



IPA NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION

2742 Fernwood Avenue •

Roslyn, PA 19001 •

(215) 885-3843

FALL 1989

MESSAGE FROM THE PRESIDENT

by *Larry Schumer*



photo by *Karen Buck*

Boy, what a great convention. Of course, I always hear a lot of people say that every year. And the truth of the matter is, we do have a great convention every year. There are always new people, new workshops, old workshops, new acts for cabaret, etc. It consistently adds up to a good time. But that's my perspective. After all, I'm the "party president."

Let me explain. After I was elected, I realized that I am the first president of the IPA that is not a practicing psychotherapist; hence the moniker, party president. Well, why do I come to the convention? A large part of why I come is to relax and enjoy myself. We have created a wonderful atmosphere of closeness and intimacy between people, where we can cry and laugh together, and feel safe; where it's easy to get to know new people and take risks. Take all of this in combination with the pool (I love floating in the pool), playing tennis, presenting and attending

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**ROSS KLAHR: MAY 23, 1949 - AUGUST 14,
1989**

by *Larry Schumer*

Those of you that attended the Summer Convention already know that Ross Klahr, 1988-1989 President of the IPA recently died after a long bout with AIDS. During the past 9 months, Ross was in and out of the hospital and unable to attend the Board meetings and carry out his duties as president. On the morning of August 14, he was again taken to hospital. He died that evening.

Going over some of things Ross has done serves as a reminder of where the IPA has been over the past 9 years. Ross attended his first convention in 1980. Remember COMMON GROUND? In 1981, he designed his first T-shirt

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IPA Newsletter

The *IPA Newsletter* 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 should be typed, double-spaced, with wide margins on 8 1/2 x 11 inch paper, and/or sent on a floppy disk (5-1/4 or 3-1/2 inch), either IBM or Macintosh format. (If sending material on a floppy disk, please send it as an ASCII or text-only file.) Contributions may be edited for publication. The *IPA Newsletter* reserves the right to make final judgment as to the publication of material received. Send submissions to the editor: Chuck Green, 18 Cedar Hill Road, Ashland, MA 01721, (508) 881-5678.

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

- **PHONING THE IPA:** We are an all-volunteer organization. We have no office or staff. When you phone the IPA, at (215) 885-3843, you reach the home of a Board member who works full time, has a young child, and devotes precious hours to the IPA out of love. Please be aware.
- **NEWSLETTER:** This is our forum to communicate with each other and strengthen our community. Articles, announcements, poetry, experiences—got it to share? Send it in!
- **PRIMAL MUSIC:** An 8-page (and growing) list of music used in feeling therapy is available from Terry Larimore. The list includes the name of the piece, it's source, publisher and author (or as much of that information as we could get) plus the way therapists and clients use the music (evoke anger, support grief, open the heart, etc). Send a SASE and \$2.50 to cover copying costs to 8762 Long Point, Suite 106, Houston, TX 77055.
- **CONGRATULATIONS:** To Gail Clark and Art Sichel on the August 16th birth of their new daughter Amarynth Nicole Clark-Sichel, who is happily at home with her parents and big sister Corianna.
- **CONDOLANCES:** To Mary Thompson on the recent death of her mother.
- **CONDOLANCES:** To Belinda Yalin on the recent death of her mother.

EDITOR'S CORNER

By Chuck Green

I welcome and encourage IPA members to send material for the *IPA Newsletter*. A few people do contribute regularly, though they aren't staff writers. Any member's submission can be used. Accounts of your journey through therapy, stories about changes that have occurred, feelings you want to share with the *Newsletter's* readers, poems, photographs and drawings (we can only reproduce them in black and white), and news about what's happening in your area are the kinds of things that will be included here, if appropriate and if space allows. I hope the *IPA Newsletter* will reflect the richness and great breadth of the people that make up the IPA.

This issue has several workshop reports and photos; the next *IPA Newsletter* will have more stories about the Summer Convention.. While no one has yet written an overview (and we'd welcome one or two), Convention Chairperson Barbara Valassis said "It was a highlight of my life. I really enjoyed the conference."

PRESIDENT'S MESSAGE

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workshops, or dancing at Sunday night's party, and you have my definition of fun. Attending the convention gives me a feeling of rest and fulfillment I've never felt from a traditional vacation.

Over the past few years, there's been much talk about "professionalism" in our organization. "What do we offer professional therapists?" was the question frequently asked. And we answered that question by striving to offer therapists a suitable environment for professional growth. We have *Aesthema*, which, by all accounts, is a well put together, scholarly journal (thanks to Arnold Buchheimer). We have our annual conferences and conventions that offer workshops for professional and personal growth. We even began offering therapist only sessions, called Therapist's Support Groups, at the Summer Convention.

But we are an organization of both professionals and non-professionals. We must not only welcome and provide for both of these groups in our organization, we must make it okay for non-professionals to say they come to the convention to have a good time as well. For many people, it's the only vacation they take all year. And though I'm not the first to say it, perhaps I'm the first to write it: I go to the convention to have FUN. All too often I hear this only whispered, as if some great sacrilege would be committed if said aloud.

So, does this mean that we're going to have a big party in March, instead of our usual conference? NO! (Although, if we don't get a volunteer soon to be chairperson, we just may wind up with only a party). I simply want all members of the IPA to be able to claim their space, their right. Let the professionals say they want didactic workshops and support groups. And then let the non-professionals say, with equal vigor, that they have fun belonging to the IPA, and are members for, perhaps, even social reasons. Let us all speak equally and together.

ROSS KLAHR: 1949 -1989

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logo for us, which became the IPA logo for several years. The convention was CREATING COMMUNITY. This was the year that Ross had us create masks and then burn them at a huge fire in the evening. After being involved with the IPA for only two years, Ross took on the enormous task being Convention Chairperson in 1982. The theme was OUR EVOLVING SEXUALITY: LIVING & LOVING. He designed the T-shirt logo as well. The 1983 convention was DIMENSIONS OF OUR HUMAN SPIRIT. Ross designed the T-shirt logo, as he now traditionally did, and was on-site co-chairperson with Loretta Fogel. This was the year he did Expressing Your Nemesis, and we went on a Quest in the dark. 1984 brought HEALING THE WOUNDED SELF, and another T-shirt logo from Ross. This logo became, and still is, the current IPA logo. Again Ross did on-site with Loretta, and also was elected to the Board of Directors for the first time. His evening activity was Wounded Self/Expanded Self. The next convention was PRIMAL AS PROCESS: CHOOSING LIFELINES - 1985. Ross did the T-shirt logo, on-site with Loretta, and in the evening This Is Your Lifeline. He was again elected to the Board. In 1986, the convention was THE MYSTERY OF OUR BEGINNINGS. Ross did the T-shirt logo, on-site, and In The Beginning for his evening activity, with Leslie Cotton. PLAY was the 1987 convention. Ross did his final T-shirt logo for this convention. He was elected Vice-president of the IPA. For 1988, the convention was INTIMACY. The idea of making masks returned with Ross's evening activity, Wearing Faces, which he did with Gro Robinson and Lyn Solms. In 1988, Ross was elected President of the IPA. This convention turned out to be the last IPA activity Ross would attend. Even though Ross was tired and weak from his illness, he volunteered to be the Chairperson for the 1989 Winter Conference. Ross, in fact, developed the theme, wrote the articles for our newsletter, found a new location for the conference, put together the keynote presentation, did the mailings for workshops, and arranged the schedule. However, just a week before the conference, Ross had to be admitted to the hospital, and so could not attend. All of this is only a very small portion of the contribution Ross has made. It doesn't begin to mention the years he emceed cabaret with Loretta, or all the workshops or therapist support groups he organized. Or all the leadership and guidance he offered while serving as a Board member or officer of the IPA. Ross was dedicated. He was dedicated to both what the IPA stood for, and the organization itself. And through this dedication, Ross touched the hearts and souls of many, many people. His contributions to our organization and the effect he had on his friends will be felt for years to come. Ross will be dearly missed.

A FINAL POEM

by Ross Klahr

Written: February, 1989

I lay my hand on the Black Bear's paw;
feeling the huge claws curve toward serenity.

My hand bristling from the bristles of the Black Bear's paw;
my soul cleaved by the curve of the finite claws — curving toward serenity.

Bending infinity along this finite curve,
time's certainty vanishes exposing the claw's tip, the point of no return;
suspended, tranquilized by death's certainty,
my self arcs to the crescent tip of the pendulum's swing.

Anticipation, dread, purpose: all void, merging with singularity.
"I" pivots on the solitary rhyme.

My voice alone a memory, circles, circles, spiraling in silence.

NOAH'S ARK

Psychotherapy & Training

Noah's Ark will sail again January 14 to February 24, 1990. The Ark is a 42-day experiential and didactic program with separate classes for those seeking 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 \$3,800 and includes sleeping accommodations and board and at least 70 hours of individual therapy from the staff and trainees.

If interested, contact Bill Smuckler, Ph.D., c/o the Carriage House, 7315 Sprague Street, Philadelphia PA 19119.

Steve Austill presenting a paper Saturday morning at Appel Farm

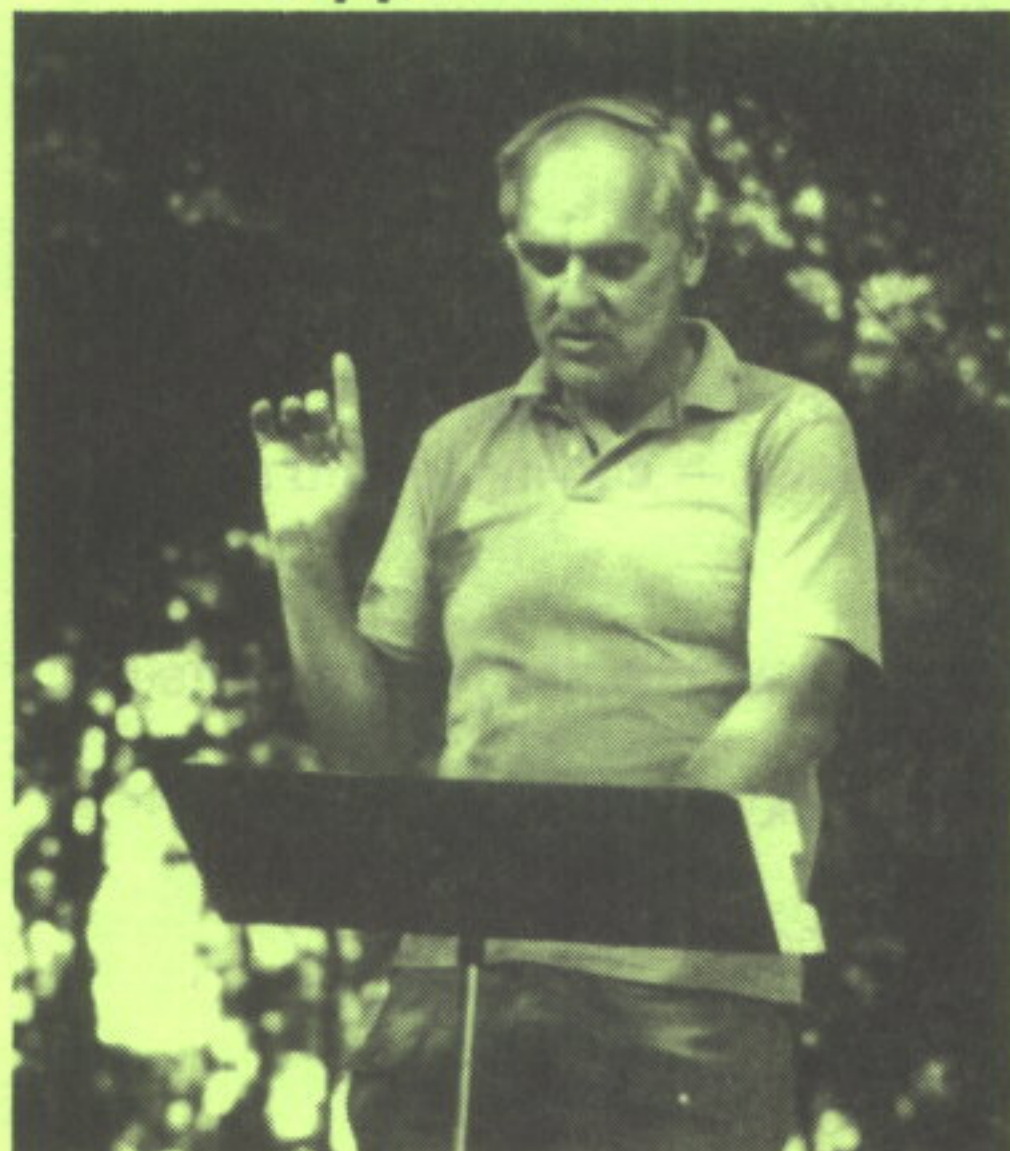


photo by Karen Buck

CALENDAR OF EVENTS

Boston Process Day
October 20, 1989 Cost: \$35
Board Meeting
October 21, 1989
Hosted by Steve Austill

Philadelphia Process Day
December 9, 1989 Cost: \$ 35
Board Meeting
December 10, 1989
Horshan Days Inn

Note: Reservations with the IPA are mandatory for both December meetings due to space limitations. Rooms at the hotel are separately available for \$ 45/ night.

New York Conference
March 3, 1990
Grammercy Park Hotel
Board Meeting
March 4, 1990

IPA DUES SCHEDULE 1989-1990

Income	Individual Family*	
Full-time student (proof required)	\$20.00	
\$25,000 or less	\$50.00	\$75.00
\$25,001 to \$50,000	\$60.00	\$90.00
\$50,001 to \$100,000	\$75.00	\$112.50
Over \$100,000	\$110.00	\$165.00
Lifetime*	\$1000.00	\$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 he or she no longer desires to maintain their lifetime membership, the amount previously paid will be credited toward 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.).

ROSS E. KLAHR MAY 23, 1949 - AUGUST 14, 1989

By Gro Robinson

Read at the August Memorial Service

When I first met Ross sixteen years ago, he was an aspiring young actor trying to make a career and life for himself in New York.

From the beginning I was struck by his emotional and intellectual honesty: he knew he couldn't make it as a performer without being in touch with his inner being. As long as I have known Ross he was committed to his process: his search for authenticity, his true self.

I was delighted when Ross decided to become a therapist. Of all the people who have assisted me over the years, Ross was by far the most compassionate and insightful, the most creative and competent.

Our relationship changed as he in turn became my assistant, trainee, fellow student, and then for six years my cherished associate and partner. Pivotal in our ever-closer relationship were the two years we studied together at the East West Institute. For both of us, these years, crammed with courses in the wild and woolly world of holistic healing, served to crystallize what each of us valued most in our work and life, and helped us to discard what we had outgrown. Besides taking in exciting new learning, it helped each of us reformulate our theories about life and healing and more finely hone our therapy skills. We were asked to join the East West staff and began doing workshops together. Until the onset of Ross's illness we co-led weekly therapy groups and monthly intensives.

For me, the essential part of working with Ross was that it made therapy work enjoyable, even fun. Having worked alone most of my life, I relished sharing some of the responsibility and burdens of being a therapist with Ross, enjoying our brainstorming together and reviewing the work after each session.

It was illuminating, though not surprising—considering our differences in age and lifestyle—that we often disagreed. I think we both learned a lot from negotiating our differences. I know I always found Ross's critique helpful. Most of all, I felt enormously supported by him and our work blossomed.

I was continually discovering new aspects of Ross—new strengths and talents. A master craftsman and designer of exquisite taste, everything he did was with style and elegance. His designs were works of art: from letterheads to T-shirts to rituals for workshops. I'm blessed with an office today, which was largely designed by Ross six years ago, which some of my clients describe as being close to an ideal healing environment.

Our good times together were not all work. One of my fondest memories of Ross was one Halloween when we were to meet after the Village parade at the annual bash of the Theater For New City. Arriving early, I was getting increasingly uncomfortable with the surge of costumed humanity and scanned the crowds for someone I could relate to. I was just about to leave when two impressive characters made their entrance: a ten-foot Sun God and an incredibly handsome black witchdoctor in an elaborate headdress, lion's mane flying. From the moment I laid eyes on them, my discomfort was gone and they seemed equally happy to see me, well-disguised in my exotic bird costume. We must have talked at least fifteen minutes before I realized I was having an encounter with Ross and his friend Pat. Needless to say, we had a most enchanted evening and won all the prizes.

Ross did not allow himself to be defeated by the collapse of East West and with that, his promised degree. He started over again at NYU and graduated with honors in June 1986. He was offered a prestigious job and seemed well launched on his brilliant career and future.

When illness struck, I first refused to believe that this could happen to Ross. He had worked so hard to become who he was and had a whole productive life in front of him. He was taking care of himself and doing the right things.

These have been bitter times for all of us who knew and loved Ross, with grief and frustration at seeing him decline, not knowing what if anything we could do to help.

Even in illness and decline, there was more for me to learn from Ross and more aspects of him to discover. One was the joy of getting to know some of his many devoted and incredibly supportive friends. Ross was indeed blessed with having acquired a family of his choosing. Although toward the end it was at times hard to communicate with Ross, I always left him feeling better for having been in his presence. Ross was still very much his own person. Two weeks ago, I asked if I could read him a poem by Walt Whitman. I chose "When Lilacs Lost in the Dooryard Blom'd" with its stirring symbols for life and death. He was touched and tears came to his eyes. He got anxious for a moment and said, "I have to leave soon."

At that very moment when Ross left us, there was a tremendous thunder squall with lightning zig-zagging across my open office window. The artist Ross would have appreciated nature's notice of his passing.

Ross, your life has touched mine in so many ways—your gentle and courageous spirit will live in my heart forever. You were indeed a Prince among Players. And so, I will end with the words of Horatio bidding his Hamlet farewell. "Goodnight, Sweet Prince, and Angels sing thee to thy rest."

AESTHEMA NEWS

Projected Issues Are:

- Fall 1989 - The Religious Experience and Primal Therapy
- Spring 1990 - Proceedings of the IPA Regional Conference on Aging
- Fall 1990* - No theme!
- Spring 1991* - The Creative Process, The Arts and Primal Therapy

* We need contributions for these issues.

Contributions will be gratefully accepted! We will consider articles even if they do not fit the current theme. Please submit all articles and suggestions for future issues to: Arnold Buchheimer, 130 Appleton Avenue, Pittsfield, MA 01201. Telephone: (413) 442-2261. Comments on articles are also welcome and should also be sent to Arnold. 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.

FROM THE 1990 IPA CONVENTION

by Steve Austill

I'm having a wonderful time getting ready for the 1990 IPA Convention. In case you haven't heard, the theme for 1990 is: PRIMAL - CREATIVITY - THE ARTS. Already I have been stimulated by our very interesting planning meetings to make my life more of an "art form." Tooting my trombone more often is one result. We hope that all those who come to the 1990 Convention can open up more and more to their personal creativity and live a richer, fuller life. We have many good things planned already.

At the past Annual Meeting of the IPA held at Appel Farm, there was much talk about spreading our message to the world, and the importance of helping newcomers. Here are two ideas that could help.

I would like to compile a paper containing many opinions regarding "The IPA Convention — What Can I Expect?" for distribution to potential attendees. In this way people can get a flavor of what the IPA Convention is like from many different sources. If you are willing to help in this project, please send me as soon as you can, in 25 words or less, your answer to this question. If you are willing, also include your address, occupation, age and phone number so potential attendees could contact you directly with their questions.

The other idea is to get a group of people who would be willing to distribute 20 IPA Convention brochures to potential attendees, from June 2 to June 22, 1990 (the Summer Solstice). At the present time only those persons already on our mailing list receive a Convention brochure. No funds are spent on advertising or bulk mailings. Yet, we need to get our message out to more people! *A man does not light a candle and put it under a bushel.* (Matthew 5:15). Therefore, I am looking for some IPA'ers willing to help with this distribution. You could distribute them to friends, professional acquaintances, therapists, institutions, libraries, etc. Use your imagination. I'm thinking of calling those who participate members of the "20/20 Club" (20 brochures distributed in 20 days before the Summer Solstice).

Finally, as many of you know, Silver Fox is being married on November 11, 1989 to Juanita. It is the Indian Tradition not to send any invitations. Silver Fox has said often that we are part of his "family" and that we are all invited to his wedding. My wife Ginny and I are planning to attend. If you would like to attend call me for more information I would be happy to facilitate rides to Jacksonville, Florida if a caravan wants to go. Don't tell Silver Fox. Let's make this a surprise.

My address to write to is: Steve Austill, 1990 IPA Convention Chairperson 12 Mt. Vernon St. Saugus, MA 01906, and my phone number is: (617) 233-1461.

1990 Convention Planning Meeting at Appel Farm



photo by Karen Buck

GRAHAM FARRANT'S WORKSHOP

by Terry Larimore

Australian psychiatrist Graham Farrant presented an outstanding all-day workshop on the *Practical Applications of Cellular Consciousness in Psychotherapy*. The experiential event attracted about 38 people (with a few who joined after the lunch break) to the stage of the theater. This workshop filled a double need. Conference goers in past years have requested longer, more intense workshops and many people who participated in Graham's short workshop three years ago (when he was the keynote speaker) have been yearning to experience his work more deeply.

Graham used videos, music, movement and group and pair exercises to open us up to our own deepest memories and feelings - especially those surrounding our own reproductive history: babies lost through abortion or miscarriage, infertility, etc. The combination of deep honesty, group support, new information, provocative sounds and movements (and, if I may say so, a touch of courage and perseverance) brought men and women alike in touch with our own experiences as sperm or egg, exposed new memories and helped us develop a deeper compassion for our patterns and pain.

Despite most participants' unfamiliarity with cellular consciousness (and more than a bit of honest skepticism), many of us found a new knowing of our past and shared the ways those experiences continue to subtly influence our lives.

CABARET TONIGHT!

by Larry King

Performed During the 1989 Convention Cabaret

It is a tune that I have not been able to stop whistling or get out of my head. I first heard it on Broadway as the rousing introductory number of *A Funny Thing Happened On The Way To The Forum*, the marvelous comedy with music and lyrics by Stephen Sondheim. Well, when you can't stop something from repeatedly running through your mind, the best thing to do is to get it up and out, and as loudly as possible. So I decided to rewrite the words (with support from Terry Larimore), to better fit the evening and the cast of characters at the IPA and then share it with everybody as the opening for our 1989 Cabaret. With many thanks to Sharon Kane for her wonderful piano playing, Kate Schumer for bringing the sheet music (even though she didn't know we were going to ask for it!), the whole cast, and you, the incredibly receptive (and forgiving) audience. Here's the way it went:

LARRY (talking): Cabaret goers, I bid you welcome. The theatre is a temple, and we are here to worship the gods of comedy and tragedy. Tonight, I am pleased to announce— Noooooo tragedies! We shall employ every device we know in our desire to divert you. We shall employ

(Singing): Something familiar,
Something peculiar,
Something for everyone;
A cabaret tonight!

MARILYN SPARKS: Something appealing,
(Coquettishly lifting the hem of her skirt):
Something revealing.

ALL (Chorus): Something for everyone:
A cabaret tonight!

LARRY: Nothing with sobs,
Nothing with frowns.
Bring on the dancers, singers and clowns.
Primal situations, with
New complications—
But nothing portentous or polite.
Tragedy tomorrow—
Cabaret tonight!

ALL (Chorus): Nothing convulsive,
Nothing repulsive,
Something for everyone:
A cabaret tonight!

BELINDA YALIN: Something fantastic,
Nothing sarcastic.

ALL (Chorus): Something for everyone:
A cabaret tonight!

DAN MILLER: No need to worry,
No one to hate,
Weighty affairs will just have to wait.

LARRY: Nothing that's formal,
(Hidden from the audience all this time, from behind a curtain pops the head

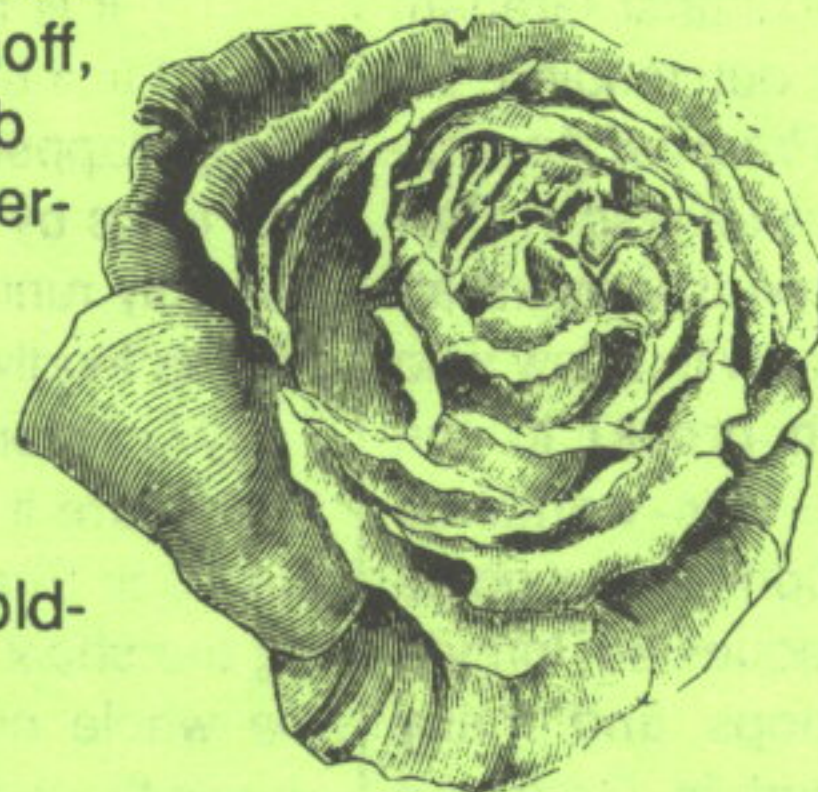
of:) WALTER GAMBIN: Nothing that's normal.

LARRY: No recitations to recite.

ALL: Open up the curtain,
Cabaret tonight!

ROSES TO:

Barbara Valassis, Convention Chairperson, and Cynthia Robinson, On-Site Co-Chairperson, and the Convention Committee: Karen Buck, Michael Carlson, Jude Evanoff, Larry King, Jan Millenovich, Lyn Solms, Viva Still, Bob Van Dyke and Jean Vanstone, for doing such a masterful job of putting together and running the Summer Convention.



ROSES TO:

Michael Hoyland-Young, Dan Butts, Viva Still, Joe Goldberg, Libbie Rice, and Neil Borodkin, for caring massages and body work.

ROSES TO:

Tam Stephenson for convening an early morning dream clinic every day of the conference.

ROSES TO:

Silver Fox and Belinda Yalin for repeating and presenting impromptu workshops in response to the interest of conference-goers.

ROSES TO:

Several who helped in a family's emergency.

ROSES TO:

Bill Smuckler for supplying sandboxes and all that goes with them, and to the Ark people for helping with others' sandboxes.



1989 CONVENTION PHOTOS BY CHUCK GREEN, KAREN BUCK AND DONALD MAGDER



STAFFMENT OF CRISIS...
...for...
...and...
...and...
...and...

2742 Fernwood Avenue • Roslyn, PA 1900 • (215) 885-3843



THE INTERNATIONAL PRIMAL ASSOCIATION

The International Primal Association promotes a common bond with seekers and kindred spirits who are interested in advancing the integration of heart, mind and spirit in rich, diverse, deeply felt and deeply understood ways.

STATEMENT OF ESSENCE: The International Primal Association is a community of feeling-oriented people, interacting within an atmosphere of love, acknowledgement, permission and support, who highly value primal process, abreaction, primals and other deep feeling work as modalities for promoting healing, loving, growing, wholeness, authenticity and BEING.

NEWSLETTER COMMITTEE

Chuck Green, editor and production