

# NEWS LETTER

of the International Primal Association

September — November 1979

## New York Regional Conference: "Creativity—Ways of Growing Whole"

### Welcome— A Letter from Our President

It was fun; it was painful; I gave a lot and learned more. We played together, worked hard, taught each other, fought some, and before the seventh annual convention was over, an intimacy and renewed hope for the future emerged. We elected a good Board of Directors with solid experience and a dynamic and creative Vice President. During our first board meeting, dates were set for the remaining meetings, the final being held during the annual convention in late August.

A peer group for therapists was formed during the convention. In the first meeting we were pretty defended and head-level, but by the third meeting we were just sitting around sipping cocktails and talking about ourselves, our feelings and our work. These meetings will continue. Another has since been held at Jean Getoff's in Manhattan and the next is scheduled. They are fundamental if we are to really talk to each other, share our work, and hammer out a common philosophy and approach to therapy.

I remember in so many other conventions some of the most valuable experiences happen when I skip a workshop and find someone to have a cup of coffee with, find out who they are, what they are into, and how they feel about their work. Similarly, a local peer-study group which meets weekly

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**January 19, 1980**  
**Barbizon Plaza Hotel**  
**106 Central Park South**  
**(At Avenue of the Americas)**  
**9:00 a.m. to 6:00 p.m.**

This year's New York regional promises to be a big success. Alec Rubin will lead off the event with an hour of group participation in exploring our theme, "Creativity—Ways of Growing Whole." Following this will be three time slots, one in the morning and two in the afternoon, to choose between various workshops and panel discussions. A party will follow in the evening.

Our conference is designed to pull together the energies of people in and around the primal and feeling community. The goal is to become less afraid to be open and in touch with ourselves when with each other. Alec, who is heading the shaping of the program, defines creativity as the real sharing of real feelings. His own connection of many years to expressive theater, dance and the primal process along with the wealth of experience of our membership and guest presenters will assure us a very special day.

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### Convention Feedback

by Tom Lembcke

The following was written while driving home from the Seventh Annual Convention and is an expression of the meaning of the convention to me:

There was this fellow I met last week, he was very needy. He didn't mix well as he was so totally absorbed in his own need.

He didn't give much, I guess because of his own emptiness. He needed lots of touching, lots of loving, and lots of car-

*(Continued on pg. 7)*

### A Letter from Our Outgoing President

This year's annual convention was for me a big event. Each of the IPA conventions in the previous three years has been a big event and I came to this convention with great expectations. It was nonetheless a big event.

It was fun being president at that time. I felt like an "important" person. People whom I didn't know very well treated me with deference. People whom I did know came to me with caring and some with real love.

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## NEWS LETTER

Published by the International Primal Association

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Larry King Alec Rubin

Alan McFarland Charlotte Saunders

Dan Miller Leslie Sherman

Lisa Novick Nona Lewis

Wolovsky

### IPA Executive Board Alternates:

Joe Karasek Dean Shaw

Bernice Payne Arthur Totman

## Calendar—Year of 1979-1980

- **January 19, 1980**—New York Regional Conference, New York City, Barbizon Plaza Hotel, 9:00 a.m.—6:00 p.m. "Creativity—Ways of Growing Whole."
- **Feb 2, 1980**—Executive Board meeting at home of Bill Goss and Susan Cohn-Goss, 135 Washington La., Wyncote, Pa. 19095. Just north of Philadelphia. For directions (215) 885-8221. 11:00 a.m. Everyone welcome.
- **April 19, 1980**—Philadelphia Regional in Cherry Hill, N.J. For information contact Bill Goss (215) 885-8221.
- **June 14, 1980**—Executive Board meeting.
- **August, 1980**—Eighth Annual Convention
- **December 1, 1979**—Professionals meeting at the home of Nicole Neiman, 67 Riverside Drive, N.Y. 8th floor.

### Notes

A special thanks goes to Ross Klahr for our T-shirt design and the symbol of our last convention. The Primal Routes to Consciousness logo is one that we will remember for a long time.

The article "Will the Real Primal Therapist Please Stand Up" was meant as an editorial by our now retired editor Larry King. Some copies of our last *Newsletter* got mailed without his name associated with the article.

Our office is now open for phone calls Wednesdays from 10:00 a.m. to 4:00 p.m. Sue Cushmore is our paid secretary. Loretta Fogel can also often be reached at this time. Our phone is installed and our answering machine working.

A copy of our Membership List will be sent out around the first of December.

### Next Month:

Executive Board meetings and conventions often come around to, "What is it that we all have in common?" Though primal types of therapy seem to be done in all sorts of different ways, there is something that makes them the same. What is it? Please write your ideas, responses and feelings and I will assemble them as a collage of ideas for our next *Newsletter*. The results may also help the IPA define its purpose. So get a pen and paper, take a deep breath, let go and send it in.

The *Newsletter* of the International Primal Association is published by the International Primal Association, Inc. Opinions expressed by the authors are their own and not necessarily those of the IPA unless explicitly so stated. All submissions are to be typed, double-spaced with wide margins on 8½" x 11" paper. Contributions may be edited for publication. The *Newsletter* reserves the right to make final judgment as to the publication of material received. **Send submissions to:** Alan McFarland, Editor, IPA Newsletter, Box 492, Lahaska, Pa. 18931, (212) 794-3340. **The office of the IPA is:** #D103, 1875 Jenkintown Rd., Jenkintown, Pa. 19046, (215) 572-1881. Alfred Zielke, President, 120 Riverside Dr., N.Y., N.Y., (212) 874-1591 or (516) 921-7110; Lin Whittle, Vice President, 453 6th St., Brooklyn, N.Y. 11215, (212) 788-7606; Loretta Fogel, Secretary/Treasurer, write to IPA address, (215) 887-1471. **Regional reporters:** Barbara Valassis, 20938 Fenkell, Detroit, MI 48223, (313) 531-5666; Thomas Lembcke, 1717 Harmon Ave., Zion, IL 60099, (312) 746-3628, Stephen Khamsi, 6451 Oakwood Dr., Oakland, CA 94611, (415) 652-4401 or 339-8216; Susan Ball Hannig, 13651 S.W. 20th St., Ft. Lauderdale, FL 33325, (305) 473-1321.



It's *YOU* we really want—body, mind and soul!

To help with the presentation of the New York Regional Conference on January 19, 1980 in New York City. We need assistance in running the conference and in planning the party which will follow. If you are interested please call Lin Whittle at (212) 788-7606.



## A Letter From Our Vice President

It really came to pass, the convention, and all the planning and anticipation seemed entirely unrelated to what happened. The transformation from concept to life was a creation of the feelings and interests of all of us who came together. By the second day I felt that I knew the reality of my world as a product of both myself and the group. It was an experience of intense community and when I returned home I went through a period of mourning and readaptation to my more singular state.

My hopes for the IPA are that it continue as a community in which the members are free to experiment and to grow. I understand the primary process as a means to contact and channel the energy through which an opening of the entire person can begin, an opening of the body, intellect and spirit. The IPA can be both a means to introduce and foster an awareness of this process and a forum to express the energy in the development of analytical thought, the creative arts and consciousness.

In the uncoming year, we will have three conventions, a one-day regional in New York City and a second in Cherry Hill, New Jersey and finally the annual convention. The theme of the New York City regional conference is "Creativity—A Way of Growing Whole." We are hoping to have workshops in dance, singing, art therapy, theater and psychodrama as well as presentations on primal and other intense feeling therapies. If you can assist in planning or presenting this convention or would like to do a workshop (or suggest someone who might want to) please contact me at 453 6th St., Brooklyn, N.Y. 11215 or call (212) 788-7606.

Thank you for creating a wonderful annual convention and please continue to receive and give throughout the year.

Lin Whittle

## A Letter From Our Secretary/Treasurer

As I begin the second year of my two-year term as Secretary/Treasurer, I look forward to working on the '79-'80 team with Fred and Lin.

This year's convention was a wow! It gave me a good point of reference as to my personal growth—five days of warm fuzzies and about five months worth of integration to work through all the feelings that those five days brought up.

The 100 people who attended this year's convention shared one of the best programs we've ever offered and each of our evening programs proved to be memorable.

The past year was full of much hard work and often too few hands or heads to share the load. I feel that those of us who put lots of energy into the organization made great strides. It was the year we saw the light at the end of the tunnel as far as the lawsuit and accompanying legal fees were concerned.

I want to take this opportunity to thank our past President Bill Goss for his help and support. Being both client and peer was often trying but the experience proved to provide room for much growth on my part.

My own life has taken on a new perspective in the last few months. I've stopped bookkeeping as a fulltime profession and am investing in myself, building my massage practice, a clientele for my psychic readings and have re-entered the academic world—after a fourteen year absence—in hope of eventually becoming a psychotherapist. It feels great to be working at something I love doing rather than just doing a job.

I just know that this year will see many more forward strides for the IPA and me. My wish for all of you is that you too make many forward strides in this coming year. I need to hear from you and we need your support. We need to know how best the IPA can serve you. We also need your hands to help get some of the work done.

Please write or call. See you soon.

Growingly,  
Loretta

## MEMBER NEWS & NOTICES

**Walter Gambin**, in response to Bill Goss's proposal for rap groups, would like to find primal people to rap with. He is also looking for primal people to live with. Anyone out there want the same? "I can talk a whole lot, can and do be quiet and have endurance and energy, and I feel love." 345 W. 86th St., Room 311, N.Y., N.Y. 10024 (212) 873-9600 (Room 311).

Thank you Walter for your response and sorry publishing it took so long. Alan

**Bill Goss** in his retirement from presiding has just recently celebrated his 50th birthday on his and Susan's plot of land in Vermont under the sun, full moon, stars, and beautiful leaves. A barn and house are in the beginnings. Friends and family joined in from Vermont, Pennsylvania, Tennessee and Massachusetts

**David Freundlich, M.D.** has updated his series of primal experience monographs to include his latest work with the corrective birth process. For a complete listing and order form contact David at the Center for the Whole Person, 304 W. 105th St., N.Y., N.Y. 10025. (212) 222-9445 (mornings).

**Alec Rubin** is offering a training program for primal therapists. It will run 3-10 week periods. It is for people "totally committed to working with feelings." Call soon as the group is starting. 247 W. 72nd St., N.Y., N.Y. 10023. (212) 799-1847.

A fee of \$10 from members and \$15 from non-members is requested for notices that are expected to return a profit. Calendar listings are free and notices of ongoing individual and group therapy are the function of our referral list and not the *Newsletter*. Copies are available from the office for \$1.





## The Editor's Corner:

I am excited and the time is right. Today is the day I set aside to sit down and put together my first edition of our *Newsletter*. A short walk through the woods and I found myself sitting in a sunny patch of grass close to the Post Office. Once again with tears in my eyes I realized why I am who I am, why I go to IPA conferences and why I am editing this *Newsletter*. The letter I was reading which is now in front of me is from Tom Lembcke. Why I need to be reminded over and over again that the primal process/love works I don't know but I do know I am willing to keep seeing the reminders. Sometimes I see us as a small group of people out testing a hypotheses and when we believe it all the time with every part of ourselves then the whole world will believe it too.

The *Newsletter* to me is a place above all for people to communicate. I am really looking forward to as many of you as often as it feels right to contribute thoughts and feeling to these pages. My feeling is that anything that is relatively short and personal or to-the-point will go in to the next issue pretty much "as is". (Note" this is not without restriction.) Longer articles we want also but due to limited space we'll need to be more selective and may ask that they be condensed. I am especially interested in hearing about the kinds of work people are doing both with others and with themselves.

Thank you Larry King. I am taking over a *Newsletter* that is already the way I want it to be. And thank you Lisa Novick. All I have to do is send edited material and a couple of weeks later we have a professional looking *Newsletter* set and on its way to Loretta Fogel and Sue Cushmore for printing and mailing. And thank you all for keeping the mail coming to Fred, Lin, Loretta, myself, the Executive Board our membership for inclusion in the *Newsletter*.

Dear Alan,

Before your "primal rage" because this submission is not typed, I humbly submit that there are reasons besides the aversion to said skill. You may print: (Dr.) Russ Russinko has studied everything over and under this planet's terrestrial magnetic field but the idiot cannot type!

Moving wrong along here, I waved goodbye to the country, state, and federal agencies. In short, I am out of work. In six months I will be joining forces with a chiropractic physician, South River, New Jersey. The remainder of '79 and into spring '80 will find me studying psychiatry again, at the University of California at San Francisco.

The summer convention was indeed a Holistic Health Celebration *par excellence*! I particularly liked the singing, dancing, and "physical" workshops. Everyone I had a chance to interact with was evolutionary, fun, inspiring, intelligent, and "down-to-earth" nice.

Take care,

Russ

Russ, thank you for your letter. I selected some key paragraphs for publication, hopefully keeping the flow intact. Alan.

Dear Larry:

I hope it is not too late to say "Thanks!" to the IPA for *The Primal Community*.

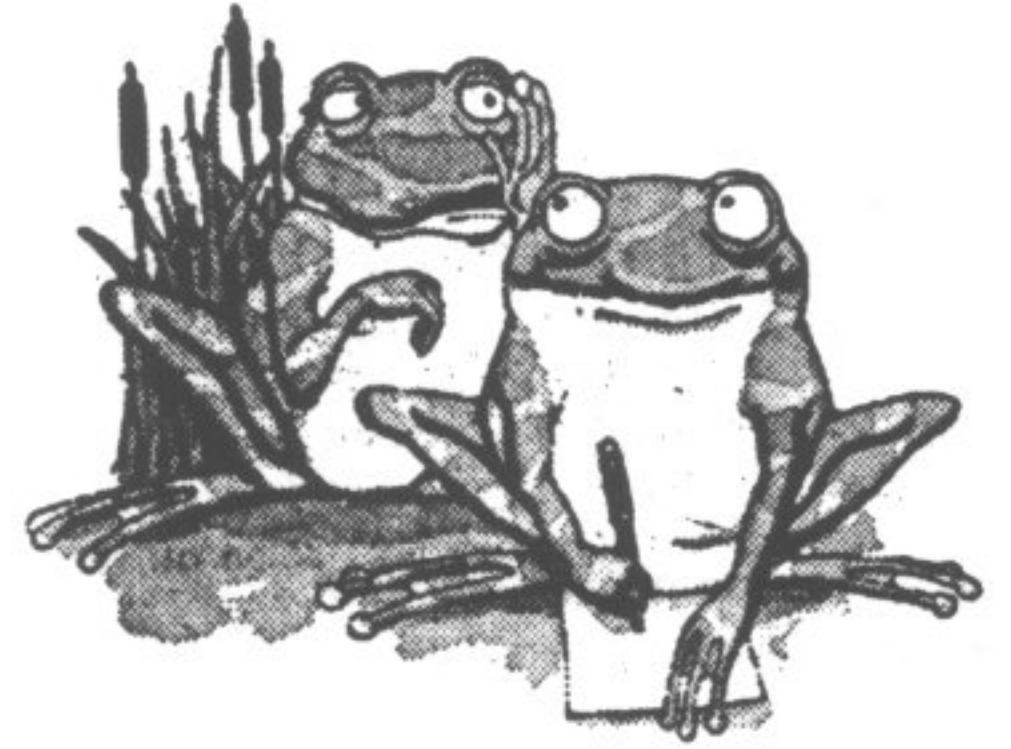
You published my article "The Primal Scream and The New Testament" which was picked up by *Behavior Today* and "Stream of Consciousness" in *Psychology Today*. Needless to say, it has been quite valuable to me to have this recognition.

Also, could you allow me a few lines in the *Newsletter* to say "hello" and "thanks" to the IPA and everyone who was at the convention? It was such a wonderful experience, and I need to sluice off my huge feelings of gratitude.

Thanks, Larry, and thanks to the rest of you!

Agape,

Dean Shaw



Dear Larry,

I want first to compliment you on the last issues of the *Newsletter*, and on the good work you have been doing. I now find myself looking forward to receiving the next issue. Thanks.

I've been very busy these last couple of months organizing The Primal Center, along with my partner Belden Johnson. For a variety of reasons we have chosen to leave The Center Within and move in a direction that is more real for us. In large part, we are wanting to be our own bosses, rather than employees. So it's been an exciting and busy time for me.

In the midst of all the aforementioned activity, there is one important bit of news I want to share with *Newsletter* readers:

I've been pleased in reading in the *Newsletter*, and was especially touched by the publication of "The Myth of Natural vs. Directive Therapy," an article I helped write well over a year ago. I am deeply saddened to share that George Morris, one of my collaborators on the article, died last month.

George was a special man, loving and spiritual. I am quite sure that his death has brought a deep sense of loss to all who knew him. I am struck by the thought that I have never met anyone who disliked him. George was a very caring man and a teacher to many, myself included, with an uncanny ability to flow with Life's twists and turns. I wish him well . . .

Stephen Khamsi



## Letter from Bill Goss

(Continued from pg. 1)

I was proud, and am still proud of what we've accomplished in the past year. In giving up my stewardship of our organization I gave up feeling badly about all the things I should have done, and could have done (but didn't). It felt good that I was able to hand over to the guidance of the new administration an energetic, growing enthusiastic and forward-looking organization of people.

When Alan McFarland, the new editor of the *Newsletter*, asked me to write an article as the outgoing president I initially agreed to do it as a necessary and official withdrawing function. As I sit here writing, I'm excited and want to share with you all the experiences of having been president.

I remember that last year, before the election, I was attracted to the idea of being a candidate but felt that some aspects of my life were pretty demanding (making \$) and that it would be a good idea to keep my focus on that rather than to undertake more responsibilities. In the day before the election I spent a lot of time in discussions with other members at the convention I was trying to learn what they thought was the purpose of the IPA. Why did we exist? What should we be doing in order to bring more of what we were to the membership? I remember becoming alarmed at the awareness (my own trip) that the organization lacked direction. It needed leadership! I announced my candidacy for the presidency because I needed the IPA.

It was a tight race between Art Totman and myself and I remember that he and I were walking around outside the meeting hall while the voting was taking place. We were arms-around-waists, feeling good about each other and knowing it would be OK, regardless of the outcome. As you know Art was elected Vice President. One of the best things that has occurred over the year is that Art and I went around again this summer, arms-around-waists, both feeling good about the year. Both feeling our love for one another and each feeling the other's strengths.

As I look back over the year I can see a lot of things which I didn't do as well as I know I could have done them—letters which weren't answered as well as I

would have liked; good ideas on which I took half-assed, or no, action. I was not a perfect president! However, the loving feedback which came my way over the five-day convention, made me think that falling short of perfect performance (in my own eyes) was not a calamity.

I want to tell you all that a number of people also put a lot of energy into the organization, and this made it easier for me to feel good about my involvement with the IPA over the past year. The first who comes to mind is my good buddy Loretta. Loretta Fogel, our Secretary/Treasurer for the past year, has been an extraordinarily able administrator as well as my "sidekick" over the year. She did her own job well and at times was really the mainstay of the association through her reminding me of my own duties at critical times when my "child" self was saying "I don't wanna."

Of those IPA achievements over the last year, the one of which I'm most proud is one I've had little to do with. That is the *Newsletter*. Larry King undertook that chore last year and really delivered the goods—all year. He sweated and cursed to get it out on time. He wheedled and cajoled to get interesting material. He took a whole lot of flak from people who thought it should be done differently. He suffered and strained and he grew.

On the production end, Lisa Novick did a professional job—arranging the typesetting, doing the layout and providing reproduction of the *Newsletter*. She took a lot of risks and did one hell of a lot of work in making the *Newsletter* a publication we could all be proud of and at little cost to the treasury. Lisa deserves *all* our thanks!

Another person who put a lot of energy into the *Newsletter* was Leslie Sherman. She provided a third point of view in reviewing content of each issue of the *Newsletter*. In retrospect, each of us went through a lot of stress—each trying to be honest to our authentic self while trying to get a job done. It was sometimes very difficult. Our emotions had to be dealt with, and I want to share with each of you readers my belief that each of us has grown from the struggle. I hope I have grown as much as I see that each of the others, Loretta, Larry, Lisa and Leslie has grown. This primal process works!

Right after the election last summer (1978) when my high (coming out of being elected by my peers as the leader for a year) began to change into feelings of worry (oh, oh, what have I committed myself to?) I was starting to get anxious. About that time Harriet Geller, a member who is also an expert in computers, came to me and said she'd be willing to put our membership list and our general mailing list on a computer so that management of mailings would be simplified. You all know that Harriet was actually offering her service to the IPA but at that time I took it very personally. "I don't have to do it alone!" Harriet's offer was a sign, an omen. It came just at the right time to buoy my spirits and send me whistling on my way. True to her offer Harriet has delivered the goods and we've streamlined things.

We had two general meetings this year. The first was a regional conference in Cherry Hill, N.J. this past spring. It was mostly organized by the IPA folks in the Philadelphia area and I think it was successful on two accounts. First, because it was interesting and fun. Second, because a large percentage of the attendees were new to IPA. Some of the people whom I saw for the first time at the regional conference also appeared at the summer convention. (I think that means that they liked what happened last spring.)

The second major meeting was at the annual convention. There's lots I'd like to say about this, but the thrust of this article is to give credit where credit is due and I think that the lion's share of credit goes to Lin Whittle who was chiefly responsible for the program of this year's convention. Lin undertook this responsibility relatively late in the year and did an admirable job of getting it together, giving it character and making it happen as well as it did. I enjoyed working with him and have come to know him and respect him. I'm glad that he's been elected to the office of Vice President for the coming year.

There are a few other people who deserve credit. Arthur Totman, who is my friend and worked hard along with Charlotte Saunders in trying to arrange an overly-ambitious program which we originally tried to carry off in New York City. These beautiful people ground themselves thin trying, and the fact that we failed is due more to our ignorance than to their efforts. If they'd succeeded



we'd have hailed them as heroes. They *are* heroes because they tried hard even though their assigned task was too ambitious for our association at present. I want you to know and applaud their efforts.

There is one other acknowledgement I want to make. Our administration entered the year with a large debt coming out of a legal contest with Arthur Janov over the use of the term "Primal." I announced at the general meeting that this economic burden had restricted the range of activities which IPA could embark upon, and that I wished that the incoming administration could be freed from this burden. Beautiful Bill Smukler spoke up volunteering to contribute a significant sum of money to the discharge of this debt. Others at the meeting also made offers and soon we had pledges amounting to almost as much as our outstanding debt. What an experience! A group together.

One of the things I must tell you as I experienced it—to be President of IPA is to be Big Daddy. Good Daddy to some people who want. Bad Daddy to some people who don't like the way things are going. It's a heavy load! At conference time it's OK because there are rewards from people. About mid-year, however, I found it a heavy load. Few rewards, heavy responsibility and I found it hard to be an adult, achievement-oriented, administrator with a set of goals, when it seemed to me that anyone else, if they wished to, could shift into their child and bitch or pout. In retrospect, I grew from the experience. My point is that I'd like to tell you all that I think it is a good idea if all members who are happy with the way things are going would write a note to the President each year at about the six-month period which said something like "I don't really know how hard you're working but I can imagine that it's tough, thanks for doing it." I found it lonely at about the six month period and in talking with other past Presidents, heard them say the same thing.

Coming back to the IPA elections, before the elections, I found myself worrying about who would be the new President. I realized that I *really do care* about this organization. I *really want* the IPA to go on and on. I worried up until the time when Fred Zielke let it be known that he was open to accepting the President's duties. Then Lin Whittle indicated he

would accept the chores of Vice President. I was worried when Larry King said he wanted to unload himself of the *Newsletter*. We'd grown a lot and I know Larry has a lot to give. But then Alan McFarland said he'd do the *Newsletter* job and he thought Leslie and he could work together. "Whew! Everything is OK. The IPA is in good hands. I know and trust these people." The IPA will go on. There will be conventions in the future. It *really* is important to me to get together with you all each year. I want the experience of the Annual IPA Convention to be available to me each year. I *really* want to see Joe from Long Island and Tom from Illinois and Michele from Italy and Dottie from Massachusetts and all of you—each year. I can see you growing and even at those times when I cannot feel my own growth, I can see yours and deduce and thus believe that I too, am growing.

My dear wife Susan gave me the key to understanding my own growth this past year. Following the convention she observed something like "I've never seen you so open to so many people at once." When she said it I knew it was true. I am more "me" than ever before—and you like me—and that's great! See you around.

Bill

### **Welcome** (Continued from pg. 1)

can be an enriching and supportive experience. I've belonged to one for about two years. I hope other peer groups will be organized, get together, and rope back in previous IPA members who are now inactive. I also hope we will spend this year defining for ourselves what your professional needs are, where we stand with primal therapy, what we'd like to learn, and how we can help each other.

The convention carried on our tradition of therapists and clients attending the same workshops, sharing their thoughts, and feelings together, and working together to build an organization and a primal community. In few other organizations do providers and consumers of services work together for a common purpose. This practice continues to generate vitality and promote the egalitarianism that characterizes the relationship between primal therapists and the people they work with.

In our upcoming regional conferences, we will be switching our perspective from "Eastern Regional," (when was there a "Western Regional"?) to "Philadelphia Regional" (or Boston, New York, Toronto, etc.). Wherever there is enough IPA membership and energy, a local, semi-autonomous regional conference committee can plan a conference, with overall support and guidance of the Board and elected officers. This will, we hope, stimulate more local creative activity and progressively increase the number of regional conferences.

Finally, we face the problem of further clarifying the theoretical ground on which we stand. I see our task as attempting to integrate the "regressive-abreactive" therapies especially as described (or suggested) in the works of Janov, Perls, Reich, and Moreno, with the mainstream of experience focusing on the impact of early life experiences, especially as described in Mahler, Fairbairn, Winnicott and Guntrip. This should prove a challenging and rewarding endeavor for all of us, and I look forward to it. Our convention focused on exposure to other approaches; in various workshops we either didactically or experientially sought links between the primal experience and psychodrama, gestalt, rebirthing, psychomotor, psychoanalysis, meditation and various body techniques. It was an enriching and stimulating experience. I hope we can continue this development while at the same time maintaining our own identity. We do have a point of view, and while it proves meaningful to dig out historical roots and connecting links to other related approaches (as Janov regrettably did not do) it remains equally important for us to clarify the differences and thereby reinforce our own uniqueness.

For peace and love,

Fred Zielke





## A Message from Larry King

While a lot of people were complimenting me, as Editor, on the fantastic new look and content of the *Newsletter*, a great deal of the credit must actually go to all who worked on and wrote for it: the officers, especially Bill Goss; the members whose letters fill our *Feelings & Feedback* page; the authors, such as John Speyrer and Tom Lembcke, who wrote articles; the reporters who covered stories as far apart as Europe and the Eastern Regional Conference such as Dan Miller and Marilyn Mauss; and especially to Lisa Novick for her ability to set it all in type and get it printed in time for what were often horrendous deadlines.

To all of you, named and unnamed, a big hug and a warm "Thank you!"

I want to share with you my reasons for resigning; there were two. The first is simply the pressures of time; both my growing practice and a dream I am working to turn into reality. Ever since I discovered the immense effectiveness of primaling, I have wanted to see primal rooms around the world, available to whomever needed them whenever they needed them. I am working, literally with my own hands, to build such a place in Manhattan. In sharing this dream with you, I am hoping that you will make it your own and make it come true in other places.

My second reason for resigning was to eliminate any possible conflict of interest in my advocating (as a member of the Executive Board) changes I believe will greatly benefit the *Newsletter* and its readers (such as clarifying the authority and responsibility of the Editor and the possibility of paid advertising). All of my motions concerning the *Newsletter* were adopted at the October 14th Executive Board meeting.

All of the activity and problems of being Editor brought up an incredible amount of old feelings in me during the year. Primaling it all out felt like a period of great personal growth. There was also a lot of fun in being Editor and I discovered some new talents in me and some new friends in the IPA.

I was worried when I left about who would take over, but I can't think of anyone in the IPA who would make a better Editor than my successor, Alan McFarland. Alan, call on me; I'll be glad

to help you in any way I can. But I'll also be eagerly looking in my mailbox for every issue because I know, that with you at the helm, the *Newsletter* will be getting better and better and better.

Again, my thanks to everyone who helped me during the past year to get the new style *Newsletter* off to such a great start!

## Convention Feedback

(Continued from pg. 1)

ing, but found it impossible to ask for this. Funny thing was, he was at a place where there was lots of loving and caring available. What he took from it was the acceptance to be what he was. There were no demands placed on him that, "You must do this," "You must do that," "You must go here or there." Noone said, "You must be what I want you to be, not what you are."

So he let himself be what he was. He let himself feel his needs. He was the most open and vulnerable he has ever let himself be, without feeling he had to push himself. Yeh, maybe he could have pushed himself and gotten in a different place but some how it seemed right that at this time he be allowed to be and just know the intensity of the need.

I don't know that guy very well yet, having just met him, and I want to get better acquainted with him because he's sure a whole lot different than that other guy I know who keeps real busy, works all hours of the day and night. He drives himself, and to the public he is a real achiever. Yet he hates himself. He's pretty defended against his feelings. In one way he's similar to the fellow I met, both of them have trouble asking for someone's help. It's kind of a determination to be independent and self-sufficient. This fellow can take care of himself, but he hurts. He keeps the hurt hidden. (Very successfully, or so he thinks.)

The fellow I just met didn't do much about the hurt, but let down the barrier enough that one person got in and was allowed to minister to the need. Healing will accelerate as others are allowed in. I hope this guy doesn't get lost. Thanks for letting me meet him. Special thanks to Bill, Alan, Larry, Dan, Frankie and Sandi.

## New York Regional Conference

(Continued from pg. 1)

Some threads that will run through the conference are:

How do we promote a creative lifestyle and what is it anyway?

Is there a difference between talent and creativity?

What is the relationship between early life and creativity?

What is it like being in the presence of a truly creative person?

How is art related?

Where do blocks come in?

The fee is \$45 and will include coffee, herbal teas and munchies in the morning, a complete day of program and admission to the evening party. Some workshops will be a discussion/lecture format and others will be experiential. Members will receive a \$5 discount. Please contact Lin Whittle, our Vice President who is in charge of conferences, or Alec Rubin, (212) 799-1847 for further details.



## More Feelings & Feedback

Dear Alan,

The IPA Convention is the one time a year I leave home to do something just for me. (The only other times I leave home is to go stay with one of my children somewhere.) It always seems difficult to get there but so far, I've always managed to do so.

I never know quite why it is so important to me, I just know that I always seem to direct my actions so I get there. I guess I really do know why, but it sounds so dumb and corny that I hesitate to say it.

I had been in conventional therapy for years with little or no results. Then I went into feeling therapy and I once more began to feel that life was to enjoy rather than endure.

Once life was good for me, I wanted it to become good for others also and my total direction of life changed.

To me, corny as it sounds, primal is the hope of the world.

Dotty Allen



## Convention Reactions

by Joan LaPlante

I would like to share my reactions to my first IPA convention. I especially liked the general atmosphere of relaxation and "ok-ness" which prevailed. It was also great having so many of the groups outdoors and being able to primal outside was a new and pleasant experience for me. I really liked having time devoted to re-experiencing the fun, creative parts of our early lives. Some of the play experiences helped me get in touch with my "beautiful child." The general level of energy and creativity was impressive.

However, I was disappointed in the body-work workshops in general. I feel that they lacked energy and creativity in an area where it is badly needed. Whatever form of therapy we do, whether it's as a primal therapist or as a body-work therapist, let's be feeling therapists and let our chief goal be assisting our clients to deeper feeling levels.

I greatly appreciated having a primal room available all the time. However, I was surprised that so few people used it. Us Florida broads can't have been the only ones to have feelings come up! It made me wonder how many people are integrating their "priming" into their "here and now" lives. I understand that at the first few IPA conventions there was a lot of priming and it tended to interrupt the flow of the program. But I think that by setting group norms appropriately, we can have the best of both worlds. I feel that we handle this balance very well in our program here in Florida so I know it can be done, and I'd be happy to share this.

I'd like to suggest a theme for next years' convention: "Living from Our Feelings Here and Now" with the emphasis being on experiencing the entire 5 days from one's feelings. I would like to suggest that the staff and therapists lead the way in this. I saw several of you doing this, but I also heard one therapist say that he didn't need to work any more as he'd "finished that several years ago!"

I really appreciate the work that went into the convention. I thought it was well run—organized but relaxed. And I hope to see all of you again next year.

## A Different Sort of Workshop

By Dean Shaw

At the recent convention, one of the sessions which I attended which was markedly different from the rest was "Waking Up The Creative You" led by Leslie Sherman. Probably the time itself connotated something different: *7:00 a.m. Sunday morning!*

But it was a *three* dimensional session: Sight, Sound and Movement. First we began on the mat listening to music; classical music which is so mathematical and symmetrical. We made individual sounds to the music. Then, still in the mood, we got up to the ping pong table where each of us found paper and show card paints awaiting us. Leslie said we could each paint anything we wanted—choosing colors that meant most to me. I found myself with lavender—a color of dress that my mother was wearing when I felt she rejected me. I still remember the scene at age 4. Smearing and slopping the paint, to whatever sounds were comfortable and appropriate, plus body movements (dancing, stomping, swaying, whatever) to different music made this the three-dimensional event.

Leslie changed the record to rock and nursery rhymes.

Then, instead of painting paper, we painted ourselves—our faces with grease paint. We painted the mask on us which we felt we were wearing all thought life. Maybe now it became four-dimensional instead of three. All in all, it effectively got some old, buried feelings out in a very short time.

## The Child Awakens

Startled by the silence, she tosses in her sleep,  
Trembling she arises from the restless deep.  
Glancing towards the door—it is bolted tight,  
Darkness smothers everywhere: no light, no light.

Wide open eyes, staring straight ahead,  
Body hard and cold, lying still in her bed.  
Does she face a mask or maybe mask a face  
—clutching her bosom in some mad, wild, haste.

"Two of us together—we will risk the night.  
My dolly don't you cry."—no light, no light.

Nancy Cunningham  
Taunton, Mass.

## Seventh Day of Intensive

I had an incredible experience I want to share with everyone.

I had a very heavy 2-hour session and after Hal's break, I was sliding my finger across the wall (a paneled one). It was like sliding my fingers across the railing of my crib. Soon I was sucking my thumb, making neat sounds, calling my Mama, and rolling the balls at the end of the crib. I felt bored. I wanted to rock the crib and stand at the end and fall back in a sitting position. I saw my dressing table and began to feel giggle. I wasn't connected to my total feeling or what I needed to have but I wanted to play. Hal left and I put the mats around and tried to satisfy my need to play. I bounced on the bed, did a summersault, rolled around but nothing felt right.

Later I connected with the feeling. I wanted to laugh fully as if I were being tickled and played with. I couldn't just laugh to have or *finish* the experience. I NEEDED TO BE TICKLED!!!! I wrote a note to Hal and it explains the rest:

"Hal, I feel the need to be tickled so that I can laugh. I need to be played with. I don't want to play alone. It is just as hard to hold down exuberant feelings as well as bad feelings. I am eating to stuff down good feelings and I don't want to have to do that.

"I feel like the baby on the changing table being tickled and laughing spontaneously. Now I have another unfinished feeling and it is a good one instead of a bad one. I feel just as frustrated with this feeling as with a bad one being suppressed. I know what I need and if you have an extra 5 min., I need to be tickled."

I have been carrying this experience around with me for a long time and every time anyone asks me if I have sent it in to the IPA I had to say, "No, not yet." I believe my reasons for stalling around are because I had to type it over and correct the spelling and the grammar isn't that good. But I can't spell well and grammar isn't something that I understand. Today I sat down and wrote it. I would like to share my experiences with others and read and share their experiences.

Becoming me every day and seeing you and hearing you is so beautiful.

Donna Hathaway  
Avon Mass.





## THE OPEN I

### Primal People Unite

Please include the following editorial in the upcoming edition of the IPA *Newsletter*. It presents some ideas and concerns that are of great importance to our future professional survival.

Last night, in the wee hours of the morning, I had the dubious pleasure of reading through a counselor-education textbook. As I leafed through the pages, I noticed that all the major psychotherapies in this country were listed and expounded upon, with the exception of the major Affective psychotherapies. I must confess that I was quite disturbed by this, and as a result, I sat down with a few of my colleagues to discuss the dilemma.

Why were the major Affective psychotherapies being completely ignored and overlooked? The answer soon became quite clear, at least to me. Client-centered therapy, Gestalt therapy, psychoanalysis, etc., were all discovered and developed by one person and then their loyal followers carried the ball to the general public. There seemed to be a unanimity within each of the major schools of psychotherapy, with a popular founder at the helm. We, of the Affective spheres, had a publicly recognizable figure in the person of Arthur Janov. Unfortunately, he decided to negate and disenfranchise all the would-be professionals who sought to identify with and adhere to his articulations. The result was a massive fragmentation within the Affective schools which never occurred in other psychotherapies.

Of course, Freud and his followers had their disagreements and fallouts which later gave rise to the Jungians, Adlerians, Reichians, etc. In the Affective field, however, the best that some of us could do was to owe some allegiance and gratitude to the leadership of the late Bill Swartley (who helped to found the International Primal Association). But Bill is gone now and those of us who remain have never been able to pull our fellow Affective psychotherapists together into one comprehensive, cohesive whole.

I have some very good friends in the IPA who are highly creative and innovative. Each one has developed his/her therapy into a unique expression of Affective psychotherapy. But, as of yet, we are not recognized in any major textbook nor taught in the major universities even though there is a substantial proliferation of Affective psychotherapeutic approaches.

My concern at this point is if I were to call for specific descriptive, therapeutic contributions from all of my abreactive colleagues, I am not sure that I would even get a response. I would love to produce a textbook based on the basic premises, salient features and methodology of each individual approach to the Affective field. What are the key concepts, therapeutic processes, application techniques and procedures, plus personal evaluations of each method?

If IPAers wish to only be a loose organization of individuals who are practicing in brilliant isolation, then the *feeling* therapy movement will stay just a big social club that gets together once a year at a convention exalting deep feelings. If, however, we truly wish to be an amalgamation of cohesive therapists and clients who join together in a common bond of furthering human experience and knowledge, then the Affective psychotherapies must survive their present turmoil and disintegration. We all know that many of the people who have previously been active in the IPA somehow moved on and out into other pursuits. This is our downfall. We desperately need a body of organized knowledge that everyone can identify with and feel proud of. Obviously, Janov was not the answer. Swartley tried with the IPA and succeeded to a great extent . . . but we have a long way to go before we become a professionally alive, vibrant, holistically curious population willing to share a dialogue of common concerns, theories, problems and frustrations. We have hidden too long in the ranks of second class citizens and obscure professionals.

Those of you wishing to help in this endeavor, please contact me—share your ideas. Reverse the charges if you have to but let's get the Affective psychotherapies rolling again. As in the words of the song, "Come on people now . . . everybody get together . . ."

Sincerely,  
Paul J. Hannig, Ph.D.

### Book Review

For the past ten years I have been experimenting with the *Luscher Color Test*, Max Luscher, Random House, N.Y. 1969. I know of no other psychological test which can be administered with the ease and speed of this test. I first read about Luscher's book when it was a selection of a book club and simple curiosity prompted me to purchase the book. I tested myself and my family and friends and the results were amazingly right on. Since then I have administered the test to hundreds of individuals and to anybody whom I could talk into taking it and remain impressed at the high degree of accuracy it affords.

Because the results pull no punches it is not recommended that the test be given with spectators present.

The inventor of the test, Dr. Max Luscher, is a Swiss psychologist and color consultant for industry. The test consists of eight variously-colored cards with a numeral on the reverse side. The cards are randomly placed color side up in front of the person to be tested who is asked to choose the color card which he finds most attractive. This card is then placed color side down above the remaining seven cards. Each card, in descending order of subjective attractiveness is subsequently chosen until the cards are in a row with the color side facing down with the numerals appearing on the back of the cards. The row of cards are divided into pairs and each pair of colors is interpreted in various tables in the book. There are control factors which give more detailed and precise results.

The test can be given and interpreted in five minutes and lends itself quite readily to computer storage and retrieval, and I am presently in the process of coding the interpretation tables for such use. I feel that the results approach 90% in reliability. In those instances when the results were illogical the testee admitted that he was trying to throw the results.

This is a test which I can recommend to any therapist who wants an extremely fast, simple and reliable in-depth psychological test.

John A. Speyrer  
Opelousas, La.

