



INTERNATIONAL PRIMAL ASSOCIATION

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

Newsletter

WINTER 1987

A CONVERSATION AT APPEL FARM:

THOUGHTS ON THE ACCOMPLISHMENTS, CURRENT STRUGGLE AND FUTURE GROWTH OF THE IPA

Edited by Andre Moore

On Saturday evening, August 30, 1986, the day on which Graham Farrant gave his keynote address and experiential workshop on birth primaling at the IPA's 14th Annual Convention, William Emerson, Arnold Buchheimer and I gathered to have a frank, open and, as it turned out, wide-ranging discussion about the IPA.

We hope the thoughts, feelings and opinions expressed below contribute to the future growth and strength of a very special organization. At the very least, we hope they stimulate more lively discussion at future IPA board meetings.

William Emerson began the conversation by suggesting a very specific future direction for the IPA.

William: "Death and rebirth are clearly connected. The IPA in its current form probably needs to die and this means the death of an organization that has been very viable. Frank Lake and I worked many years in Europe in the same manner as the IPA. We were all therapists but we also worked on our own process right along with everyone else. However, we found that we couldn't have the impact we needed to have on the whole

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EARLY CHILDHOOD TRAUMA AND THE HEALING EXPERIENCE

I.P.A. REGIONAL CONFERENCE

Saturday, February 28, 1987
9:30 AM to 4:00 PM

Last year the I.P.A. took an intimate look at the efficacy of primal process in attaining a deeper emotional understanding of very early feeling states — those felt during the first days of life, birth experiences, intrauterine sensations and even earlier events. As a consequence, many of us now have a keener appreciation of how these early experiences may help to shape unique sensing and feeling capacities and a preverbal sense of self which flavor and condition everything that happens to us in later childhood, teenage and adult years.

This year our regional conference will focus on subsequent life trauma, the later as opposed to long ago hurt. We will learn about the life experiences and healing therapy of autistic and schizophrenic children and children who were holocaust survivors. As our keynote speaker we are delighted to have Mira Rothenberg, psychologist, pioneer in psychotherapy for autistic, schizophrenic and delinquent children and author of **Children with Emerald Eyes**, a simply written collection of stories which tells how terrified children were lovingly seduced into rediscovering the outside world. In her keynote address, Mira Rothenberg will describe her work with disturbed children at Blueberry Treatment Centers, the first therapeutic agency for the treatment of autistic and schizophrenic children, which she founded in 1958.

Through the generosity of Armand DiMele, we will again have access (at the same cost as last year) to all of the space at the DiMele Center for Psychotherapy and Counseling in Manhattan. A large, tastefully decorated convocation room and six rooms for individual afternoon workshops will be available for our use.

For those of you who are interested, we invite you to submit your written proposals for presentations and/or workshops as soon as possible. Please mail all material to Andre A. Moore, 160 Bleecker Street, N.Y.C. 10012.

We also urge all members and friends of the I.P.A. to register early for the regional conference. In order to pre-register, please send \$50 (members) or \$55 (non-members) by check or money order in U.S. funds only to The International Primal Association, 179 Prince Street, Suite 21, N.Y.C. 10012, Attention: Larry Schumer.

We look forward to seeing you at what will most certainly be a moving and informative conference!

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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.

MEMBERS NEWS AND NOTICES

● The Primal Integration Center of Michigan announces two weekend workshops. February 20-22, 1987 with Jens Wennberg, Nancy Miller, Barbara Valassis, Cynthia Robinson, and John Suliot leading. Fee of \$180 covers food and lodging. July 24-26, 1987 with Dr. Graham Farrant leading his workshop on Cellular Consciousness. Fee is \$300. Pick-up at the airport can be arranged. Call for information and reservations. Barbara Valassis, (313) 478-5559.

● If you are interested in buddying as an alternative to therapy, I would like to talk to you. I am a Certified Social Worker living in Manhattan. Both men and women are requested to call or write. Art Feher, 360 Riverside Dr. Apt. 13A, New York, N.Y. 10025. Phone (home) - (212) 663-2378.

● "An Idea to Share With The Primal Community" by Michael Gottlieb.

There are precious few souls who are working with Primal Therapy. Some work with therapists and some work alone. But we need to give each other support, encouragement and share with each other our experience with primaling.

I propose a primal support group, a self-help group without any fees to share experiences. It could meet once a week, once every two weeks or even once a month in New York.

I believe such a group would provide encouragement to go on with our individual primaling and sharing experiences and techniques would be mutually beneficial.

I can be reached at: (212) 460-8015. I am also open to corresponding with like-minded primalers. 296 Riveredge Road, Tinton Falls, NJ 07724.

NOAH'S ARK SAILS AGAIN

The Ark Intensive Training Program for individuals interested in being therapists will sail again January 10 to February 20, 1988. The day and night journey of over 1000 hours will awaken the sleeping giant that is YOU and empower your uniqueness and you will receive at least 80 hours of individual therapy. The most advanced creative and enriching therapist training is being offered. Sandplay therapy that has proven a phenomenal diagnostic and therapeutic medium will be available to the trainees during the Ark.

The time to apply is **NOW** by sending your autobiography to Bill Smukler, The Carriage House, 7315 Sprague St., Philadelphia, PA 19119, telephone (215)242-6667.

The Ark will last for 42 days. The cost is \$3500 and includes all therapy, training and room and board.

The list of trainees from the previous Ark will be mailed to you on request, should you wish to contact them as to the breadth and dimension of the experience.

RENEW RENEW RENEW RENEW RENEW

Get the message??? It's too late to make it on this year's membership list, but it's not too late to show your support for the IPA. All members not on the membership list are listed in the next newsletter. Please get out the check book and zip off your dues to me if you haven't done so yet. You should have received a reminder with the dues schedule. If you're not sure what to send, give me a call Larry (212) 254-9386

CALENDAR OF EVENTS

New York Conference
February 28, 1987
DiMele Center. \$50 fee.
Theme: Early Childhood Trauma
and The Healing Experience.
Keynoter: Mira Rothenberg,
author of "Children with Emerald
Eyes".

Board Meeting
March 1, 1987
Florine Snyder's home.

Philadelphia Process Day
May 2, 1987

Board Meeting
May 3, 1987
Loretta Fogel's home.

IPA Annual Convention
September 1-7, 1987
Appel Farm, New Jersey.



ROSES TO

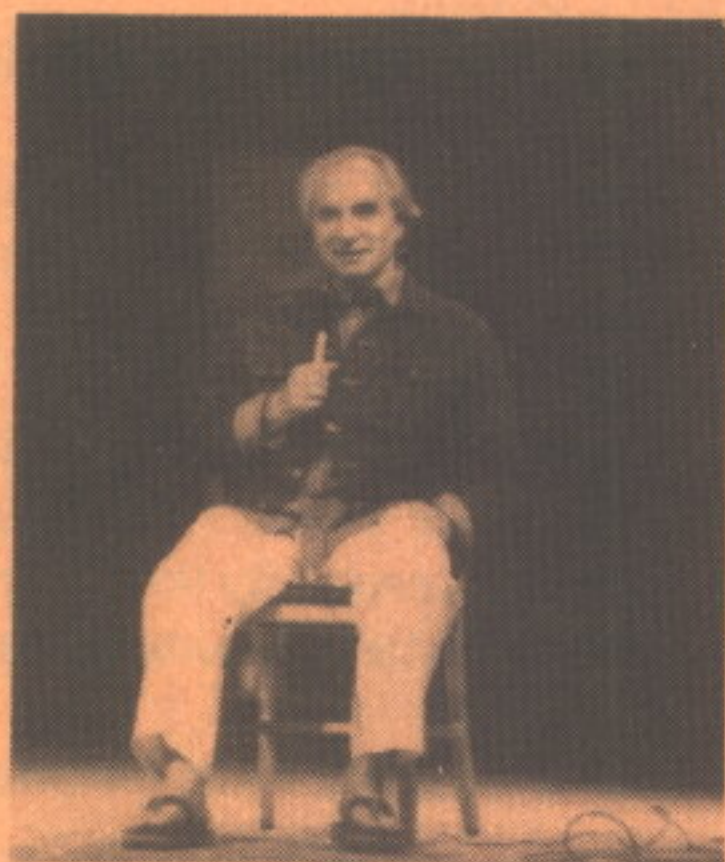
Terri Larimore and Karen Buck for
the excellent photos in the last
newsletter.

ROSES TO

Art and Gail for hosting the
December Board Meeting in their
home.

ROSES TO

Alec Rubin and a wish for a
speedy recovery.



culture. We had to clean up our act, so to speak, and that meant a certain kind of death which I would call a process of maturation and refinement rather than termination. We had to present a more professional format. If you do that you can get support from organizations that are grass roots as well as primal, organizations which want to work and appreciate the openness of the members, the struggle and the creativity of the primal integration process; not only these aspects but also the willingness to include the head and not just the body and heart of the process. I mean the intellectual side of primal."

Arnold: "We can have more days like today at this convention — conceptual input, demonstration, clinical validation and the experiential. Graham Farrant's presentation and workshop were in good sequence, well tied in and nobody flipped out. Everybody was together. It was superb. We could do more of this with a broader range of people."

William: "You could also charge more money and invite top resource people in the field of primal integration — people like Farrant, Grof, Laing and Wasdell. One approach might be to screen prospective speakers via a representative committee of IPA members or even a chosen representative. For example, someone from the IPA could attend the Pre and Perinatal Psychology Association congresses, select specific speakers and invite them to address the IPA. It would be essential that the IPA not schedule any conferences that would conflict with the Pre and Perinatal Psychology Association's schedule. In this way we might act to support and stimulate each other's growth. Another means of promoting the professionalism of the IPA would be to have IPA people present before other organizations."

Andre: "What does the Pre and Perinatal Psychology Association do? What kinds of presentations and workshops do they sponsor?"

Arnold: "Mostly very interesting papers with very little experiential stuff."

William: "The Pre and Perinatal Psychology Association needs more experiential. Experiential material and process are very important in maintaining grass roots support. They are also critical in keeping the theoretical and conceptual relevant to the day-to-day work of therapy and clinical experience."

Arnold: "Let's face it. The experiential bias of the IPA has upset an awful lot of professionals. When I look at the early membership lists, it's incredible. Everybody is gone. However, today things seem to be different. There appears to be more of a hunger for professionalism across the board. Many people were turned on by Graham Farrant's presentation. The next step is to take some initiative."

Andre: "Does that mean the IPA should be cultivating some of the professionalism available in other parts of the country?"

William: "I would suggest that we plan an IPA western convention. Hopefully we could draw eastern IPA members as well as Pre and Perinatal Psychology Association members. We could certainly publicize it at the next Pre and Perinatal Congress in San Francisco and have brochures available. We could work through the Association for Humanistic Psychology as well. Perhaps we could use their mailing lists, invite some real good speakers and do what is unique to the IPA — experiential work, cabaret, a creative marriage of music and movement. I've just been here at the convention a short while but what I have seen is beautiful. You have a great product. It has had a wonderful history. People have gotten a lot out of it. There has been much joy and creativity. It is a distinctive product that should be shared! Don't try to change the organization to match the esoteric or the academic but offer a conference that captures the pro-

SECRETARY'S CORNER

By Larry Schumer

Two Board Meetings have taken place since my last report/ramblings. MUCH has transpired. The minutes for the October 19th. board took up 8 pages. I think in that meeting we accomplished the most work yet. For this newsletter I'll synthesize the two meetings into one article. That'll make life easier for all of us.

On the financial end we're doing fairly well. We have about \$16,000 in the bank, some of which is already earmarked for *Aesthema*. Total receipts for the Summer Convention were \$18,003. Expenses were \$14,059.42. Net profit was \$3,943.58. This profit margin is consistent with the Board's mandate that IPA activities pay for themselves plus a small profit to help with administrative costs.

This seems like a good spot to remind members about how we arrived at the current dues schedule. In keeping with the mandate that each activity pay for itself, the dues were raised to a level so that your dues ONLY PAY FOR THE COST OF MAINTAINING YOUR MEMBERSHIP. This includes general administrative costs and the costs of the Newsletter and *Aesthema*. Your dues do not subsidize or otherwise go toward the various IPA activities. In fact, we didn't quite live up to the mandate. If we had, the dues would be about 20% higher. I am bringing this up now because there is some misunderstanding in this area. Some people believe that Foreign memberships should cost less because most members from outside the U.S. don't participate in Conferences and Conventions. Again, dues have nothing to do with these activities.

Our current membership is 114. Last year at this time, we had 115 members. The issue of renewals came up at the last Board Meeting. Each year after the Convention we have about 100 members. This number

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professionalism needed and blends in the deep - feeling, experiential process that has been most unique and vital to the IPA."

Andre: "If we could move to a less provocative topic, do either of you have any thoughts about what, if anything, could be done to improve *Aesthema*?"

William: "Some of the articles in *Aesthema* are excellent. However, when you have discourses or open material, I think it would be wise not to publish it in *Aesthema*. It would be better to strive to be more consistent in the quality of the material you are presenting."

Arnold: "We now publish what we get, if it is reasonably articulate and if the author has something to say."

William: "I think you need to get really good people to write in *Aesthema* and to do this you may have to offer feature articles. It might be advisable to have the editorial board decide which authors should be invited to submit feature articles. Feature articles are a powerful inducement to well-known authors. They see them as a way to disseminate information more quickly."

Arnold: "Andre and I have a difference about what is possible and what is not possible for *Aesthema*. I think the journal has to evolve and that the editorial board has to be gentle with its writers."

Andre: "I'm not saying *Aesthema* should be as rigorous as *Psychoanalytic Study of the Child*."

Arnold: "Well, *Psychoanalytic Study of the Child* isn't all that rigorous. There are heavy pieces in it but some are not so strong. I've been reading it for many years and the actual tests of hypotheses in those volumes are few and far between."

Andre: "The people who write in this journal are not psychologists. They're psychoanalysts and many of them are not trained in statistical analysis. My point is that *Aesthema* should contain articles that are rigorously thought out and well presented."

William: "*The British Journal of Psycho-analysis* is similar. I've read it over the years and it is a good publication but sometimes a bit far out. However, Donald Winnicott wrote in this journal. Sometimes you find real gems in the midst of it all."

Arnold: "Well, unfortunately, we don't have any Winnicotts writing in *Aesthema* nor are we likely to find any in the near future."

William: "Another important issue with regard to *Aesthema* is that it should represent a larger body of therapeutic opinion and different points of view. It should be a forum for well-reasoned disagreement and professional dialogue."

Arnold: "In my editing I try to help the author state his point of view as well as he can, whether I agree with him or not. Sometimes I do and sometimes I don't agree with the written point of view but that is not the function of an editor."

Andre: "I couldn't agree with you more. My point is simply that the articles in *Aesthema* should be well written and thought out, regardless of what they espouse. The philosophical bias of an editor should never enter into the editing."

William: "I don't know if you are aware of this but we recently did a Swartley commemorative lecture series in London."

Arnold: "I'd certainly like to see that. Perhaps London would also like to receive issues of *Aesthema*."

William: "The London community is an excellent place for you to expand both the IPA and *Aesthema*. It has one of the largest primal centers in the world, headed by John Rowan. Do you know him?"

Arnold: "I just received an article from him for *Aesthema*."

William: "I'm quite sure he would have a copy of the Swartley memorial lectures. You might inquire if additional copies are available. You know, there is an awfully large primal community in Europe, a community that would be receptive to invitations to IPA functions in the United States."

Arnold: "We should probably work more closely with Michele

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increases to 115 by mid December. Then, at the Winter Conference, all those we haven't heard from up to then, renew. This brings us up to our usual number of 150. The question is WHY. Why don't these people renew when everyone else renews??? Is it because they want to keep their name out of the membership list? Do they only want to partially support the IPA? I don't know. Maybe they believe that their dues are paid automatically when they attend the Summer Convention. This is possible. That used to be the policy several years ago. Perhaps we need to separate the membership renewal date and the Convention date. As of now, your membership expires August 31. Perhaps membership dues should be based on a calendar year.

We wound up paying income tax for our last fiscal year. Taxes cost us \$531.90. As a result, the Board voted (well, we don't actually vote, we use consensus) to allocate \$500 toward changing our status to that of NON-PROFIT. I have my accountant looking into this matter. The Board at the last meeting agreed to allocate an additional \$500, for a total of \$1000, for attaining NON-PROFIT status.

The newsletter was a HOT topic at both meetings. The Board is spending some time trying to clearly define the newsletter's purpose. The following concepts were advanced: It should be considered an internal organ of the IPA. It should inform members of what's happening, be a source of contact for non-active members, be a means for networking, and be an executive instrument (method of communication from the Board to the members). In addition, it should be a forum for members to exchange ideas and information. It was also necessary to clear up the responsibilities and power allocated to the Newsletter editor. For instance, who decides whether or not an article is suitable for publication. The general discussion took the tone that the editor has the final word, but may consult the officers of the IPA

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THE NAUGHTY THERAPIST

I'm glad I gave up supervision. A supervisor would have nitpicked about that intervention, I'm sure. But when you are right, you are right, and that's all there is to it.

If a client gets upset, I put my arms around them until they quiet down. This is particularly good if they are young and attractive.

When clients arrive late, I always make them wait for a while before coming into the room and starting. That teaches them a lesson.

When clients hesitate a lot, I know that it is due to resistance, and I immediately point this out. They soon learn to be more firm and forceful. It's true some of them leave, but this is because they are too disturbed to take advantage of good psychotherapy.

If I have to raise fees, which I do at pretty regular intervals, I get my secretary to do it by letter. This saves any nasty scenes in the session itself, and makes life easier for me.

I don't let my clients smoke, of course, but I find that smoking aids concentration and makes me a better therapist. I find that a double brandy before the session also seems to help me to get through more easily, and be less bothered by the client's distress.

I like talking to colleagues, because I can put them into fits of laughter by telling them stories about my more bizarre clients. This is particularly good if they know the clients, and can appreciate some of the background to the story.

The other day, I had a bandage on my thumb, and one of my more gushy clients said- "Have you hurt your thumb, doctor?" (I always get them to call me Doctor, it makes me feel more confident.) I immediately reposted- "It seems that my pain gives you satisfaction," I thought this was rather good - it certainly reduced her to silence.

I like silence, it's very restful. I can just drift off and think of other things, like how to fix the cover on my swimming-pool, or how to improve my investment portfolio.

I think it's very important to be real and authentic in the session. I once spent the whole session crying, when one of my shares went through the floor. I really suffered that day, and I think the client appreciated my honesty, probably.

One of my clients the other day accused me of not doing justice to his weakness. I immediately pointed out that holding on to his weakness was evidence that his pathology was deeper than we had thought, and that four sessions weekly would be necessary, instead of the present three. He was weak enough to agree to this, thus confirming my diagnosis.

I interpreted one of my clients' dreams absolutely brilliantly the other day - it was like a poem - it flowed so beautifully and made absolute sense. The client didn't accept it at first, but after I explained it carefully, line by line, all over again, tapping him subtly at the end of each point, he gave in and said it was very impressive.

A client complained that I was too strict and stern with her. I explained that a paternal and phallic "vertebral column" is needed to provide an axis of organization to begin to structure her disorder. She soon stopped complaining then.

Whenever a client wants to leave therapy, I explain that this is a "flight into health", and that several more years will be needed to deal with her counterdependent wishes and penis envy. If she persists, I predict that a psychotic decompensation will result once the holding relationship is removed, because we are obviously just coming into the most resistant area of all. This usually gets her to stay.

I find that the best way to deal with Oedipal problems in women is to have sex with them. This demystifies their relationship with the father and at the same time releases their orgasmic potential. It's fun, too.

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Secretarys Corner *Cont. from page 5*
when in doubt. If a decision still cannot be made, the material in question can be presented to the board for its opinion. General guidelines were presented to the editor by the Board which emphasized the need for balance (in terms of positive and negative comments) in the newsletter. More discussion on this topic is expected at future Board Meetings.

Perhaps the hottest topic presented to the Board was the issue of travel reimbursement for Board members. Our past policy has been to reimburse 1/2 the cost for travel to Board members for those traveling more than 150 miles. The policy was thought to be inequitable. After spending almost a year on the issue, the Board finally came to consensus on a policy that fully reimburses all Board members for travel expenses to and from Board meetings. The motion reads as follows:

MOTION: that the IPA pay, upon request, the transportation costs of Board Members to and from all Board Meetings except the one taking place at the Summer Convention. The amounts to be paid will reflect the lowest cost transportation available that is appropriate. Eligibility for transportation reimbursement is limited to the Continental United States and Canada.

The passing of this motion immediately brought up an issue (for me) about people from far away areas, such as Canada and California, becoming Board Members for the sake of getting paid transportation to New York, Philadelphia, or other Board Meeting locations. As watcher of the money, I was concerned about abuse. This resulted in the formation of the REGIONAL REPRESENTATION COMMITTEE, of which I am chairperson. The committee has decided that my fear is perhaps without foundation at this time. I did, however, create a regional representation plan, that will stay in an "active" file.

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If I accidentally double-book two clients, I see them both at once, explaining that this is a relatively new technique which has the benefit of introducing a more realistic social element into the therapy, thus doing more justice to the basic social contract inherent in all therapeutic endeavour. This usually pulls the wool over their eyes.

When a woman questioned one of my interpretations, I explained that the trouble with her was that she had a psychotic vagina. That soon shut her up.

When a client accuses me of falling asleep during a session I explain that I am simply allowing my unconscious to take over, and then make up a dream. They find this very impressive, and it gets me off the hook nicely, as we can spend the rest of the session talking about what my dream means.

If a male client points out that he is getting nowhere and starts getting awkward, threatening to leave and so forth, I explain that his pathological need for destruction is so strong that he is compelled to compete with me at every turn. Not only does this interpret away his criticism, it also explains why he is getting nowhere. Nice one!

If I don't like a client, I keep putting up their fees. Surprisingly often this makes them stay even longer, but at least I'm getting paid for my boredom and annoyance.

Sometimes I get a client who is really seductive. What I do is to give in to her seduction. Then in bed I explain to her that this is the only way to give a reality base to her hysterical distortions, and to give her existential feedback on the results of her actions. It's true this doesn't do much for her, but it does a hell of a lot for me.

Positive transference is a wonderful thing. The other day I used it to get one of my clients, who was going abroad, to bring me back a little packet of white powder from my supplier in Amsterdam. I interpreted this as reparation for envious feelings about her father.

The other day one of my clients slipped on my icy front steps and broke his leg. While we waited for the ambulance, and I collected my fee, I explained to him that his pathological destrudo and mortido impulses had been decompensated by the thought of our approaching session, and had thrown him into a state of self-hate. That worked very well, and he didn't sue.

About a year ago, I had a very good session with a young and very shy client who needed to get in touch with his anger. I used a mixture of gestalt, co-counselling, Reichian body work and regression to get him into it, and was very successful. Next thing I knew, he'd gone to Wales and killed himself by jumping off a mountain. His brother tried to accuse me of negligence, but I replied that self-destruction is a valid existential choice, and probably that act had been the clearest decision he had ever made in his life. After an hour or two of this, the brother went away scratching his head and muttering. He never came back. It's amazing sometimes how a valid explanation doesn't instantly convince some people. Sometimes I think I shouldn't talk to anyone except my clients.

People sometimes ask me - "But what about negative transference?" I never have any problem with this, because as soon as a client gets into negative transference, I tell them that if that's the way they feel, they'd better find another therapist. This either sends them packing or brings them to heel.

Sometimes I can be very helpful. I remember one time when a client was agonizing over some dud stocks he had bought, I told him when to sell and what to buy instead. He told me afterwards he had actually made money on the deal. It's very gratifying when one has a success like that.

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If you read the last newsletter (I'm sure all of you did), you noticed that there is now a "Family Membership" rate. This will make it a little more affordable for couples to be members.

It seems like the Board is being presented with "hot" issues lately. A proposal was presented to establish an Accreditation committee. After discussion at two meetings, a committee was formed to, "study issues of acknowledgement, certification, accreditation, etc., of primal therapists." This topic is controversial, to say the least. If you have comments about it, Steve Austill is the chairperson. Write or call him with your comments (see your membership list for his address/phone number).

Do you know you can have letters read, motions entertained, or other comments presented to the Board? Any Board member can present something for you. Just let them/us know.

Happy holiday season to everyone. See you in February at the New York Regional.

Lance and Barbara Wright were severely injured in an automobile accident. Over the years they have both supported the IPA. Now we of the IPA extend our love and support to them. Please send cards and healing messages to:

4028 Filbert
Phila., PA 19104

Festa, the IPA's European representative, with that goal in mind."

William: "Another possibility for encouraging IPA expansion is to consider having people on the west coast serve as board members. I'm not suggesting actual attendance at board meetings because the expense would be prohibitive. However, it would be feasible to send the minutes of past meetings to the west coast members with the aim of clarifying points of view and soliciting their feelings and opinions. Telephone conference calls could be arranged in order to discuss particular issues that have been studied beforehand."

Arnold: "It is a real possibility that should be discussed, if it doesn't cost that much. The IPA does have a Sprint line and the idea makes sense."

William: "It certainly does. Many interstate businesses conduct their business this way. Why can't the IPA? It just means a little more organization. We need each other. Coming to this convention has been a valuable experience for me. I've learned a lot from Graham Farrant and he from me. It is a very important aspect of professionalism to continue growing. We learn things from each other and we need that. It would also help to attract more people from other areas of the country to IPA conventions if they were held in more conveniently located areas, pastoral in setting but more convenient to major transportation. I had to change my plane reservations to Philadelphia International and, going back to California, I have an unwanted stopover in Denver. If the IPA held its conventions in places more centrally located, it could charge a bit more money for greater comfort and the people travelling from other regions would appreciate it. Of course, IPA conventions in more populated areas would require some adjustments. For example, when I did residential workshops with Frank Lake in Europe, we used schools. We did primal intensives during summer school or partial attendance days. Problematic issues such as nudity were dealt with in the following manner. It was only permitted in the group room with the doors closed. In other words, limits were necessary in order for us to function in the larger community. In a much broader sense, if we look at psychoanalysis and depth psychotherapy we see that containment is essential for therapeutic process. Containment doesn't disrupt growth. It facilitates growth and change in the long run. It is important therapeutically because it promotes deeper contact with transference issues, especially around rebellion and problems with authority. The therapeutic mystique, so prevalent in the humanistic psychology movement, that permissiveness promotes growth is beginning to sound quite shallow. During adolescence, a stage of life which the IPA may well be going through now, tough versus softer love is much better for growth and development. This is what we have learned from years and years of clinical experience, not only with borderline and fragile personalities but with neurotics as well as groups. One has to use containment as a therapeutic tool and move on."

Andre: "Those are compelling words. That is what is so intriguing about psychomotor therapy which, I think, begins where primal leaves off. It makes use of structured accommodation. Accommodation isn't just unlimited discharge. Accommodation is limits and limits are important."

William: "They are very important but it is critical that they be administered humanistically and with compassion."

Andre: "And that's why the working, day-to-day, experiential realities of positive transference or transference love and the therapeutic alliance are so important, because limits have to be set humanistically and with compassion. Let's not throw these crucial aspects of deep feeling therapy out the window. William, in your article on primal therapy with children in the most recent issue of

Editor's Note: We delayed printing Susan's letter in the last newsletter because we needed time to contact Graham and allow him to respond. He indicated that he had no need to reply and he tends to agree with those members of the Board who want the newsletter to be an open forum. In the spirit of that opinion he is content for the whole letter to be printed as it is.

OPEN LETTER TO GRAHAM FARRANT

Sept. 19, 1986

Dear Graham,

It's two weeks since I've returned from the summer convention and two weeks that I have struggled to write this letter in the spirit of the IPA. I'm not certain if this is possible. I left the convention saying "I hadn't learned anything of value from your presentation." I knew something was going on with me because I believe there is something to be learned from everything, so when I couldn't find anything I was disappointed, and I spent some time being disappointed. Yet I still couldn't write this letter, and I finally said "I'm not disappointed, I'm Angry"! and finally was able to write this letter.

I take exception to many of your remarks during your presentation and throughout the convention, some of which I now take this opportunity to respond. During your presentation you showed several slides of colleagues, one of which was "gay" before "cellular consciousness" and since is a happily married man with two children, - as if "cellular consciousness" is a magic cure and homosexuality is pathology. If that was the intended message then I think you are marching backwards. Once again I am hearing that health is measured by "majority opinion" and absence of some pre-designated illness. I have been a member of the Board for a year and I have experienced something quite different from the majority/minority mentality. For the last year Board meetings have been run by consensus. Consensus gives equal weight to all sides of an issue with no person's

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Aesthema, you state that some primal therapists believe transference is irrelevant when their patients get off into priming. I think this speaks volumes about the poor quality of the training these therapists have undergone."

Arnold: "In Janov's system the transference is, in fact, minimal. He also minimizes the therapeutic relationship."

William: "That's right. Relationships inevitably must deal with containment or structure to promote growth and freedom and Janov leaves out the relationship between therapist and patient."

Arnold: "Graham Farrant talks about **The Feeling Child** as the one book in the Janov series that impressed him the most. I think it is the best of all of them until **Imprints**, and it is not his book. It really belongs to his wife Vivian. It's Vivian's book in the sense that the groups, after the participants had their primal experiences, were conducted by her."

William: "All of this talk about freedom, growth and limits stimulates some thoughts and feelings I have about the primal community and I would like to share them with you. I have a real sense of the tragedy of the primal community. It is fragmented and not together. There are many people committed to deep-feeling therapy who do not identify with or trust Janovian primal at all. These people do not feel any link to the IPA nor are we making any effort to reach out to them. I think this is very sad."

Arnold: "At the risk of ending on a pessimistic note, I believe we are losing the essence of primal because it is in the process of being diffused in the body politic. The same thing happened with Adlerian psychology and now it is becoming viable again. This may also have to happen with primal."

LETTERS

Dear Friends:

Rima and Steven Star are working on their second book concerning water birth and want to include in it a directory of resource people for water birth, as well as rebirthers and other therapists who support pregnant couples in preparing psychologically and emotionally for birth and water birth.

Please help us contact the midwives, nurses, doctors, parents, therapists and friends of water birth in your area who wish to be listed in our new book. If we do not receive permission from them we will not be able to list them in our book.

If individuals, organizations or centers would like additional information printed in our directory they may purchase up to 175 additional words for \$150 for the first printing run of 5,000 books, expected publication date Fall, 1987. In addition, as soon as the directory is complete, we will begin to send it out with our water birth information packet.

Thank you for participating in supporting the network of people who are interested in gentle birth.

Sincerely,
Kristin Baker

P.O. Box 161113
Austin, TX 78716
(512) 327-8310

THE HEALING POWER OF BIRTH By Rima Beth Star

From a hospital birth in 1968 to the home water births of her daughters in 1980 and 1984, Rima Star intimately describes her search to unravel the mysteries of birth and death and to create fulfillment and joy in life. This 8x9 soft cover edition with over 100 dramatic photographs and 150 pages is available now!

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feelings anymore or less important than the next person's. Consensus is neither good or bad - it does however feel right.

I also fail to see the value of fifty people priming on the lawn (without adequate supervision) just as I fail to see the value of a video showing a person priming. Trying to capture a person's internal knowing from a video seems ridiculous unless what is intended is to push the viewers' internal buttons, and that to me is artificial and unreal.

I felt the closing ceremony was inappropriate; it seemed to belong on stage in a theater rather than part of a closing ceremony. Graham, perhaps here more than at any other time during the convention my anger peaked. You asked us to decide how each of us felt to be leaving the convention, with those who were okay with it to be in the outermost circle. You then instructed those in the outermost circle to "give all of ourselves to the inner circles" - those that felt less okay with leaving. While it felt okay to me to leave the convention - that does not mean that I wish to merge into some symbiotic space - which is what I felt you were instructing me to do, it is for that reason that I chose to leave the circle and the group.

Some people seemed only too ready to turn over the collective will and their individual will to you - I obviously am not, nor do I intend to turn it over to anyone - with instructions or without instructions. I was standing in the circle watching this and this song went by in my mind. The song is Tom Paxton's "Crazy John" (for John Lennon). There is a line that seemed so appropriate - "when the people get lost, they start building a cross". It seemed to me that as a group we are/were looking for some external deity/Daddy/Messiah to lead us OR is it to save us? And from what/whom are we being saved.

I do not need to be saved - I already saved me. I found myself wondering just what direction the IPA is taking - I state here that I do not need/want/desire an external GURU! It is one thing to be guided externally in therapy, it is quite a

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IPA DUES SCHEDULE 1986 - 1987

Income	Individual	Family**
Full-time student (proof required)	\$20	
\$25,000 or less	\$40	\$60
\$25,001 to \$50,000	\$50	\$75
\$50,001 to \$100,000	\$65	\$97.50
over \$100,000	\$100	\$150
Lifetime*	\$1000	\$1500

Foreign memberships (other than Canada) add \$10.

ALL DUES ARE PAYABLE IN U.S. FUNDS ONLY. Canadian personal checks (in U.S. funds) are accepted with an additional \$5.00 service fee.

*GUIDELINES FOR LIFETIME MEMBERSHIPS:

Lifetime membership fees may be distributed over a 5 year period (i.e., \$200/\$300 per year). If a lifetime member decides, after partial payment, that they no longer desire to maintain their lifetime membership, the amount previously paid will be credited toward regular yearly dues (at the prevailing rates). Payments toward lifetime memberships are not refundable.

GUIDELINES FOR FAMILY MEMBERSHIPS:

- Two people living at the same address are eligible for family membership.
- Dues category is determined by combining the incomes of both members.
- NOTE: One mailing will be made per family membership (i.e., one Aesthema, one Newsletter, etc.)

NEW MEMBERS SINCE LAST NEWSLETTER

Joyce Hyatt
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Bethesda, MD 20817
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Stephen Linn
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Barbara Markovits
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Halifax County, Nova Scotia
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(902) 845-2620

Open Letter Cont. from page 9

different matter when we speak of a spiritual nature. I feel that there is a difference, and I did not welcome your GURU in the presentation. No one has a right to instruct me to do anything - especially surrender my will - for any purpose, and if they should ask then I become more than suspicious. The choice is mine and here I am speaking of responsibility to myself, to decide for myself, to speak for myself, and to take the consequences (if any) for doing just that.

At the beginning of this letter I stated that I hadn't learned anything of value from your presentation - I was wrong. It is because I have written this letter that I have learned that I do have a voice and I can be heard. It is also that this newsletter gives room for all voices to be heard no matter how popular, or agreeable. It is in that spirit that I thank you Graham, the community, and the Board, but most of all I thank me.

Sincerely,
Susan J. Donefer

The preliminary survey responses that were returned reported an overwhelming satisfaction with **Aesthema**, with one dissenting comment. Generally people liked the format, liked the articles, and liked the theme format. A further analysis of the extended survey that was distributed at the Annual Conference will be reported at a later date.

Two issues are in preparation and the publication dates are set. Issue no. 7 titled, **On Birth: Etiological, Developmental, Therapeutic Perspectives** edited by Lance Wright and Barbara Wright will be ready for the New York Conference, Feb. 28th. Every piece is contributed by a member of our association by his/her own initiative. It will include articles by Steven Khamsi, Graham Farrant, William Emerson, and Barbara Wright, with a review of Arthur Janov's book **Imprints**, by Arnold Buchheimer.

Issue no. 8 will be edited by Arnold Buchheimer and Fred Zielke and will be titled **The Success and Failure of Primal Therapy**. It will hopefully be ready for the summer convention, September 1st. It will include an extensive review and discussion of a book entitled **The Success and Failure of Primal Therapy**, by a Swedish psychologist, Tomas Videgard. The study will be critiqued by Steven Khamsi and others, and Mr. Videgard himself will respond to the critiques of his book. It is an important book and the members will be interested in reading the findings as well as the discussion and controversy it generates. Other articles regarding theory are on the boards, and various authors are expected to send in their contributions. The deadline for receiving of manuscripts for this issue is February 1st. Please, anyone who has a contribution on this topic should submit his manuscript to me by then.

Please submit all articles and suggestions for future issues to: Arnold Buchheimer, Rossiter Road, Richmond, MA 01254. Telephone No.: (413) 698-3820. Comments on articles are also welcome, and should be sent to the above address as well. We plan to publish these letters with authors' responses.

Requirements

- Generally 2,000 to 2,500 words in length but can be shorter. Longer pieces may be published in two parts.
- Typed, double-spaced with large margins.
- Submit in triplicate, please!
- University of Chicago Manual of Style should be followed for bibliographic references.
- Articles should be accompanied by a biographical sketch approximately 100-150 words in length.

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

We're looking forward to receiving your manuscripts and to reading them with intense interest.

The Naughty Therapist Cont. from page 6

I met someone at a party and invited him round later. He started telling me all about his problems, and when he left I asked him for my standard fee. He seemed a bit surprised, but paid up when I explained that it would be wrong to take advantage of my professional expertise without some exchange of energy. I call money green energy, and this gets me everywhere with the more ungrounded type of client. But I was a bit surprised when he didn't turn up for our next meeting.

By John Rowan

*After awhile you learn the subtle difference
between holding a hand and chaining a soul,
And you learn love doesn't necessarily
mean security, and kisses aren't promises,
And you begin to accept your defeats with
your head up and eyes ahead with grace and
not the grief of a child,*

Letting Go

*You learn to build all your roads on today
for tomorrow's ground is too uncertain for plans
and futures have a way of falling down in flight.*

*After awhile you learn that even sunshine
burns if you ask too much.*

*So you plant your own garden and decorate
your own soul, instead of waiting for someone to
bring you flowers.*

*And you learn that you really are strong, and
can endure and that you really do have worth,*

*And you learn, and you learn again. And with
every goodbye you learn.*

- Author Unknown

Barbara Valassis, editor and production

**PUBLICATIONS
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