

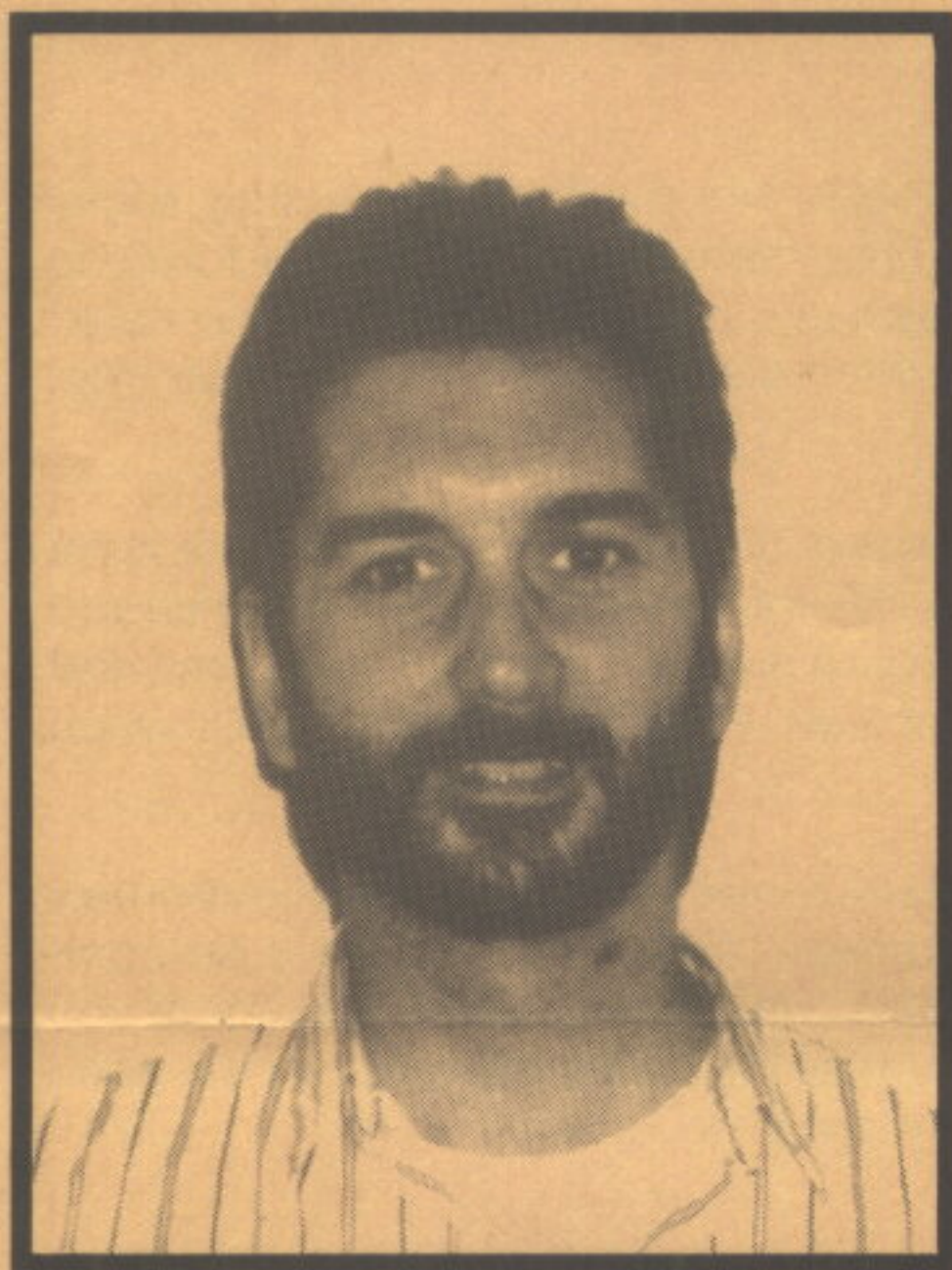


IPA NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION

2742 Fernwood Avenue • Roslyn, PA 19001 • (215) 887-9168

FALL 1988



MESSAGE FROM OUR NEW PRESIDENT, ROSS KLAHR

Greetings and thank you to the IPA Membership for your unanimous vote. It is truly an honor to serve as president during the 1988-89 year. Since my first encounter with the IPA in 1980 my feelings for this organization have grown to embrace community and family. As the IPA has matured into a community founded on authenticity and consensus, it has given me a supportive yet flexible structure in which to mature. The opportunity to act as a convention chairperson, to participate in business and committee meetings, to facilitate workshops and community events are only some of the invaluable experiences that the IPA has contributed to my growth process. For this I also thank you.

Continued on page 4

IPA Winter Regional Conference New York - March 4, 1989

HEROES AND CLOWNS,

kings and queens, gods and goddesses, witches and demons are all familiar figures from the most ancient known cultures to the present political and sports arenas. Yet, these are just old fairytale characters, some say. Myth is meaningless today, others say, mythology is dead. Perhaps this is true. Modern mythology is passive: television, movies, sports events capture our fantasy while keeping our passions in check. Movie stars are gods and goddesses, politicians are kings and queens, and quarterbacks are heroes, yet in an instant any one of them can become the clown, the witch, or the demon. In our instant culture where news can be satellite beamed to anywhere on the globe, fame is fragile and myths are momentary. The fastest man on earth is discovered to have used steroids- Hail the Olympian! Banish the Fraud!- from glory to disgrace in only a few hours. There is no modern mythology: the movie star is an addict, politicians are crooks, the athlete is a cheater.

So what's this latest trend about the power of myth that Bill Moyers has started? A marketing scheme for his new book? What did Joseph Campbell mean by "living myth" and "follow your bliss"? 60's nostalgia?

Heroes and clowns, kings and queens are more than enchanting characters of folklore or modern media stars; they are the embodiment of human passions, the rapture of being alive. Their myths lie dormant within every single human being. Through the practice of experimental psychotherapies, such as primal, and other transformational experiences, such as Jean Houston's Dromenon, these dormant archetypal characters are being awakened. As the Self is liberated from the bonds of childhood trauma, abreaction transforms into archetypal experience. For example, with skilled facilitation the client experiencing early trauma can be led to the heroic experience of victory. Rather than seeking identification with the media heroes, the individual symbolically experiences being the hero. Role models can be disappointing, personal experience is undeniable. Through the creation and experience of our own personal myths, mythology lives. The power of myth lies in the ability to access and integrate personal archetypes within the Self.

At the IPA Winter Regional Conference the primal connection to the power of myth and the archetypal experience will be further examined and experienced. Mark your calendars now! Tell a friend! This dynamic and controversial debate can't be missed.

Ross Klahr, Conference Chairperson

OFFICERS 1988-1989

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235 E. 10th Street 4E
New York, NY 10003
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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, (313) 478-5559.

Change of Address

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

MEMBERS NEWS & NOTICES

• Larry King is now doing consulting for people with sound proofing problems and Santo Longo is handling the contracting. For a free 15 minute phone consultation for IPA members, call Larry at (212) 580-3734. For sound proofing services in New England, call Chuck Green at (617) 881-5678.

• HELLO OUT THERE!

In an effort to become better acquainted with other organizations, who share a similar orientation as the IPA, a contact list is being prepared. A letter of introduction along with our brochure will be sent to these organizations as a call to fellowship. If you know of a simpatico organization please send your recommendations to:

Ross Klahr
235 East Tenth St. 4E
New York, NY 10003

• NEWSLETTER: We need material! Articles, announcements, poetry, experiences--whatever would be valuable to share with others. This is our forum to communicate with each other and strengthen our community. Got it to share? How can we make the Newsletter more interesting to you? May we hear from you? Send it in!

• THE GIRL AT THE FRONT DESK: Members should be aware that there is **no** "girl at the front desk" of the IPA. We are an all-volunteer organization. When you phone the IPA, you reach the home of a Board member who works full time and devotes precious hours to the IPA out of love. Please be aware of this when you phone.

• TELL A FRIEND: Many people who realize they are in pain feel extremely isolated. Everyone they know seems "unreal." They feel they have no community, and they don't know where to turn. That's what we're here for. If you know someone like this, talk to them about the IPA. Invite them to join. We need each other. Loneliness can kill. This truly could be "the gift of life."

CARRIAGE HOUSE CENTER Psychotherapy & Training

Noah's Ark will sail again January 14 to February 24, 1990. The Ark is a 42 day experiential and didactic program for personal growth and for those seeking to be therapists.

The theme is Noah's Ark with its accompanying images of personal journey; facing one's own deluge, renewal and new beginnings. The program is designed so that each trainee makes his or her own inner voyage as well as participates in an intensive group experience.

The most advanced creative and enriching training is being offered. Sandplay therapy that excels as a diagnostic and therapeutic medium will be available throughout the Ark.

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 this unique experience.

The fee is approximately 3700 dollars and includes sleeping accommodation and board and at least 70 hours of individual therapy from the staff and trainees.

If interested, send your autobiography to Bill Smukler Ph.D c/o The Carriage House 7315 Sprague St. Phila., PA. 19119.

We are interested in a facility to house about 30 individuals. In addition a large group room and a room large enough for 30 sandboxes and stands. The facility needs to be heated as it will be needed from January 14 to February 24, 1990.

CALENDAR OF EVENTS

Boston Process Day
October 1, 1988
Board Meeting
October 2, 1988.

Philadelphia Process Day
December 10, 1988
Board Meeting
December 11, 1988
Bill Smukler's Carriage House.

New York Regional Conference
March 4, 1989
Board Meeting
March 5, 1989.

Eldred Process Day
May 6, 1989
Board Meeting
May 7, 1989
Kate, Larry and Joanna's Estate

Annual Summer Convention
August 29 - September 4, 1989
Appel Farm, New Jersey.

MORRIS AVENUE

by Harriet Geller

The sidewalks were tooled
Into perfect squares
For eight-year old girls
To modify with their chalk
Into a potsy board
Until the super cursed
And hosed it clean again.

The lightly traveled street
Was for ring-toss and punch ball.
The car fenders were bases
And the sewer cover, home.

The smooth white brick
Of the building wall
Was for Chinese handball.
A carom off the basement window
Initiated triumphant cries
Of "hindu"-- and a second chance.

One spare girl stands
Motionless before the row of bushes
Softening another white facade.
The neighborhood is bright
And abandoned.

Within the first floor windows
Is a sterile family place, deserted
Except for my own spectral figure
Watching and weeping.

Over the child
Who exchanged her lively world
For the dignity of standing tall
On a sunlit square of concrete.

APPEL FARM '88

by Keith Borden

"My family reunion." That's what Silver Fox calls his annual visit to Appel Farm. Many, perhaps most of us, feel the same way. The IPA is not an impersonal organization. It is the embodiment of the primal community, and as such it is infinitely precious. A community of feeling-oriented, growth-oriented, caring individuals who will relate to us in a real way and invite us to do likewise--isn't that our ideal family?

At Appel Farm this year one sensed the strength of this community. One sign of it was the large attendance — over 80 people by Friday night. Another was the Board of Director's election: twelve enthusiastic people competing for six positions, forcing us to that painful choice, a vote. A third sign of our strength was the frequency of intense transformative experiences and deep bondings which were catalyzed right and left all through the week.

"Intimacy" proved to be a fantastic unifying theme for workshops and seminars. Last year the connection between the theme "play" with some events seemed rather forced. Not so with intimacy! It integrated harmoniously into the subject matter of any workshop or seminar.

Why was this? What makes intimacy such a "natural" as a primal theme? When I asked myself this question, it occurred to me that perhaps a good definition of intimacy would be "conscious connection with deep levels". To the extent that we have a conscious connection with the deep levels of another person, we are intimate with that person. To the extent that we have a conscious connection with the deep levels of ourselves, we are intimate with ourselves.

Blocks to conscious connection with deep levels are blocks to intimacy, and vice versa. Blocked connection with deep levels is the root of neurosis, and establishing such connection is the very essence of primal. Problems with intimacy are invitations to primal. Virtually everyone, we learned at Appel Farm, has some sort of problem with intimacy. So it is easy to see why the theme of intimacy provided such a natural focus for a primal convention.

It was a solid week of highlights, special moments crowding each other each day. Many of these moments were private, or shared with only a few people. But one event was shared by almost all. On Friday night, the keynote address was given by Jean McLendon, an authority on Virginia Satir's principles of family therapy. Jean fit into the spirit of our community as though she'd been with us for years--a reminder that the IPA does not have a monopoly on honest feeling.

Jean pointed out that although our parents caused our problems with intimacy, they were in most cases largely well-meaning. They wanted to bring us up properly to become successful adults. But they were conditioned to believe that this proper upbringing required placing severe limitations on what we could know and do.

Of course, there are many things it would be very unwise for us to do. The consequences would be disastrous. But when we **must** not do them, we lose our control. We lose choice.

To illustrate this, Jean chose a volunteer from the audience, Walter Gambin, to serve as model in a demonstration. For a brief time, Walter was all of us. Walter's parents wanted only the best for him. But this meant there were certain things he must not see--Jean put a blindfold around Walter. There were certain places he must not go--she bound his feet. He must not touch certain things--she tied his hands. He must not say certain things--she gagged him. Finally, from ears to bowels, excepting the brain itself, all Walter's organs of sensation, knowledge and action were blocked or bound.

And this is us. This is how we are sent forth into the world to achieve, to be successful and happy, and to find a partner equally bound and blocked with whom we can settle down, be "intimate", and raise kids just like ourselves.

The bright side, the way we can **use** Jean McLendon's insight, is to realize that when we have answered all the questions--what mustn't I hear? What mustn't I feel? What mustn't I do? What mustn't I think? What mustn't I remember--we will have defined not only our problems with intimacy but also our primal agenda.

NETWORKING PROPOSAL

by Michael Gottlieb

There are benefits to be gained by communicating and sharing between IPA members. Even if you have a primal therapist you are working with, I believe the stimulation and support and sharing of information, techniques, ideas, etc. would be mutually beneficial. Perhaps you would gain a great deal by communicating with your peers. Various members, including myself, have considerable information and knowledge about healing, about holistic health, about consciousness expansion, etc. in addition to the mutual support and encouragement we can give each other in regards to primaling.

Personally, I have been working with meditation, consciousness expansion, vibrational healing, holistic health for many, many years. I am sure many would benefit from communicating with me. And I am sure many others have much to offer each other. Although I was disappointed with the weak response to this idea of networking at the summer convention, perhaps many would be interested upon reflection. And those IPA members who were not at the summer convention or those who missed that board meeting will have a chance to consider this idea.

Networking would be in person, over the phone and thru letters. I live in the NYC area. Others could start in-person networking in their home areas.

- 1) LETTERS — For distance communication and sharing. Keith Borden and I are working on hammering out the details. Basically, an inexpensive way to keep in touch over distance. Least personal but easiest from standpoint of timing, fitting into one's schedule, etc.
- 2) PHONE — Mainly for those in the same home base. Calling someone in their home has the risk of interfering with their other activities so some kind of arrangement would have to be worked out. No traveling required, little time required, etc.
- 3) IN-PERSON — Most personal and most direct contact. Perhaps a primal support group can be organized. Frequency of meetings (once a week, once a month, etc.), location of meetings, structure, all would have to be worked out. No fee except to cover rental of space (unless meeting held in people's homes) and not for therapy. It would be a discussion type support group among peers. No authorities or therapist leader.

Besides the personal, mutual benefits I believe the IPA would be considerably strengthened by this idea. I felt the peer group at Appel farm Summer Convention was very helpful to me and the other members. As peers, we can keep in touch all year round.

Anyone interested in this idea please contact me.

Michael Gottlieb — 212-460-8015

Days: 10 AM till 10 PM. Sorry, no answering machine, just keep trying.

550 Grand St. J9D • New York, New York 10002

Whatever you decide, good luck and I hope to see you at the winter convention. Light and Love.

INTIMACY

In to me I must see
So I can know me.
Then I'll be free to share
Intimately with thee.
In to me I must see
For I wish to share with thee
All that I be, intensely — intimately.

M. Mae Sparks
September, 1988

President's Message - Con't.

As I look toward our future I see numerous issues that still face us, some remain from our earliest days while others have just recently appeared. The issue of membership size and structure is one of the recurrent themes at board meetings. We have still not reached consensus on how large an organization we want to be. Some members are content with our present size, others would like us to expand to a much larger group. Before we can agree on size there are several questions to consider: how will expansion effect the intimacy we have created, as a voluntary organization how will we meet the increased financial and administrative demands of growth, or would affiliation with similar organizations provide a supportive network without increasing our organizational size.

These considerations compel us to further examine and define our theoretical concepts in both the areas of psychotherapy and community. Our recent debate on *what is primal* was very constructive but hardly conclusive. The concept of processing has recently been developed by board members and has affected us individually and as a community. Common experiences of personal awakening combine to form beliefs: what beliefs do we share about individual development, creativity, and philosophy? As we grow as a community what traditions do we cherish? How do we celebrate and confirm community without becoming rigid or dogmatic? Finally, what are our social obligations to the local and national environments in which we live; do we have a mission? What do we seek to offer the individual, the profession, and the community at large?

During this next year I would like to see the entire membership considering these questions and issues and contributing ideas and suggestions to the board of directors. I do not consider these issues problems that we need to solve, rather they are challenges that test our commitment and promote our development. One of our fundamental beliefs, as I have perceived it, is the commitment to change through experience rather than bureaucracy. I was pleased to see the enthusiasm for participation that was exhibited at the general meeting this summer. The energy and commitment is there, with nurturance and guidance we can realize our visions. I for one am very excited by the vision I see.

SECRETARY'S CORNER

A SINGLE REFLECTION ON THE 1988 IPA CONVENTION

Dear IPA,

And so here I find myself 4 years later, this time sitting at a computer taking over the reins of the IPA Secretary/Treasurer position. My life is very different since the last time I sat in this position. As most of you already know I adopted a child, David, just 3 years ago and no one could have told me just how different my life would be. Although keeping up with a 3 year old, running my bookkeeping business and my house seem like 3 very full time jobs I found a need to be more deeply involved in the IPA once again. To some people the Secretary/Treasurer position might seem overwhelming, it feels just fine to me.

The IPA is entering its 16th year and I'm entering my 12th year as a member and I still marvel at all the growth and change we've all undergone and how much we still have to accomplish.

As the number of new parents increases in our membership we seem to be ready to rise to the occasion of making the changes necessary to accommodate and encourage families to become members of our IPA family. This issue is very important to me for very obvious reasons and I welcome and encourage your feelings on this and any other issue that is important to you.

The IPA now has its own telephone number (215-885-3843) and answering machine. Since I am now the "person" in the front office, I will return your calls and answer your correspondence as soon as possible.

I wish to take this opportunity to invite each and every one of you to participate in our organization as much as you can. Please feel free to attend our board meetings, process days and other functions throughout the coming year.

In Growth,

Loretta E. Fogel

Now that another IPA convention is behind us, we might look at who we are, what we do for ourselves and each other and where we are going, if anywhere, with our conventions.

Each summer we have chosen a topic and the convention participants seem to give and get a lot from what goes on.

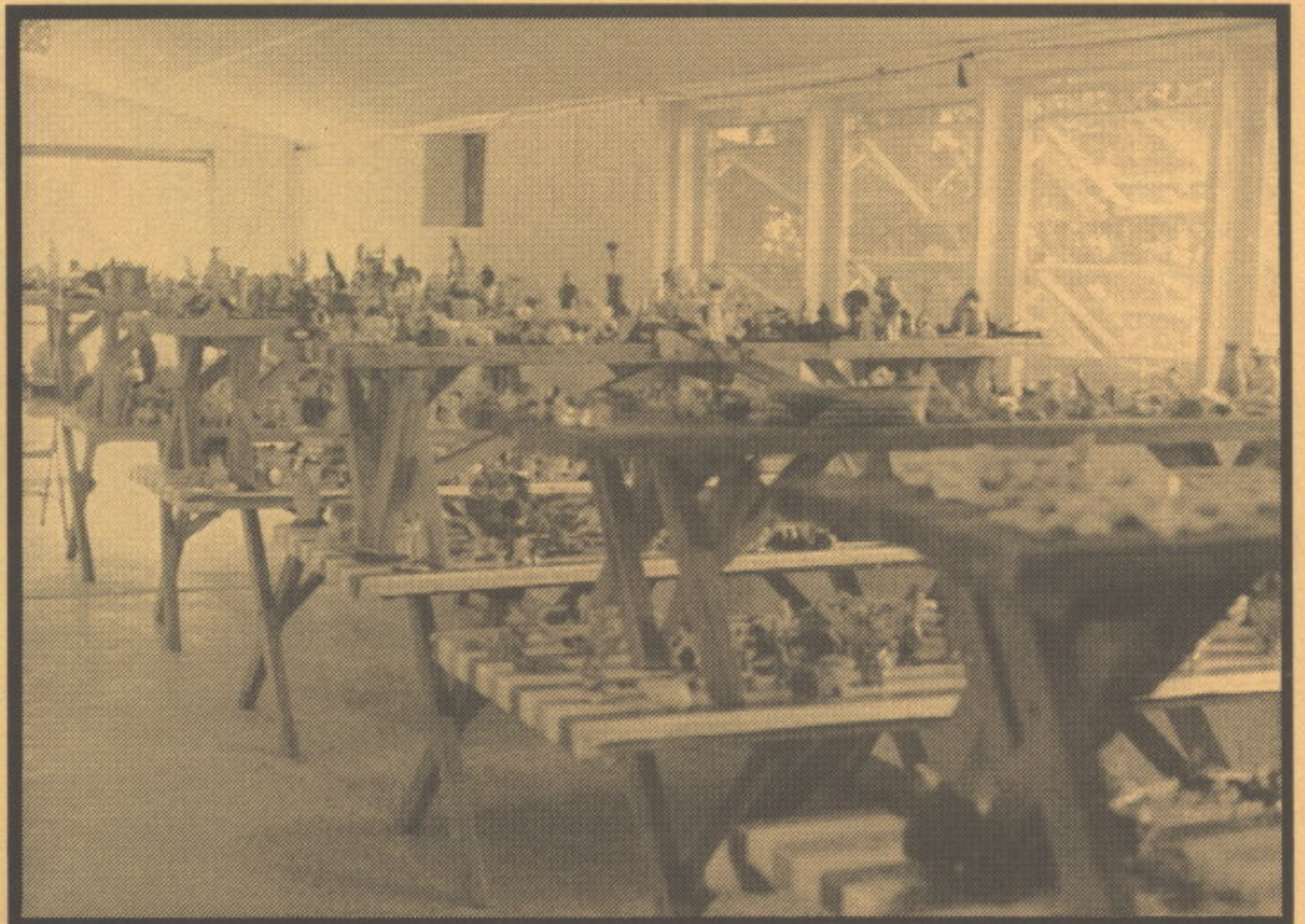
I feel this year we merely scratched the surface of our topic despite the fact that almost all the workshops and presentations related to it. I would hope we keep finding new ways to understand intimacy and to express it among ourselves. Already our peer groups, workshops, cabaret, member papers, time for talk and creative expression allow us unique opportunities to become more intimate. It seems that becoming a family with a yearly "gathering of the clan" is one of our reasons for being.

I am particularly grateful to all who invested time and energy into making this convention work; not only because of my responsibilities, but also because of what I learned about my own life with regard to intimacy. I learned my own primal processes, fears and acting out strategies. I can now take steps to change my own intimate relationships however frightening that might be. I would not have learned all this had I not been so involved with the workings of the convention.

Exploring each topic and its personal impact seems to happen best when we are involved with the preparation and ongoing experience of "doing" the convention. As more of us do this, we may understand better who we are, what we do for ourselves and each other and where we, the IPA, may be going.

Thank you all,

Mary Thompson.



Bill Smukler's sandplay items at the convention.

*Photo by
Karen Buck*



CRYSTAL FIRE

by Keith Borden

Let my words be Crystal Fire!
Let them burn up all the mire!
Flash and glance,
Reflect and prance:
Spell you in their magic dance!

Who can say what I can be?
Can words become the real me?
Gaze and stare,
And--if you dare--
Touch my soul on paper there.

It's hot and burning, I tell you!--
To hold my heat, you must be true:
So feel and fight,
Or curl uptight
And tell yourself that it's alright.

But if you care to burn with me,
Then burn up with Integrity:
Free the Slave
From inner grave,
Become yourself if you're that brave!

For all the pain, 'tis worth the price
To become master of the dice
That roll your fate,
So integrate
The truth of loving all your hate.

Oh, gaze into my Crystal Fire!
Let it ignite your inner ire
Against the lies
That stifle cries
That cleanse the heart of its disguise.

My words are screams, refined from
heart,
So search yourself before you start:
For if you glean
Your truth unseen,
Then you'll know damn well what I
mean!

Burn bright,
Outsight:
Good Knight!



CONVENTION FEEDBACK

Our Convention feedback sheets were very responsibly done this year. Next year's committee is eager to go over all of your suggestions.

I am especially grateful that people were able both to make criticisms and be specifically complimentary. We have a good idea what kind of presentations many of you like. We also know about some of the problems you had and some of these things we can change.

Since IPA conferences and conventions are put together by people who offer their time voluntarily, we don't have the glossy look of perfection and money, yet I think we have something better. We have dedication, caring and lots of shared jobs and positive excitement about new possibilities for this wonderful IPA.

Your honest, caring feedback is essential to this process.

Mary Thompson



Jim Lee at Cabaret

*Photo by
Karen Buck*

IMPRESSIONS OF BOSTON PROCESS DAY

by Terry Larimore

Slowly arriving.
Balmy day.
Old friends...many.
New friends. The newest 6 weeks old.
Uncertainty. What to do - when - how.
The go 'round...
And 'round...
And 'round...
New depths...addendums even deeper.
Feelings begetting feelings.
Chaos begetting...
Sticking to the process even
 when the process is unclear...or lost.
Realizing process can't be lost.
Being lost is a process, too!
Forming, reforming.
Persevering to the end.
Then realizing the process can't end
 either.

INTIMATE THOUGHTS

I sit
with feelings.
Together with all of you - yet alone.
My tears germinate.
Wistfully, I wonder
What shape of flower or tree will emerge.

To touch, or not to touch.
Too much, or not too much.

I yearn for intimacy.
I hunger - insatiable.
How hard it is
To dine at the table of love.
 I want to taste, not devour.
 Do I.....devour you?
 Is my tender sampling
 a holding back?
Would you instead want me
To dine heartily
As I would.....if I would dare?

What I seek:
 - creative dance
 - passion
 - sensuality
 - bodies intertwined
Filling every moment with ecstasy.
Did I even have it in the womb?

Oh Karl!
Your progress is creative, passionate,
Feeding the senses,
Touching others, and being touched.
You find what you seek
As you seek what cannot be found.

by Karl Goldschmidt

ACCEPTING THE WHOLE SELF

by Harriet Geller

The poem, "The Big Cover-up", in the Summer, 1988 Newsletter reminded me of my own longing to be painfree and of the longing expressed by many IPA members. We enter primal therapy hoping to be rid of the pain; but, as I have learned and forgotten numerous times, it is not possible for any therapy to eliminate pain nor is it desirable. Pain, like joy, hunger, or any other basic human emotion, is an integral part of ourselves and the goal of therapy must be acceptance and understanding of all our parts.

One lesson I have had was in trying to cope with strong and persistent physical pain. I concentrated on relaxing my body and giving up judgement of the pain. As acceptance grew, the pain did not decrease but became less hurtful in several ways. For example, it was connected to my loving and vulnerable little girl self whose presence always gives me pleasure. I could see that a deep-seated prejudice had led me to associate the pain with suffering but that other associations were possible.

A similar bias operates with psychic pain. We spend years in therapy trying to find out how we really feel, but if we don't learn to accept and love all of ourselves, all of those feelings we worked so hard to know, then the pain, rather than love and trust, will continue to dominate us.



David Fogel and Corianna Sichel on stage at the Cabaret

Photo by
Karen Buck

OPEN
FORUM

IPA DUES SCHEDULE 1987-1988

**OPEN
FORUM**

Income	Individual	Family**
Full-time student (proof required)	\$ 20	
\$25,000 or less	\$ 40	\$ 60.00
\$25,001 to \$50,000	\$ 50	\$ 75.00
\$50,001 to \$100,000	\$ 65	\$ 97.50
over \$100,000	\$ 100	\$ 150.00
Lifetime*	\$1000	\$1500.00

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 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.)

ROSES TO

The 1988 Summer Convention committee for a wonderful experience:

Mary Thompson
Patricia Rice
Kathy Brennen
Karen Buck
Barbara Cope
Leslie Cotton
Loretta Fogel
Tracy Greth
Ross Klahr
Cynthia Robinson
Larry Schumer
Barbara Valassis

ROSES TO

The Boston contingent for welcoming us and taking care of us so very beautifully;

Steve and Ginny Austill for sharing their home and providing us with delicious lunch.
Belinda Yalin for providing lunch for over 30 people at the Process Day.
Transportation and other details;
Keith Borden
Hal Geddes
Taff Welch
Yvonne Parma
Thanks again!

ROSES TO

Larry Schumer for his years of being secretary-treasurer, and to Kate for being there for the IPA. And, of course, congratulations to them both for the birth August 17th of their first child, Joanna Esther McAteer Schumer.



COMMENT ON NETWORKING

by Keith Borden

I applaud Michael Gottlieb's article on networking in this issue of the *Newsletter*. Networking is an important step in building the primal community--and Michael's initiative is itself an example of that community action.

As Michael says, the Membership Committee is also considering a networking program, tentatively call "Primal Pen Pals", which would be more oriented towards communication through the mail. This is important because the primal community is so far-flung and many members are quite isolated. Michael's program is more phone and in-person oriented within a limited geographical area. Both approaches are needed and the two programs would complement each other.

Michael mentions peer groups. This is another very important aspect of building the primal community. As those who have been to Appel Farm, know, a peer group is a small group of primal-oriented people who meet regularly to hear what issues each member is confronting in his/her life at that time, and to give such help and support as seems appropriate. The Boston Primal Association, at its September 25 meeting, decided to establish a peer group program in the greater Boston area. Details on this will be presented in a later article.

Belonging to a peer group, in addition to having a professional therapist, is especially important as a safeguard when entering into buddying relationships. Buddying can be a wonderful supplement to therapy, but it can also go seriously astray. A peer group provides a place of collective wisdom and support where problems arising in buddying as well as in other areas of life can be aired and corrected.

But first people must be able to get in touch with each other. Networking--peer groups--buddying: these may be the three next steps, beyond individual therapy and the IPA itself, in building a more cohesive, intensive and supportive primal community. Again, I applaud Michael Gottlieb's contributions to our growth.

AESTHEMA NEWS

BOOK CORNER

ORDINARY ECSTASY

Humanistic Psychology in Action

by John Rowan

Ordinary Ecstasy, first published in 1976, is widely regarded as one of the most important books on humanistic psychology. This new edition, completely revised and updated by John Rowan, responds to criticisms made of humanistic psychology since 1976, deals with further ramifications which have emerged, and reflects the different historical and economic situation in which we now live.

John Rowan explores the origins of humanistic psychology, its scope and limits, what it actually does, and how it might develop. He shows that humanistic psychology is interested in personal growth, existential choice and the fulfillment of human potential. It is on the side of self-development, and against alienation and human diminution. For this new edition John Rowan takes into account changes in many different areas, particularly in the theory of psychospiritual development, sexuality and sex roles, psychotherapy, organizational psychology, humanistic research methodology, social development and the political implications of all this. The bibliography has been greatly extended.

Written for people who have heard of or are already students of humanistic psychology, **Ordinary Ecstasy** will also interest those who have been to a group workshop (or co-counselling, of management training, or any of the other activities mentioned in the book), and want to know more about what they've been doing, and about how it connects with the rest.

Extracts from press reviews of the first edition:

'A unique book. It is undoubtedly a milestone in the dissemination of humanistic psychology theory and practice.' *Self & Society*

'The riches of humanistic psychology and a wealth of helpful and exciting references make this a treasure of a book.' *Counselling News*

Price \$7.95 net

Air Mail add \$5.00 per book

ISBN 0-415-00190-0

Julia Brimble, Promotions

Routledge

11 New Fetter Lane

London EC4P 4EE

The current issue is now in print and is a truly international issue with contributions from Sweden, United Kingdom, and the U.S.A. It contains articles by Thomas Videgard, Steven Khamsi, John Rowan, Andre Moore, Art Sichel and Florine Snider. The title of the issue is "Primal Therapy Evaluated".

Projected issues are:

- Fall 1988 - "Therapeutic Relationships" - in press.
- *Spring 1989 - "The Religious Experience and Primal Therapy".
- *Fall 1989 - No theme! Articles will be accepted without necessary relationships to a "theme issue".
- *Spring 1990 - "The Creative Process; The Arts and Primal Therapy".
- *We need contributions for these issues

Contributions will be gratefully accepted! At the present time we have received submissions for all of the above except the Spring 1989 issue.

Please submit all articles and suggestions for future issues to: Arnold Buchheimer, 130 Appleton Ave., Pittsfield, MA 01201. Telephone: No. (413) 422-2261. 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.

"MY HEART IS A LONELY HUNTER"

by Michael Gottlieb

World War 2 is not yet over
 For me.
 Sometimes, in my chest, there is a
 fiery sword
 Twisting and cutting my heart.
 I thought I wanted a girl-friend.
 A sweetheart for warmth and cuddling.
 I thought I wanted genital sex.
 I thought I wanted Haagen Daas
 ice cream.
 I thought I wanted cherry pie.
 But what I wanted more than anything
 else

Is for my father to hold me and tell me
 he loves me.
 What I want more than anything is
 for my mom to put arms around me and
 tell me she loves me.
 And that I could feel their love and
 acceptance and approval.
 Just once, dad, tell me you love me
 like a son.
 Just once, dad, hold me real tight and
 love me.
 Mom, just once, say I am a good son.
 Searching all the single bars
 Searching all the single dances
 The secret longing of my heart all
 the time was to feel that,
 Mom, I need your love.
 Dad, I need your love.

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