the New York, Midwest, Chicago, New England, and Southeast areas? After all, primal therapy began here on the West Coast.

I am a therapist at *The Center Within* at *The Berkeley Center*, and have never felt as if I were a part of the IPA; as far as my colleagues and I can see, the IPA is an East Coast organization. Perhaps this letter will serve as a first step toward changing this situation.

Your response would be greatly appreciated.

Thank you,
Stephen Khamsi, M.A.
Oakland, California

Dear Larry,

I want to thank you for your quick reply to my recent letter. I am pleased to see that you are interested in West Coast primal activities, and would be very happy to join you as West Coast correspondent/reporter.

It might be good to print my first letter, perhaps with a brief note explaining that I will be serving as the West Coast representative; and that I am looking forward to receiving phone calls, flyers and other local news about West Coast primal energies.

It feels good to join you and to be representing the West. I look forward to working with you.

Sincerely,
Stephen Khamsi, M.A.
Oakland, California

Welcome aboard! Your address and phone are on page 2. L.K.

Feelings & Feedback (continued)

Dear Larry:

In the most recent IPA *Newsletter*, I read Victor Zeines' objection to therapists sitting with patients at conventions. As a participant at the IPA national conference last fall I was very bitter, at the time, that no one signed their name to the list of people willing to sit in a therapeutic way with others.

Victor, you are saying that immediate needs should be ignored! You are saying that a therapist needs to know a patient's history. (For what reason—so that both the patient and therapist can remain stuck in the same old history?) You are against free therapy. (Do you charge people when you listen to them or offer them advice? Therapists offer their patients a commitment of time, space, etc.—which is not done on a long-term basis at a conference.)

I plan to attend this year's IPA convention at Appel Farm. I hope those attending have new and responsible ideas and attitudes as to what possibilities an IPA convention can offer those attending.

Sincerely yours,
Gary Cohen
East Brunswick, N.J.

One difficulty with last year's system was that it required therapists to sign-up for specific times they would be available and then wait around for someone to show up. I'm willing to put my name on a list so I could then sit with someone who asks me at a mutually satisfactory time. Would like to hear from others who agree or disagree. L.K.



The Recovery Room

(for my niece Beth)

by Mary Karoly

I open my eyes. I am surrounded by fog. My back aches. I am lying on a stretcher. My hands are tied to it. The fog's feet pass by. "Please untie my hands?" The fog's fingers quickly go from one side of the stretcher to the other. Slowly my hand moves up to my chest. My fingers search for a roundness, flatness. They search again and once again. I must have it verified. I put the question to the fog, "Did they remove my breast?" The fog was not listening. "Did they remove my breast?" The answer is the sound of moving stretchers, moving stretchers, moving stretchers. Once more relentlessly, "Did they remove my breast?" The fog cheerfully replies, "They will find you another one."

With my cotton breast, I recuperate with birds and squirrels and weeping willows. And with a child going on two. Hand in hand, we explore her universe. By the willows, I stoop to catch a flower's fragrance. She stoops to catch it, too. I call the flower by name. She echoes it. I pick the flower. She struggles with a stem. But to this exquisite child, in whose veins flows my ancestral blood, I say, "No, let the flower be." And did that empty stem want to scream, "I want my flower, put back my flower," as I wanted to scream for my amputated breast. But a breast is not a beating heart. And one day the thought came to me that if the fates in one hand held my breast and that child in the other, I would choose the child.



ADAM (Continued from pg. 4)

I can say, unequivocally, that Adam has thrived in primal groups. He shows none of the usual adult intimidation by this very powerful therapeutic approach. Most grownups come into therapy situations scared to death, but this little baby is very comfortable and at home with feelings. He's ten months old now and he loves being in the groups. The crying that goes on is something he can understand and to which he responds with empathy and warmth. He plays very naturally in the groups and with the people in them.

You also asked a question, "After you go through primal therapy do you still want to have children?" My wife and I found that after we cleaned out a lot of our own shit (we had worked through all of our feelings about becoming emotionally married and becoming prepared to have a child) we were at the same place, at the same time, and this baby was born under perfect feeling circumstances. As a result, we have come up with an entirely new and revolutionary concept of Gentle Birthing that goes way beyond the Leboyer technique.

Because of the circumstances of Adam's birth, we formed *Gentle Birthing of Broward County, Florida*. We found

that there was considerable interest in Leboyer's techniques, but very few people were interested in cleaning out their own primal pain prior to conception and delivery. So in order not to compromise ourselves and settle only for Leboyer birth, we have pulled back somewhat and are integrating our resources and forming a Gentle Birthing concept which takes into consideration a pain-free gestational environment. In the future we will be writing articles and books about this new, but very difficult, way of having children—the right way.

We will also be showing a primal film on a local television station that deals with power, violence and aggression in psychotherapy groups. Later on during the summer we will be sponsoring the first *South Florida Super 8 Film Festival*. Our contributions will be two films on primal type psychotherapy and a comedy film called *Ridiculon* produced by the Feeling People Players.

Congratulations to Loretta on your new massage practice. We will keep in touch.

Paul J. Hannig, Ph.D.
Center For Feeling People, Inc.
Ft. Lauderdale, Florida

On Learning How To Primal

by John A. Speyrer

The title of this short essay is very inappropriate since it conveys the impression, widely believed, that one learns how to primal by accumulating knowledge and using this information in the same way one might learn how to transcendently meditate or to play the piano. One does not "learn" how to primal, yet everybody uses the term—which confuses many potential patients. The futility of using the word becomes evident to me when someone asks me what I do in order to primal. I try to explain (usually unsuccessfully) that there is nothing to do except to *allow* something to happen. You cannot "learn" to primal any more than you can "teach" someone to primal. Someone may allow his defenses to give way and a primal may occur but this is certainly not learning how to primal.

I really believe that 100% of nonprimal people believe that you simply lie down and begin to call out to a parent. They do not know that the primalee is also a spectator to what is happening to him and that he oftentimes arises from the floor amazed at what occurred.

Considering the difficulty of communicating to a nonprimal person about what happens during primal therapy, I am surprised that as many people enter the therapy as do. I, before experiencing the process, was completely turned off by what I had read. It all sounded so contrived and undignified! I had read one of Janov's books while I was a member of a Gestalt/Transactional Analysis group and put the book away in disgust after reading a few chapters. After the Gestalt experiments opened me up enough so that primals spontaneously began occurring, the book became a lot more interesting! However, I could not relate to birth primals and was turned off by their descriptions. Predictably, when I got into the birth phase of *my* therapy, those chapters on birth began to intrigue me.

All of the above is mentioned to illustrate the problems of communication with nonprimal people. If there is to be a revolution in the treatment of mental illness we will have to watch our choice of words in trying to describe a therapy which is basically indescribable. Using the word "learning" in the behavioral sense when discussing the therapy with someone who uses the word in the usual "accumulation-of-knowledge" sense clarifies nothing and accomplishes little.

Brain Chemistry on TV A Summary and Critique

by John A. Speyrer

On March 29, 1979 the Public Broadcasting System telecast as part of their *NOVA* series a program entitled, "The Keys of Paradise," which is the story of the discovery of the endorphins, those internal pain-killers manufactured in the brain.

Summary:

During the 1960s drug addiction problems were getting a lot of federal government attention and money. The goal was to see if basic research could show how addiction worked physiologically; if so, it might be possible to effect a cure. One discovery was that there were two forms of morphine, one a powerful drug and the other completely inert. The molecular structure of the two morphines were almost identical, one being a mirror image of the other. It was thought that perhaps the brain contained areas which the active molecule would fit, such as a key would fit a lock, while the other molecule, even though only slightly different, would not bind to those same sites.



At the same time, scientists at a university in Sweden also began looking for the location of the then-hypothetical morphine receptor sites. Brains of rats were liquified and the resultant material divided so that only synapse areas (those gaps between nerve cells which transmit messages) could be studied. In an attempt to prove the existence of receptor sites at the synapse areas, radioactive morphine was added. After thorough washings, it was found that morphine molecules *did* bind to the synapse sites since Geiger counter readings detected the radioactive material remaining in the substances.

At John Hopkins University, the same tests were run with similar positive results. Drug addiction gave a further clue to the existence of these receptor sites since an overdosed person could be brought out of a coma within thirty seconds by an injection of naloxone (now known to be a morphine antagonist).

Further experimentation showed that naloxone also reversed the analgesic effects of electrical stimulation of the brain in rats. Studies of the analgesic effects

of acupuncture were made and it was found that naloxone was also able to lower the pain threshold in the subjects which implied that pain relief involved chemical reactions at the opiate sites. It was reasoned that since there were naturally occurring receptor sites for opiates, the body was involved in the production of its own endogenous morphine.

In Scotland, investigators found naturally occurring brain opiates which they called enkephalins. After painstaking work these compounds were analyzed, then synthesized and the synthesized material was found to bind to opiate receptor sites. Other similar substances were found in camel pituitary glands by U.S. investigators. All of this work seemed of great importance since it held out hope for the alleviation of pain.

Another important contribution at this time was the discovery of a possible explanation of the *placebo* effect. This effect is the result of mere suggestion to alleviate pain by using an inert substance without the subject's knowledge that the substance is inert. In many cases naloxone reversed the pain-relieving effect of the placebo. The conclusion drawn was that endorphins are involved in the placebo effect and that expectation and mood affect pain perception.

Studies showed endorphin levels in pregnant women were much higher than in nonpregnant subjects. An extra lobe of the pituitary gland is present both in a pregnant woman and in her fetus, and it is believed by some that the fetus passes its gestation period with its receptor sites loaded with endorphins so that nervous stimulation effects are at a minimum.

The results of using endorphins and naloxone on schizophrenics have been mixed. However, by filing voluminous patent applications, pharmaceutical companies are betting that the pills of the future will result in cures for obesity, alcoholism and other ills which plague mankind.

Critique:

The TV program, while presenting an interesting history of the discovery of the endorphins, comes to the wrong conclusion as to the future benefits of psychopharmacology. It rehashes the same old story of the search for chemical cures. One important finding reported by the program was the discovery of the placebo effect mechanism. It explains how expectation and positive thinking and hope

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Home Is Where the Heart Is . . .

by Penny Stone

So far I have been to 3 out of 4 of Florine Snider's Primal Living Weekends in the country (in East Hampton) and I'm hoping to attend the next one on Memorial Day weekend from Saturday morning to Monday night. You don't have to be a patient of Florine's to attend; all that's required is that you must currently be a patient in primal therapy. Like a mini-intensive without sensory deprivation, the weekends resemble an extended family atmosphere. Everyone pitches in to do the cooking and cleaning and, with ten people, no one is overworked. The weekends are scheduled roughly every two months, but there won't be any during the summer. If you're interested in attending a Primal Living Weekend, call Florine for further details at (212) 873-6132.

Personal highlights from my memory scrapbook: Joe and Jean Kerousak playing their violins together . . . my first "mini-primal" (it almost felt good to feel so bad) . . . "Casey" the seagull, a "regular" at Florine's, stopping by for his favorite dish outside, dogfood . . . a friendly, limping dog, trying to get into the house all weekend . . . homecooked Chinese food . . . Tom Keegan's informal massage "class" (ahhh!) . . . the round-robin "Goldilocks and the Three Bears" like you've never heard before . . . all of us going to see "The Big Fix" one night . . . doing exercises on the beach . . . a trip into town to an art gallery . . . sitting around a warm fireplace, reminiscing, telling jokes, being ourselves . . . Florine and Davidson Lloyd enacting their impressions of scenes from "Quintet" (they were hilarious) . . . I could go on and on.

The weekends are, for the most part, unstructured. A minimum of three hours of group (priming) a day is guaranteed. There are group discussions which sometimes lead to priming. Feelings are dealt with whenever they arise. Somehow, everyone has enough "space" to be themselves. Home was *never* like this. Who says primal therapy can't be fun, too?!



The Open I (Continued from pg. 7)

can actually increase the production of endorphins and result in an abatement of symptoms. It goes a long way in explaining the actual mechanism of how faith-healing works.

The history of the search for a cure to drug addiction reveals that this quest is not new. In the nineteenth century, opium was looked upon as a cure for alcoholism and even Freud touted cocaine as a cure for the morphine habit. When heroin was first refined, it too was regarded as a cure for morphine addiction. In the 1940s, first demerol, then later percodan were similarly hailed as being nonaddictive. More recently, we have heard of the many cases of heroin addicts becoming methadone addicts. Disillusionment always sets in. Will we never learn? The quest for the Holy Grail continues as new esoteric chemicals replace each other in the never-ending search for emotional contentment.

The time is past to look for new ways to handle the result of stress and nervous tension since there is an existant method which reduces the cause of stress and this approach is the logical one to take. It is called *primal therapy*. Unfortunately, with the discovery of the endogenous brain opiates, false hope has again been given of finding new chemical ways to control emotional pain.

These comments should not detract from the importance of the discovery of these endogenous opiates and their binding sites, but I feel that instead of resulting in a mood-control breakthrough, it will eventually prove the primal contention that neurosis is caused by the unfelt energy of repressed trauma and that the only way to effectively reduce the effects of neurosis is to feel those traumas in a completely encompassing primal way.

Yogi, The Primal Cat

by Penny Stone

Unlike me, my cat Yogi has no trouble at all expressing *his* feelings. Affectionate by nature (he's Burmese), talkative to a fault, he's a regular chatterbox (he has quite a vocabulary). Animals are so damned un-neurotic, it's not fair. I'm jealous. Sure, I've heard of animal psychologists, but I'm sure it's *people* who drove them crazy.

I've learned a great deal from Yogi. For example, he's absolutely direct when it comes to expressing himself; deceptiveness is simply not his style. If he's hungry, he lets me know by meowing loudly (chewing plant leaves and throwing them up on the rug is another way). If he doesn't want me to stop petting him, he meows in a sort of pathetic whine, just once, that I should continue. If he doesn't like the food I offer, he tries to bury it. He never worries about offending me; he just lets the chips fall where they may. He knows he will always be forgiven. But then he never bears a grudge, either. Yogi also keeps an open mind. He was once insecure and detested any other cats. (Because he was spayed before I knew him? I've always wondered.) But since we've moved and he met Patience upstairs, he's fallen in love and tries, in vain, to court her. She had kittens by her "husband-roommate" but Yogi forgave her. He is so generous, he lets Patience finish his food and—good grief—use his litter pan!

I know he's happy when he purrs loudly, even when strangers pick him up (he's so trusting!) but especially when he runs wildly through the apartment like his untamed ancestors, roaring at anything in his way, exuberant, feelings and body fused in one ecstatic energy, and it looks so comical that all I can do is stop whatever I'm doing and laugh at this ridiculous cat who knows so much more than I do. He really knows how to enjoy life: he doesn't knock himself out with meaningless work, lives simply, is totally in touch with his feelings, knows how to get what he wants, and I'd trade places with him anytime.



MEMBER NEWS & NOTICES

The Project Group of The Theatre Within, directed by Alec Rubin, will present *Scenes and Revelations*, themes from Homer, Shakespeare, Beckett, Shaw, Osborne, Chekhov, and others, and will include emotional material from the actors' lives. The performance is a workshop in the creative process. The Project Group consists of Dan Baumgarten, Gail Clark, Vernon Dorfman, Gerry Duchek, Thomas Keegan, Beth Roberts, Alec Rubin, and Uomi. The show runs on Sundays, June 3 thru June 24, 7:00 p.m. at the Primal Theatre Workshop, 247 West 72nd Street, N.Y. (212) 799-1847. Admission is \$3; students and senior citizens \$2; and children are free (in celebration of the International Year of the Child).

Congratulations to *Diane Bethune Zeines* and *Victor Zeines* on the birth of their baby, *Samuel Hall Zeines* on March 6. Diane said that "he had a nice birth at Northern Dutchess County Hospital" and that she was "looking forward to bringing Sam to the Annual Convention in the summer so all our friends can meet him."

Len Blank, Ph.D. is pleased to announce that his book, *The Age Of Shrinks*, has just been published. It is a satire of the field of psychotherapy and some of the most well-known therapists. A flavor of each of the approaches is presented as well as the patent absurdities of each. While engaging in a light-hearted spoof, the book has a great deal to say about what does and what does not make sense in psychotherapy. The novel is published by Ewing Publications, 575 Ewing Street, Princeton, N.J. 08540.

life with robinson



Alec Rubin and *Larry Gauchman* will be leading a Memorial Day Primal Weekend (May 26-28) at Apple Farm. Everyone who attended their last workshop is returning, so sign up now. For details, call Alec Rubin at the Centre for Feelings and Creativity (212) 277-1847, or Larry Gauchman at (212) 277-0005. There will be good natural food, structures in creativity in the evenings around the fireplace, and separate men and women's workshops which will then combine their energies into one group.

David Freundlich, M.D. will be co-leading two weekend marathons this summer. They will take place at Catawba in Mays Landing, New Jersey and will make use of the body temperature pool. His co-leader for the Primal Experience Marathon on June 8-10 will be Charlotte Saunders, B.A. His co-leader for the Primal-Transpersonal Marathon on August 10-12 will be Jana Klenburg, M.A. For a brochure and further information contact David at 304 West 105th Street, New York, NY 10025 or call (212) 222-9445 (Monday and Thursday mornings).

Is there anyone of your readers who lives in my vicinity, or within 100 miles of here, who would like to primal with me. I have primaled alone and with a therapist. I live in Salisbury, Maryland. I can be reached at P.O. Box 533, Salisbury, MD 21801. (I would prefer someone who has primaled.) [Ms.] Marion Barbour.

Tide of Love

by Dianna Turk

Connivin'
Jivin'
Strivin'
Now you're feelin'
What it's like to be alive in
Your own damn self
It's that hallelujah music
Give your mind and body to it
Cause we're crossin' over
One by one
Ain't no river wide enough
To stop the tide of love

On the righteous side
The heart is real and free
And time becomes a friend
Pain passes through
Free at least to be oneself
The peace between two
Becomes the music of the spheres
It's that hallelujah music in my ears
Yeah, we're crossin' over
One
By
One
Ain't no river wide enough
To stop the tide of love



Executive Board Report

(Continued from pg. 1)

A motion was passed to form an ad hoc Ethics and Standards Committee. The purpose of this committee will be to define a Professional Code of Ethics for Therapists. The committee will be headed by Joe Sanders and includes Ninalee May, Alan McFarland, Loretta Fogel and Leslie Sherman.

The Conference Committee reported a lack of energy for the Eastern Regional Conference. Bill Smukler made a very generous offer to advance the organization any funds it might need to get the conference off the ground. His offer was gratefully accepted. A motion was passed to change the site of the conference to Cherry Hill, New Jersey because of the problem of finding an available place in New York City. Loretta Fogel has agreed to take on the responsibility of site, etc., while Charlotte Saunders remains in charge of the programming.

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