

I.P.A. NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION, INC.

Winter 1982



Hello, Everybody

This is the second consecutive year I am greeting you as president of IPA. I feel honored and glad to be here! Perhaps a little heavy and worn, but ready for what's ahead—the work *and* the fun—the joy of working with good, real people.

Last year's events and conferences hit a peak of energy and excitement and a real warm flow among us, unequalled in any previous year in our existence—more activity, keener enthusiasm, greater participation. The year-end convention at Appel Farm was a breakthrough not only in numbers of people but in the level and spirit of spontaneity and feeling involvement of conferees and convention heads alike. The program committees for next year's conferences have already met (they're working together this year) with an eye and heart to make the '83 Annual Convention and Regional Conferences as good. And hopefully, with good planning, we can surpass our expectations!

I call for us all to find a way to be involved not only as conferees but as participants: create a workshop, join a committee, help lick stamps, spread the word, bring your friends to everything (conferences, get-togethers, workshops, etc.). Keep the emotional renaissance flowering! We need your sunshine, your rain, your joy and energy, as well as your tears, to make it grow, and to keep the IPA alive!

(cont'd on page 4)

1983 IPA Regional Conferences

Hi! Welcome to another **Winter Regional IPA Conference** in New York City.

The theme of this year's winter regional conference is Human Relationships. This is an area which includes all aspects of human relating, beginning with conception, going through birth, childhood, adulthood, old age, death and rebirth. Our first home and primal relationship was with(in) our mothers. The imprint of our early experiences with(in) her molded our responses to the world and to others in our environment. The fear of destruction, abandonment, and death started in the womb and culminated with birth, giving most of us a tenuous start in life.

Daniel Stern, M.D., a psychiatrist who specializes in research with infants and mothers, will be our Keynote Speaker on Saturday morning, January 22. Dan is the author of *The First Relationship*, which explores the subtle early interactions between mother and child and the effects on the newborn.

(cont'd on page 7)

The conference workshops will be both experiential and didactic. If you wish to present a workshop (or would like to suggest someone else to do so) please send a short (40- to 60-word) description of the topic and type of presentation to me, Gerald Baker. My address is 320 W. 83 St., Apt. #7D, New York, NY 10024. Please mark it Attention: NY Regional IPA.

Thanks,
Gerry Baker

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(212) 799-1847

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(215) 887-1471

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IPA Office

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IPA Newsletter

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 the IPA Office (address above), attention of the Publications Committee.

Calendar of Events

- January 9 7:00 to 10:00 p.m. Workshop seminar, *Who the Hell Am I: Exploring Dimensions of Identity*, led by Leigh Harris and Fred Zielke, at 853 Broadway, NYC, 7th floor, room 10. \$6.00, admission. For details, call Leigh at (212) 477-4272 or Fred at (212) 228-1929.
- January 22 9:30 a.m. to 6:00 p.m. **IPA Winter Regional Conference**, at 853 Broadway, NYC, 7th floor. Admission, \$50. (For more information, see article in this issue.)
- January 23 11:00 a.m. Executive Board meeting at Fred Zielke's office, 853 Broadway, NYC, 7th floor, room 10.
- February 20 7:00 to 10:00 p.m. Workshop seminar, *Selbstdarstellung*, led by Alec Rubin, at the Center for Feeling and Creativity, 247 W. 72 Street, NYC, (212) 799-1847. \$6.00, admission.
- March 13 7:00 to 10:00 p.m. Workshop seminar, *How the Unconscious Influences Our Choice of Relationships*, led by Larry King, at 853 Broadway, NYC, 7th floor, room 10. \$6.00, admission. For details, call Larry at (212) 580-3734.
- April 16 9:00 a.m. to 4:30 p.m. **IPA Spring Regional Conference** at the Sugarloaf Conference Center of Temple University, Germantown Ave. and Bells Mills Road, Philadelphia. (For more information, see article in this issue.)
- April 17 11:00 a.m. Executive Board meeting at home of Lance and Barbara Wright, 4028 Filbert, St., West Philadelphia, PA, (215) 386-4355
- August 31 to Sept. 5 **IPA Annual Convention**, at Appel Farm, N.J. (For more information, see article in this issue.)

Notice to Members

If you did not attend the Annual Convention in September, or if you have not mailed in your dues since August 1, you are *not* a member! Send your dues right now to IPA, c/o Loretta, Fogel, 7 Walt Lane, Wyncote, PA 19095.

Also, if you have moved during the past year and have not sent us your new address, you may not be getting your IPA mail. Drop us a postcard at the above address, and get on our computer mail list.



Publications Committee

Charles Ashbach, editor
Dan Miller, editor
Fred Zielke, editor
Lisa Novick, copyediting and
production

Reflections on IPA Summer '82

Ross Klahr, Convention Chairperson

IPA Summer '82 is with me still. As I listen to the Jacksons singing on the IPA party tapes, the memories and feelings come rushing back. I'm instantly transported to Appel Farm—the yellow and white tent, the expansive fields, the late summer sun, the huge full moon—and you. Thank you for our creation: a community experience and a work of art, a treasure of joy, a symphony of human experiences and relationships.

Our Evolving Sexuality: Living and Loving, proved to be a profound source of personal and interpersonal development. I congratulate the presenters in being faithful to the theme of sexuality. We were all exposed to different interpretations and manifestations of sexuality that extend beyond our bedrooms. I applaud all who attended for their courage to share their sexual identity in their own ways.

It would be impossible for me to highlight all the outstanding moments of the convention. More than anything else, the convention was a loving experience that permitted the individual to be himself/herself without judgment, to be intimate, to belong to a group, to transcend the physical. The convention could not encompass the entire vast knowledge of sexuality, but acted as a stimulus to heighten our awareness about the complexity of sexuality. We will each continue this exploration throughout our lives.

New Elections

For the first time in IPA history, someone was re-elected president! We congratulate Alec Rubin, and wish him an exciting and productive year in his second term as president. Loretta Fogel is our new secretary-treasurer. Gerald Baker will chair the New York Regional Conference, Lance Wright the Philadelphia Regional Conference; Larry Schumer and Jean Karasek are co-chairpersons for the Annual Convention. Fred Zielke, Dan Miller, Charles Ashbach, and Lisa Novick will continue in IPA publications. Members of the board of directors will also include Steve Austill, Arnold Buchheimer, Quentin Calvert, Harriet Geller, Jean Getoff, Diane Grimes, Larry King, Ross Klahr, Nicole Neiman, Gro Robinson, and Art Sichel.



Report from Detroit

Quentin Calvert

Barbara Valassis and her staff at the Primal Integration Center of Michigan send their regards and are pleased to report that despite severely depressed economic conditions, their groups, marathons, and workshops are well attended.

In addition to twice-weekly primal groups, Barbara, Jens Wennberg, and Nancy Miller (of the Center for the Whole Person, Ithaca, NY) will be facilitating a weekend marathon in January. We are also providing a variety of one-day experiential workshops in the areas of women's growth, sexual issues, psychosynthesis, transpersonal issues, and the primal process.

Also in the planning stage is a therapist training program, to teach the primal process. We'll stay in touch as more develops.

News from Boston

Steve Austill

The primal movement in Boston is represented primarily by the *The Study Group*, which consists of Yvonne Parma, Iren Rothenberger, Marshall Zidell, Steve Austill, Lucille Tucci, and Hal Geddes. *The Study Group* meets weekly for 2 to 3 hours and considers case studies, feelings, theory, business issues, and anything else that might come up. Our group was started in 1974 by former therapist Elliot Gabriel as a "leaderless group" and has a long history of trials, tribulations, and successes.

For the past year or so we have concentrated on writing a brochure. This job has forced all of us to focus and clarify what we actually think, do, and believe. This process has been very helpful and brought us all much closer together. At present there is a con-

From Loretta Fogel

Dear IPA Members

I want to take this opportunity to thank the membership for the overwhelming vote of confidence in electing me once again, as Secretary-Treasurer of the IPA.

This year's conference was really incredible for me. It once again served as a measuring stick to show my personal growth and, also, the growth of our organization. We've both grown a lot.

We have two paid secretaries this year; in New York we have Brad Robinson and in the Philadelphia office we have Cecilia Sandali. Our main office is located at 7 Walt Lane, Wyncote, PA 19095; our phone number there is (215) 887-1471. I'd like to hear from you this year.

See you at the New York Regional Conference.

(cont'd on page 10)

About the IPA Journal

In case you have not yet received your copy of the first issue of our journal, *Aesthema*, here's a peek at the Table of Contents:

Why Another Journal?	The Editors
Split in Psychotherapy	Herman Weiner, Ph.D.
The Pursuit of Pain, Violence and Pleasure	Dan Miller
Methods For Reliving Primal Experiences	David Freundlich, M.D.
A Critique of Janovian Primal Therapy	Tom R. VERNY, M.D.
Feelings, Defenses and Regression in Primal Therapy	Barney C. Brewton, Ph.D.

The next issue of *Aesthema* will focus on the Therapist-Patient Relationship in Deep-Feeling Therapies. Members are encouraged to submit either relevant articles or a one-page outline or abstract of a proposed article to the IPA office.

Hello Everybody (Cont'd from page 1)

I've had some great feedback on the journal, *Aesthema*. Especially gratifying have been the comments from the professional and scientific communities. These are the elements we particularly wanted to touch, and touch them we have! With the first publication of *Aesthema*, we have, on the whole, succeeded in what we set out to do—to create an organ which would reach out to fellow mental health workers inside and outside the primal community, and to share our thoughts and ideologies in a common language. Congratulations and hugs to the editors and authors. Good luck on the next issue!

Coming up now we have what looks like a very active and rewarding year ahead—with workshop-get-togethers and all-day workshops planned. The latter is a new flower in our garden and is designed to help keep the IPA in the black—the cost of the workshops will be shared by the IPA and the leader. Then there is the New York Regional Conference, with *Relationships* as its theme (which I feel is a powerful and relevant subject for a feeling community like ours to explore). The Annual Convention theme will be on dimensions of the human spirit and its relation to consciousness. Wow! The committee is still forging that one—and the discussion of it at the board meeting was hot, heavy, very exciting, and illuminating. It brought up a lot of feelings in the 24 people attending!

So the new year has started with a fiery bang and a bright song. I can hear the melody—which started at the last (I think our most beautiful and most successful) convention. The spirit continues, and the lyrics are:

Reach out now
Don't be afraid
I only want what you want.

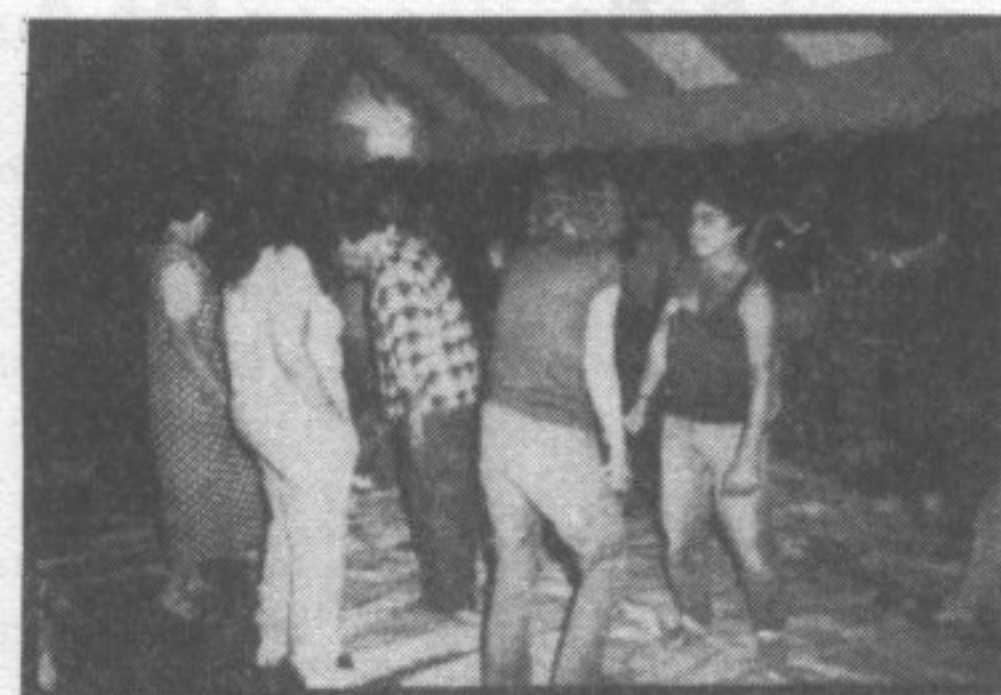
If you're afraid
Just *be* afraid and tell me
what you're scared of.

Can there be two of us?
Let's make it easier
Let's look at each other
to start with.

My hand is extended
My eyes look to you
I'm scared, but, I breathe—
and I open.

I hope *you* can hear the melody—
(your own!).

Love,
Alec



Editorial

This issue celebrates the unqualified success of the Annual Convention held at Appel Farm, and looks forward to the year of change that confronts the IPA and its members.

We are a small organization, with only 150 active members, and about another 150 who are "semi-associated." Even though our numbers are not large, the spirit and impetus for the organization are based upon a profound dynamic: the power of the deep and hidden "true" self. We call ourselves the International Primal Association; hopefully the "primal" in the name will act as a lens to focus the energy of those interested in the process of transformation achieved through feeling therapy.

We seek to define ourselves ever more clearly. The proposed "statement of purpose" is one example of that energy. We're reaching out, by means of our journal, *Aesthema*, to communicate our ideas to wider segments of the helping disciplines. We want to establish ourselves as a medium to investigate and share a vision of the person that includes a respect for feelings and their expression, a belief in the creative potential of the self, and a sense of common purpose on the way.

If you are a member, reach out and bring in one or two others as members. Enroll some friends as a gift; it's only \$15. Think about placing a copy of *Aesthema* in a library, therapy center, university setting, or growth organization. If you're not presently a member, come back. There is so much that is about to occur. Join us, write to us, tell us where you are with deep-feeling therapy and theory. The road is open ahead of us.

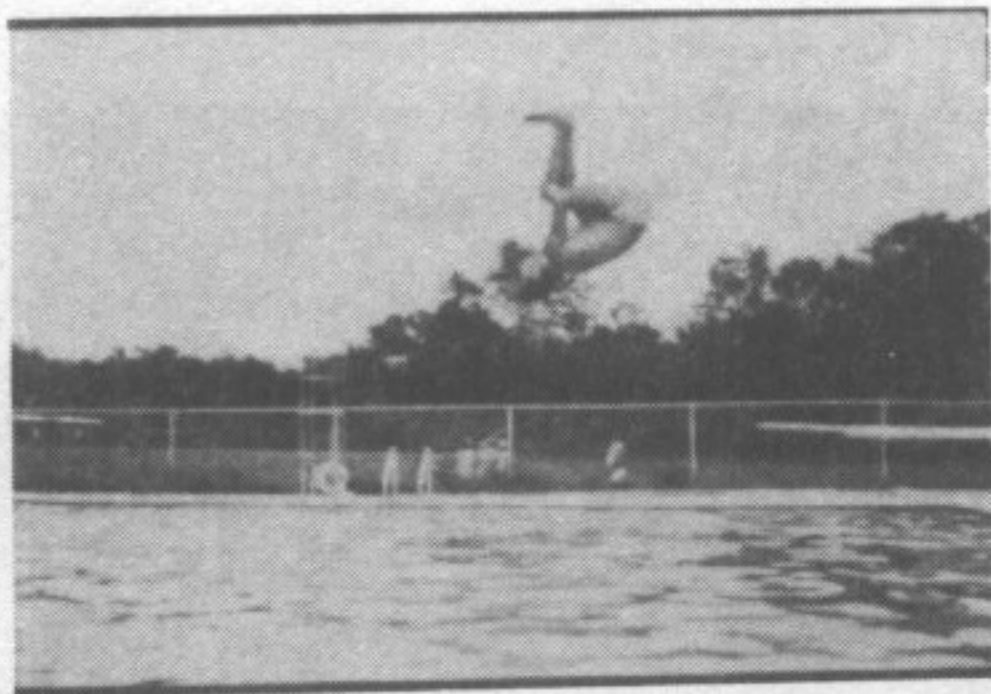
Summer Convention— 1982 to 1983: Making the Transition

Though those sunny days of the 1982 summer convention have passed, the spirit lingers. Indeed, many of the people I talk with relish the memory of that week and are still "high" from the experience. Thanks Ross—you put together a first-class convention, one that will be talked about for a long time to come.

But as 1982 fades into history, 1983 rapidly approaches. To get a jump on things, Jean Karasek and I have already begun planning for next summer.

"Dimensions of Our Human Spirit"

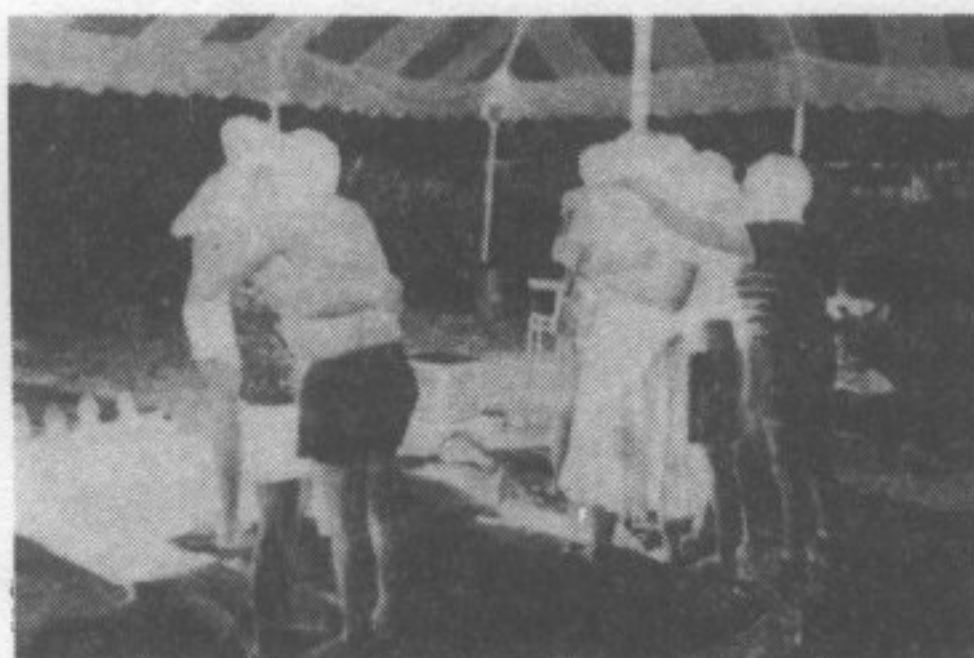
As we experience our primal feelings, we often discover elements of ourselves that complement our emotional and intellectual being. Whether we choose to call it spiritual, transpersonal, religious, or the collective unconscious, there is a heightened awareness we experience that transcends our everyday level of consciousness. Our human spirit translates this experience into as many forms as there are people. It is this diversity of expression that *Dimensions of Our Human Spirit* will help us explore and share next summer at Appel Farm.



Interview with Jean Karasek about the upcoming '83 Convention

DM: How was the 1982 Convention for you, Jean?

Jean: I've been here for seven years and this is the finest year. I've participated more in workshops. I've had so much fun at the parties. I think they're even more important than the workshops, because you have a chance to get together and socialize and really find out what people are like. I am so pleased to be on the Board of Directors, to help sculpt what is going to happen next summer. We're going to have a far out convention, better, fuller than ever, and it will depend on each and every participant.



We need a lot of input from people. I've already gotten some suggestions and I intend to have people work with me on this as much as possible. I want to be sure that each of the parties is given special attention as far as making arrangements is concerned. We've done very well so far. I don't want a whole lot of structure. I think that what we have done already has been very well set up because we have had a lot of freedom.

DM: What kind of specific help do you think you'll be needing from the other participants?

Jean: Well, I'm going to try to get a person to arrange each event. I'd like to have a bacchanal, for instance, with fruit, and to have people crush grapes and fruit and make Sangria, either with hands or feet—I don't care. Our opening night could be very full. I wasn't here this year for opening, so I don't know what we did, but it doesn't really matter. I'd like to make a little special

thing, contacting Mr. and Mrs. Appel in advance to let them know what we would like to do so that everything is available.

DM: We're having fun and now you are planning a bacchanal for next year. How does that fit in with your idea of a primal association which is supposed to be clearing up pain and dealing with pain? How do you feel about that?

Jean: First let me preface by saying that during the convention I don't primal because I am so full of what is happening now, right here and now. It takes me about a day and a half to settle in and cry. The pain I experience from day to day in my regular life, everyday, is very high and it takes those couple of days to cry out that pain and really get in with the peace and the beauty of the people who are here. I think the people here are very special people and I find the whole situation very, very special. The partying is part and parcel of the whole thing. I think that to learn to have pleasure is part of our pain.

DM: Would you say that having pleasure is the end result of clearing out the pain? That then your energy is available?

Jean: Oh yes, it is available for pleasant things. It's been witnessed over and over again by people I know in my therapy. I'm far from the end.

DM: You could say then that having pleasure, as intensely as having pain, during the primaling, is a legitimate and important part of our work and of our way of being.

Jean: And to make what we are doing a pleasurable experience in any respect—any kind of work, any kind of job. There's no reason we can't treat people in such a way that we could get back in day-to-day relationships as much as we get here.



Dear *Newsletter*,

I am pleased that the Convention Committee for '83 is considering *Human Spirit* as the focus of our next Annual Convention. Exploring our sexuality, by its very nature, connects us with others—lovers, friends, family. It also connects us with the sexuality in nature and creation. These relationships form the foundation of our spirituality, our individual connection with others and the universe. We have all had spiritual experiences in our primal therapy regardless of our definition of human spirit or soul. We are sexual beings. We are spiritual beings. We are primal beings. We are free to explore and define all our human aspects to their fullest in an atmosphere of love and honesty. The IPA is an amazing, exciting community devoted to living and loving with our entire being. Thanks, IPA, for being you!

Love, Ross Klahr

Dear Loretta,

Once again, Loretta, I want to tell you how much the staff of Appel Farm enjoyed having you all here. All those dynamic personalities gathered here gave this place the most color and excitement we've seen since summer camp. And you know, no one else appreciates our food like the IPA does. I admire your taste.

Tell Ross and Larry that I say "Hello." Best wishes for your continued growth. Here's hoping I'll be here to see you next year.

Most fondly,

Rusanne Bucci

Acting Conference Center Director
Appel Farm Arts & Music Center

From Charles Ashbach

It would be a sad irony if the Annual Convention, with its theme of sexuality, was allowed to pass without a specific reference to Bill Swartley.

Bill was a pioneer who challenged the conventional wisdom concerning the way people grow and change. Central to his path was a relentless emphasis (some have said "obsession") on the place and the role of sexuality (desire, fantasy, conflict, expression, release). In his way he was much like the psychotherapeutic "outlaws" who preceded him: Freud, Ferenczi, and Reich. Each in his way sought the release of the power of the sexual self.

In memory of Bill, as one of the founders of the IPA, and as a prime source of energy and inspiration for so many of us currently in the IPA, and by way of connecting his genius and gifts with the convention, this member fondly says, "Bill, we still remember, appreciate, and revere you."



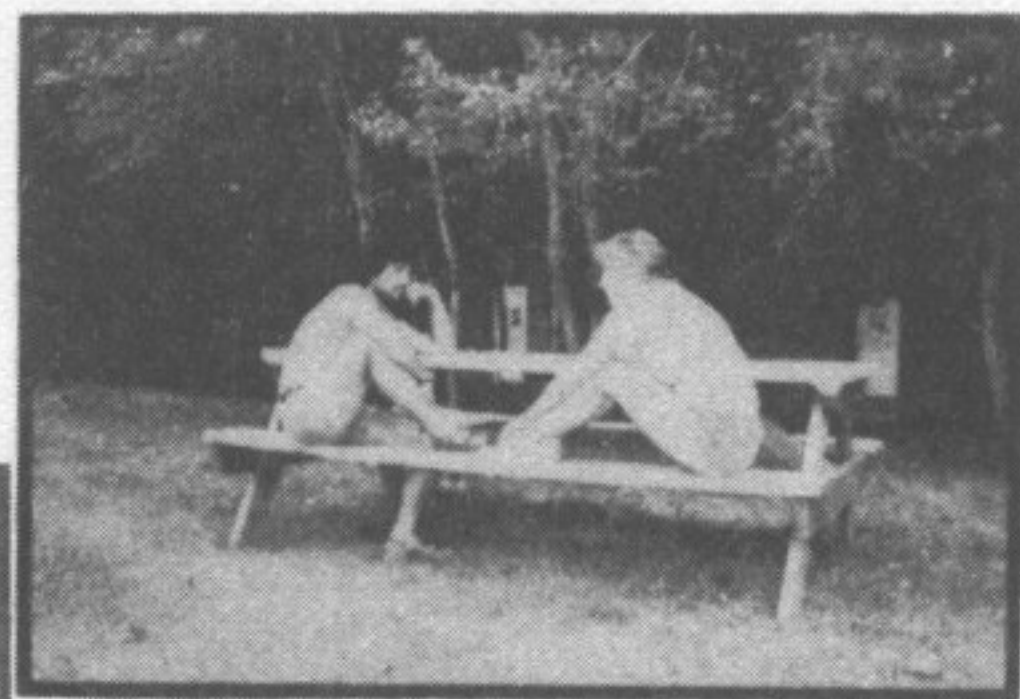
Dear *Newsletter*,

Three cheers for *Aesthema*! The editors, authors, and IPA as a whole have reason to be proud. I was impressed by the dignified, professional tone of the journal, and by the point occasionally made (beginning with the opening editorial) that primal therapy does not represent this year's One True Path to mankind's salvation. Traditional therapists, students, and other lay readers are all likely to respond well to the journal's fresh spirit and open-mindedness. It may be a surprise to some people outside the primal community to behold so many Ph.D.'s and M.D.'s among the authors—perhaps primal therapy is "OK" and worth learning about after all?

The articles in this first issue are articulately and, in places, pithily written. The editing is excellent. To pick just one article, David Freundlich's contribution can convey to the outside community a sense of what does, and what does not, go on in a therapy session, and may help to demystify a therapeutic process that has sometimes been regarded as faddish. If the first issue is an indication, our new journal should be effective both in spreading understanding of primal therapy and in helping the IPA achieve the professional legitimacy it deserves.

Mitch Weiss

[Dr. Weiss is a specialist in zoological research at a major East Coast university and a new member of the IPA.]



Rough Draft of "Statement of Purpose"

Charles Ashbach

Dear Friends,

I wrote the "Statement of Purpose" that follows in response to a request from Ross Klahr for a brochure to send out to interested parties when seeking to promote the IPA.

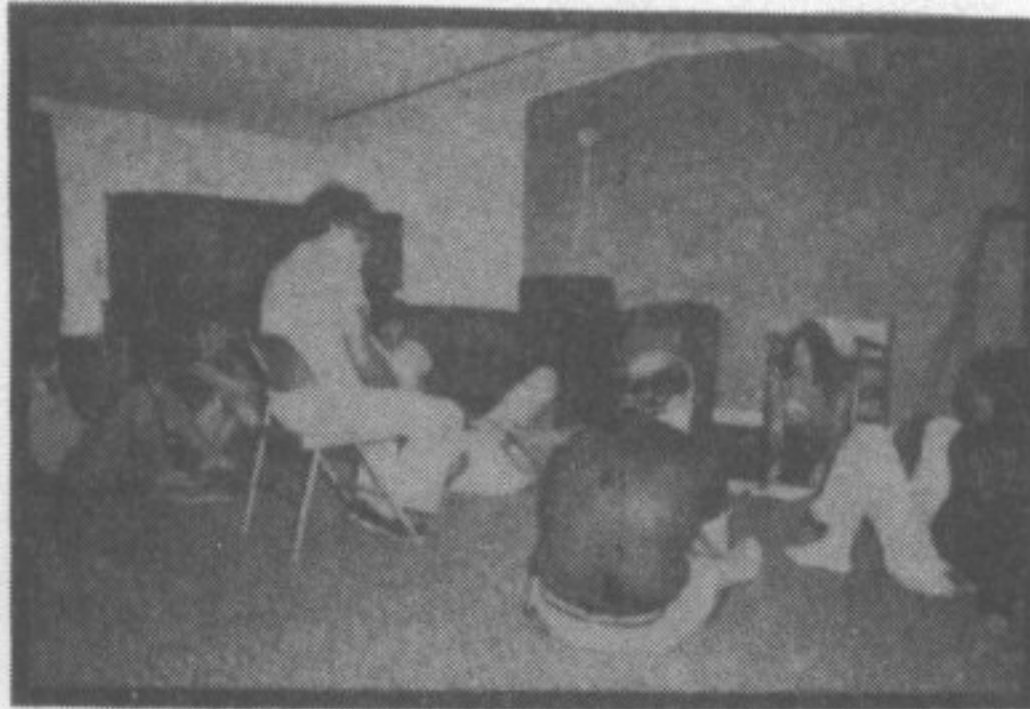
Please keep in mind that this is *ONLY A ROUGH DRAFT!* We are including it in the *Newsletter* so that the entire membership may comment on it, discuss it, give feedback. Please, take advantage of this opportunity to define *your* organization. What are your feelings, thoughts, impressions, suggestions, etc. about the statement? Please send responses to Charles Ashbach, 8103 Flourtown Ave., Wyndmoor, PA 19118.

Statement of Purpose (for proposed IPA brochure):

The International Primal Association (IPA) is an amalgamation of individuals interested in exploring and advancing the possibilities implicit in new forms of psychotherapy and social living. The name of the organization implies a respect for, and appreciation of, the pioneering work of Arthur Janov, and concepts and ideals presented by him in *The Primal Scream* and other writings. The IPA, however, is *not* affiliated, in any way, with Arthur Janov, the Primal Institute, or its members or affiliates. The IPA does not offer Janovian Primal Therapy.

Rather, the IPA is a forum for those forms of therapy and growth which emphasize: a) the deep experience of the self; b) the expression of emotions; c) the nurturance and encouragement of creativity; d) the exploration of the uncharted realms of the psyche; and e) the development of forms of community and social cooperation appropriate to the changing world of Western culture.

The IPA includes professionals and lay persons from a variety of backgrounds and contexts: educators, psychologists, psychiatrists, musicians, dancers, social workers, nurses,



physicians, researchers, and academicians are included in the rolls of IPA membership. The organization fosters such a rich diversity in the membership as a way to "breathe" life and creativity into its pursuit of understanding. Further, the organization recognizes the need for "fun" and socialization of those "sharing the path," and social events and activities are an important component of all organizational functions.

Theoretical perspectives are diverse; art therapy, bioenergetics, chaotic meditation, gestalt, hypnosis, massage, movement therapy, nutritional approaches, psychoanalytic approaches, psychosynthesis, psychodrama, theatre, and transactional analysis (TA) are just some approaches used in the integration of deep feeling therapy with existing therapeutic orientation. Childbirth practices (LeBoyer) and the role of birth and bonding for individual and social health are other interests of the IPA.

The organization sponsors a broad range of activities, including conferences, workshops, training programs, supervision, presentations, a speaker's bureau, and social events. A quarterly newsletter keeps members informed of related happenings, and a semi-annual journal (*Aesthema*) is published to explore theory and practice of affectively oriented psychotherapy. A referral list of subscribing professionals is available to the membership.

Membership entitles individuals to a free subscription to the *Newsletter* and the journal, *Aesthema*; discounted admission to various IPA events; and a common bond with seekers and kindred spirits who are interested in advancing the cause of integrating heart and mind, in a richer and more diverse, deeply felt experience.

Regional Conferences

(cont'd from page 1)

The Spring IPA Regional Conference will be held in Philadelphia, on Saturday, April 16, 1983. The conference title is *Aggression in Relationships: The Catalyst of Love*. The conference will take place from 9:00 a.m. to 4:30 p.m. The fee is \$50 and includes workshops, lunch, coffee breaks, literature and handouts.

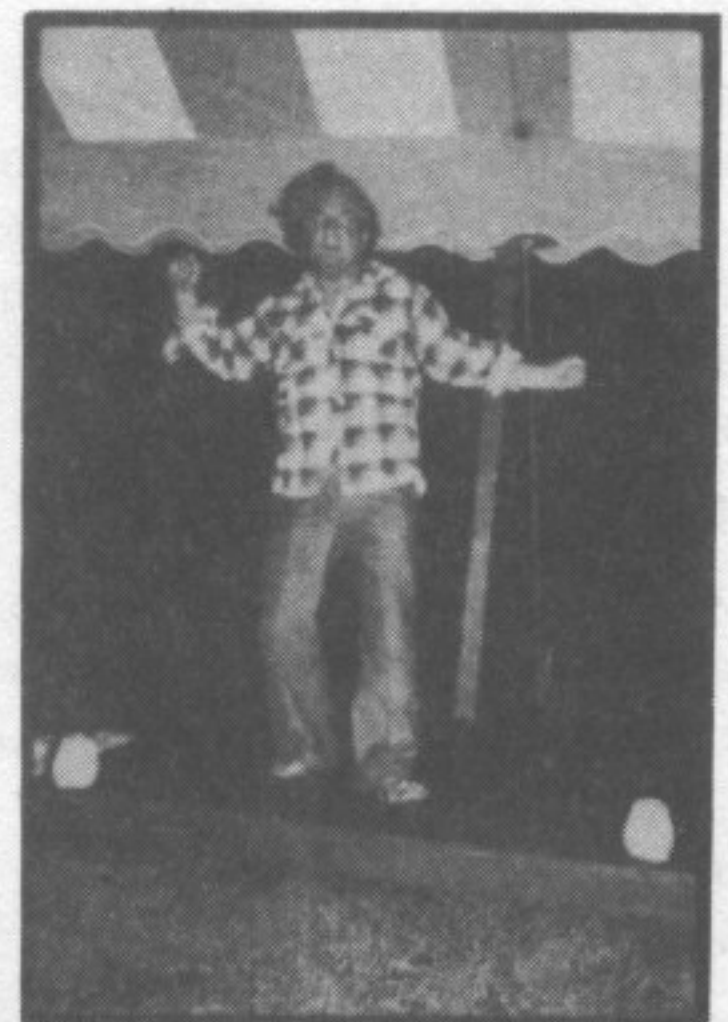
The conference will be organized around an initial panel presentation in the morning, followed by opportunities to explore specific issues, theoretical and practical, in the afternoon workshops. There will be adequate time for all in attendance to share thoughts and feelings.

Location: Sugarloaf Conference Center of Temple University, Germantown Ave. and Bells Mill Rd., Philadelphia, PA.

The Conference Center is set on a beautiful estate and opportunities for outside workshops exist. The location is very conducive to relaxation and sharing.

Transportation: Sugarloaf can be reached by public transportation, via direct train from 30th Street Station. Some lodgings are available, but you must contact Loretta Fogel well in advance (at the IPA office).

Those interested in presenting workshops or in participating should send proposals or ideas to Lance Wright, M.D., 4028 Filbert St., Philadelphia, PA 19104.



Interviews With Alec Rubin

Interviewee: Nena Hardie, therapist, Toronto

AR: How are you feeling about the convention and the workshop you just attended?

NH: That was Charles Ashbach's. As a therapist I'm really interested in discussing the kinds of real issues that come up with a client—more than the theoretical, analytical, and intellectual points of view.

The other workshop I enjoyed was Barbara Valassis's, where she did a case presentation. For me the two things I wanted out of the IPA this year were either that kind of professional intensity—discussion, hashing things over—or lying by the pool. The experiential stuff I feel I'm beyond; I'm not interested in working on any of my own personal therapeutic material. I wish there was a tiny bit more balance between the theoretical presentations and the experiential ones—it seems most of the presentations are experiential. I would like more theoretical ones.

AR: Do you think you might contribute something in next year's convention?

NH: I would like to be able to. That for me would be very exciting, to come up with some project and discuss it with other therapists, and get feedback.

Interviewee: John Ashback (with Nena)

AR: How about you?

JA: I fall along the same lines as she [Nena] does. I went to the same two workshops and feel Robert's was the first workshop that wasn't so superficial; it was on a real intellectual level. Again, I feel you either have to go one way or the other—either be intellectually stimulated or get into what's underneath all the superficial stuff.

AR: Can you say what?

JA: At the psychodrama workshop, the leader worked with a lot of people with whom it could have gone a lot further in depth. She needed too much structure and was short on time.

AR: She presented it as a kind of brief training orientation, but she fell

somewhere in between. I think what you're saying is that she should have gone one way or the other [didactic, or deeper experientially].

JA: Exactly.

AR: Did you need more orientation on psychodrama, to appreciate what it was about?

JA: I probably would need more. Overall, being here, I think it's just a nourishment from people, a great openness, giving myself a real treat. I'm definitely glad I came. I think the workshops could deal more with feeling states. It can't be a hit-and-miss thing. I also think you can get into big trouble on the sexual end because it brings up so much shit. I think at this whole convention we've all been afraid. I think there's a lot of fear in dealing with it; the whole theme of sexuality has really straightened people out, so to speak. They've kind of gotten structured and they're just not getting underneath it. I can sense it.



AR: Can you think of ways we could circumvent the tension and the fear and get into some of those issues?

JA: It would have to be directed and talked about without pretense, and I don't know if you could do it with this large a group in such a short period of time. You could if you took the time and broke it open in an extended workshop.

Interviewees: Tom Lembcke and Stephanie Cassergrant

AR: How are you feeling about the convention?

TL: It's going too fast, flying by, and I don't want it to end yet. I'm having a good time and enjoying it; relaxed, feeling at peace, comfortable.

AR: Do you like Appel Farm?

SC: This is beautiful. I love it here.

AR: Is there a particular workshop that was meaningful to you, or one in which you didn't get what you needed?

SC: The only ones I haven't gotten what I needed from were my doing. It's hard to jump in sometimes. The two I went to yesterday—John's and Nancy's—they were very good. There were a lot of ideas and a lot of feelings that everybody was having.

AR: Could you have something there for yourself?

SC: Yes.

AR: Would you say that it had something to do with being indoors or outdoors, or the group leader, or the people, or you own feelings?

SC: The people, but I liked the leaders, too. I liked the way they kept it going and I particularly liked the way Nancy got things going.

AR: How about you, Tom?

TL: I enjoyed it. I didn't work real deep experientially, but it was a good chance to relax and get away from the pressure of home. I got some connections that are important, which I'll work on later, and I've learned some things that will help me as a therapist and some things that will help me as a person. I'm generally happy with the way I've been relating. I feel I've been more open myself this year and that's important.

AR: Do you think the convention itself, the site, the people, it being the 10th year of the IPA, have anything to do with your being able to be more open?

TL: These conferences have always facilitated my feeling comfortable, even when I wasn't open.

AR: Do you feel that the convention this year is different from other years?

TL: I'm experiencing it as being more relaxed. The whole thing is just kind of flowing along, and I'm really appreciating that. I think it was well planned, well prepared, a good location, everything is going nicely.

(Cont'd next page)

SC: I was thinking that the one thing I got a lot out of was Larry's body-movement workshop. I think the most I got here was from that. When everybody started I became aware that it wasn't *nudity* that really was the issue, it's getting down to where people see *any* part of my body. It doesn't have to be total nudity. That was very revealing of my history, my life, and I didn't necessarily want to share that with strangers. I felt that that was an intimate thing.

AR: You mean you came up against your own impasse in meeting people and the nudity element was not *the* important thing. Is that what you're saying?

SC: I feel that since I was very heavy and I have lost a lot of weight and my body shows the ravages of that, that it is like putting my history out on display—and I don't want to do that.

Interviewees: Gail Clark and Art Sichel.

AS: This convention hasn't felt as heavy as a couple of them in the last few years, but it's been just wonderful. Every year there is a slightly different feel to it and this has had a lighter feel. There's a good feeling going back and forth between people. People are having fun, getting into their normal shit, but it doesn't feel so heavy. It feels very bubbly.

AR: Have you been to any workshops that have given you something very special or given you a sense of where you could grow in your own person?

AS: Yeah, but not out there. In here (taps head).

AR: Can you name names?

AS: The one that comes to mind is the pelvis workshop with Lydia, because it was a concrete thing that she gave and we got. The discussions are a little different, I haven't sunk into something as much with them. The chance was there. I just didn't do it.

AR: Do you know why?

AS: For my internal space, settling in to do that, my internal time wasn't there. I spoke in Charlie's workshop. I thought his workshop was wonderful because it gave everybody a chance to become more aware of that in their

own particular way. They could each have their own style of becoming more aware. It wasn't like "notice this point" and then "notice this point." It was: "here's a process, and how are you reacting to it?" Everybody had reactions and all the reactions stimulated other people's reactions and we all had a chance to heighten our awareness, however we could plug in.

AR: How about you Gail, any particular workshop?

GC: Charlie's workshop I found interesting and I found that I'll be able to use the information. What happened to me is that I fell into my own hole and couldn't be there in a whole way. I was feeling very inadequate, very unprepared.

AR: What brought that up?

GC: It's something that I haven't worked through. I sat there just *listening* to them—and I hate that feeling.

AS: I was feeling that, too.

GC: It brought up for me that I don't know, or *think* I don't know. Afterwards I was talking to Larry Gauchman and I realized I know things, but I *forget* that I do. What I did like was that they made an effort to integrate a conscious awareness on the part of the therapists and then to share that with the client.

AR: Are you saying that you would have liked him to go a little further with connecting the feelings and the didactic?

GC: Sure. Largely we get stuck in the feeling. So this is a little bit on the other end, and that's OK.

AS: Another one to mention is Steve Austill's. Something good happens there. We all wind up with the shitty feelings that we may have had because of all the pressures on sports, and they really relate back to us in our bodies and in how we use our bodies in a group of people, and how we perform, and something good happens. Competition is there, yet it always seems like everybody feels good about themselves and about what they're doing.

AR: When you get physical you get very unpredictable and spontaneous. Sitting on your chair thinking about what you do or have done is like second-hand thinking and has its

value. But when you're out there playing, all your feelings are right there. I think that's a great idea, to have that kind of total physical structure happening here.

GC: Oh—breakfast is too early, and not long enough.

AS: It winds up being late nights and early mornings.

GC: The late nights are great, though

Interviewees: Libby Rice and Eric Weiner. (She is massaging him on the grass.)

AR: Can you just respond to what's around you, how you feel about the convention this year? This is which year for you?

LR: This is my second. Last year I felt like I wanted to participate, but it was my first convention, and I was laid back. This year, in some ways it's been harder, because sexuality is a really hard issue in my life, but I've been able to be a lot more open with it. I worked



a little; my therapist is here and that's different. I was sharing a cabin with her and working with her and playing with her. There have been a lot of peaks and lows. Right now I feel really good. It's good to share this with Eric. It's enlightening for me because he was doing something that was hard for him, and it was good for him, but his muscles tensed up and he had to trust my hands—they have their own kind of healing in them.

AR: How are you experiencing the convention?

EW: It's interesting. This is the second annual convention I've been to. I went to one two years ago, and I was at the Regional Conference as a workshop presenter. The last one I went to,

Interviews with Alec Rubin *(cont'd from page 9)*

in the first moments, I felt, "who are these people?" and was somewhat frightened and alienated. By the end of the weekend I had been through so many intense, deeply moving things with people that there was just so much love and such a sense of community. That was very moving and that's why I came back this year. This year it's been very enjoyable, but less intense. I suspect part of it is that we're all fighting the sexuality and that's been reflected in the way workshops have been structured and the way they've been run. It's been much more low-key for me, maybe a little too low-key. There have been some high points for me such as being on stage the other night, that's something I have wanted to do before. I thought it would be frightening, but in fact it wasn't; I really enjoyed it. This morning's workshop was a similar case, where I supported myself to come forward and get up there and face the music and I wound up going through a very enjoyable experience. Now you can't get me off the stage! I wanted Charlie to leave so I could take over the workshop, tell jokes, pontificate!

LR: I felt good that I expressed myself in Florine's workshop. Last year her workshop was the most incredible for me, so I was really looking forward to it this year. This workshop I didn't have to say anything, I could cry, people were there, and it was beautiful.

EW: Another thing—at the convention there are so many things going on and so many nice people to be with and so much to do that you start feeling like you're at an overabundant candy store and you don't know where to go first. I felt: "should I be over there making music?" or "what's happening with the theatre?" or "the pool looks like fun."

LR: Your workshop was fantastic, because of who I ended up with.

AR: Not because of *you*, Alec!

LR: No, last year I was very intimidated by you and went through periods of feeling angry at you, and this year I just think you're terrific.

AR: What is your overall impression of this year's convention?

LR: I saw tremendous changes in people. There is more serenity, and just a lovely atmosphere, a real rapport; I enjoyed it tremendously. I have a feeling that the setting and the kind of thing that happened was because the whole organization is going through some really lovely changes.

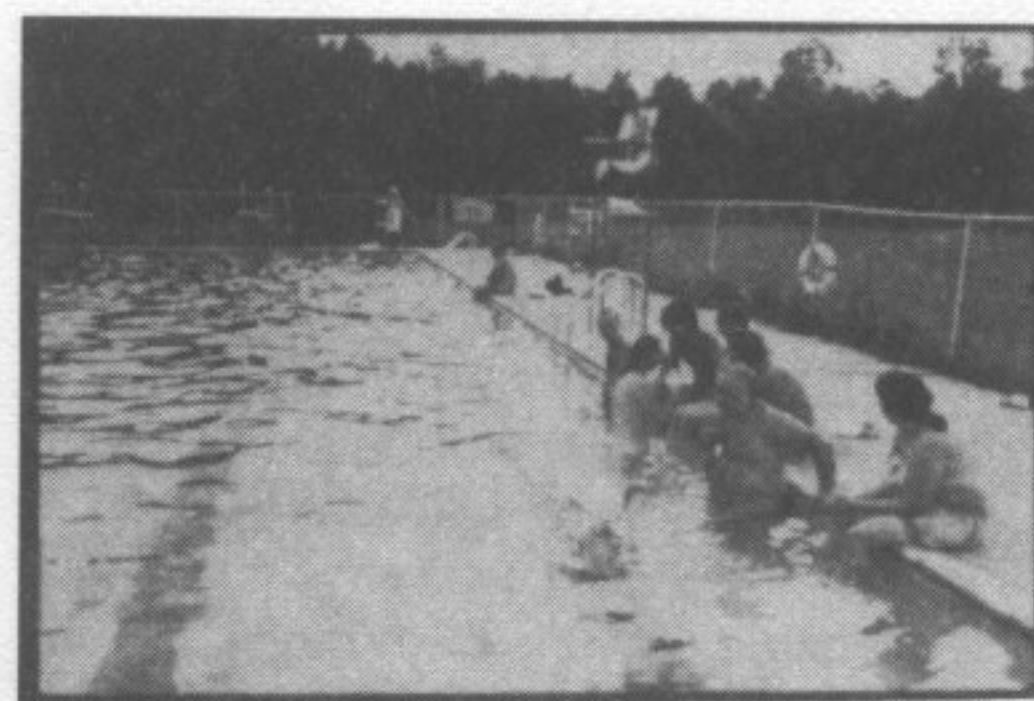
From Barbara Valassis and others from Michigan

Cecelia Katanick—The convention is an excellent barometer, a measuring tool of one's self-growth from one year to the next.

Cynthia Robinson—Would like Bart's workshop on herbal remedies and massage to be scheduled next year. There was a lot of interest but the time wasn't set up.

Others—Would like coffee and tea, etc., provided between meals. Workshop leaders need to follow their workshop descriptions more closely. Several times we were disappointed and let down. If a workshop is going to be basically a primal group, say so. Would like longer pool hours (and warmer water!). Is there some way workshop leaders can communicate with each other to prevent the same person from monopolizing group after group? Request a bigger emblem on the tee-shirts, and a polyester-and-cotton blend. The organization of the convention was superb. The packets were really neat, and the buttons! Larry Schumer's loose-ends group on Monday was a terrific idea. We hope it will be a tradition like Larry King's uncovering one.

Barbara Valassis—These are some of the thoughts and ideas we all came up with. Some are definitely tongue-in-cheek. All in all, it was a beautiful convention and we all grew from the experience. Keep up all the good work!



sensus that "priming" is a crucial and significant part of the whole healing process. We realize that many persons do not have sufficient access to their feelings and other treatment modalities are appropriate until persons are ready for deeper primal work.

As a group we have put a display ad in the Boston Yellow Pages. In the ad we call ourselves *Primal Therapy Associates of New England*. If any of you are in Boston, please call us up and come for a visit. Jean Getoff came to *The Study Group* a couple of times last year and added her spirit to ours for a very happy time together. In September a marvelous series of one-act plays was performed by Yvonne Parma in "Anesthesia," Iren Rothenberger in "Sweet Sweet Orange," and Samuel Muri in "Dream Boy's Death." Some people came up from New York to see the show, including Alec Rubin, who gave a fine workshop the next day. These plays were also performed in Zurich, Switzerland in September and were very well received there.

Iren conducts a weekly "primal club" which has helped many people integrate their primal process and interpersonal relationships. Yvonne is planning to begin a training group in the near future and possibly a *Study Group II*. I'm having a lot of fun experimenting with a TV show for local cable TV. In the meantime important work is continuing in the private primal sessions and the lives of each one of us.

I had a great time at the Annual Convention. Congratulations to all those who worked so hard to make it such a fine experience. Love to all you friends out there.

Interviews with Dan Miller

DM: How do you feel about the convention?

Bob: It was great, a completely relaxing weekend. I got in touch with a little bit of stuff. I didn't do any work, but I didn't plan to. It was just a beautiful week; everything was nice, no problems.

DM: What was the highlight of it for you?

Bob: Just the relaxation and getting away from everything.

AN: My name is Alice Nayer. This is the third convention I have been to. The facilities here are marvelous compared with any places I have been before. The workshops have been good. I've gotten a lot out of it this time and I'll be back again.

DM: What's the highlight of it for you?

AN: I feel much more open. Two of my clients came to this convention and they have had a good time too. It was very good for me to see them interacting with other people and my doing it made me feel that I was much more human.

DM: Can you tell me about your experience at the convention?

Bruno: I felt the convention needed more experimental things. I would have liked to participate more—maybe by primaling. Other than that, I thought the food was great. I had a lot of fun. I swam and I danced. I just loved it. It was really great. It was like a vacation for me, a mini-vacation. It felt good to see all the people I know from primal therapy and I felt touched by just being near them, by having people who are into their feelings around me. What else can I say?

DM: What was the highlight of the whole thing for you?

Bruno: There were several highlights. Just hearing other people's experiences and seeing them getting into their feelings was a highlight for me. When I was moved by their stuff it got me into my own feelings; I had several. In one group I was really into something trivial—what would seem trivial—but it tripped me right into something and I just started crying. I

was in the voice workshop and someone said that they felt like they were disconnected and not part of their voice and they couldn't have their voice. I know how that feels because I have a lot of problems talking. I felt myself right there and my own pain. That's what I thought was the valuable part about this meeting.

Barry: My experience was a good one. I was here just for the weekend and the time has felt more like a week than only three days because there has been so much activity that just covers everything. I didn't do a whole lot of workshops, but the ones I went to were great because they got me involved with my feelings and fears, like in the voice workshop with Nicole. I'm grateful that the weather was nice; poor weather can really put a damper on things. The food was really excellent. I hope that we come back here next year.

Chuck: My expectations were that it was going to be almost a bible-thumping-type meeting, people screaming. Everyone was just very serious and into screaming. I got the impression there would be no alcoholic beverages or anything like that, that it was just a very straight-laced type of thing. I wanted to come down here for just a vacation. I wanted to go outside and relax, but it turned out to be something different. The primal experience was something nice. I got in touch with feelings, which was a goal I had, and it was strange how this goal that I have been looking for for a long time now was answered by coming here.



I got a lot of ideas and a lot of information from the various workshops and from talking to the various people, the clients and the therapists here—away from the workshops. It was a great learning experience. I took a few notes here and there so I could go over it and imagine it all happening again.

DM: You said something about alcohol, what was it about?

Chuck: Once in a while people like to go and party and I just thought this was going to be almost religious. The intensity of people's convictions for primal are almost like going to school, a religious school or something.

DM: A school in which primal was the religion preached and practiced. What did you actually find?

Chuck: I found people, just people, everyday people, more in contact with their feelings and a circle of trust and support that you felt. You just felt a circle of everybody being there.

DM: How do you feel about the partying that went on around here?

Chuck: It was good.

DM: Do you feel that is a part of what should happen in primal?

Chuck: I don't know too much about that. It just happens. A lot of things happened out there that were just spontaneous, just off the wall, people going around in a circle, dancing around and going crazy, heavy into their own dance and songs around the campfire. It was very beautiful.

Sue: I don't want to leave. It was a lovely experience, everybody so into freedom, to do your own thing, with so much support.

Steve: A very positive one. I arrived here after a very anxious few weeks and I am leaving in a very positive optimistic kind of way, very open and the feeling is that I don't want to leave this never-never land that we have had out here in these last five days. It is a real sense of loss to have such a unique feeling here and then to go back to the real world, and I am not sure that I really want to. I'll take back something I didn't bring here, a new sense of myself that I was not feeling when I

Interviews With Dan

(cont'd from page 11)

arrived. Partly by working out here and partly by some of the really good people I met here. Such a nice feeling about so many good people. I feel that I have gotten to know people in a way that would otherwise take months.

One highlight for me was working very deeply in a way that I have not been able to work in a while. The environment here, being able to have the space and a lot of time and freedom, and not have the structure of an hour or two hours in a room in a city environment. I think that working here very deeply and very profoundly was, for me, one of the highlights. I can't think of a specific highlight; it wouldn't be fair to highlight one experience. I enjoyed the party last night.



Member News & Notices

Need a safe, congenial space for expressive therapy, massage, priming or bodywork? Interested in becoming part of a real center? **Gro Robinson** has well-equipped rooms available full- or part-time or by the hour, at reasonable rates. Call her at The Westside Center for the Whole Person at (212) 362-9256 or (212) 787-0611.

Gro Robinson and **Ross Klahr** joyfully announce that they have launched their new daytime group, using Psychostructure, a new method they have developed mainly from primal work and the Pesso Psychomotor system. Several of Ross's and Gro's classmates at the Masters Program of the East-West Center for Holistic Health, are attending their group. The group currently meets on alternate Thursday mornings. If there is enough interest another group will form on alternate Wednesdays. For more information call Gro at (212) 362-9256 or (212) 787-0611. Gro and Ross have also been asked to conduct a seminar in Psychostructure for the Masters Program's spring semester.

[Correction: Gro Robinson's telephone number was incorrectly listed in your Membership List. Please make a note of her correct number.]

Announcing **Primal Integration Group**. A group focusing on being a natural person in a not-so-natural world, examining relating to others, and specific work area functions. Fee: \$90.00 per month. Meeting time: TBA. Starting October 1. Call the **DiMele Center for Psychotherapy** at (212) 889-5555.

Bart Hopple, the certified massage therapist you experienced at the Annual Convention, is moving to New York in December. He will be available for massage and Structural Integration by appointment. Contact Ross Klahr at (212) 741-0885.

Lincoln's Birthday Weekend, February 11-13: **Community Intensive Workshop**. An innovative therapy experience, healing physical and emotional problems, releasing arrested feelings, creative blocks, and sexual dysfunctions. Location: Grail Retreat Center, Cornwall on the Hudson, New York—a spacious estate in a rural wooded environment. For further information call **Dan Miller** at (212) 789-0515.

Ross Klahr and **Bart Hopple** are looking for an apartment in New York City—with at least one bedroom, preferably in the Chelsea or Village areas, with a reasonable rent. We'll gladly investigate any leads you may provide. We appreciate your help. Thanks. Contact Ross at (212) 741-0885, anytime.

Events at the **Center for Feeling and Creativity** and **The Primal Theatre Workshop**, 247 W. 72 Street, NYC. (Alec Rubin, director, (212) 799-1847.)

- Nov. 20, Dec. 11, Jan. 8, and Feb. 5—10:30 a.m. to 5:30 p.m. The first four of seven monthly training seminars.
- Sunday, Feb. 20, 7:00 p.m. to 10:00 p.m., *Selbstdarstellung* (IPA workshop seminar). Authentic self-presentation structures—creating real theatre out of your life. Full audience participation.
- February primal weekend intensive, led by **Larry Gauchman** and March weekend, led by **Alec Rubin**, in Woodstock, New York.

Fred Zielke and **Leigh Harris** are co-leading a new workshop every Thursday evening. Call Fred at (212) 874-1591 or Leigh at (212) 477-4272.

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