



# INTERNATIONAL PRIMAL ASSOCIATION

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

## Newsletter

SUMMER 1985



### MESSAGE FROM THE PRESIDENT

*My two years as president of the IPA have been exciting and rewarding. After so many years of looking forward to the annual convention as my only link to primal people in other areas, it has been really satisfying to be able to participate more often and more meaningfully. I intend to continue on the board and as co-editor of the newsletter. The conferences, process days, board meetings and convention as part of the IPA and the Primal Process, have a top priority in my personal and professional life.*

*During my tenure I am pleased we have been able to accomplish some important things. The IPA brochure was developed and will be improved on this Fall. A working Public Relations Committee was established. A Resource List will soon be ready. An active exploration into our name and essence has begun. Our membership has increased due to everyone's efforts. It is especially important to me, personally, that the issue of Aesthema commemorating Bill Swartley was published while I was president.*

### 13TH ANNUAL SUMMER CONVENTION

August 28 - September 2, 1985

Appel Farm, Elmer, New Jersey

### PRIMAL AS PROCESS: CHOOSING LIFELINES-1985

Past, Present and Future are the prevailing concerns of the IPA membership. The primal process, its ever evolving and extended lifelines, will be the theme of our 1985 Annual Convention.

Thirteen years after its founding, eight years after we won the legal right to use the term *primal* from Arthur Janov, as we take another look at our evolution and growth, new and old meanings will be our quest.

This year as part of our inward journey, we are delighted that Dr. Arnold Buchheimer, psychologist and Professor Emeritus at City University of New York, who is a ten year member of the IPA, has accepted our invitation to be our keynote speaker. Arnold has been actively involved in research and a dedicated interpreter of primal process to the therapeutic community at large. He is currently writing a book about abreaction and regression in psychotherapy. His presentation will be devoted to an examination of the present state of the art, the course of our future journey, and our theoretical roots, projecting growthful lifelines of the primal process.

Lifelines are vital connections of one sort or another, and we were excited by all the varied personal meanings that come out at the planning meetings. Some say, "Primal saved my life." Another view sees lifelines as the varied directions that life takes. Another definition of lifeline is the "umbilical cord" established between client and therapist as part of the healing process. One person said her connection to nature was her lifeline. What does lifeline mean to you?

Lifeline and Primal as Process—we are enthusiastic about the relevance of these topics to our members and the strong appeal they will have to our outside friends who want to know more about us.

Those of you who have been with us year after year at Appel Farm can start counting the days to get back to the excitement and energy of our annual gathering amid the gorgeous open green spaces, magnificent sunsets, the delicious food, warm hospitality, the pool, the sauna, the tennis courts and ball fields. Not to mention the extraordinary array of talents presented by our members at the Cabaret, the spontaneous music making and nightly jam session, the transformational interactions, the exchanges of experiences and the re-creation of our community!! The Appels have done extensive alterations on the dormitory accommodations for our increased comfort and convenience.

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**IPA Newsletter**

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**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.

Michael and Rena Bernet have opened a new seminar center, Avenahaia, near Livingston Manor, NY, two hours from New York City. Avenahaia is situated on 9 wooded acres 2180 feet above sea-level, adjoining a natural lake almost a mile long. They are building a body-temperature pool based on the design of the Mays Landing pool.

Avenahaia has three large group spaces suitable for primal-type groups, and can sleep 30 people in comfortable rooms of two to four beds. The Bernets conduct a variety of human relations workshops (not all of them primal) and will have a week-long summer intensive from August 4 to 11. A calendar is available by writing Michael Bernet, 112 West 15th Street New York, NY 10011; telephone (212) 675-8832

The premises are available for moderate rent by qualified therapists, trainers and facilitators. Call Michael for full details.

**NOAH'S ARK SAILS AGAIN**

**"And God said to Noah, 'Make yourself an ark of gopher wood... For behold, I will bring a flood of waters upon the earth...,' And rain fell upon the earth forty days and forty nights."**

Bill Smukler has announced that in honor of his 70th birthday, the Ark will sail once again - from January 12 to February 22, 1986.

The Ark is a 40 day experiential and didactic program for therapists. It will include 80 hours of individual therapy from staff and trainees, group therapy, over 150 hours of lectures and seminars, and a 40 hour therapy practicum under supervision. AMA Category I hours, CME Units, and credit towards Masters or Doctors degrees from Columbia Pacific College may be available.

In addition to Bill, other leaders are Shaw Roberts, Mary Thompson, Barbara Valassis, and Jens Wennberg. For more information, contact Bill Smukler, c/o The Carriage House, 7315 Sprague Street, Philadelphia, PA 19119, telephone (215) 242-6667 or any of the other leaders.

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.

The Primal Integration Center of Michigan will give an intensive week-end Primal workshop October 25-27. Leaders: Barbara Valassis, John Suliot, Jens Wennberg and Nancy Miller. \$175 fee includes food and lodging. Pick-up at the airport if requested.

At the last board meeting we discussed supporting the nuclear freeze. How do you feel about the nuclear freeze? How do you feel about the IPA supporting the nuclear freeze? Please write to the editor of the newsletter and we will publish your opinion.

**SLATE FOR EXECUTIVE OFFICERS FOR 1985-86**

Fred Zielke, chairman of the nominating committee, announces the slate for the coming year as follows:

Arthur Sichel, President  
Andre Moore, Vice President  
Larry Schumer, Secretary/Treasurer  
Nominations will be accepted at the general meeting at Appel Farm on Sunday, September 1st.

## MESSAGE FROM THE PRESIDENT

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I'm looking forward to our convention at Appel Farm. It will be good to see old friends and make new ones. Our time together is the highlight of my year and a great beginning for the new season. My 1985-86 year will be a very busy one as I am involved in the Noah's Ark Training Program. So I will be gathering as well as giving Love and Energy. See you all soon! Come and bring a friend!

Love,  
Barbara



## ROSES TO

### ROSES TO

Bill Smukler for generously providing space for the May Process Day.

### ROSES TO

Lance and Barbara Wright for generously providing space for the May Board Meeting.

### ROSES TO

The Ethics and Standards Committee for working through a difficult process to prepare the Resource List for the IPA.

### ROSES TO

Don Eschbach, Andre Moore and the Public Relations Committee for their dedication and hard work this year.

## ROSES AND CONGRATULATIONS TO

Larry Schumer and Kate McAteer who met at an IPA Convention and were married June 8, 1985.

## RETURN TO THE POOL

by Michael Bernet

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I first entered The Pool in April of 1970. My journey was somehow typical of my life and my history: to get there I first had to alienate myself away from one family, the Facilitators' Training Group at the Center for the Whole Person in Philadelphia, and after driving madly through the night, I had to attempt my way back into my other family, The Expanded Family, for which I had scheduled a workshop that weekend at Mays Landing with Bill Swartley and Bart Knapp.

I pushed myself into the steamy universe, a stranger to a world that had experienced togetherness for an eternity, or for at least eight hours. I groped to find friends, lovers, spouse but all had metamorphosed into a different spiritual plane, unrecognizable, unreachable, unable to hear my voice even when I shouted above the echoes and the stillness and the flashing lights.

And then my father was there, stern, angry, glistening wet and more naked than I had ever seen him, more alive than ever after twenty-five years, warning me, as of course he would, that if I wouldn't shut up I'd just have to get right out of there. And then Rena and Bernice and Dinah and Steve gently lifted me and floated me, gently stroking me as I sobbed and sobbed.

A millenium later, when my sobs had subsided and my vision had returned, I recognized my long-dead father: it was only Bill Swartley, unexpectedly clean-shaven.

For the rest of 1970, the pool at Mays Landing was my second home. (Perhaps even my first home: for many years I amused myself, and puzzled my interlocutors, by responding "In the pool at Mays Landing" to those who wanted to penetrate my accent by asking where I was born). Here I relived all the stages of my life, before and after birth, here I cast out the demons, here I became friends with the parts of me I had discarded and disowned over the years. In The Pool I finally became fully alive.

Only the prospect of returning to Israel could make me tear myself away from The Pool. In Tivon I found the perfect site for our own center: The Pool would be dug into the slope of a hill facing magnificent Mount Carmel. Bill would be on hand for the opening and to train Israelis, and I would see a never-ending stream of old friends from The Pool who would share themselves with our pool in Israel.

I had expected to build The Pool with my share of the proceeds from Barbara's autobiography *Cookie* through which I had been guiding her for most of 1970. (At one of my workshops while she was being floated around the pool, Barbara, a one-time junkie, had exulted between sobs of joy: "Wow! This is even better than mainlining"). Alas, the publishing house that had offered a small fortune for the paperback reprint rights collapsed into bankruptcy and the Israeli pool never got built.

But I never gave up on The Pool. As in the Hassidic tale of those who had forgotten the site of the sacred tree or the shape of the sacred fire, I remembered the sacred spirit: sometimes we "floated" each other the length of the group-room carpet; sometimes we went to the lone sand cliffs and connected to the infinite of Ocean and breakers and history; sometimes we went off into the orange groves and dug our toes into the red soil and raised our faces to blue skies and high wispy clouds and took in the scent of the blossoms and went back, back into the collective unconscious; and sometimes we just played *Music for Zen Meditation* and I would float off again through The Pool between those two lines of loving hands and bodies.

I did get to the United States a few times; each time The Pool was virtually my first stop and many Israelis I'd inspired made the

Continued next page

pilgrimage to Mays Landing. I was proud when Bill invited me to be a founding member of IPA, and when I was invited to conduct a workshop at the next IPA conference and when Bill joined Will Schutz and me for a symposium at the AHP conference. And in 1974 Bill and Bea and Ann and Sharris came to Israel as our guests (Ray was in India); fittingly, in a nation under siege, Bill conducted the workshop in a bomb shelter deep underground and the closest we got to The Pool was our brand-new waterbed that we put at the disposal of Bill's family.

When Rena and I returned to the USA in 1977, a return to The Pool was not the least of the lures. But something had changed. Bill was in Toronto, Bea and Ray and Ann and Sharris were scattered to the four corners. And something important but intangible that was not entirely a matter of transference nor counter-transference had come between me and Bill. I rebuilt my own practice, I rented The Pool for some of my "serious" workshops, and for more playful workshops we went to Fort Courage in Connecticut (where giant pool and luxurious accommodations and gourmet meals cost only \$50 for a weekend). I had heard that Bill was sick, that he had cancer, that he was dying. Part of me knew I had to be with him and hug him and share with him and part of me denied his sickness and feared the reconciliation.

In January of 1979 I was felled by a sudden heart attack. My first thought, after I knew I would live and recover, was The Pool: if only I could reach there, and get into the healing waters and be floated through my life and my pain, my heart would become as good as new again—perhaps strong enough to let me conduct the workshop that was scheduled for less than three weeks away. Three days before the workshop my doctors had persuaded me to stay in the hospital and let Rena and Pam conduct the workshop together but the next day something happened to change my mind: I heard that Bill had died. I *had* to get in touch with Bill for a final time and I could do it only in The Pool. Rena and the doctor won out; I stayed in hospital and Rena started the workshop by playing my taped farewell to Bill. But I was back at work in Mays Landing a few weeks later. And that April, in Philadelphia, though I couldn't get the AHP conference to pay public tribute to Bill, I was able to get hold of *Second Childhood*, Bill's sensitive movie about The Pool, and to show it over and over again to packed audiences. (Ironically the movie got lost at Customs when I sent it back to Toronto and was thus unavailable for the memorial meeting later that year in Mays Landing).

1979 was a year of death. Part of my heart died. Bill died. Mays Landing died (I was fortunate to be with David Freundlich at the very last workshop before it closed). Fort Courage closed its facilities.

I kept looking for a pool and finally in 1982 I found one, broken and decrepit, in central New Jersey. The owner promised to repair it. We scheduled three workshops and sent out a mailing. There were 18 participants for the first workshop. I arrived feverish with excitement. The men were putting the finishing touches to the pool. A shovel hit a patch on the liner, the hole gaped, the water rushed out and the earth collapsed around it.

Then, late in 1983 we found another pool at The Meadows, a magnificent estate near Lebanon PA, owned by the American Cancer Society. I was back in The Pool, back in the womb, back in heaven. Every other month we had a workshop there, and every workshop had at least one participant who carried memories of The Pool at Mays Landing.

Alas! The Meadows was being put up for sale for a million dollars. Our last workshop ended on August 26; the reprieve we hoped for did not come. We were determined never to lose another pool. We

moved quickly. On September 8, 1984 we shook hands on a deal to purchase an 18-room house on 9 acres high in the Catskills. We hoped to move in by November, have the pool built by January. Alas, others do not move as fast as we can. We started our workshops at Avenahaia in March, without a pool. Perhaps by late July the pool will be built. We'll have a small ceremony, meet old friends from The Pool, think back on Bill, and Mays Landing, and on David Freundlich, too. In August our pool workshops start, leading into a week-long summer intensive. By late fall we hope that many other therapists and facilitators will be using our facilities and that The Pool will once again come to life, bringing us all back to life.

*The work at Avenahaia is exhausting. I commute my city job, my clients, my workshops, the myriad problems of financing, promotion, permits, licenses. But when I'm at Avenahaia, when the night is dark and the stars are out, I take off my shoes and walk out on the part of the lawn where our pool will soon be dug. I feel the moist grass and earth under my toes. I look up at the stars. I hear the **Entrance of the Valkyries**, and the sobs and the joy. I see the steam and the flashing lights. I hear Bill's voice and I float off and away over the surface of The Pool.*

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## CALENDAR OF EVENTS

### ANNUAL 5-DAY CONVENTION

Primal process: Choosing  
Lifelines - 1985

Appel Farm, New Jersey

August 28-September 2, 1985.

### FALL MEETING

October 5-Process Day for Board

October 6-Board Meeting

Arnold Buchheimer's home.

### DECEMBER BOARD MEETING

Art Sichel and Gail Clark's home.

## ON BIZARRE INSIGHTS

There are any number of benefits to be derived from the primal experience. Getting rid of daily and constant stomach pains, for me, was the most important. However, there are other purely intellectual but nonetheless satisfying experiences which primals automatically bring, such as understanding why you are the way you are. Insights into ones' behavior and personality traits often accompany deeply felt primals. The insights, which are usually unexpected, may arise during the feeling, immediately afterwards, or even the day or days after the primal. Those "ah ha" or "that's why" experiences are often bizarre and of seemingly little consequence. But Primal Pains are the building blocks of one's personality and thus their insights are particularly fascinating.

With primal therapy, one is present during the formation of his or her personality and one not only begins to know the details of his physical birth, but also of the birth of his personality. While some of the insights are not particularly profound, they have the effect of grounding one in time. One begins to learn that his personality had a beginning and thus one's self had a beginning.

The greatest number of insights were received during my first six months of primalling. Since then, subsequent insights have seemed to deepen and polish off the rough edges of earlier insights. The dimensions of the insights expanded as I have continued to primal and I continue to have many of the same insights, but they are from new and different perspectives. To some, my insights may seem rather strange and perhaps superficial. But, an insight is a personal experience and it is difficult to convey its significance in your life to others. With that caveat in mind I'll discuss two of my favorites.

**WHY I FIND CROSS-EYED WOMEN ATTRACTIVE**—This insight dribbled in over a long period of time, and has had

greater significance than would seem at first. It began with a primal which had a visual component. During a primal of frantic baby wailing, while perspiring profusely, I began visualizing my mother's young face about two feet from my head. While looking towards her I noticed that her bluish-green eyes looked tired, but the most important characteristic of those eyes was the indifference and detachment. I began to realize that I had always found cross-eyed women attractive because there was no way they could show rejection by looking at me. For me, the most attractive movie star had always been Karen Black. Now, this insight is nothing profound, but for me, its value cannot be calculated. However, tied in with this attraction to cross-eyed women, were feelings of discomfort when people looked at me. The fear was so severe that I did not attend my grammar school graduation. In college I would drop a course if the presentation of a report was required. Being the center of attraction for more than a few moments would embarrass me and the one-liner joke became my forte, since I would quit talking if people began looking at me. Since primalling began, it has become necessary to make verbal presentations. On each occasion, the dreaded chore has become easier. I used to not look at the audience, but I do now and discovered that no one out there was out to get me, so I am now able to concentrate more on what I have to say and the presentation becomes even easier.

**WHY? WHY? WHY?** — I have had any number of primals in which I would begin by simply asking the question, "Why?" Sooner or later the corollary would arrive, which inevitably was, "Why don't you like me, Mom?" I have spent a lifetime trying to find out "why" on a large variety of subjects. The sixteen feet of bookshelf space in my living room does not have enough space to hold all of my books. I have been able to trigger primals just by looking at the books and

thinking that I'll never get to know all the information they contain. Invariably the primal which follows has to do with trying to figure out why "she" does not like me. I notice that I usually begin conversations with a question. At various meetings I can always be depended upon to ask many questions of the speaker. There is always more I want to know. I can't seem to be able to get enough information on any subject.

While the insights I have received as a result of birth primals have not been as deep or as clear as my second line primal insights, they have nonetheless shown me how my traumatic birth has affected my personality. As a child, when I would fall and hurt myself (as children are prone to do) I would always lash out and strike anyone who tried to help me to my feet. My birth was quite hard and the handling after delivery was just too much of an additional assault to accept. Being left alone to recover would have been preferable to further touch. Another birth primal insight is why I hate physical effort and activity so much. When I become fatigued due to physical exertion, my unconscious memories of my difficult and exhausting birth are triggered and mental distress is experienced. This has been one of my remaining symptoms. It is still present though not as severe. I feel that it will remain until I am finished with my birth feelings. Another birth insight is that I "can't fight city hall."

During my difficult birth I concluded that there was really nothing I could do to help myself. Struggle would be to no avail. As much as I tried and strained and battered myself in that harsh birth canal, it was all for naught. There was nothing I could do to help in my birth. So my rule in life became to go along with what life dishes out to me. That is the way to survive. The effort in the canal was useless and neither would an effort in life be more successful.

John A. Speyrer  
Opelousas, LA

### Transcription of Dr. Michael Holden's Tapes On His Religious Conversion Experience is Available.

### PRESS RELEASE

Received: February 21, 1985

Dr. Johann-Georg Raben, a German psychologist, informs us that he wrote his doctoral dissertation about the theme:

*"William Swartley's Primal Integration. A description of its history, theory and practice; based on unpublished papers, interviews etc."*  
Salzburg, Austria, 1983.

The dissertation is in German, English quotations have been translated. It contains a comprehensive bibliography of primal literature and is available from the university library at Saarbruecken, West Germany. Dr. Raben's adress is:

**Dr. Phil. Johann-G. Raben**  
**Bahnhofstr. 47**  
**D-4458 Veldhausen,**  
**West Germany**

In 1983, Larry King wrote to Dr. Michael Holden who had been medical director of the Primal Institute, to invite him to attend the IPA convention for that year. Dr. Holden responded and said that he no longer had the need to primal, had become a Born Again Christian and sent a tape recording to Larry in which he asked that it be played over a public address system at the convention. Larry played the tape a number of times at the convention (see the Winter, 1983 issue of the IPA Newsletter), where it was received with mixed reactions.

Since I am very interested in the psychology of the religious conversion experience, I requested a copy of the tape from Larry and have transcribed the recording, which incidentally lasts over

an hour. The transcription has turned out to be very long (about 10,000 words) and contains some interesting primal material even though it's mostly about Dr. Holden's religious experiences. Undoubtedly, the purpose of the tape is to convert the listener to the Charismatic Christian point of view of the world. However, I think that Dr. Holden might say that its purpose is rather to save the listener from hell.

The material is important and has historical significance in the history of primal therapy, and I would be happy to send a copy of the transcription to anyone requesting a copy. However, since I am expecting a large response to this offer, please enclose with your request a self-addressed business sized envelope with .44 postage.

Very truly yours,  
John A. Speyrer  
2123 Jasmine Dr.  
Opelousas, LA 70570

### WELCOME NEW MEMBERS

We would like to welcome everyone who has joined the IPA since the last newsletter. This includes renewals as well as brand new members. Please add the following names to your membership list:

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## OUR NAME IS MUD

### A Discussion Workshop About The WORD Primal 12th Annual IPA Convention, 1984

**John Doe:** What do you do?

**Primal Therapist:** I'm a Primal Therapist.

**John Doe:** SILENCE.

**Jane Doe:** What do you do?

**Primal Therapist:** I'm a Primal Therapist.

**Jane Doe:** You do that screaming on the floor, UGH.

**A workshop participant Primal Therapist:** I almost never tell people the name of this organization. I don't tell them I'm going to the annual conference of the International Primal Association. I say I'm going to a summer camp.

**Another workshop participant Primal Therapist:** I'm a Primal Therapist but I rarely say so to anyone, including other therapists. I tell them I am a humanistic therapist or that I work with deep feeling expression.

The six Primal Therapists in the Boston Study Group (formal name: Primal Therapy Associates of New England) have had a lot of experience with the current societal reactions to the word Primal. We are not alone.

We decided to check it out. Do a survey. What DO people think about Primal Therapy? How knowledgeable or ignorant or prejudiced are they?

We are not professional researchers. Just inexperienced surveyors. We decided to take an exhibitor's booth at the annual conference of the Association for Humanistic Psychology (AHP), held near Boston in August 1984. We manned the booth for five days and interviewed about 100 people. (1500 attending) We were interested in what people's reactions were to the word Primal.

We asked people to help us find a new name for our group. We offered people a free balloon as an incentive to participate. We talked a lot. They talked a lot. We learned a lot.

5% favor the word Primal in the name.

95% favor a name without the word Primal in it. Many were positive about the therapy process but not the word Primal.

35% favor a professional sounding name like Associates for Experiential Psychotherapy.

55% favor more poetic names such as Passageways or Odyssey.

5% suggested a combination.

Many people were interested in talking about the process. Few seemed interested in doing it.

Many people came on with "Scream" comments, but were easily moved to a serious discussion of our work.

25% signed our mailing list.

Many people were unfamiliar with the word Primal and were open to an explanation.

The Boston Study Group offered to do a workshop at the IPA annual conference at Appel Farm to share our experience at AHP and to be a catalyst for IPA dialogue about its name.

## SECRETARY'S CORNER

(or, What the Board has done lately and other Ramblings)

by Larry Schumer

*Here's a summary of what took place at the Board Meeting on May 4, 1985 (the day after the Philadelphia Process Day).*

Bill Smukler requested that the Board consider making a contribution to the Nuclear Freeze Walk he was to participate in on May 4. A motion was made at the meeting that \$25 be donated. It was not carried. Another motion was made that the Nuclear Freeze issue be brought up at the annual meeting (at the summer convention). It was carried. This will be a good time for the general membership to let their feelings be known to the board on this issue.

There was a report on the Summer Convention Fees. For the past couple of years, the IPA has not been making enough money on the summer convention to cover the year's operating expenses. It was noted that if the IPA were to continue as it has, it will run out of money in two or three years. In order that the IPA make enough money, the fees would have to be raised considerably, something the Board is trying to avoid. After much debate/discussion, the fees for this year were set. The five days will cost \$285 (preregistration). On-site and weekend fees will be set by the committee at their next meeting.

Also concerning the summer convention, it was suggested that an announcement go out to the membership shortly before the convention, listing the workshop schedule. This may help you plan which days you would like to attend based on the workshops. For some, this might mean attending the full five days instead of just the weekend.

**The following is an effort to summarize that workshop.**

The workshop was attended by about 16 people including the executive board officers and many board members. While several centering exercises were used to gain deeper connection to feelings about the IPA and the name, most of the workshop was an open forum with low profile leadership.

Affect of the workshop was high energy, hard to get a word in, not enough time to say it all. The IPA melting pot was boiling.

Content of the workshop is herein organized around Screaming, Primal Therapy, Feelings and Process, IPA essence and Name Change.

**Screaming:** Many or most of us are either/or wearied, bored, angered, fed up, saddened, frustrated with the lay and professional attitude about Primal Therapy conveyed by "scream" comments such as Jane Doe's.

These "scream" reactions are perhaps an appropriate or not surprising response to a therapy conceptualized, dramatized, symbolized, and promoted by THE BOOK (The Primal Scream) and the prolific additional writings and media offerings of its author Arthur Janov. Unfortunately these reactions by both lay and professional persons have too frequently taken on a negative charge. The present negative public image of Primal Therapy is seen as too big to change, given the limited resources of the IPA. And indeed it is an unanswered question as to whether attempting to change the image is even the direction of choice of the IPA membership.

For now, these reactions must continue to be experienced for what they are and worked with on an individual basis. The negative charge is often not that big and can be de-fused by means of sensitive communication.

**And what do we communicate about Primal Therapy?**

**Primal Therapy:** What is it?

- It is a therapy that includes the process of primalling. At times it includes a regression to an earlier place where the primaller feels younger and back in time. The short range goal is primalling. The long range goal is being real.

- The goal of Primal Therapy is not to primal. The goal is to let go of your conscious controls allowing feelings and emotions to take over.

- Primal Therapy aims to create a safe place to have all feelings including primals.

- Primal Therapy requires a deep regression centered definition which gives special identity to both primaller and therapist.

These were the most clearly stated efforts to define Primal Therapy. It seemed universally accepted that all levels of feeling occurred and were natural and health producing when occurring during Primal Therapy. However, views differed as to where the emphasis lies.

**Feelings and Process:** Feelings are central but "feeling therapies are everywhere". They are not special although they take many forms - Gestalt, psychodrama, psychomotor, etc.. Their respect level seems to vary but they are more acceptable if not called Primal. Primal is special but creates a fear reaction. Seemingly, the fear is of the reactor's own inner untouched process, better left alone. While feeling process or therapy process in general seems valued as the important thing, it is also threatening to confront it at a primal level.

So threatening in fact that many shared their tendency to not even talk about Primal Therapy or tell people they are Primal Therapists. Since many therapists do other things too, they may

Continued next page

The IPA is looking into the possibility of accepting credit cards for the conference/conventions and for dues. If we do, there will be an additional charge (5%) to cover the bank charges.

*Aesthema* was discussed in detail. The new publication schedule should appear in this newsletter. If you're interested in contributing something, write or call Arnold Buchheimer. Concern was expressed about the quality of some of our issues. To prevent any particular issue editor from having complete control over content, the Board passed the following motion: that the issue editor of *Aesthema* observe a review process for all material going into *Aesthema*, with the following guidelines:

- 1) that if the material is clearly acceptable, one additional editorial board member review the material before publication.

- 2) that if the material is of doubtful acceptability, two additional editorial board members review the material before publication.

The Ethics and Standards Committee reported their progress on the Resource List. After the usual discussion and debate, the board approved the work of the committee. There will be applications for the Resource List available at the Summer Convention. This list should be published this Fall. For those of you not familiar with the Resource List, it will be an IPA publication where members can purchase space to advertise their goods and service. It will NOT be restricted to Mental Health professionals, any goods or services can be listed. Small "classified" type listing will be accepted, as well as "display ads" of 1/4, 1/2, or full page size. Specifications and rate information will be available at the convention.



describe their role with emphasis on the other non-primal areas of their work.

**The IPA:** What is it? Where is it going? What is its vision? What is its essence? here are some members' views.

- In size it is relatively small yet viewed as stable. A fluctuation of 15 at the annual meetings over the past 6 years. The attendance hovering around 75. Is it too small? Some say yes and some say an adamant NO. Just right or near right to offer the intimacy, realness, growth opportunity, personal evolution, experimental possibilities and sense of personal power so cherished by many of its present members.

- Its meaning to members is varied. In addition to meanings mentioned in the preceding paragraph it is, above all, for many a safe place, especially the annual conference. A place for personal acknowledgement by peers who understand. An oasis from a sense of isolation. An opportunity to grow by personal experimentation with others of similar 'mat' history and core experience.

- It is disappointing as a Primal organization. It never really got there. Many primally dedicated people left it and won't return. Whether most members even do primal is raised as a question. While the brochure of the IPA contains the word Primal in its name, the word is never mentioned in the text.

- The need is not for Primal but for personal growth, change and transformation. The process is the important thing.

- The need is to hold on to the word Primal. It's our identity.

- The therapists here do many different exciting things. We need to communicate about what we do with each other. If we do that, the right name will follow.

**Name Change:** "To be or not to be. That is the question." The process we espouse is viewed as good by insiders and usually by outsiders, at least in theory. Call it Primal process and it loses its credibility.

Insiders especially reject the capital P (=Janov Primal) version and sigh with relief of identity with small p.

5% of AHP responses were for the word Primal. Do we need more than a 5% favorable market to survive? And is the market an issue for the organization where the question of needing or not needing a larger organization has only an equivocal answer.

Is it appropriate to call the organization international with no one from farther than Texas attending. Maybe, since there are members from around the world.

And so the membership contains within itself a continuum of postures ranging from a kind of life blood identity with the word Primal to an anticipated relief in getting out from under its unmanageable burden.

A new IPA member who drove alone from Texas to our New Jersey conference says with forthright simplicity-

***Primal is why I'm here.***

Hal Geddes  
Boston Study Group

Though the above summary is brief, the meeting took about five hours. I've only included here what I think were the more important issues covered. If you have any feedback on the above, you can either attend the next board meeting, or submit your comments in writing to me and I'll present them for you. We encourage input from the membership on the running of the IPA. New and old members alike should consider running to be on the Board (the elections take place at the summer convention). See you at Appel Farm...

### NEW BEGINNINGS

This summer there will be another IPA instigated wedding. Larry Schumer and Kate McAteer met at the 1981 Summer Convention. They are getting married June 8 in the backyard of a family member in New Jersey. Steve Austill will perform the ceremony.

IPA BABIES...Art Sichel and Gail Clark (another IPA couple) are having a "primal baby??" Gail is due shortly after the summer convention. Attempts to schedule the birth for the last act of Cabaret Night are being made. We'll keep you informed of the progress.

### 13th ANNUAL CONVENTION

Continued from page 1

The success of our conferences in the past has been dependent on the large number of members who come and participate in all aspects of the conference from planning, to workshop presentations, to bringing friends and sharing ideas. Please continue to send your suggestions and input to the committee, care of Art Sichel, 115 Charles Street, N.Y.C., N.Y. 10014. Phone: 212-620-0591.

Save yourself \$\$ by sending in your early registration. Tell your friends. Remember, everybody who has ever come has loved their experience at the convention. If you would like us to contact people, pass their names and phone numbers on to Larry Schumer,  
179 Prince Street, Suite 21,  
N.Y.C., N.Y. 10012.

## WHAT'S IN A NAME?

**FROM:** Michele Festa and Staff  
**CSU (Humanistic Study Center)**  
**TO:** IPA Board

I fully agree to the witty arguments and the conclusions Charles Ashbach draws in "The IPA considered from the stand point of cultural evolution" IPA-Newsletter /Summer 1984. Without going into details I would like to confirm that also in Europe a change of the almost conspicuous term "primal" might be considered favourable. We have let

**A.P.T.**  
**Association for Personal Transformation**

roll around our tongues a few times—as you have suggested—and it didn't feel bad but at a second try we have found that, although sounding good and certainly true, it seems to lack a bit

in precision: is there a field of Humanistic Psychology—or even human life in general—this name couldn't be applied to?

We did a brief, preliminary brainstorming here; you'll find the results below. Of course, we are aware of the fact that different cultural and linguistic backgrounds will have different connotations and associations as a consequence.

So just take our proposals, listen how they sound and what they tell and let yourselves get stimulated. (I hope)

**I.P.R.A.**  
**International Personal Renaissance Association (Organization?)**

**I.A.P.R.**  
**International Association for Personal Renaissance**

**I.H.R.A.**  
**International Human Renaissance Association (Organization?)**

**I.P.I.A.**  
**International Primal Integration Association (Organization?)**

**I.P.R.A.**  
**International Primal Reintegration Association (Organization?)**

**I.A.P.R.**  
**International Association for Personal Reintegration**

....and so on....

By the way - couldn't it be an idea to choose

**"Organization"**

instead of:

**"Association"**

Just think of F.A.O. (Food and Agricultural Organization). U.N.O. (United Nation Organization) and the like.

## AESTHEMA

### Projected Issues:

July 1985 **Conference Presentations for 1984**  
Editor, Art Sichel

August 1985 **Post Primal**  
Editor, Dan Miller

January 1986 **Women**  
Editors, Carol Capizzi and Nina Lee May

Future Issues scheduled for January 1987 and/or August 1986:

**Birth**; Editors Barbara and Lance Wright  
**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.

**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.

## 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 membership, 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 MEMBERSHIPS ARE NOT REFUNDABLE.



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