

# I.P.A. NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION, INC.

Spring 1983

## Reflections on the New York Regional Conference

With Thanks to All

*by Arnold Buchheimer*

It was observed at the regular Board of Directors Meeting of the IPA, which generally meets after conferences—regional or national—that there was a need for a Closure Statement after the New York Regional Conference. This happy task has fallen to me. I do it with great pleasure and joy, for I had a good time being there. The feeling that pervaded the conference was good. There was good fun, good food, good feelings, good thoughts, good intellectual stimulation. Above all, good “vibes” and good relationships among all who attended.

There were over 65 participants, a comfortable number for the facilities. A decent financial profit was made.

It was good to hear Dan Stern confirm with “hard-headed” research what our “soft-headed” intuitions and clinical experiences have told us all along: that the sensing-feeling-cognition sequence happens in that order in the primary and primal relationships. That cognition, if pushed too hard, often inhibits normal development and impedes complete interactions and relationships. Thanks to Francis Lee for sharing his art with us and for reminding us how far we have come, since it was once thought that a scream, primal or otherwise, was all it took to develop more wholesome relationships.

*(cont'd on page 4)*

## Aggression in Relationships: The Catalyst of Love

*by Lance Wright*

Such is the theme around which a number of interesting speakers and workshops have been organized for the IPA Regional Conference to be held in Philadelphia on Saturday, April 16. Following a 9:00 a.m. coffee get-together, the morning keynote speaker will be Bill Prendergast, Ph.D. (who, you may remember, presented an exciting videotape and discussion of compulsive sex offenders at a previous conference). Bill, a senior therapist in a prison, works with compulsive, repetitive sex offenders, and he will talk on aspects of aggression in early childhood development. A workshop period will follow, with a choice of three or four workshops. After a lunch break, the afternoon speaker, Maddi Jane Sobel, MSW, ACSW, will discuss the issue of aggression in ordinary family relationships. Two workshop periods will follow, and the Conference will conclude with a group experience in which participants will have an opportunity to rehash and integrate the day's experiences. A Spring Celebration will follow, with fun, games and refreshments for all. Advance registration fee is \$50 for members and \$55 for nonmembers; on-site registration will be \$55 for members and \$60 for nonmembers.

To get to the conference by car, take the N.J. Turnpike to exit 6, then take the Pennsylvania Turnpike (about four exits) to exit 25, Norristown. Go east on 422 (Germantown Pike, which becomes Germantown Ave.) for 4½ miles to Bells Mills Road, and enter the Sugarloaf Conference Center on the right at 9230 Germantown Ave. The Conference telephone number is (215) 242-9100.

If going by train, take Amtrak to 30th St., Philadelphia. Change to the Chestnut Hill Local train to the last stop (Chestnut Hill). You then can walk about five blocks to 9230 Germantown Ave., or call 242-9100 for pick-up. By car, train or whatever, we'll be waiting to present you with a stimulating and enriching experience, so come to Philadelphia!

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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.

## Publications Committee

Charles Ashbach, editor

Dan Miller, editor

Fred Zielke, editor

Lisa Novick, copyediting and  
production

## Calendar of Events

- April 16 9:00 a.m. to 4:30 p.m. **IPA Spring Regional Conference** at the Sugarloaf Conference Center of Temple University, 9230 Germantown Ave. and Bells Mills Road, in the Chestnut Hill area of Philadelphia. Accessible by car and public transportation. (For more information, see article in this issue.)
- April 17 11:00 a.m. Executive Board meeting at home of Lance and Barbara Wright, at 40-28 Filbert St., West Philadelphia, PA, (215) 386-4355. One block north of Market St. and one block west of 40th St. Parking on Filbert St. By subway, take Market St. subway west (toward 69th St.). Get off at 40th St.; walk one block north and one block west.
- May 7 10:00 a.m. to 6:00 p.m. Workshop seminar, *Pain and Stress Relief Through Imagery and Visualization: An Experience in Self-healing*, led by Arnold Buchheimer, Ph.D., at The Center for Feeling and Creativity, 247 W. 72nd Street, NYC, (212) 799-1847. \$50 admission. Bring lunch to share; coffee and snacks will be provided.
- May 8 7:00 p.m. to 10:00 p.m. Workshop seminar, *Early Memories: An Enquiry Into Lifestyle (and a celebration of mother)*, led by Arnold Buchheimer, at 853 Broadway, 7th Floor, Room 10, NYC. \$6 admission. For details call Arnold at (413) 698-3820.
- May 29 7:00 p.m. to 10:00 p.m. Workshop seminar, *The Faces of Love*, led by Dan Miller, at 853 Broadway, 7th Floor, Room 10, NYC. \$6 admission. For details call Dan at (212) 789-0515.
- August 31 to Sept. 5 **IPA Annual Convention**, at Appel Farm, N.J. (For more information, see article in this issue.)



## Joan Halifax to Speak at Summer Convention

We are proud to present Joan Halifax as our keynote speaker at the 1983 summer convention. Joan Halifax, Ph.D., director of the Ojai Foundation, is co-author of *Human Encounter with Death*, and author of *Shamanic Voices* and *Shaman, the Wounded Healer*. Dr. Halifax, who has studied with shamans and healers the world over, has worked at Columbia University, the Museum of Man in Paris, University of Miami School of Medicine, the Maryland Psychiatric Research Center, where she did LSD research, has assisted in psychotherapy with individuals dying of cancer, and was an editor at McGraw-Hill. There she worked with scholars and scientists Joseph Campbell, Richard Evans Schultes, Gordon Wasson and Albert Hoffman. In 1981 she was appointed to Harvard University as an associate in Medical Ethnobotany.

Joan will be spending all Saturday and Sunday with us. Her presentation will take place Saturday evening. We hope to see you all there for this exciting event.

The Convention Committee  
Larry Schumer and Jean Karasek

*[Editors Note: Thank you, Larry and Jean, for what promises to be an exciting event. And thank you so much, Larry, for the photographs you took of the 1982 Annual Convention, some of which were used in our last issue of the Newsletter.]*



## Note on *Aesthema*

The Publications Committee has decided to modify the thematic focus of the next two issues of *Aesthema*, so as to be more in accord with plans for the Annual Convention theme. The next issue, to be edited by Fred Zielke, will focus on The Therapist-Patient Relationship in Primal-Oriented Psychotherapy, and on Catharsis, Abreaction and Regression. The following issue, to be edited by Dan Miller, will focus on The Spiritual Dimension in the Experiential Therapies.

## A Growing Problem in NYC

We ran across the following letter and thought it might be important to therapists practicing out of their homes.

Dear Colleague:

As you may know, I have been involved in legal action for two years, concerning my right to practice psychotherapy in my apartment. This time-consuming, expensive and threatening case was brought against me by my landlord—Helmsley-Spear. My use of my home for this purpose has gone on for more than a decade with my landlord's knowledge. But at this time, with real estate speculation running rampant and co-op conversion on every landlord's mind, any excuse makes a tenant fair game. Helmsley-Spear took me to court to evict me and claimed in its papers that my clients made its building unsafe. At the trial I believed that the court would see this case for the frivolous and revenge-minded action it was. I lost and realized that I had to mount an aggressive fight—not just for myself but for all members of my profession. I retained aggressive counsel (Risa G. Dickstein) and helped prepare an appeal of the decision.

A unanimous Appellate Term reversed the decision, holding that a landlord may not evict a psychologist merely because she practices in her residence without proving that the practice substantially interferes with the character of the building. Below is the reported opinion which at this time governs all cases similar to mine. The thrust of this case protects professionals and all people who work at home. As might be expected, the landlords, including Helmsley-Spear, have put together a war chest to finance an appeal to contest my victory. An appeal of this case will be costly and a reversal will have serious consequences for all psychotherapists who practice at home. The landlord's lawyer has told my counsel that they regard this as a "test case" which will govern the issue in thousands of apartments. They will fight to win and can afford to take this case to the highest courts in the State.

This is an incredible burden which I can no longer continue to finance on my own and I am therefore contacting my colleagues to seek assistance. I have already spent thousands of dollars to obtain the favorable ruling which is now under appeal. Let me state clearly that it is not my tenancy which is now at risk, but solely my right to practice in my home and the principle involved.

An appeal of this decision will cost several thousand dollars even if no unforeseen legal expenses arise. If you can get behind this effort and aid the fight for this professional right I would greatly appreciate it. Thank you.

Sincerely,

Barbara A. Lewis, Ph.D.  
788 Columbus Ave.  
New York, NY 10025  
(212) 864-0602

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## Reflections

*(cont'd from page 1)*

The conference presenters made us aware of the flexibility of our therapeutic approach, and of the complexity of forming relationships. Relationships are based on acceptance, support, authenticity, love, anger, rage, hurt, hostility, compassion, and autonomy—a complete spectrum of human emotions.

The paths to good human relationships are many; they are through music, artistic and dream symbolism, touching, deep feeling, physical expression, and thoughtful integration and communication. Our parents and our childhoods are ever present in various guises and disguises. There's much that we project onto our therapists.

The Conference was a rich experience. Thanks to Jerry Baker, Gloria McLean, and Alec Rubin for putting it all together—and all those who helped them. Thanks to the Center for Creative Therapies for the use of the facilities and their attractive quarters, especially to Aldo Borromie, Carol Capizzi, Larry Gauchman, Leigh Harris, Geraldine Hennessy, Fred Zielke. Thanks to the presenters and participants for a stimulatingly full day. We'll see you all in Philadelphia.

## A Note From Louisiana

Our local newspaper recently printed a *Washington Post* release concerning what seems to be the most up-to-date information regarding anxiety attacks. Explaining that the panic attack is one of life's most terrifying experiences, the article describes well its symptoms: "You may feel dizzy or you may be aware of nausea. But it's more than just feeling sick. You have a sense that reality is slipping away from you . . . the feeling is you're going to die. That you're going to lose your mind . . . Your heart is beating out of your chest . . . You can't catch your breath."

Dr. Donald F. Klein of the New York State Psychiatric Institute is considered to be one of the country's top specialists in the panic attack field. He feels that because of anticipatory anxiety the victim avoids any situations in which he or she has had previous attacks and thus may refuse to go out alone or may develop any number of terrifying phobias.

Another top specialist, Dr. David Sheehan, who has made agorophobia and panic attacks his province, has been treating them with anti-depressant drugs. Clinical psychologists have been treating the condition by using desensitization (behavioral therapy) techniques which are helpful after medication has suppressed the attacks. Research is now seeking biochemical causes such as metabolic imbalances. Dr. Sheehan believes such imbalances are the culprit in this malady. He feels certain that anxiety attacks are an inherited vulnerability.

According to the article, this metabolic burden strikes only a very small percentage of the population and seems to concentrate its fury on women rather than men. Seventy-five percent of its victims are young women, although all intelligence levels, racial groups and socio-economic levels are affected. Sheehan is hopeful that soon a diagnostic blood test will be developed along with new and more effective drugs. "We're still at the early stages," says Sheehan, "but it's only a matter of time before the big breakthrough."

The article is typical of the present-day fragmented approach that has arisen because specialists in medicine and psychotherapy regard the cause of each dysfunction as the result of completely different agents. Thus one group of scientists examines a patient's spinal fluid while others specialize in metabolic byproducts or various neurotransmitters. There appears to be no realization that there exists a common source to most physical and mental illness: the presence of Primal Pain.

It is unfortunate that modern concepts of psychosomatic illness sometimes lean more to the study of the biochemical results of the repressed trauma than to the repressed trauma itself. Perhaps this is due to the frustration which many in the field feel because of their inability to help patients using psychological techniques alone. To those of us knowledgeable about primal theory, an anxiety attack is easily explained. We also know that these attacks are readily curable. The origins of anxiety attacks are actually no more puzzling than the origins of functional headaches, alcoholism or depression. All originate in unfelt infantile and early childhood experiences.

I began suffering from anxiety attacks in my early twenties. The trigger was seemingly innocuous—a woman whom I greatly admired turned me down for a date. This seemingly inadequate cause resulted in a series of classic anxiety attacks. For the next two decades my history repeated itself. Rejection or being in love would trigger the panic attacks. Between the attacks I was plagued by chronic anxiety, almost daily unbearable stomach pains and hypertension. Seeking relief from my sufferings, I tried every approach I could find, including orthodox medicine, acupuncture, hypnosis, insight therapy, gestalt therapy and transactional analysis. All were to no avail. In the gestalt experiments the evidence began to accumulate in my mind that somehow my mother had rejected me, but since I only had memories of love from her I could not and did not accept this conclusion.

After six months of gestalt therapy I reached a point where the experiments had opened me up sufficiently for priming to begin spontaneously. With the primals insights began to appear. The origin of my anxiety attacks became clear. The desirable women always had been symbolic mothers. Desiring the women brought up the hurt of wanting my mother's love and not receiving it. My fear of marriage became clear to me. The insight received as a result of the primals showed me that as an infant that first most desirable woman had been my mother. By not getting her love I had been hurt, and close relationships with other desirable women made me anxious and nervous. Even thinking about marriage could cause my stomach pains to begin. The possibility of receiving love from a woman triggered the repressed feeling of wanting my mother to like me. As an infant I had experienced her indifference and rejection and whenever I felt rejected in my adult relationships, early feelings closer to consciousness were brought up, which were experienced as anxiety attacks.

I no longer suffer from stomach distress and most of the time my blood pressure is within normal ranges. I still date very little, but now sometimes when I am discouraged by a desirable woman from pursuing the relationship I want, I experience not anxiety attacks but primals instead. Surprisingly, the recently triggered primals have related not to hurt received from my mother, nor my need for her to like me, but to my expression of my early love for her. The feeling was one of hopelessness; in the primals I realized that there was no way I could change her or change myself to obtain that so necessary love and approval.

John A. Speyrer



## Letters to the Editor

Dear IPA:

This is note about my reaction to the workshops I attended at the Conference a few weeks ago at the Center.

This was my first exposure to Primal. I had been drawn by an ad in the *Village Voice*, which I believe read PRIMAL WORKSHOP, and mentioned also theatrical approaches to therapy. After over seven years of gestalt therapy with people who had worked with Casreal, I felt ready for a deepening of experience in therapy. The Conference was very fulfilling in that way. I was pleased with the content of the workshops, especially the one conducted by Alec that included bonding, which was completely new to me and did have an enduring effect. I made contact with about six people, some of whom I still call. The main result is that I am starting primal therapy with Florine Snider. I had one remarkable session last week and have decided to drop gestalt for a while and carry on with Florine.

Thank you for this opportunity to tell you about my experience.

Sincerely,  
Bona Wygodzinsky



Dear IPA:

My name is Joel Vorensky. I'm a New Yorker, born and raised in this city. I lived in Malmo, Sweden from August 1972 through June 1979. I started in primal in 1976 and had previous experience in another emotive technique known as re-evaluation co-counseling. I am working with the emerging of the self through Time and Space Counseling.

Sweden is committed to the education and well-being of its very young. The Day-Care system in Sweden is sophisticated. The personnel are well trained; the physical environments of the day-care centers are very good. The materials used by personnel and young people are good to excellent. I have a pre-school education degree from Lund University, Lund, Sweden. I participated in the first intercultural educational class at the Teaching College. Participants came from Sweden, Greece, Yugoslavia, and Norway, and I from the United States. Classes were conducted in the Swedish language.

My experience with the young people in the Swedish Day-Care system has been invaluable to my own self-development. I worked with young people from six months to seven years of age. The young are *there!* They *are* their primary feelings and re-act from a primal self. It was enriching, exciting, renewing; working with the very young helps the self to re-emerge.

The young people helped me to help myself in releasing a great many distressful feelings. They have a unique sensitivity. Their perception is clear and they react spontaneously. Young peoples' intelligence evolves as new experiences are lived. It's a human pity that the young intelligence becomes inhibited by accumulated distress. I learned that by releasing accumulated distress in an efficient and dynamic manner one can effectively reverse the destructiveness of human hurt.

Dear IPA:

Here are some suggestions about future conferences which emerged from my meeting with the committee on the 1983 Regional New York Conference:

- An intense morning warm-up and celebration including some brief self-presentations of newcomers (and some gung-ho oldcomers).
- An introductory workshop for people new to Primal.
- Fewer and longer workshops (two or three workshops instead of five or six—of 2½ hours' duration—with plenty of time for feedback and processing). This means much more discrimination in choosing presenters.
- Choose keynote speakers and special events (such as films) exclusively on Primal topics.
- A satisfying and complete closing session with the entire community.

I'd be interested in your reactions and comments.

Alec Rubin



## Member News & Notices

**Dan Miller** is opening up additional office space at The Center for Human Development, 853 Broadway, NYC. For time available call him at (212) 789-0515.

**Larry Gauchman, CSW**, will be leading a Primal Weekend in the country April 8 through 10. For further information, fees and insurance reimbursement information, call Larry at (212) 877-0005 or (212) 260-4140.

**Arnold Buchheimer** is taking some time off from his writing to resume his practice in group and individual intensive-feeling-abreactive psychotherapy at his home-office, Rossiter Road, Richmond, MA 01254, (413) 698-3820. Richmond is located 130 miles from mid-Manhattan, directly up the Taconic Parkway in beautiful Berkshire County. It is a rural New England property. His home sits on 30 acres of land of which 27 acres are woodland with paths for cross-country skiing and walking. Arnold also would like to collaborate with other therapists by providing intensives and to offer group and individual supervision either in New York City or Richmond.

**Primal Theatre Marathon** with actors, dancers and musicians at the Theatre Within, 247 W. 72nd St. on Saturday, March 19, from 7:00 p.m. to midnight. For reservations call (212) 799-1847. Admission: \$5 or TDF plus \$1. Performing are members of the Primal Theatre Workshop, under the direction of **Alec Rubin**, including Gerald Baker, Vernon Dorfman, Dennis Grecco, Thomas Hagan, Gloria Mclean, Joseph Raiola, Alec Rubin, Jana Smith and Patricia Wandel.

**Alec Rubin** will be appearing at the Spoleto/USA Festival this year in his one-man primal theatre piece, *Anatomy of a Performance*, the weekend of May 20 in Charleston, S.C.

**The Traditional Memorial Day Primal Weekend** (May 27 to 30) led by Alec Rubin will be held at the beach *or* in the country this year! For final details call Alec at (212) 799-1847 after April 15.

**Leigh Harris** and **Arnold Buchheimer** will conduct a weekend seminar-workshop for therapists, entitled *Transference and Counter-transference in the Intensive Therapies*, at Richmond, Massachusetts, on June 10 through 12, from 8:00 p.m. Friday through 6:00 p.m. Sunday. The fee is \$150 including overnight accommodations, breakfasts, lunches, and snacks.

**Stephen Khamsi** has compiled a comprehensive bibliography of primal therapy articles, books and journals. You can receive a copy of this bibliography by sending a self-addressed, stamped envelope to him at The Primal Center, 1633 University Ave., Berkeley, CA 94703.

**David Freundlich, MD**, will be leading the following workshops at The Center for the Whole Person, 304 W. 105th St., NYC 10025:

- **Corrective Rebirthing**, an 8-hour group intensive, on Saturday, April 9, 10:00 a.m. to 6:00 p.m.
- **The Fear of Feeling Good**, an 8-hour experiential workshop, on Saturday, May 21, 10:00 a.m. to 6:00 p.m.

For information, registration and brochures contact David at (212) 222-9445 (mornings) or write to the above address.

**International Primal Association, Inc.**  
**c/o Loretta Fogel**  
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