

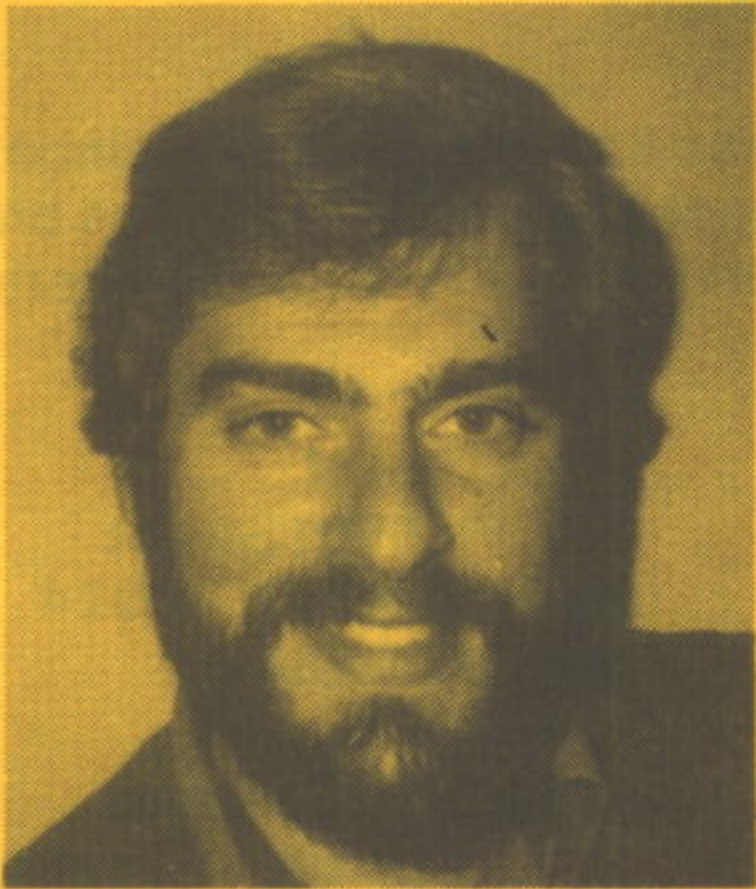


# INTERNATIONAL PRIMAL ASSOCIATION

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

## Newsletter

WINTER 1985



### MESSAGE FROM THE NEW PRESIDENT

Since my first exposure, in 1975, primal has become an invaluable and precious part of my life. For me, it gives rewards like nothing else I know of.

The International Primal Association became part of my life in 1980. I came to my first annual convention with skepticism and a reluctance to risk my vulnerable self with a group of strangers. I found a warmth, openness and authenticity that helped me have a remarkable experience.

I knew not to expect anything like that again. But I went back the next year because I felt connected. I had been elected to the Board of Directors--to help the new Vice-President, a close friend. My experience was even better than the year before; every annual convention seems to be remarkable! The IPA reinforces and enriches my experience of primal. It adds a dimension to my life by giving me a community of brothers and sisters to share and grow with.

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### THE IPA REGIONAL CONFERENCE

Saturday, March 1, 1986  
9:30 A.M. to 4:00 P.M.

#### A CALL TO PRESENTERS!

It is with great pleasure and enthusiasm that we announce the theme of the next regional conference: "Dreams, Fantasy, Metaphor and the Primal Process".

The conference will focus on various ways of exploring and working with dreams, fantasies and metaphors in all of their richness, uniqueness and complexity. We will look at them as manifestations of a special and distinctive state of mind, as the expression of hidden wishes, as a unique style of self-protection and defense, as a return to the deep hurts of early childhood and, ultimately, as a struggle to own and acknowledge our powerful and mostly hidden primal energies.

The regional conference will be a day of sharing and exploration in an atmosphere of mutual respect and support in which all participants will have the opportunity to work with their own dreams, fantasies and allusions and/or personally respond to those of other participants. Thus the conference will serve to stimulate and encourage those engaged in self-exploration and who wish to tap into the potency and richness of their own primal energy.

This year, we are fortunate to have access to virtually all of the space at the DiMele Center for Psycho-Therapy in Manhattan. We will have a very large convocation room and over six rooms for individual workshops at our disposal.

For those of you who are interested, we invite you to submit your written outlines for presentations and workshops as soon as possible. Please mail all material to Andre A. Moore, 160 Bleecker Street, 9C East, New York, N.Y. 10012. If you have questions or require additional information, call Andre at (212) 473-6983.

We also urge all members and friends of the IPA to register early for the regional conference. In order to pre-register please send \$50.00 (members) or \$55.00 (non-members) by check or money order in U.S. funds only to The International Primal Association, 179 Prince Street, Suite 21, New York, N.Y. 10012, Attention: Larry Schumer.

We very much look forward to seeing all of you at what promises to be an exciting and provocative regional conference!

# MERRY CHRISTMAS AND HAPPY NEW YEAR!

## Officers 1985-1986

Art Sichel, Ph.D, President  
1122 North Broad Street  
Hillside, NJ 07205  
(212) 620-0591

Andre Moore, Vice President  
160 Bleecker, #9C East  
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Larry Schumer, Secretary/Treasurer  
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Lance Wright

**European Representative**  
Michele Festa

## IPA Office

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c/o Larry Schumer  
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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 Barbara Valassis, 23011 Middlebelt, Farmington Hills, MI 48024.

## 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.

## ANNOUNCEMENTS

With great joy and pride, Art Sichel and Gail Clark announce the birth of their daughter, Corianna Elizabeth, on September 11, 1985.

Congratulations to Loretta Fogel! She now has a son, David Benjamin, 6 lb., 7 oz. and 20½ inches long, born on October 11, 1985.

We are pleased to announce that we now have two (2) Lifetime Members; Larry Schumer and Barbara Valassis. For information on how you can become a Lifetime Member, see the Dues Schedule in this Newsletter.

## NEW MEMBERS

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

Libbie Rice  
580 W. 215th St., #4D  
New York, NY 10034  
(212) 304-8643

Linda Schaeneman  
1 Fayette Rd.  
Bedford, MA 01730

Michele Festa  
Centro Studi Umanolucia  
Casella Postale 10/200  
I-00 144 Roma EVR

Charlotte Saunders  
230 W. 55th Street, #3C  
New York, NY 10019  
(212) 582-2082

Jean Getoff  
251 W. 89th Street  
New York, NY 10024  
(212)874-2303

Joseph R. Sanders  
3510 Cameron Mills Road  
Alexandria, VA 22305

Victoria E. Stewart  
8 Sunnylea Avenue West  
Toronto, Ontario  
CANADA M8Y 2J7

Alec Rubin  
247 W. 72nd St.  
New York, NY 10023  
(212) 724-7508

Colin Strang  
45 Hughes Street  
E. Melvern 3145  
Melbourne, Australia

## LOST AND FOUND

1985 was only a mediocre year for lost and found at the summer convention. There were only a couple things people might want to claim.

- 1) Pendleton Sweater: greyish with colorful reindeer, size: medium (this will fit me nicely if not claimed).
- 2) Pair of rubber-soled deckshoes, neutral color, canvas material, size: ???

Other things include: one small (child's) tennis shoe, it says TRAX on the back, color is blue. And last, but not least is one purple sock, fairly worn.

That's it for this year. Give me a call if you own or know who owns the leftovers. See you at the NY regional...

Larry Schumer (212) 254-9386

Self-appointed Chairman of the Lost & Found Committee

## CALENDAR OF EVENTS

### NEW YORK REGIONAL CONFERENCE

Dreams, Fantasies, Metaphors and the Primal Process

Saturday, March 1, 1986

9:30 A.M. to 4:00 P.M.

DiMele Center for Psycho-Therapy  
Manhattan, NY

### BOARD MEETING,

March 2, 1986

### PHILADELPHIA PROCESS DAY

Saturday, May 17, 1986

Bill Smukler's Carriage House

7315 Sprague St.

### BOARD MEETING

May 18, 1986

### IPA SUMMER CONVENTION

August 27 to Sept. 1, 1986

Appel Farm, New Jersey.



#### ROSES TO

Arnold Buchheimer for donating his time and expertise to deliver an excellent keynote address at the summer convention.

#### ROSES TO

Bob McKay for donating the printing of the programs for both the N.Y. regional conference and the summer convention. Super job!

#### ROSES TO

The convention committee for a superb five days.

#### ROSES TO

IPA members at the convention for a very successful and exciting fundraising.

#### ROSES TO

Karen Boyle, our "Bag Lady", who emceed the "Fun-raising".

#### ROSES TO

Alec Rubin and Joe Raiola for staging a benefit play to raise money for the IPA.

#### ROSES AGAIN TO

Arnold for hosting the IPA Process Day and Board Meeting in October. His home and surrounding area are lovely and the fall colors were beautiful.

## THE ESSENCE OF THE IPA \_\_\_\_\_ A NAME AND ESSENCE COMMITTEE UPDATE.

In August, 1984 a small group of primal therapists who call themselves the Boston Study Group manned an exhibitors booth at the annual AHP conference to research current attitudes toward the word primal. (See details in the Summer 1985 Newsletter article, **Our Name Is Mud.**)

This AHP experience was shared in a workshop at the 1984 IPA conference at Appel Farm.

The energy at this workshop was high with a wide range of views international.

At the annual business meeting the suggestion was made to form a committee to deal with the name issue. This suggestion materialized at the next board meeting when a Name and Essence Committee was voted in by the Board. By this time it seemed clear that the name of the organization was or should be a reflection of the essence of the organization. The complexity of name choice mirrored the varied views by the membership of the real essence of the IPA.

The committee's work culminated at the 1985 annual conference where a booth was set up to gather centered, thoughtful and feelingful statements from the membership as to what they saw as the essential ingredient of the association.

The committee is attempting a formulation of an IPA essence which will contain within it the essence responses of all responders. We are hopeful that such a formulation will influence and/or determine:

1. The future name of our organization.
2. The nature of our brochure.
3. The level of validation experienced by IPA members within the organization.
4. The level of member self esteem.
5. Member ability to intimately identify with the IPA.

Committee members Steve Austill, Jack Cowan and Hal Geddes manned the IPA booth at poolside. Conference members were asked the following question: What is the single most indispensable property of the IPA (its essence) that separates it from all other organizations and without which it would lose its uniqueness? Twenty-four members responded spontaneously and received a free balloon.

It is our view that the membership should be part of the process of digesting the material offered and integrating it into a meaningful statement of IPA essence. Following is a list of IPA member responses:

1. Community, love and permission.

*Larry Schumer*

2. Belief in the primal process as the deepest and most effective way to actualize the potential of the self.

*Barbara Valassis*

3. Continuous creation and recreation of itself out of the whole selves of the members--feelings, thoughts, bodies, spirituality and relationships.

*Nina Lee May*

4. A community of people with a common understanding and appreciation of deep feeling work.

*Margrit Romang*

5. Valuing primalling; centered connected regressive experiences.

*Steve Austill*

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## INTERVIEWS DURING CONVENTION

Terry Larimore - "It's a long way to come from Texas, but it's worth it. It's a lovely setting and I think it's most conducive in most ways to what we're trying to do here. The people are wonderful. I was always very hesitant to come even though I've been doing Primal since 1976. I always felt really insecure about not being "done" and not wanting to have crazy behavior in front of other people who could spot crazy behavior. It was enough with the people in group in Texas, but with people I didn't know, I was very hesitant. Finally, I had enough vacation and emotional growth and my friend, Karen, had come last year and told me how great it was, so I came and I'm very glad I did. This is a real top priority for me now, to come back next year. I know it's a painful process to work out all the hassles of an organization that is growing and trying to have an all volunteer officership and structure, and I want to help."



Karen Boyle  
"Bag Lady"

Libbie Rice - "I've been massaging people at the conference and it's been an incredibly wonderful experience for me. People come to me in various stages and generally people are open and I'm able to give a lot to them. They also give a lot of love back to me. This is my fourth conference and it's been really special because I've had a contact and an intimacy with people that I never had before. I managed to fit in a couple workshops which were excellent. Jack Cowan's and Leigh Harris'. The people who work here are really flexible and open and I'm having the time of my life."

Steve Austill - "I have had a very happy, fruitful, exciting, painful and rewarding time again. I can't thank enough all the people who put the time, energy, effort, thought, creativity and love into the conference. In my opinion, it was one of the best conferences we've ever had. I look forward to coming another year and hope to see all my new friends again. I think we have a wonderful, wonderful organization and a wonderful knowledge and spirit. I'm just happy to be a part of the IPA and make what contribution I can toward the fruition of what it is we are trying to be and do. Thank you one and all."

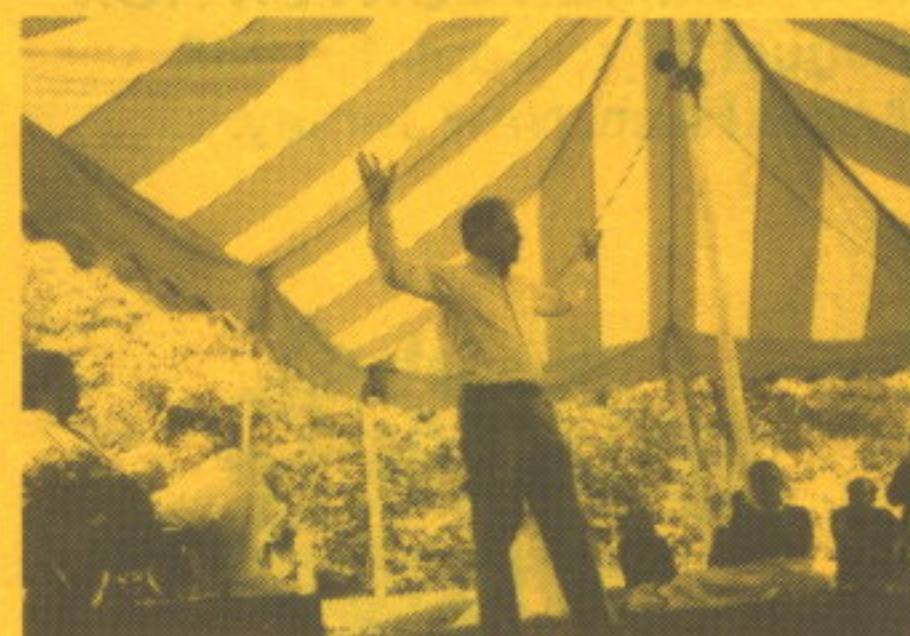
Shoshannah - "My favorite workshop was in the sauna last night. I started encouraging everyone to sing whatever they said. Before we knew it, there was this incredible improvisation. It was phenomenal, right there in the sauna. So I decided that my next year's music workshop is going to be in the sauna. It just shows you that when you open up to your situation as we did in some of the workshops, your creativity just blows right out like a river. Because when you're connected to your feelings or aspects, you're connected to your creativity."

Lesley Cotton - "For me, one of the highlights of the convention was listening to Arnold speak about the need for IPA to move toward action of the heart, from the heart. I really, for the first time, saw the importance of Arnold's role in the IPA - as father, guide, elder. It clearly demonstrated to me how deeply he loves this organization and how much it means to him to share the joy and healing power of the IPA."



Arnold Buchheimer  
Keynote Speaker

Larry Minter - "This is my first IPA Convention. I've found it a really beautiful group of people. I came here relaxed, to let go, and not have to be a therapist. I came to enjoy and to get what I could from the various settings and I've been getting all that. There's lots of love, lots of warm fuzzies, lots of caring. It's been very, very pleasant, it's a beautiful setting. It feels good to get back with Nature, the swimming pool, all this beautiful green grass, the moon shining at night. I've been really happy with the food. It seems incredibly easy just to fit right in with the people here and feel like a part of the whole scene."



Larry Minter  
Choosing Lifelines Seminar

Dina Paisner - "The time was wonderful. I'm sorry I missed certain speakers. There were so many meetings and I kind of took time out for myself. I really felt very comfortable. When I was in some kind of trouble there was always somebody around to pat my brow, to listen or to agree with me. They were very supportive. I really feel at home here. I'm not going to bitch about the food because everything else made up for it. The sauna should be open more that it was. We had to choose between the Cabaret and the sauna and I would have liked it to be a little more available during the day. I would like an organized walk or hike around the premises, even to go across the road and to walk through the woods. I'd like to pay the land a visit and go around the river, just to get a sense of our surroundings. I like to have a sense of where I'm at and I think a hike would be a marvelous thing. I had a good time and now I feel prepared for the winter winds of Manhattan."

## FEEDBACK FROM CONVENTION PARTICIPANTS ON WORKSHOPS

### Massage therapist, Joe:

"Such a pretty blue  
Such a beautiful noise  
A Bell, a tick tock  
Such a beautiful voice  
Such beautiful hands. . ."

### Living with Non-Primal People

by Larry King:

"Very informative, very two-way with participants. Lots of support without being directive. Very affirming of everyone's inner wisdom to recognize what's right for them."

### This is Your Lifeline by

Ross Klahr:

"Great fun, well thought out, very clever ideas. Well paced. Makes a strong point, but very gently."

### Yoga as Process by

Leslie Cotton:

"A welcome, wonderful addition to the IPA with a warm, caring, thoughtful, conscientious and conscious presenter. A lifeline of mine. Thanks, Leslie."

### Humanistic Primal Process by

Hal Geddes:

"Workshop: not long enough, very well structured, clearly presented. Hal: very warm, clear presenter, obviously hampered by time frame, has more to share"

"I felt Hal took a terrific risk and showed an experimental process that felt good to me. He was well prepared and supportive."

### Healing Power of Music Improvisation by

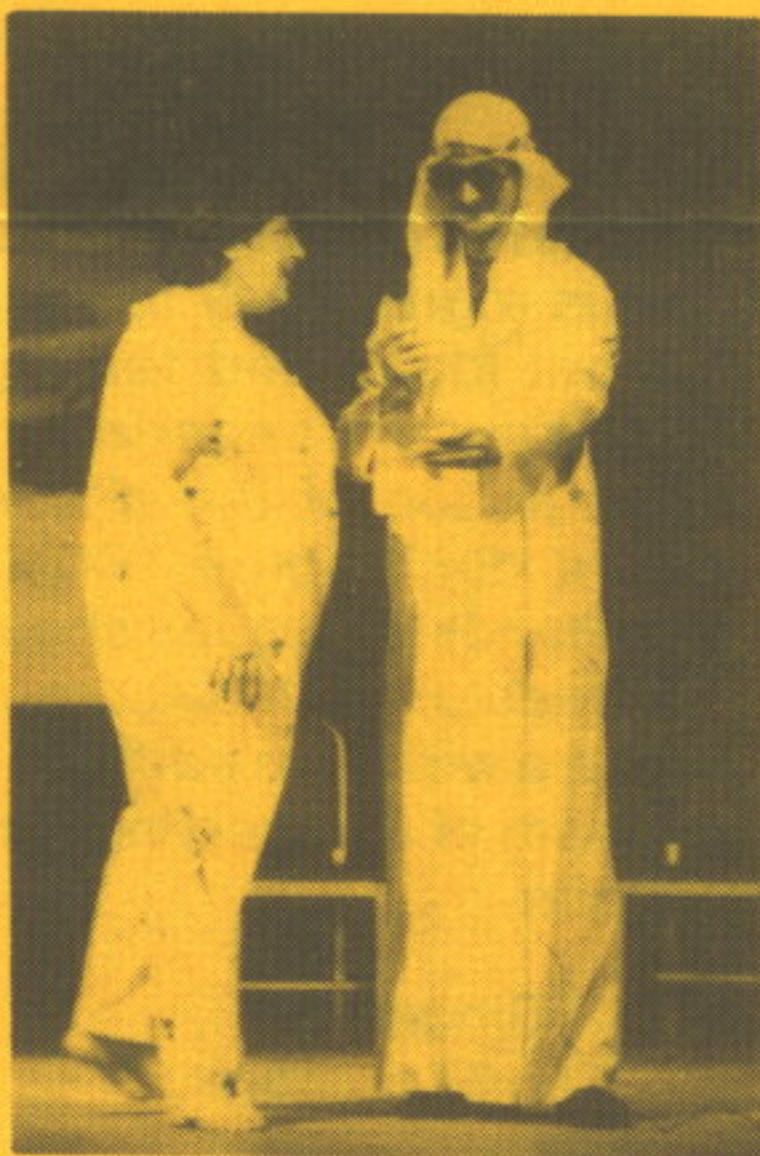
Shoshannah:

"I experienced a lovely healing in myself, particularly in risking my voice with others. Shoshannah was wonderfully conscious, having handouts and a spectacular array of music makers. My one difficulty was that so many people came late, I mean 45 minutes to an hour late. That broke a flow, almost a sacredness, that was present at the beginning. I guess my wish is that the doors could have been closed 15 minutes into the workshop."

### Creating Lifelines by

Gro Robinson and Ross Klahr:

"I was very scared at first and doubted that I would be able to work with either Gro or Ross. The group was small and I got a lot of time...that was real nice. This first experience of the Pessso System was positive and I hope I will be able to allow myself more time with them. It was a very positive and intense feeling experience for me that allowed me less self-destructiveness. My reflective thoughts all come back with warmth and smiles. Pain is becoming a different feeling with different rewards. How to describe...Yes, Pain does not have to be destructive, Pain can be a positive experience and enriching."



Loretta Fogel and Ross Klahr  
Cabaret Emcees

### Primal as Process by

Arnold Buchheimer,  
keynote address:

"I appreciate the thought and care that went into this presentation and the willingness to make strong recommendations. Excellent keynote speaker!"

### Loose Ends by

Larry Schumer:

"Don't change a.thing!"

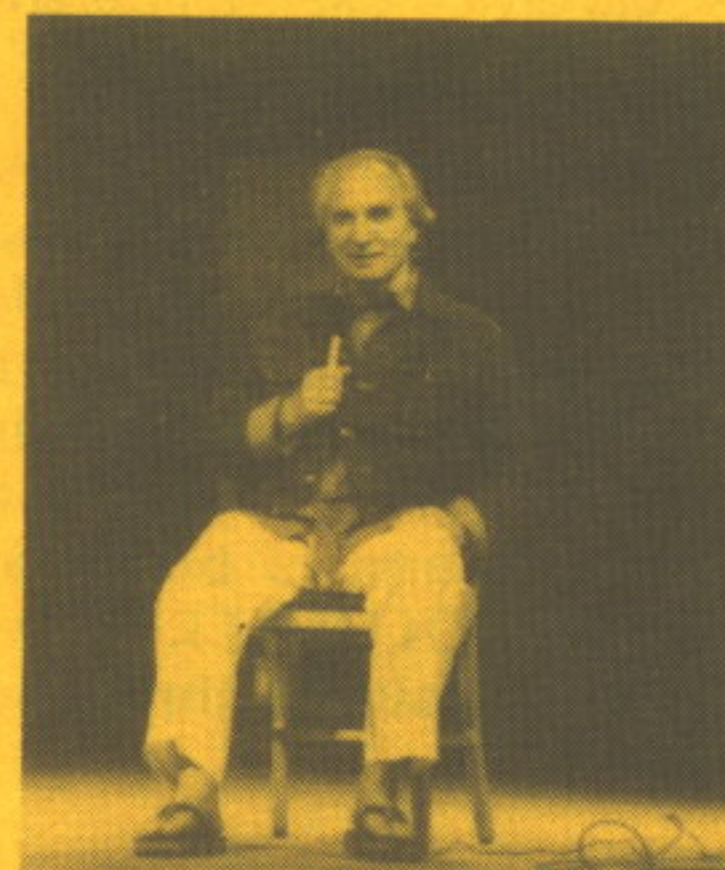
### Fate and You by

Leigh Harris:

"This was an EXCELLENT workshop. It should have been 3 hours or all day. What made it so good was the variety of structures, use of interesting means of short-circuiting social chit-chat, the direct focus on the material with references to the literature, an encouragement and permission for authentic feeling. The best workshop I've been to in a year or two here."

"Extremely rewarding for me. The claywork helped very much in dropping me into my feelings quite deeply. The amount of exercises, potential for deep work, and healing resolution was startling in a 1 1/2 hour workshop."

"The structure used in this workshop got me to feel some of what I have been carrying around in me for years but never really felt. By feeling it, I can now deal with it. I am not finished with this issue yet and probably won't be for awhile because as most of us know, pain takes the longest time to annihilate than anything else on earth. My only regret is that time was short. I hope Leigh will do another workshop with a longer time period being its only change."



Alec Rubin  
Cabaret

### Covering/Uncovering by

Larry King and Loretta Fogel:

"Thanks for having it early in the week. Very good - very needed."

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## COMMENTS

I hope that the IPA does not adopt a policy of making formal issue statements for the following reasons:

### A: IT REDUCES INDIVIDUAL RESPONSIBILITY

Belonging to an organization that takes a stand on issues removes individual responsibility to actively support that issue from members who agree. (More later on members who do not agree with the IPA's stand.)

### B: THERE IS NO AGREEMENT

There is not agreement among IPA members on many major issues. The very name of the IPA (now under consideration by the Name and Essence Committee) repels some people. If IPA takes a stand not supported 100% by the members, we run the risk of losing members and not attracting new members. It is a different thing for an organization to take a stand for an "unpopular" issue in the face of the world and quite another to take a stand that is "unpopular" among the organization's members. I do not advocate shrinking from taking unpopular stands, only stands not agreed upon by all members. It may seem that primal people would have strong agreement on many issues, but it remains that individual members hold beliefs that may seem "incongruent" to others and would divide the membership.

### C: IPA BUSINESS FIRST

There is still much IPA business to tend to. Diversion of time and energy into TRYING to formulate an issue statement reduces the already limited energy and time available for IPA business at the conferences and of board and committee VOLUNTEERS who handle IPA business throughout the year.

### D: DOES IT MATTER?

If IPA were a large/powerful/well-respected organization, I would have a hard time justifying "inaction." However, as the stepchild of the therapeutic community, IPA endorsement is likely to mean little to any cause we chose to support with an issue statement.

### E: TIMING

Because issues arise that we would need to address quickly, IPA board members would be forced to write issue statements without direct input from the general membership. This means that in addition to electing officers based on their skill and willingness to participate in the board, we will be electing people based on their stands on issues not central to IPA. While the organization is so small that it doesn't have a surplus of willing and able folk to take leadership, I hate to see us introduce extraneous factors.

It is a fact that organizations much more conservative than IPA have endorsed the Nuclear Freeze. However, these groups have a stronger attraction to draw and keep members than the IPA has at this time.

If IPA does not adopt a policy of making formal issue statements, we will not lack for controversy on the "hot topics of the day." I, for one, plan to present a workshop at next year's annual conference on nuclear waste/weapons/power. I think this is a great way to share information, ideas and feelings without risking endangering the growth/attraction of the IPA. As long as we don't agree 100%, I think the stands on issues should be as individuals with discussion and debate a welcome addition to the dynamism of our meetings and conferences.

Sincerely,  
Terry Larimore  
Houston, Texas

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### PRESIDENT'S MESSAGE

Cont'd from Page 1

People on the board of Directors have a chance to extend the convention experience a little bit. We get together for board meetings, process days, committee meetings. We wrangle over issues of concern, plan and organize. And, as with any time "primal people" get together, there is a chance to partake of the contact and interaction that includes a special sensitivity and potential.

At the board meetings we had that and something else. When

"primal people" get together and fail to be responsible the experience can be painful. We have grown over the years, so now attending a board meeting is the rewarding experience it should be.

As I watched the board meetings change, I have had my own development. The last two years of this growth were as Vice-President. There was a lot to do -- too much -- our organization should not depend that much on one person. But I grew through putting my energy into it. Being elected President of the IPA marks the culmination of a personal maturation process which reaches deep within. The support, the warmth and affection I felt as I was being entrusted with the responsibility of President were a peak experience for me.

As the board meetings evolved, we began to broaden our visions and horizons. There is an increasing desire to see this growth reflected in a more tangible way. We talk of increasing the number of members and worry we may lose what we value about being a small organization. We speak of getting more attention and being better known in the larger society and fear we lack the strength of character needed to avoid getting lost in public misconceptions and prejudices about primal.

We are already an active organization. And we want to do more. I am particularly excited about the way **Aesthema** is doing. We can grow only if we have a solid base! That base is your involvement and participation. I could easily say become involved so we can be greater, but there is something more compelling.

Everyone I have seen put energy into the IPA has gotten back something to contribute to their personal growth. the foundation of the IPA is the energy you invest. If the greater dimension that the IPA adds has value to you, decide what in the IPA is important and meaningful to you. Put your energy there. IF IT IS GOOD FOR YOU, PERSONALLY, IT WILL BE GOOD FOR THE ORGANIZATION. If you grow, we all grow and become stronger.

Art Sichel

## FEEDBACK

Cont'd from Page 5

### Therapy to Therapeia by Bill Smukler:

"This workshop opened me up, yet aside from my personal receiving from the workshop, it was also one of the best presented workshops. Bill guided us as a group and gave to each of us individually as well. Then we paired off and played a passive person (mother) for each other. Closing we gathered in a circle, supporting each other."



Bill Smukler  
With both feet off the ground

## SECRETARY'S CORNER

(or, What's new with the Board)  
by Larry Schumer

*Here's a summary of what took place at the General Meeting and Board Meeting, which took place at Appel Farm on September 1, 1985.*

The "big news" at the General Meeting was that the IPA is in serious financial trouble. The treasurer's report revealed that in all likelihood, the IPA would run out of operating money this year (we showed a loss of about \$4500 on our 1984-85 tax return). In brief, we spend more in a year than we take in. It looked as if we would need to make drastic cutbacks in spending, perhaps suspend publication of *Aesthema*. This news was not taken lightly. The general meeting rallied in support of the IPA and a fund raising was begun. Within minutes over \$750 was raised. At dinner that evening, the fund raising was continued, and another \$700 was raised. A letter has gone out to members not at-

tending the convention, giving them an opportunity to contribute to the fund raising effort (if this is the first time you have heard of this, it's not too late to make a contribution). As we stand now, *Aesthema* is safe, but the board will be looking at the long term finances of the organization at upcoming meetings. Your input, as always, is encouraged.

A motion was made that a committee be formed to examine and review the by-laws of the IPA. Steve Austill is chairperson of the committee. Other members are: Terry Larimore, Hal Geddes, and Margrit Romang. Contact Steve if you have anything to say about the by-laws.

The elections took place, as always, at the General Meeting. Art Sichel became president by acclamation, and Andre Moore became vice-president by acclamation. Secretary/treasurer is a 2-year term, so I have one more year before I'm re-elected (confidence, huh?). Nine "slots" opened up for the Board of Directors. Eleven people were nominated and a motion to waive the limit on the size of the board was carried. The board now consists of: Steve Austill, Arnold Buchheimer, Karen Buck, Gail Clark, Lesley Cotton, Susan Donefer, Loretta Fogel, Hal Geddes, Harriet Geller, Ross Klahr, Kate McAteer, Alice Nayer, Cynthia Robinson, Gro Robinson, Margrit Romang, Alec Rubin, John Suliot, Mary Thompson, Barbara Valassis, and Lance Wright. We also now have a European Representative, Michele Festa.

A committee for the New York Regional conference was formed. Chairperson is Gro Robinson. Committee members are: Andre Moore, Susan Donefer, and Harriet Geller.

A committee for next year's summer convention was formed. Chairperson is Andre Moore. Committee members are: Larry Schumer, Kate McAteer, Art Sichel, Harriet Geller, Gro Robinson, Loretta Fogel, and Ross Klahr. Anyone checking the records from the past few years would begin to think that this is a standing committee. How about some new blood out there. If you want to see things done differently, get on the committee (any committee for that matter). You do not

have to be on the board to be on a committee! And for the summer convention especially, we would like help. Call me to find out when the committee will next meet.

A committee was formed to search for an alternate site for the summer convention. Chairperson is Arnold Buchheimer. Andre Moore and Don Eschbach are also on the committee. If you hate Appel Farm, and have ideas for a new place, call Arnold.

The editorial structure for *Aesthema* was revised. Instead of having "issue editors" there will be a General Editor with co-editors for individual issues. Arnold will serve as the General Editor of *Aesthema*.

As mentioned above, this is my second year as "computerized" secretary/treasurer. I'm told I'm doing a good job by those who see my computer printed output, but often it feels like I operate in a vacuum. How about some feedback? Do you like reading the happenings of the Board in this column? What else would you like to know concerning the inner workings of the IPA. I'm the one who can supply that information. It would sure be nice to know that the membership cares enough to ask...

## SECRETARY'S CORNER

or WATCH OUT-LARRY HAS DIARRHEA  
OF THE MOUTH (COMPUTER)

So here it is again (twice in one issue!), another chance to pour out my heart (and liver?) to the members of the IPA. Feels like an epic too.

Let's start with the Board of Directors. What do they really do? I'm glad you asked. I think only a handful of members and most of them are on the board, have any idea of what goes on "behind the scenes." In an attempt to share this inside info with the membership, I began this column. At first I just reported what motions were passed at the board meetings. And now, a year later (yes, we've been Sanyoized for a year now), this column has turned into an editorial, where I ramble on about almost anything, hopefully conveying what the IPA is doing (at least from my perspec-

Cont'd on Page 8

**NAME AND ESSENCE**

Cont'd from Page 3

6. A community where I am supported for being all that I am and for becoming all I can be and where I can give that same support to others.

*Gro Robinson*

7. The loving acceptance of each person, whoever and wherever she/he is.

*Cynthia Robinson*

8. Our strength is in our diversity and heterogeneity. Our strength is also in our unity, purpose and homogeneity of goals. Our goal is the individual, the group achieving NOT a higher consciousness, rather a conscious consciousness of ourselves and others.

*Ellie Brager*

9. Healing.

*Daniel Tavaleck*

10. Facilitation of all positive elements of human potential.

*Henry Morgentaler*

11. Integration of feelings with body and cognition.

*Michael Bernet*

12. Awareness of and valuing of primals as growth producing experiences.

*Hal Geddes*

13. The deep feeling process that has made us a community of professional and lay people who are to varying degrees committed to authenticity, growth, love and wholeness. The word "primal" is what distinguishes us from other humanistic and feeling oriented groups.

*Gail Clark*

14. Sharing the vicissitudes and applications of abreaction in the context of a disciplined and committed search for wholeness.

*Fred Zielke*

15. The honest feeling oriented interaction of the members--a place and structure to be who you are and stimulate your growth.

*Ross Klahr*

16. Being (feeling, knowing, action)

*Arnold Buchheimer*

17. Promotion of well-being by deep feeling regressive process.

*Jack Cowan*

18. Traditionally non-traditional, predictably unpredictable, therefore dynamic, vital, real. The past manifest in the present continually evolving facilitating transformation.

*Lance Wright*

19. Permission to feel, to risk, to grow, to be with a safety net of love.

20. To share, to struggle, to grow, to love.

*Andre Moore*

21. It has come to my awareness that I am strong with my pain..from it I find my worth..self...child..the loved or should be loved me.

*Kathleen Kaminsky*

22. The common experience of the unique altered state of consciousness referred to as primal.

*Art Sichel*

23. Allowing growth by being open to the primal (Primary processes) of our individual lives. On this we build.

*Mary Thompson*

24. It is a group of people ready to deal with themselves more deeply, more fully than other people I know in this world..UNTO SATISFACTION.

*Walter Gambin*

The Name and Essence committee is eager to receive feedback that will help us in the formulation process.

Call or write to: Hall Geddes, Chairman 617 877-7795

Jack Cowan 718 965-0917

Steve Austill 617 233-1461

**SECRETARY'S CORNER**

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tive). In doing this I discovered something very important. ANY-ONE can do this! All you have to do is send it to Barb in time for publication. Simple. Try it, you'll see...

Back to the Board. If I reported the motions passed at the last meeting, I'd already be finished. Yet, this last meeting was the most productive meeting I've attended (and considering what I've heard about the meetings held a few years ago, this was probably the best ever). The secret is *Process Day*.

Since the board began having "process days" the day before the board meeting, the meetings have become, not just tolerable, but enjoyable. The meetings are now where we conduct the **business** of the IPA. They are no longer an arena for dumping feelings. The process days (structured by the Boston Study Group, which includes Steve Austill, Hall Geddes, and Margrit Romang), on the other hand, allow the board to experience, feel, think, yell, talk, cry, ring gongs, enjoy Arnold's hot tub, "prioritize", be heard by everyone, demand silence, be loving, caring, angry, tired, etc., etc. The board members get to know each other on a deep level. They become better grounded, and in general, get the s--- out of the way so they can "work" at the board meeting.

What does all this mean to **you**? This spring there will be another Philadelphia Process Day that's open to the general membership. Well, if you love the summer convention, here's a chance to be with and get to know some of those people outside of Appel Farm (many complain that the convention is too short, here's a chance to experience more of that community). And as long as you're in Philly, you might as well attend the board meeting on the next day and see what makes the IPA tick. Start planning now. When the announcement comes out about the Philly Process Day (May 17th), there will be a limited number of openings due to space limitations. It will be first come, first serve.

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OK, so what happened at the last board meeting? Of great importance was the treasurer's report. To the surprise of everyone (even the treasurer when he (I) found out), we made more money on the summer convention than anticipated. We saved over \$1000 due to donated services. Arnold donated himself as keynote speaker (it has cost us \$500 in past years), printing was donated by a friend of Art and Gail's (a savings of another \$500) and other savings were achieved due to judicious spending by the committee. And on top of that, the fund raising was a huge success. As of this writing, we raised \$1715 (all but \$230 of which was collected - come on folks, send in those pledges). All this means that the cutbacks suggested at the general meeting (like suspending publication of *Aesthema*) will not have to be made. For this year it looks like we're ok. However, for the future, the underlying financial considerations of this organization must be re-thought. In the past, the IPA has had a surplus of funds that it was living off of (this allowed us to spend more each year than we took in). Now the surplus is gone. Who is going to support the IPA

next year? Surely we can't do a fund raising at each convention (that'll get old fast). Do we raise dues again? Do we raise conference /convention fees? Do we cut service/publications These are important considerations for the Board. I'd be surprised if dues weren't raised again, after all, the IPA is the membership. If they (you) don't support it, who will. Fees too, will probably go up, to more accurately reflect the cost of putting on our major events.

The next important topic was the NY conference. The when is easy (March 1st), the where is the DiMele Center. The theme for the conference will depend on the keynote speaker chosen by the committee (or actually, who's available within the conference budget.

You can expect a new brochure out soon. Steve Austill (chairperson of the Brochure rewrite committee) presented an excellent rough draft. It's probably too late, but if you have anything to say about the brochure, call Steve (617/233-1461)

*Aesthema*, after having a rough year in terms of meeting schedules, will be out in force this year. There should be three issues published by May.

Very soon now, you'll receive

the preliminary publication of the Resource Directory. Yes, it'll be a bit thin, but that's because YOU haven't sent in a listing. Remember, any goods or services can be offered in the directory (it's not just for mental health professionals). Another directory will be published this spring, so mail your listings as soon as possible to give me plenty of time to get things organized.

Have you ever had cause to complain about an IPA member's professional behavior? The board passed the motion addressing this issue. It states that complaints are to be directed to the officers of the IPA (Art, Andre, and myself) who shall then initiate appropriate action. Exactly what "appropriate action" is no one knows. In fact, we hope we never have to define it.

I guess that's enough. But before I end, I want to say that the most important thing about this board meeting was that not only did we complete all our business, but that we adjourned EARLY. Yes, for the first time ever, the board actually finished with all the business on the agenda, before the time set to adjourn! There was celebration by all, and walks in the country by many. Ahh, those board meetings, I love 'em!

I've come this far ...  
and I remember the pain.  
I remember thinking "I can't push myself any harder ...  
I don't want to know."

I've come this far ...  
and I've a long way to go.  
but this time, I will choose the path.  
I will take only what I need and my priority will be me.

I've come this far ...  
and I relived all the hurt and I cried.  
I allowed myself to open my mind's eye  
and see for the very first time, all that was me.

I've come this far ...  
and I will never hurt anyone or myself again.

I've come this far ...  
and said "I can't make it!"  
I saw my obstacle as a mountain path winding up to the unknown.  
I saw myself burdened with pack after pack that I had spent a  
lifetime filling.

Greg Szpaichler  
PRIMAL INTEGRATION CENTER OF MICHIGAN  
August 1985

I've come this far ...  
and suddenly I'm at the top of that mountain.  
I somehow learned to remove from the packs  
all the useless treasures I thought I needed.

To gain knowledge and understanding  
of the parts of the self  
allows energy spent in conflict  
to be used  
in growing  
and in giving.

I've come this far ...  
and for the first time: I am in control. I will never turn back.  
I've seen myself as others perceived me and I've seen myself as  
me and I've glimpsed the beauty that is yet to come.

Theta Burke

## AESTHEMA

### Projected Issues:

January 1986 **Conference Presentations  
for 1984**

Editor, Art Sichel

May 1986 **Post Primal**

Editor, Dan Miller

Future Issues scheduled:

**Women;** Editors, Carol Capizzi and Nina Lee May

**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	\$35
\$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.

Barbara Valassis, editor and production

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