

# I.P.A. NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION, INC.

FALL, 1980

## ANNUAL MEETING ELECTION RESULTS

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Lois B. Muss  
Lisa Novick  
Alec Rubin  
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Alfred Zielke

#### IPA Office

International Primal Association, Inc.  
c/o Jean Getoff  
251 West 89th Street, 7B  
New York, New York 10024

New IPA Telephone Number:  
(212) 620-9057

## 1981 NEW YORK REGIONAL CONFERENCE COMING UP SATURDAY, JANUARY 24th SAVE THE DATE

The New York Regional Conference date is Saturday, January 24th, 1981. Keep that date open. Registration and coffee will start at 9 a.m. and a gala party will begin at 9 p.m. We will convene at the Center for Human Development on the 7th floor at 853 Broadway at the corner of 14th Street at Union Square.

The theme of the conference will be focused around Feelings, Inner Identity and Creativity. At least a dozen workshops, approximately one and a half hours in length will be held all day long. Presenters are urged to fill out the enclosed form with a short description for the program immediately. Additionally, a second page is to be included with a more detailed description of your workshop for the conference committee (about 200 words). Make your presentation relevant to the theme. Send the form *and* your detailed description to: Alec Rubin, 247 West 72nd Street, New York, New York 10023. His number is (212) 799-1847. Deadline is December 10th, 1980, so fill out the form now!!!

Fred Zielke will be co-coordinating the NY Regional Conference, and he can be reached at (212) 874-1591. Circle your calendar for January 24th for an enriching experience. You'll be glad you did!

## CALENDAR OF EVENTS — 1981

- **Saturday, January 24th** - New York City Regional Conference, 9 a.m., Center for Human Development, 853 Broadway, 7th floor, 14th Street at Union Square.
- **Saturday, May 16th** - Philadelphia Regional Conference, Cherry Hill, New Jersey (site to be selected)
- **Wednesday, September 2nd thru Monday, September 7th** - Annual Convention (tentative date, site to be announced)

### BOARD MEETINGS

- **Sunday, January 25th, 1981, 11 a.m.** - at Jean Getoff's apartment: 251 West 89th Street, 7F, New York, NY (Broadway & 89th St.)
- **Sunday, May 17th, 1981, 11 a.m.** - at Loretta Fogel's home: 1875 Jenkintown Road, Jenkintown, PA 19046 (Apt. D103).

**ALL ABOVE DATES SUBJECT TO CHANGE WITH ADVANCE NOTIFICATION**

## NEWSLETTER

Published by the International Primal Association, Inc.

All statements in this publication are the opinions of their authors and are not to be construed as representations by or policies of the IPA unless explicitly so stated.

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## Information for Contributors

All submissions to the *Newsletter* must be *typewritten*, double-spaced with wide margins, on 8½" x 11" paper, preferably no longer than 3 typewritten pages.

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

Send all submissions to:  
Jane Mann, Editor  
IPA Newsletter  
48d Cedar Lane  
Highland Park, N.J. 08904

## A MESSAGE FROM GRO ROBINSON, OUR NEW PRESIDENT

Greetings - all you wonderful people!

Being elected your President at the summer convention, was a true high point in my life. It is a "high" that has stayed with me because, as I said then, this was perhaps the first time I *felt* that I was chosen - chosen for being *me*, rather than just for some job I had done. The entire convention was a beautiful experience for me. I thank all of you for your trust in me, and I shall do all I can to help the IPA grow!

A chief thrust of this administration will be to make our conferences, which I see as our most vital function, even more fulfilling and enriching. The conferences, especially our five-day summer conventions, are our unique way as a primal community of sharing who we are and what we know, and exploring new ways of being and living as fully feeling persons.

Another priority for me will be to set up a system that will respond more promptly to members, new and old, as well as to outside inquiries. (This summer, I was especially pleased with our Australian connection — and dismayed by the difficulties Marny and Graham had in reaching us!)

What I am eager to do is to solidify our core, to foster networks and community. I want to reach out to former members who for various reasons have dropped out, to reestablish contact: "Hey, we need you, we need each other. Don't let old grievances or lethargy or a \$15 membership fee stand in your way!" I am also eager to see all of those who have shared with us and expressed interest in IPA become members.

At our next board meeting, January 25th, following our New York Conference, we will discuss our constitution and by-laws and attempt to effect some needed changes — including a workable Code of Ethics for therapists.

Over the last few years, I have increasingly felt good about belonging to the IPA. I have seen a new spirit of acceptance and cooperation, a new surge of energy, that makes me hopeful about the viability and growth of our organization.

I am not so worried about our differences. I see dissent and dialogue as an integral part of growth and life process, and that divergence will ultimately help us define what unites us and bring us closer together. In this light, I have welcomed the debate about changing our name to one without "primal." The arguments, pro and con, have helped me realize that the name "primal" is still important to me, and that I, for one, want to keep it in the IPA! I am no longer concerned that we (the IPA) become "respectable," or "accepted," or even increase our membership. (I see this as already happening, without our even trying!)

Most of all, I feel that belonging to the IPA, working for the IPA is a rewarding experience, but IPA needs help. We need you! Apart from a few jobs done by a paid secretary, all the work to run the IPA is done by volunteers. Your board and staff-members, although dedicated and committed, fall prey to such human frailties as illness, overload and other crisis situations. If you have a gripe or are not satisfied, don't blame — pitch in! If you have hours to spare, we can use you — planning conferences, opening and answering mail, making calls and helping with the Newsletter. Extra help is always needed publicizing and hosting our conferences. To volunteer your services, write or call me, Carol Capizzi or Jean Getoff or call Jane Mann for the Newsletter. Alec Rubin and Fred Zielke can really use help on the upcoming New York Conference. And if you think of some old friend who you would like to see back in the IPA, pick up the phone!

Finally, some words of acknowledgment to everyone who helped make the IPA what it is today. In particular, our thanks to those of the last administration and those others who worked so hard to make the annual convention such a memorable experience: Fred Zielke, Lin Whittle, Loretta Fogel, Lisa Novick, Harriet Geller, Ross Klahr and Dean Shaw. And very special thanks to Alan McFarland and Lisa for the beautiful job they did with the Newsletter!

With the help of you, the members, I am looking forward to a great year with continuous growth and community.

With love,



Gro Robinson,  
President

## A FAIRY TALE TRIBUTE

By Mem Masnik

Once upon a time, in the Primal Kingdom of Rock Hill, King Frederick the Great acknowledged — with power — that his physical and emotional forces had been severely drained during the previous year of labor, and that they needed immediate replenishment.

The enormous superhuman strength of Wizard Lin had also been badly depleted; and Lady Loretta, his Worker of Miracles, and other members of the Court could now perform only mere human tasks.

Lisa, Protector of the Royal Treasury, grew weary of turning straw into gold; and even Sir Lance tired of searching for silver to enrich the local coffers.

The King heralded everyone to come from far and wide to convene on Common Ground in order to find solutions to his problems. He met with Peers and Knights, Minstrels and Jesters, Ladies and Serfs. The Wise Man Ashok was summoned from India, and the Mighty Sorcerer Graham from Australia — to little avail.

The participants bared their souls, meditated continuously, and put forth their best efforts and ideas; but it seemed as though they could not resolve the issues and rejuvenate the King and his Inner Circle. Alas... all appeared to be lost.

Just as everyone was sinking deeply into feelings, out of the forest came the sound of tinkling chimes, a rush of glowing white light, and the sprightly gait of Fairies flitting through the meadow.

The Beautiful Fairy Queen Gro appeared with her band of assistants and elves, just having returned from meeting their Nemeses. She handed King Frederick a Magic Stone and told him that he would find all that he needed for survival and healing within her Magic Circle of Friends, and that he could especially rely upon the Good Elf Anna.

"The band of Fairies and Elves will provide spiritual cleansing and renewal of energies to all those in the Kingdom, if the King so desires," she said with a wave of her wand. "They will also lift everyone's morale and cure all

neuroses with a Magic Potion of Daiquiries whenever necessary."

"Only upon rare circumstances such as these do I recommend passing the bucket," continued the Golden Queen in flowing white dress. "It will thus enable all to recover, to savor the fruits of their labors, and to proceed to the next stage of life."

The Noble King Frederick was much relieved by her offer of assistance, accepted it, and declared that there would be a Ritual Feast in celebration of the transfer of power; and he decreed that, henceforth, the reigning group would change each year.

All the inhabitants of Rock Hill were asked to cooperate fully in helping the Good Fairy Carol to make a smooth transition; and even the Naughty Elf Jean promised to behave as long as she possibly could.

A most joyous celebration followed, with dancing, feasting, fire, water, and merriment. And everyone primaled happily ever after.

## A Note from a Retiring Worker

Spoke with Jane our new editor for the first time yesterday. Sounds as if she expects you people out there to *just* send her all the material she needs for the newsletter that she expected to be coming out about now. Oh I remember believing that. And she expects it to come in typewritten, double spaced...or at least readable...well at least mostly readable. Well the paper bag *is* significant and the crumpling shows that it was thrown across the room twice during the writing and the kleenex were at least taken out of the bag...

Anyway Jane, good luck. They are a beautiful group of people, everyone of you. Oh yes and I said I would write about the conference and since the conference for me was very short, seeing my friends was what it was about. Steve sitting for me was very simple and very special. Thanks. I need more of it. I keep saying to myself I'm doing something wrong, I'm not brave enough, but(!) it is really damn hard for me to primal without a semi-uninvolved person to sit with me and one who I pay, so I am sure that he will be there. It is

not conducive to feelings when I expect the person who is sitting with me to cringe with what I have to say. And when I lay down in a room by myself all I do is lay there. I started the primal process 9 years ago; I have given myself so much. Some people have never had this problem, I know, but for people who have, any ideas? Maybe I need a structure. (I do do a lot with breathing and meditation but they are not deep feelings for me.)

Some one of you has got to know of an ashram or a conference center or some other in-tune place for our summer conference. To me Apple Farm is the only such place we have had and it certainly lacks in its elegance. Nothing was missing with its food or vibes though. The key to our organization is that *anyone* can do *anything* (the trick is knowing how to stop). Anyone can find us a site. I did, I know. We need more than just a committee looking.

I am in a funny space tonight. I made a pie and found myself singing Christmas carols. It is only mid-October. This letter is serious, despite how I think I sound.

Love,



As I lay next to you,  
Hearing you cry for Mommy,  
There rises in me a deep pain.  
I hold back only for the moment,  
Giving you the space to explore yours.  
Then I seek a space to explore mine.  
Time will come when we explore together  
And the pain will be clearly defined.  
Still it is not definition we seek —  
no solution —  
Only to feel so deep.  
Awakening to the fresh realities around us.  
So we lay with babe eyes,  
Seeing what we never saw before —  
Hearing what we never heard.

Michael Pares

(after a birth primal at the Primal Integration center of Michigan)

## SWAMI TYPE

Have you ever wondered what Swamis do when they are not meditating or presenting at IPA Conferences? **Answer:** Swami Anand Chintan (662-6699) does late night emergency typesetting and design for such important clients as the *IPA Newsletter*.

## MEMBER NEWS & NOTICES

### Primal Integration Marathon

December 13th - Larry Schumer, formerly with the Primal Integration Center of Michigan, will lead a Primal Integration Marathon in New York City. For information, call him at (212) 674-6826.

### Primal Group Intensives

David Freundlich, M.D. - Mary Beswick, M.A. will co-lead 12-hour primal group intensives: December 13th - **Anger, Hostility, and Assertion**; February 7th - **Corrective Rebirthing**. For information and brochures:

Center for the Whole Person  
304 West 105th Street  
New York, New York 10025  
(212) 222-9445 (a.m.'s)

### Primal Theatre Workshop

Alec Rubin's Primal Theatre Workshop meets Mondays at 8:30 p.m. at The Center for Feelings and Creativity. This is a workshop for actors, writers and other creative people who need to be in touch with their feelings. Call Alec at (212) 799-1847.

### Organic Process Therapy

Dan Miller's Organic Process Therapy (Center) is happy to announce that it has found a new place to live, work and grow in a brownstone in Prospect Heights. Two-hour workshops on Thursdays, 7 - 9 p.m., as well as individual sessions are available. Dan is a licensed psychologist and can be contacted at (212) 789-0515.

### Training Workshops:

#### The Experiential Therapies

The Association of Experiential Therapists is pleased to announce a Monday evening series of training seminars, January through May, 1981.

- Bioenergetics - Vivian Guze, M.A. (January)
  - Gestalt Therapy - Marvin Lifschitz, Ph.D. (February)
  - Transactional Analysis - Marian Weisberg, C.S.W. (March)
  - Psychodrama - Jacqueline Siroka, A.C.S.W. (April)
  - Primal-Oriented Therapy - David Freundlich, M.D. (May)
- In addition, a weekend of training

workshops will take place on June 5 - 7, 1981.

For brochures and registration, please contact David Freundlich, M.D., 304 West 105th Street, New York, N.Y. 10025 or phone (212) 222-9445 (am's).

### Film From The Center For Feeling People

In the Summer edition of *Sneak Previews*, a quarterly publication put out by the Mental Health Materials Center which reviews current audiovisuals that are of value in mental health education programs, our film "*The Gentle Revolution*" received a good rating. In the film were scenes from Leboyer's film "*Birth Without Violence*" and patients going through actual birth primals, thus showing how all later adult personality development has its roots in gestational and birth traumas. The film also offers some common sense knowledge as to what we can do as prospective parents to help prevent some of that trauma in our children. Those who are interested in renting and/or purchasing, please contact the Center for Feeling People, Inc., 7081 Taft St., Hollywood, Fla. 33024.

### Call For Papers

*Feeling People Newsletter* has received some positive feedback and success during this past year. I wish to stress that the *Newsletter* is open to all contributing authors as a forum for contemporary work and research and addresses, not only the fields of psychotherapy and birthing, but the problems of an ever changing socio-political and economic society.

Past issues have included such articles as: "Adoption Trauma" by Paul J. Hannig, Ph.D., "Fragmentation of the Affective Psychotherapies" by Henry Ebel, Editor of *Behavior Today*, "An Anti-Dogmatic View of Eclectic Psychotherapy" by Michael Broder, M.A., plus much more.

The *Newsletter* is published three times a year at an annual subscription rate of \$10. All submissions will be reviewed by our editorial staff for selection in upcoming issues. Contact: Feeling People Productions, 7081 Taft Street, Hollywood, Fla. 33024.

### Endings

Leon Prochnik is the author of a beautiful book entitled *Endings* by Crown Publishers. Good luck and soaring sales to our fellow IPA member.

### From the Editor's Desk

When Fred Zielke was on duty in the primal room at the annual convention (which I hope you didn't miss), he led me through numerous primals with all of the expertise and sensitivity for which he is known. I insisted that sometime he must ask me for something in return. I was hardly in a position, therefore, to turn him down the next day when he glanced my way in his search for editor of the IPA Newsletter.

I asked myself if I would be able to live up to the fine job of editor Alan McFarland and Lisa Novick, who handled production. My concern was for my own qualifications, since I am fairly new to IPA. I humbly accepted this honor with the same request made by our capable Vice President, Carol Capizzi, when she accepted nomination. That is, for the active support and continued hard work of our members.

No sooner had I been dubbed when Larry King, editor emeritus, rounded up reporters, a photographer and design artist. I welcomed Lisa Novick and Loretta Fogel as they approached me with background information and advice that I very much needed. Tom Lembcke and Barb Valassis agreed to stay on-as regional reporters, and Eric Weiner graciously agreed to cover the Toronto area. The response was thrilling.

It is my hope to publish a high calibre newsletter, balancing light-heartedness with stimulating literary achievement in the regrettable absence of the *Primal Community* magazine.

I need your help. Please contribute your comments, articles, typesetting and printing skills and equipment in an all-out effort to achieve international unity, recognition and support for the IPA under the apt leadership of President Gro Robinson, and through the voice of our organization, the IPA Newsletter.

Jane Mann

## Letters to the Editor

270 Morton St.  
Stoughton, Mass, 02072  
September 16, 1980

Dear Gro,

I am delighted to learn that you were elected President. I'm sure that you will make a most excellent one. I was very disappointed at not being able to be at IPA this year, but I had some things going on with one of my kids, and I felt I had to be here.

I remember your workshop outside last year where we went on an observing kind of expedition outside in a field. I was feeling very bad when I came to your workshop and it was a very healing experience. I remember writing some things in columns that also seemed vaguely interesting, but it was the excursion into the nearby meadow that was really good for me. I remember I spent most of it on my hands and knees and it must have been a lot like time I spent when I was very little, really seeing all the beautiful and fascinating plants and bugs that were there, a place just teeming with life that I hardly ever noticed. I remember feeling sorry for myself that I spent so little time in my life really seeing the life (other than human) that existed around me. For the first time in years I did a little gardening this year and I felt that somehow, with my bare feet and hands working in the earth, I was more in tune with the universe. I am afraid that part of my enjoyment came from reliving the days when I was a little kid and played in the backyard sandbox — another sort of happy primal experience. I find as much benefit in going back to the happy parts of my childhood as I do in going back to the sad parts. There are many things that I was once programmed to do and which made me contented and loved then that are not valuable for me now. Also there are many things that I did then, that I had forgotten I had done which still are very valuable to me today. I need reprogramming of some old happy times and reinforcement of others.

Sometimes I think of primal as a sort of controlled nervous breakdown where you stop the on-going pattern of your life if it is not ac-

complishing what you want and review your entire life experiences (from conception almost) and reinforce some experiences, wipe out some experiences and realign a lot of them.

Best regards,  
Dorothy Allen



The Institute of Human Enrichment

August 25, 1980

Dear Alan:

Thanks for the good job on the recent Newsletter. For what my vote may count, I also see no need to expand or change the name of the organization. The further we get away from the PRIMAL concept the more confused the distinctive contribution becomes.

Yours for primal distinction,  
Gordon Van Rooy, Th.D. President  
Inst. of Human Enrichment

## Heaven's Very Special Child

A meeting was held quite far from earth  
"It's time again for another birth,"  
Said the angels to the Lord above,  
"This special child will need much love.  
His progress may seem very slow  
Accomplishments he may not show  
And he'll require extra care  
From the folks he meets way down there.  
He may not run or laugh or play  
His thoughts may seem quite far away  
In many ways he won't adapt  
And he'll be known as handicapped.

We want his life to be content  
Please, Lord, find the parents who  
Will do a special job for You.  
They will not realize right away  
The leading role they're asked to play  
But with this child sent from above  
Come stronger faith and richer love.  
And soon they'll know the privilege given  
In caring for this gift from heaven.  
Their precious charge, so meek and mild,  
Is heaven's very special child."

*Paul and Susan Hannig*

## WHO'S WHO IN IPA?

Can you name all of the past presidents of IPA?

Answer in next issue. Submit questions and answers for future issues to the editor.

## Executive Commentary

We, your new officers, want to say hello. It was a great conference, and we've had a good working board meeting. The energy that we saw at the conference still remains with us. Our chief concern is to make this organization a nourishing, supportive community. We are in the midst of setting up the machinery for maintaining our communications network and for setting up the first regional conference which will be held in New York on January 24th.

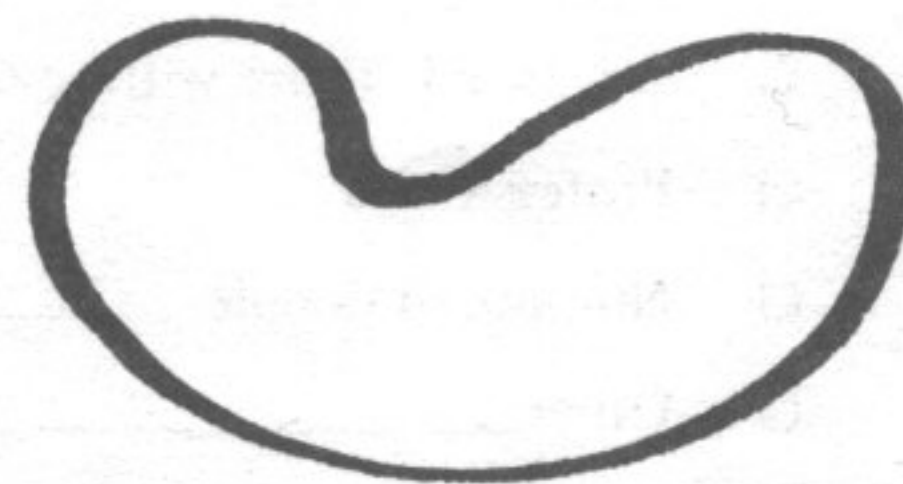
We invite your input and comments and suggestions. We are very eager to get your reactions to the conference for our next newsletter. The deadline for inclusion in our Winter issue will be January 1st. Please respond immediately. Address your double-spaced typewritten articles, comments or workshop notices to our newsletter editor:

Jane Mann  
48d Cedar Lane  
Highland Park, New Jersey 08904

If you prefer, you may call her with your conference reactions and workshop notices at (201) 246-4603, and she'll take down your impressions. Tuesday, Thursday and Sunday mornings are best.

We are looking forward to a real good year.

Gro Bagn Robinson, President  
Carol Capizzi, Vice-President  
Jean Getoff, Secretary-Treasurer



## HELP!

If you can contribute typesetting and/or printing services, please call Jane at (201) 246-4603. Thanks.

The editor gratefully acknowledges the editorial assistance of Lisa Novick, Lois Muss, Gro Robinson, Alan McFarland and Timothy C.N. Mann.

**Application for Workshop Presentation at the 1981 IPA New York Conference**

Name(s) \_\_\_\_\_

Telephone No(s) (area code) \_\_\_\_\_

Address (include zip code) \_\_\_\_\_

Affiliation \_\_\_\_\_

Experience \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Workshop title \_\_\_\_\_

Type of workshop       Lecture/discussion       Experiential

Description of format and content proposed for your workshop \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What type of facility will you need? (e.g., room size, mats, projectors, screens, etc.)

\_\_\_\_\_

\_\_\_\_\_

Do you wish to designate a preference for participation in your workshop by:

Beginners or inexperienced in primal therapy

Advanced—those with several years experience

Professionals

Number of people \_\_\_\_\_

Other \_\_\_\_\_

Do you have a preference of time period?     morning     early afternoon     late afternoon

Is a two-hour period sufficient for your presentation?     yes     no, I'd really like 4 hours

other \_\_\_\_\_

Additional comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Send this form and a more detailed description of your workshop presentation to Alec Rubin, 247 West 72nd St., NYC 10023 before December 10th.**