

# I.P.A. NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION, INC.

Summer 1984

## Logos and Themes

by  
Ross Klahr

"Healing the Wounded Self? I hate it!" I said to Larry Schumer. "Sounds like a bunch of passive victims waiting for a passive cure," I said to the Board-members. "How can I design a logo when I don't even like the title?" I said to Harriet Geller. Faced with this dilemma I had to find a personal meaning in the theme before I could visualize a logo. After months of pondering, re-defining and discussion, the meaning and the symbol became clear.

The Self is represented by a continuous cycle of movement from the center outward and back to the center, the cycle spiralling in a non-repetitive direction. The Self is not a fixed identity that was wounded and now needs to be cured, but it is a continuous growth process, an ever changing identity. The Self, just as the organism opens to release energies, reaches out to make contact, and takes in and assimilates energies. Thus the cycle of opening-out and closing-in, continuous and ever changing according to the flow of exchange with the surroundings.

A wounded Self is one that has experienced a break in the free flowing cycle exchange. The break may be the result of traumatic violence or negligence. For whatever the reason, the cycle is damaged, irregular, the identity is distorted, and the Self is scarred.

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## HEALING THE WOUNDED SELF



## INTERNATIONAL PRIMAL ASSOC. 12TH ANNUAL CONVENTION '84

**August 29 — September 3, 1984**

At our two regional conferences this year, we have been examining the issues of identity and transformation. At the summer convention we will continue this exploration, focusing on basic concepts of healing on a personal and societal level.

We are anticipating an exciting and enlightening five days with Al Pesso as our keynote speaker, along with a variety of IPA and guest presenters. Al is an international therapist/lecturer and the author of *Experience In Action*. He will discuss and demonstrate psychomotor therapy, a structured, feeling-oriented system that he developed. Other participants include Steve Austill, Arnold Buchheimer, Gail Clark, Larry King, Ross Klahr, Dan Miller, Gro Robinson, Art Sichel, Fred Zielke and Barbara Valassis who will offer workshops on such topics as "Healing through Art and Movement," "Compulsions, Obsessions, Addictions," "The Family," "The Wounded Healer," "Healing the Incest Survivor," and many more.

There will also be panel discussions, special events, community sharing, peer groups, "Cabaret Night" and plenty of free time for swimming, sauna, sports, music, dancing, and enjoying the surrounding woodlands. A secluded primal room and facilitators will be available for intense feeling work.

The convention will again be held at Appel Farm Arts and Music Camp in southern New Jersey. In addition to fond memories, Appel Farm provides air-conditioned meeting rooms, delicious meals prepared from their own organic garden, and complete privacy in a beautiful rural setting. For anyone needing more private accommodations, rooms can be reserved at a nearby motel.

You will be receiving registration forms with all the particulars in early August. We urge you to join us for this special community experience and take advantage of the opportunity to learn and grow in a uniquely supportive environment.

Harriet Geller and the Convention Committee

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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 Mae Sparks, 2729 Varonen, Waukegan, Illinois 60085.

## Change of Address

Please let us know if you are moving, or if your name or address is incorrect (see your mailing label). Even if you are not a member, we want to be able to stay in touch with you.

## CALENDAR OF EVENTS

August 29 to Sept. 3 **IPA ANNUAL CONVENTION**, *Healing the Wounded Self*, at Appel Farm, N.J.  
Convention Cost \$250 plus \$25 dues.

Sept. 2 General Meeting

## MEMBER NEWS & NOTICES

Primal Integration Center of Michigan will give a week-end workshop Oct. 12 - 14. Leaders: Barbara Valassis, Jens Wennberg, Nancy Miller and Quentin Calvert. \$175 fee includes food and lodging.

The Primal Center in Berkeley, CA is looking for an intern primal therapist. This person would have already been involved in primal therapy for some time, and would need to possess at least a Masters in psychology or a related field. Contact Stephen Khamsi, 1456 San Pablo Avenue, Berkeley, CA 94702, (415) 525-7066.

The 7th Congress of the EUROPEAN ASSOCIATION FOR HUMANISTIC PSYCHOLOGY presents their theme; TRANSFORMING CRISIS, July 26th to August 1st, 1984, at the University of Surrey, Guildford. For details contact: EAHP, 62 Southwark Bridge Road, London, SE1 OAS, UK. Tel. (01) 928-8253.

Dr. Johann-Georg Raben, West Germany, has asked us to publish the following note:

I would be very grateful if someone could send me photocopies of the pages 27 and 28, and of the bibliography, of Robert A. Scott's article; "Primal Re-education: Nicole, A Case History" published in the *Journal of Primal Re-education and Abreactive Therapies*, 1973, No. 1, pp. 13-62. The pages mentioned are missing in my copy of the article. To get these pages is very important for me, because I wish to translate the article into German and will try to publish it in book form.

My address is: Johann-Georg Raben, Ph.D.  
Bahnhofstr. 47  
D-4458 Veldhausen  
West Germany

## 1984 - 1985 SLATE FOR ELECTION

Steve Austill, as chairman of the nominating committee, has presented the slate for 1984-1985:

President; Barbara Valassis  
Vice-President; Art Sichel  
Secretary-Treasurer; Larry Schumer

Nominations may be made from the floor at the annual meeting. Proxy votes must be signed by the voter and mailed or hand-delivered to the chairman of the nominating committee or his designee. They must not have attended or have discontinued attendance at the conference at the time of the voting. Disclosure of the proxy votes shall be made, only to executive board, upon request.

## Membership Notice

It is time to become a member of the IPA for the 1984-85 fiscal year. As a member you will receive all issues of the *Newsletter* and our journal, *Aesthema*, an annual membership list, discounts at the regional conferences, and notices of all events.

All this for only \$25 a year. (Canada: \$30, all other countries: \$35. Full time students \$15 with proof of qualification.)

## IPA Spring Conference Philadelphia, May 5, 1984 Transformation of Consciousness

Is it possible? Is it necessary? What will be the outcome; or is this another so-called new age cliché that has no practical value or relevance?

To begin exploring these questions, an important resource is the work of Julian Jaynes, Ph. D. published in his book entitled, "The Origin of Consciousness in The Breakdown of The Bicameral Mind". These concepts will be elaborated and explored in what follows. If his observation and conclusions are valid, then indeed transformation of consciousness is possible and has already occurred in historical time.

The other two questions may be explored through the work of Ludwig von Bertalanffy, of general systems theory. He proposes that there are natural laws of organization governing systems that indicate they move in the direction of increasing complexity, and each level of complexity displays emergent qualities not present on the level below. In this point of view the whole is greater than the sum of its parts and therefore taking the system apart and putting it back to correct the problem will no longer work, after a certain level of complexity. When today's problems come from yesterday's solution (industrial revolution → ecological pollution), then we must have a transformation process.

The human being is the ultimate expression of organized complexity, an open system with uniquely emergent qualities of creativity. This allows the process of transformation to be manifest (emerge) from the basic structure derived from heredity and environment. Thus homosapiens, having the capacity to create (emergent quality) an environment of its own out of symbols, can begin to direct their own evolution on ethical levels through the cultivation of those symbols we call human values.

We must learn to live with the basic systems - political, economic, and technologic, but we do not have to live for such systems. That distinction spells the difference between human society and a society of insects or the 1984 of George Orwell.

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## INSIGHTS TO THE FUTURE

Barbara Marx Hubbard is an internationally known expert on positive options for society, an author and a deeply committed social activist. She was singled out, by the late Buckminster Fuller, as the "best informed human now alive on the subject of the future".

Barbara believes "A new age of harmony and love could be facilitated by research into the future. By the late 70's we found there would be no future unless we could reverse the arms race. Then we learned that even if we, the great powers, did that, others could secretly build weapons to conquer the world."

"The most effective alternative is a complete change in world thinking so that weapons manufacture, like chattel slavery, would become totally unacceptable."

"That transformation, which has now become our #1 priority, can save the planet and bring a whole new age of harmony and love."

I was impressed by Barbara's humanism and her grass roots approach to the problems we face today. We need to think positively and project our positive thoughts to the world at large.

Barbara advocates "expanding the office of the vice-presidency to include an 'office for the Future'. Because this office is the second most important but is dramatically under-utilized, she suggests that "This office could be that place in our national government where our nation's long-range goals and positive options could be explored. By bringing together leaders from all sectors of society, this office could offer to our nation creative alternatives to fill a void inherent in short-sighted remedial politics."

Cynthia Robinson

\*All quotes from *Aquarian Alternatives*.

~ ~ ~ ~  
**HOLD FAST TO DREAMS  
FOR IF DREAMS DIE,  
LIFE IS A ~  
BROKEN-WINGED BIRD  
THAT CANNOT FLY.**  
~ ~ ~ ~

## ON PARENTING

There is no question but that your parents failed you as parents. All parents fail their children, and yours are no exception. No parent is ever adequate for the job of being a parent, and there is no way not to fail at it. No parent ever has enough love, or wisdom, or maturity, or whatever. No parent ever succeeds.

This means that part of your task — like that of every other person — is to supplement what your parents have given you, to find other sources of parenting. You need more mothering than your mother could give you, more fathering than your father had to offer, more brothering and sistering than you got from your siblings.

The problem is complicated by the demands our society makes on parents to be good parents. They are supposed to be 100% adequate, and it is a terrible disgrace if they are not. If they are successful, their children will reward them with devoted love, obedience and success; if they are not, their children will turn out to be unloving, disobedient and unsuccessful. This is the prevailing conviction of our society. But when parents buy this notion, they put themselves in an impossible position. They try first to be 100% adequate. And then when they inevitably fail at this, they try to appear 100% adequate. In either case they cling to you, demanding that you get all your parenting from them, thus reassuring them that they have been good parents. They may also demand that you be loving, obedient and successful, since this would be living proof of their success as parents.\* They thus find it difficult to let you grow up — that is, to find other sources of parenting. This means that you will have to grow up in spite of them rather than wait for their permission. They will not make it easy for you, and you must do it on your own.

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\* Much parental concern about children's "failures" can be understood in part as an attempt to force the children to succeed, and thus reassure the parents that they have been good parents.

## WHY DO I GO TO THE IPA CONVENTION?

My first thought is that it is a great adult summer camp for five days, and I mean "summer camp" in the best sense of the word. The outdoors, the pool, group living in bunk beds, and most importantly, people to play with. I don't play enough in my life. So to structure in five days where I know I will play is great. Every year I say, "I haven't laughed so hard or so much in a long time and did I need to do that!"

It is a time for me to stop and get in touch with my own glow. For me, as I'm sure for many others, it's often hard to hang on to my glow in an often too-fast-paced life. The IPA convention is one place and time I structure into the year "just for me". There has always been a workshop (or several) or contact(s) with people that touches exactly where I am in my own growth and nudges me along my path. There are people to share with in some phase of whatever issues are prime for me at that moment.

I don't think initially of the IPA as a place to be with clients but it is that for me, too. It is a time to be with clients as a "regular human being". It is time to choose to wear a therapist hat or not, and while there, to be clear with myself whether I want to be therapist or not.

In most areas of my life I live outside of the mainstream; politically, therapy style, our cabin in the woods, my primary relationship (unmarried, open, less sex role oriented), to name a few. Sometimes I feel lonely outside the mainstream. To have a place, a group where I feel open and comfortable is a real gift.

The IPA convention is a last gasp of summer, a rite of passage into the busy-ness and productivity of fall. On our way home, we buy a couple bushels of plum tomatoes which we can use to nourish us through the winter. Somehow the trip to the IPA nourishes body and soul for months to come until another year rolls around and it's time to go again.

*Nancy Miller*

## HOPE TO SEE YOU

I hope I will see you this August at the IPA Summer Convention at Appel Farm. A whole week of no dirty dishes for me to do, I'll enjoy that. I travel further than some of you so my time away from home and routine is longer than most of you. No shoulds or have to's, a time for myself. There will be old friends to share with and new friendships to explore. Workshops to attend or not, a shade tree I can sit under if I choose and do nothing if it pleases me. I remember the first time I attended the IPA Summer Convention, I discovered for myself a place where it was OK to be me. I felt accepted, something I had long looked for. I attended workshops and took the knowledge home with me where I sifted thru it and intergrated it into my life over many months. On Cabaret Night I took a risk and read a poem I had written, something I had not done before in a group setting. The response was positive and I felt myself glowing. I now look forward to sharing my poems with my friends each year, it is a high for me. There is always great music to enjoy and time to play and people to share with. I look forward each summer to spending this special time at the IPA convention. The first year when it came time to say goodbye, I wanted it to go on and on, I did not want to leave. In the years since, I've realized I take with me all my experiences. I can close my eyes and remember the people and all that has taken place for me any time I choose.

I would like to invite you to join us this summer at the IPA Summer Convention and experience it for yourself. It can be whatever you want it to be, a time to play and relax, a time to learn, a time to become better acquainted with that wonder-person, yourself.

I asked a friend to share with us her reasons for returning each summer to the Convention and her letter precedes this one. Thank you, Nancy, for sharing your feelings and thoughts with us.

I look forward to sharing hugs with all of you, I close my eyes and see us in a circle of love, till August.

*With a loving heart and open Self,  
Mae Sparks*

## To all my friends in the Primal Association:

Greetings from Zion, Illinois. I feel that you are not so far away, but that I am far from you. Last year I missed the annual conference and will again this year — so it seems as if I have left you. This leaving is not a rejection, but rather a current necessity in my life and a leaving with many fond memories. Each conference has had its own character and as I write, many unique memories come to mind: the drama "The Wizard of Id (Oz)," swimming, an exorcism, campfires, the music, discussions, formal and informal, rap groups about therapy and the IPA, those people who warmly greeted and warmly parted, those who offered care when I regressed and ran and fell and hurt myself. The people I met and treasured, some who, during the years I was able to attend the convention, come and went and moved on, even as I am doing now, following their journey wherever it takes them. I appreciate the IPA, and respect the organization and the wonderful people who can make it happen. I wish the organization well, and hope that it can continue to give wonderful, growing opportunities for treasured memories for those who can come now to be a part of it. I want to thank all of you who have contributed to my memory bank of wonderful contacts, experiences, conversations, fun and growth at the various conferences through the years.

But life has changed for me. I am doing little primal work now in Zion, and that is saddening. I still value primal and recommend it, but there are fewer takers now. The therapy could help so many who are just not ready to risk it now. And maybe I too have matured, for I used to recommend primal too indiscriminately, because I was such an idealistic believer. It is not suited for all people. As those of you who were at the conference two years ago know, I had started a business in the sport of boardsailing. So now my summers are filled with teaching the sport, and renting and selling the equipment. A summer weekend is now prime time for this business. Last Labor Day, while my heart may have been at conference, I sold three sailboards. So until my business grows to where I can have employees run the store for me while I leave, regretfully, I will not be at conference.

*Tom Lembcke*

## WHAT'S IN A NAME?

The following is a slightly edited (with permission) version of a letter written by Charles Ashbach in November of 1983. In the letter, Charles points out the implications and limitations our name/identity (International Primal Association) has on the organization's health and growth. Please consider it carefully, and begin thinking about what this organization means to you, and how that can be reflected in its name.

In the coming year, the executive board will be debating the change-of-name issue, and because it's such a "hot" issue, it's essential that we hear from as many members as possible. We expect some formal discussion to take place at the summer convention. To help you start thinking about changes, one proposed acronym is A.P.T. (Association for Personal Transformation). Roll it around your tongue a few times, and then come up with a few of your own. We look forward to hearing from you, and seeing you at Appel Farm.

Larry Schumer

## THE IPA CONSIDERED FROM THE STAND POINT OF CULTURAL EVOLUTION

by

Charles Ashbach, M.Ed., 11/83

The birth and present state of the IPA might be profitably understood within the context of a cultural/symbolic pattern wherein the word "Primal" should be considered as a symbol for the curative powers of the MOTHER, i.e., the mother of birth and of our dreams. Janov has found a process and a word through which to summon up the healing powers associated with the love of the MOTHER. However, Janov, as the "discoverer-suitor," also becomes, due to his imperious and excluding stance, the jealous and competitive father/ruler who will not allow all (the children) to participate in the bounty of the MOTHER'S body, i.e., the CURE, and for professionals, the financial successes associated with having found the SOURCE of goodness and salvation.

Correspondingly, a group of children (the IPA) combine to wrest HER (actually her symbol in the "scream-word") away from him. The children castrate and murder the founder/father (here one thinks of Frazer's *The Golden Bough*), and form the *primal horde*. (I think of the similarity with "hoard" . . .to greedily take.) (The irony of "primal" is all too obvious.) In the case of the IPA, Janov/Father was slain with the "sword" of the law.

With Janov/Father castrated and murdered, the IPA was then able to "feed" on the proceeds of the MOTHER'S body. There was and is one problem. The "victory" is tainted by the fact that Janov's "ghost" is forever enshrined in the word "primal." The very word which was sought, now becomes the albatross around the neck of the Horde. The love-object of the IPA, the word "primal," is but an imitation or "shadow" of the true object/MOTHER found by Janov. (Both "words," i.e., Janov-Primal and IPA-primal, are only symbols for the dreams and wishes that lie beneath, or behind them. The "truth" of the competing systems is in no way addressed in this analysis. Most probably they are closer to each other than either acknowledges, and more importantly, the benefit of either system has been surpassed by the flow of time and the development of new approaches under different names.)

Thus, the IPA/Horde both possesses and does not possess the sought after prize. Guilty and confused in their victory, and unable to apply their own unique gifts to the transformation of the energy locked behind or within the symbol, the organization lapses into a kind of "narcissistic squabbling." (Indeed, this was the style of most of the IPA board meetings that I attended.) Such ambivalent possession seems to be a defense against acknowledging the true nature of the problem.

The attempt is made to keep alive the MOTHER, through the word/symbol, but the lack of growth and development that one would expect from legitimate or real "unions" seems to indicate the "failure" of the effort. Rather than an alive MOTHER there is a "frozen body." Thus, the general stagnation of the size of the membership, and the failure to produce new insights is related to the "neurotic" or "conflicted" dimension of the organization. While there is great life, energy and love in the membership individually, such dynamic energy, spirit and vitality does not translate to organizational *elan*. The children can feed off the frozen body-dream only so long.

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A STREAM  
WITHOUT STONES  
HAS NO SONG.

### **Logos and Themes** (continued from page 1)

Healing is also a process (not a cure) of making whole. In Self-therapy, or psychotherapy, the committed client is hardly a passive victim. He/She must be willing to uncover the scars of the past, re-open the initial wound, express the hurt and pain, and also reach out with the early need, experience satisfaction for that need, and assimilate that satisfaction into a new identity. It is essential for a healthy Self to mend the breaks in the growth cycle, and to remove the scars from his/her identity. Healing, is therefore, also a cycle of opening the wound, removing the infection, taking in supportive nourishment, and closing cleanly without a scar. Healing the wounded Self is a continuous spiraling growth cycle toward wholeness.

### **IPA Spring Conference** (continued from page 3)

Again transformation through utilizing our emergent quality of creativity such as occurred after the break down of Bicameral Mind seems to be the way to ensure that systems serve human goals rather than humans becoming like insects, enslaved to the system.

*Lance S. Wright, M.D.*

### **On Parenting** (continued from page 3)

To grow up, it is necessary for you to forgive your parents. But you must forgive them for your sake, not theirs. Their self-forgiveness is up to them, not you, and they cannot afford to wait for you to forgive them any more than you can afford to wait for them to forgive you. When you do not forgive them, it means that you are still expecting all your parenting from them. You are clinging to them in the hope that if you can make them feel guilty enough, they will finally come through with enough parenting. But this is impossible and in order for you to be really free to find other parenting, you must forgive.

I hope you will not be embarrassed at your need for parenting, and that you will be humble enough and determined enough to find effective ways of getting it.

*Reprinted from VOICES: The Art and Science of Psychotherapy, Vol. 4, #1, Spring, 1968*

### **The IPA Considered From The Stand Point Of Cultural Evolution** (continued from page 5)

The realities and discoveries which underlie the word/symbol of "primal" are real and true. Janov's contributions, although simplistic and idealistic, do point to a better and richer view of the Self than most of us had conceived of before his amazing discoveries. He presented a perspective that allowed/encouraged us to believe/accept that we were capable of a much greater, more profound "remembering" of our essence.

Further, he taught us (remembered for us) that feelings, and the role/place of catharsis (no matter what he says), were the ways to the eternal verities of the soul. (Freud started this way but the early 1900's were not the time for catharsis, and his genius was "iced" over.) In essence, Janov gave us a more powerful "container" to hold and transform the secrets of the soul. This is a contribution to be grateful for, but one that must in itself be transformed, as indeed, all gifts must eventually be.

Thus, it would appear that for the children/IPA to achieve their true and unique destiny they must relinquish the "conflicted victory" of the word/symbol, and move on to their own individuation and autonomy. This will require, accordingly, the finding of a new "love-object/mother," and then, in time, a new name/symbol to reflect this new discovery. Until the children leave the frozen body of the MOTHER, and through their mourning and pain give birth to a new vision, they will be doomed to labor in the shadow of the father/king, much, I should imagine, as the slaves in Plato's cave were doomed to mistake the shadows for the true objects.

The organization needs its own identity; it has begun that process and must complete it if there is to be growth and the promise of a future.

## WANTED

**NEWSLETTER EDITOR** - The job includes soliciting and organizing material, copy-editing, and supervising the printing. Please contact Barbara Valassis, (313) 478-5559.

**PUBLIC RELATIONS PERSON** - Excellent opportunity in public relations. Enthusiasm and a desire to promote the International Primal Association is necessary. Please contact Barbara Valassis, (313) 478-5559.

## NEWS LETTER PUBLICATIONS COMMITTEE

Mae Sparks, editor  
Barbara Valassis and Cynthia Robinson,  
copyediting and production

## AESTHEMA

### Projected Issues:

AUGUST 1984 Bill Swartley  
Commemorative  
Editor, Arnold  
Buchheimer

JANUARY 1985 Conference  
Presentations for 1984  
Editor, Art Sichel

AUGUST 1985 BIRTH  
Editors, Barbara and  
Lance Wright

JANUARY 1986 POST PRIMAL  
Editor, Dan Miller

The present Editorial Board consists of the above individuals plus Fred Zielke, with Loretta Fogel, Lisa Novik, and Barbara Valassis as ex-officio members, and Arnold Buchheimer serving as Chairman.

### Please submit articles, and suggestions for future issues, to:

Arnold Buchheimer  
Rossiter Road  
Richmond, MA 01254  
Phone: (413) 698-3820  
or to the particular editor.

Comments on pieces are also welcome and should be sent to the authors. We plan to publish these with authors' responses.

### Articles should be

- 2000-2500 words long (no more, a longer piece may be published in two parts) but can be shorter
- typed double-spaced — large margins
- submitted in triplicate

Submitted pieces will be reviewed by at least two editors (therefore the triplicate). We will edit for clarity of content, correct English, and general readability, but not substantive content.

We are looking forward to receiving your materials and reading them with intense interest.



### ROSES TO:

Arnold Buchheimer, Loretta Fogel, Mary Thompson, Barbara Wright and Lance Wright for manning the IPA table at the Philadelphia conference of the A.H.P.

### ROSES TO:

Lance Wright for an interesting and provocative Spring Conference.

### ROSES TO:

Loretta Fogel for arranging a delicious luncheon at the Spring Conference and for hostessing the board meeting.

### ROSES TO:

Mary Thompson for hostessing the party after the Regional Conference in Philadelphia.

**International Primal Association, Inc.**  
**c/o Loretta Fogel**  
**2742 Fernwood Ave.**  
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