



# INTERNATIONAL PRIMAL ASSOCIATION

179 Prince Street, Suite 21, New York, NY 10012 (212) 254-9386

## Newsletter

SPRING 1985

### PHILADELPHIA PROCESS DAY

On Saturday May 4, 1985, the IPA will be sponsoring a Process Day for Board and IPA members at Bill Smukler's Carriage House in Philadelphia, PA. For the past two years the Boston Study Group has sponsored these "Process Days" and they have been asked to do so again in May of this year.

Just as an individual needs to look at him or herself in a therapeutic session, so the board has found it helpful to process its life and the life of the IPA. The process days so far have stressed a free-flowing agenda, plenty of time for discussion, stress on consensus, confrontation of interpersonal problems, and leadership by dominant energy flow rather than by officers or by Robert's Rules of Order. Members of the board have noted a substantial improvement in the manner in which board meetings are now held. At the recent meeting in New York, people were more open to listening and responding, there was less tension, a spirit of willingness to help and a very up-beat atmosphere.

Board meetings are open to all members of the IPA and so you are welcome to attend the Process Day on May 4th. However space is definitely limited to approximately 26 persons. So if you would like to attend, be sure to respond promptly to the announcement which will be mailed in April. The fee will be \$20.

Exact plans for the Process Day have not been finalized by the Boston Study Group. However, they are working on what may be called an "Anti-Strangulation Experiment." Most of us have been raised in a culture that stresses politeness and order above all. In school we raise our hands to speak and sit in rows. At work we obey orders and also speak one at a time. All meetings in our culture stress order. Order is, of course, important and good but it has been noted that often at meetings people become bored and restless. Nitpicking is common. Energy is strangulated as we wait our turn to speak. We are wondering if a group might benefit from the kind of open free-flowing spontaneous expression that we foster in an individual primal session. There is evidence of a sort of "group primal" in some primitive cultures before war or the hunt. Some of us have experienced what could be called a "group primal" on rare occasions in groups or meetings. The emphasis will be on the owning of feelings. Rather than projecting onto others, the stress will be on expressing the self spontaneously in a group setting. May 4, 1985 will be an exciting day.

### Our 13th Annual Convention

As we began planning this year's convention, we noticed how easy it is to forget the magic of those five days in the long intervening year. For some of us it is the pool and workshops, for some of us it is the sauna and the food. For all of us it is the people and that special experience so different from anything we can find anywhere else. For those of you who have been to a convention, we don't have to say any more. For those of you who haven't come, we can't really explain the experience. Just come ... you'll see.

We have a committee planning the convention. But it is your convention too. What are your ideas? What do you want? What don't you want? We want to hear from you. If you have any ideas or opinions, now is the time to be heard, when we are putting it together.

The theme is "Primal as Process: Choosing Lifelines - 1985". We're excited about the theme this year. It feels powerful. We expect that it will have a personal and special meaning for everyone who comes and gets involved in their process, their choices, their lifelines, their lifeline choices, their primal process.

We are looking forward to hearing from you and especially seeing you this summer at the convention.

### Convention Planning

Another summer convention is on the horizon and it's time to begin thinking about workshops,

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## Officers 1984-1985

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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 Pauline Gourlay, 14860 Westwood, Detroit, MI 48223.

## 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

### PHILADELPHIA SPRING MEETING

Process Day (for Board and IPA MEMBERS)

The Carriage House in Philadelphia

May 4, 1985.

### ANNUAL 5-DAY CONVENTION

Primal Process: Choosing Lifelines - 1985  
Appel Farm, New Jersey

August 28 - September 2, 1985.

## MEMBERS NEWS AND NOTICES

The Primal Integration Center of Michigan will give an intensive three-day workshop May 24-27, 1985. Leaders: Barbara Valassis, Jens Wennberg, Nancy Miller, John Suliot. \$250 fee includes food and lodging. Pick-up at the airport if requested.

**Pre and Perinatal Psychology Association** of North America presents their 2nd International Congress in San Diego, California, USA-July 26-28, 1985. Thomas Verny, M.D. is president and Barbara Markovitz is on the Board of Advisors. Both are IPA members.

## Noah's Ark

Bill Smukler and staff will be presenting the second Noah's Ark training program from January 12 through February 22, 1986. The location will be near Ocean City, Maryland in a private home 15 minutes from the ocean and 20 minutes to Assateague Island where wild horses roam.

The Ark is a 40-day experiential and didactic intensive program for individuals interested in training to become therapists. The theme is Noah's Ark with its accompanying images of personal journey; facing one's own deluge, renewal and new beginnings. The program is designed so that each trainee may make his or her own inner voyage during the 40 days as well as participate in an intensive group experience. The voyage of the Ark is based on the premise that we are all human beings first and that we must therefore develop, out of the core of our own individual searching and growth, an eclectic approach as group leaders in tune with each client's particular needs. This program provides a unique opportunity for a singular growth experience and in-depth learning and sharing.

The fee is \$3500 and includes: 80 hours of individual therapy, 40 hours with one or more staff members and 40 hours of co-therapy among the trainees; didactic seminars on theoretical issues; a daily technique seminar; group work; and full room and board at the Ark. Participation is limited to 10-12 trainees with one trainer for every two trainees. If interested, send your autobiography to Bill Smukler, c/o The Carriage House, 7315 Sprague St., Phila. PA 19119.

**Key Points From Dorothy Dinnerstein's *The Mermaid and the Minotaur*  
Chapters 1 and 6 - 9**

Prepared for the International Primal Association New York Regional Conference, January 1985, by Carol Capizzi and Art Sichel

It is not inevitable that the main adult presence in infancy and early childhood be female. This arrangement has led to profound abuses and is responsible for such serious destructiveness that those in power may kill us off soon. People concerned with practical action toward saving the planet must recognize these abuses, fight against them, and strive toward equity between the sexes. The purpose of this book is to strengthen the movement toward equal sharing of child rearing by both sexes as the primary method for reversing our loss of humanity and march toward suicide.

A woman with a fish tail from the waist down and a man with the head of a bull: we don't see men and women as fully human.

Women take care of infants. So initially we all experience women as tremendously powerful -- god-like power -- while we are powerless by comparison. To the extent we experience displeasure (and infancy can never be only bliss) we feel resentment, frustration, rage. To the extent this god-like being sets the limits and controls the structure we grow up out of, we both depend on and resent her. (In primal terminology these feelings are all on a pre-verbal, body level.) They are repressed because the first caretaker continues to seem too formidable and too necessary to our continued survival to oppose successfully. And as we mature, these unconscious, pre-verbal memories retain her as having god-like enormous power.

The denied feelings of resentment toward our mother (both bearer and rearer) get displaced onto all women. Men and women, alike, resent and are fearful of female authority. They condone degradation of women: actions and attitudes designed to restrict and contain women. These actions and attitudes contain elements of sadistic abuse which in women are expressed masochistically as an acceptance of, agreement with, or support for these abuses and restrictions. In men, this resentful abusiveness is mistaken for enterprise and mastery -- the way to make progress -- overcome and gain independence from and equal status/power to the primal mother (Dinnerstein's "dirty goddess"). The resentful, abusive, rapacious attitude toward women is then directed to the rest of the environment. It has been the major force in the way we define how to make progress, has determined the development of our economy/society/civilization, and is leading to the destruction of our environment and our species.

Men can be seen by men and by women as also human: identified with. Women must be denied their humanity in order to continue defending against the rage. If men were to take equal share in child rearing, then this denial of the humanity of women child rearers could no longer be maintained. The repressed infantile rage could not be displaced onto figures we identify with. The particular form that infantile rage takes now in adult life -- the hatred of women and rapacity toward the universe -- would have to cease. This rage, and all the attendant feelings, would be admitted to awareness where they could be struggled with and worked through.



**ROSES TO**

Roses To

Art Sichel and his committee for a great New York conference.

Roses To

Fred Zielke for generously providing space for our board meeting.

*The I.P.A. journal, AESTHEMA (January 1986) will be devoted to women's issues. The editors of that edition of the journal welcome thoughts and comments on Dr. Dinnerstein's book and on the session she led at the I.P.A. Conference in N.Y.C. in January for incorporation into an article currently being written. They also seek relevant articles on women's issues for publication. Please submit completed articles, outlines and concept papers to Carol Capizzi, 175 W. 12th. St., N.Y., N.Y. 10011 or Dr. Ninalee May, 350 Bleeker St., Apt. L-D, N.Y., N.Y. 10014 by June 30th.*

## Letters From Members

### Hello From Texas

I'd like to share with you some of my experience of your 1984 Annual Convention. Some inner part of my Self drew me across the country to meet you folks at Appel Farm this year. I had no particular ideas or expectations of the conference or of the people, only an intuitive notion that the experience would be a good one. Well ..... it seems I hit the jackpot this time. It was great!

It's difficult to put a feeling from my heart into words, for what it was like to meet and be with you. It was special and I cherish that time. Of many things the conference meant for me, I've decided to write you about one aspect that I found important. There I was, coming to the conference for first time to spend 5 days with a group of people I'd never met; it turned out it was the people, you, who had the biggest impact on me.

You are an incredible group of people. I found you to be warm... ..caring.....genuine.....spontaneous .....lifelike.....accepting.....likable. That's not terribly unlike I'd have said I expected if I had thought about it, but being immersed in an environment of such people was fantastic beyond what I could have imagined. Being with you at the conference was exhilarating, humbling, refreshing, and just plain fun. I felt especially lifelike with you people.....you touched my heart and made it dance. I thank you for that.

Everyone's acceptance of each other seemed to add something special to the air to make it OK for EVERYONE to be who they are. The acceptance I felt and trust I was able to feel with you people (being able to trust you so still astounds me) came from the openness I saw in you for your own feelings and for others' feelings. I saw a willingness to risk, to be spontaneous, to take chances. There was a commonality of experience, like we sort of spoke the same language. Being in

such an environment was a first for me. The general public simply doesn't believe we're all OK as is, so even if you separate old feelings from the present (about what is acceptable to do, say, or feel) sometimes being your spontaneous self in regular life can cause more trouble than it's worth, so you sort of hold back. (I even got in trouble at work once because I felt so good I whistled. They said it wasn't "businesslike" and I should refrain from such behavior.) Now that I'm home, there's no taking off my suit at the pool if I feel like it, no burping, no saying what I feel so openly, not much hugging or touching. It was refreshing to be in an environment where I could so OPENLY be myself, I'd never experienced that before. WOW! For me it was kind of like playing in the mud. I don't know how many of you can relate to playing in the mud as a joy, but I find it to be great fun. It was fun to be a part of such openness and it was nice to watch. Being able to let go so fully was wonderful. Mmmmmmmmm....

It amazes me how much of the magic of the conference has stayed with me. It seems that now when I feel particularly spontaneous and free...I think of you. Just as painful feelings can take us back to their origin in an earlier time, so can joyful feelings return us to times when we have felt them before. It's nice. Sometimes I spread my pictures from Appel Farm out on the floor and I get to see you all again. I always enjoy the trip back.

And so I thank you - - - for the work you put into organizing and making the conference happen, for efforts of the presenters in developing some interesting workshops, for everyone coming and sharing of yourselves, and for giving me the opportunity to share some of how I see life. If there is anything I can do for the IPA, like through the mail since I am so far away, please let me know, I'd love to see you or help

you out if I can. Texas is a nice place and I would enjoy showing you some of it.

Please take care of yourselves. I look forward to seeing you all again next year.

Karen Buck

Dear IPA,

This was my first convention and I pray not my last. I'd become very safe and secure with our group from Michigan but had never realized that group could grow. Trust has always come hard for me but I seemed to be able to trust everyone so easily. Everyone was so open, honest, and sharing.

Because of my physical health I felt uncomfortable at first and not really part of the group. It changed and I found myself sharing with everyone and being supported. I felt more alive than I had felt in years. The theme for the convention seemed so important to me, it gave me hope and so did the people.

When Bill Smukler gave me his little stone elephant to keep for the year and use as a reminder of his support I can't help but feel I can make it and be back next year.

Some positive things have started happening for me and now there seems to be real hope. I attribute my positive attitude to myself (which I could never say before), to my friends, and especially to Barbara. Something inside me really wants to live and all of you helped me find it that week. Now I'm taking care of myself and trusting me, something I could never do before.

I'll see you all in August if at all possible and now I feel it just might be.

Dot Clary

Dear IPA,

How pleased I was to see the I.P.A.'s new direction. As an ex-officer of I.P.A., I have always kept an interest in it's evolution. I believe I.P.A. has been and con-

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tinues to be the centerpoint for people who recognize the value of the intense-feeling process in psychotherapy.

Over the last two years, I have focused my attention in building and organizing a professional center for the intense-feeling work. We have created a beautiful space fully-soundproofed and very private on West 57th Street in Manhattan. We are now opening the space for rental for workshops and lectures.

Al and Diane Pesso, Charlotte Saunders, Buckminster Fuller and Patricia Sun, have graced our space so far, and we welcome I.P.A. members to consider it for a workshop. All I.P.A. members will receive a discount on rental fees.

I would also like to offer our space for meetings of the I.P.A. that need a New York meeting space. You are welcomed to use it at no cost to I.P.A., whenever we have it available.

My best wishes for the upcoming year to all the members and staff of I.P.A. As the world turns more towards technology, and science, it's good to know that someone is around keeping the heart open.

Sincerely,  
Armand DiMele P-C.S.W.  
past-president

***The IPA paid tribute to our beloved David Freundlich, who recently passed away, with a eulogy and an energy circle at the Regional Conference in January. His contribution to the IPA, our publications and his many papers on the primal process are greatly appreciated. We will all miss him very much.***

by Larry Schumer

The following are the actions taken by the board at the January 27th board meeting:

- 1) That the minutes from the last meeting be accepted as amended.
- 2) That the treasurer's report be accepted as read.
- 3) That an IPA library be established with no funding at this time, and that the IPA accept the offer from the American Society for Psychical Research, Inc., to exchange journals on a regular basis.
- 4) That the Public Relations committee be empowered to print and mail their letter as soon as possible, with the changes discussed.

Comments or inquiries into the actions of the board should be addressed to the Secretary/Treasurer (Larry Schumer).

## WELCOME TO NEW MEMBERS

We'd like to welcome everyone who has joined the IPA since the summer convention. This includes new people as well as old members that have renewed their membership. Also included are several people who attended the summer convention but were accidentally left off the membership list (not a computer error, a human error). Please add these names and addresses to your membership list:

Lesley Cotton  
4 Val Soliel  
Pointe Claire  
Quebec, Canada H9S 5N1

Charlotte Bale Wolovsky  
539 Second Street  
Brooklyn, NY 11215  
(718) 788-4314

Joel Lehman  
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(416) 782-6820

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Karen Noppe  
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Patricia Rice  
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Charlotte Saunders  
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(212) 582-2082

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(212) 628-4524

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3510 Cameron Mills Road  
Alexandria, VA 22305  
(703) 548-0877

Virginia Logan  
RR1, Box 1288  
Hinesburg, VT 05461  
(802) 425-2344

Hal Geddes pulled this information from the tapes of the process and board weekend for the Name and Essence Committee.

You might like to read the interesting thoughts from this meeting.

IPA Board member views related to name and essence.

IPA members are participants, not observers in the primal process.

IPA is broader in conceptualization and practice than Janov.

IPA is an organization for intensive regressive feeling therapy.

IPA members come by referral, not because of the word primal. Concern is with other professionals, not members. 24 new members in 1984, all by word of mouth. The word primal does draw people from around the world, Australia, Texas, etc.

Keep primal and make an effort to educate people about primal and what it really means, not Janovian. I'm ready to fight for it. There is no way to find anything else to bring us together.

The word primal carries a negative connotation. "Screamers". We have to get our essence across.

Primal is a good word. It conveys historical roots.

The times are materialistic and outward oriented. Primal as a name is a millstone. People are repulsed. The word International is also undesirable.

In 1974 Hy Weiner wrote that primal represented the counter-culture. The counter-culture no longer exists. People want authoritarian therapists. This process goes against the direction of the culture.

What we feel about primal is what we put out. Since reading Steve K's article I feel proud of primal.

Put our energy into a new name. Not worth trying to change the way people think about a name we never created.

The process of primal is a powerful natural process, not a therapy. Its power may force us to be a fringe group.

A definition of primal process is important. Many seem to exist.

Call this the year of primal process.

Primal process gets us away from Janov's Primal Therapy.

There is an upward reaching (becoming) and a downward reaching for roots.

Out of the '84 convention came the question: What is the process?

Having a primal process year may tell us where we are and give us a name.

Primal process is not just an internal thing. It is a process of interacting with each other, setting up networks, dealing with isola-

Convention  
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leaders, et al. This year's theme, *Primal as Process: Choosing Lifelines-1985*, is an invitation to explore our primal directions head-on. We would like you to start thinking NOW about the specific workshops you would either like to give or attend this summer. Also, if you know of a non-member that you think would make a good guest presenter, let us know too. To help us plan, please fill out and mail the form below as soon as possible. See you at Appel Farm.

### Workshop, Etc. Suggestion Form

I plan to give a workshop at the summer convention. I'm not sure of the title, but it will probably be about

\_\_\_\_\_

I don't think I'll present a workshop, but here's an idea for one that would be interesting to me

\_\_\_\_\_

I'm fresh out of ideas for a workshop, but here's some ideas for other activities, or the convention in general

\_\_\_\_\_

Here's the name and phone number/address of someone that I think will fit in as a guest presenter this summer. You can call me for more information if necessary:

Suggested Guest \_\_\_\_\_

Guest's phone \_\_\_\_\_

My name: \_\_\_\_\_

Phone: \_\_\_\_\_

MAIL TO: Art Sichel  
115 Charles Street  
New York, NY 10014

## THE BOOK CORNER

### **UNDERSTANDING YOUR PAST THE KEY TO YOUR FUTURE**

By Cecil G. Osborne  
Word Books, Waco, Texas, 1980.  
An easy reading primer on primal  
integration.

### **WHEN BAD THINGS HAPPEN TO GOOD PEOPLE**

By Harold S. Kushner  
Avon Books, 1981.  
Addresses the question,  
"Why me?"

### **ILLUSIONS: THE ADVEN- TURES OF A RELUCTANT MESSIAH**

By Richard Bach  
Dell Books, 1977.  
Spirituality and growth by the  
author of Jonathan Livingston  
Seagull.

## **NEW MEMBERS**

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San Francisco, CA 94114  
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(302) 656-1387

Hanspeter Ruch  
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Arlington, MA 02174  
(617) 646-7395

Iren Rothenberger  
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Cambridge, MA 02139  
(617) 354-3044

Robert Szita  
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Staten Island, NY 10301

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(616) 543-2606

## **PUBLICATIONS COMMITTEE**

Pauline Gourlay, editor and produc-  
tion  
Barbara Valassis, copyediting

## AESTHEMA

### **Projected Issues:**

MAY 1985 Conference  
Presentations for 1984  
Editor, Art Sichel

AUGUST 1985 POST PRIMAL  
Editor, Dan Miller

JANUARY 1986 BIRTH  
Editors, Barbara and  
Lance Wright

AUGUST 1986 WOMEN  
Editors, Carol Capizzi  
and Nina Lee May

JANUARY 1987 PRIMAL PROCESS  
Editors, Fred Zielke  
and Arnold Buchheimer

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.

## **NAME AND ESSENCE**

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tion. It is a way to focus all our issues. The essence of this  
organization is primal process.

Primal process is a very personal thing that happens when working  
in depth in therapy. What we are doing now seems more like  
encounter or relating.

Primal therapy has something to say about world issues.

A year's dialogue about primal process and where we are as a  
group is a mature pursuit.

What is primal, who are we, what is our identity is very important to  
all of us. there is a lot of energy for this. Primal process, I am living  
it day by day.

## **NEW DUES SCHEDULE**

1985-86 DUES ACCORDING TO INCOME\*

INCOME	DUES
\$25,000 or less	\$25
\$25,001 to \$50,000	\$30
\$50,001 to \$100,000	\$50
\$100,001 or more	\$100
Lifetime Membership	\$1000**
Full-time Student with proof	\$15

\*DUE IN U.S. FUNDS ONLY. IN ADDITION, THERE IS A \$5.00  
SURCHARGE ON ALL FOREIGN CHECKS.

\*\*GUIDELINES FOR LIFETIME MEMBERSHIPS:

Lifetime memberships may be paid for over a period of 5 years  
(\$200 per year). If the member decides, after paying part of their lifetime memberhsip, that they no  
longer desire to pay out the total amount, the money paid up to then is held by the IPA with annual  
dues subtracted each year (at the current rate) until the money is exhausted. PAYMENTS TOWARD  
LIFETIME MEMBERHSIPS ARE NOT REFUNDABLE.

**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.

