



IPA NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION

2742 Fernwood Avenue

Roslyn, PA 19001

(215) 885-3843

SPRING 1989

DUES, FEES, THE IPA AND THE UNIVERSE

by Larry Schumer

The Board did it! Of course, you're not going to like it, but we did it anyway. What, you ask? Increase dues and fees, what else (didn't you read the title of this?). But I'm not writing this *only* to warn you not to go crazy and tear up your renewal notice and Summer Convention registration form when they arrive — we all need to understand what makes this organization tick.

If we took a survey, we'd find out that the important things the IPA stands for are things like community, extended family, love, feelings, growth; in short, all the things contained in our statement of essence. However, there's a problem. These things, while both the input and output of this organization, do not pay the bills (you can tell I used to be treasurer, can't you?).

Okay, so what does it cost to run the IPA? Plenty! We actually take in and spend over \$20,000 per year, and in recent years, the gap between what we take in and what we spend has been decreasing. In other words, we have been using our reserves of cash at an astonishing rate because we're not making enough money during our fiscal year. Solutions: we can eliminate some of the services provided by the IPA, or we can take in more money.

The Board feels that what the IPA provides and stands for is far too valuable to justify reductions of any kind. We don't want to cut out *Aesthema* or reduce the number of *Newsletters*. We don't want to limit participation on the Board to just "East Coasters" so it costs the IPA less for Board meetings. In fact, it took the Board more than two years to agree upon a program that would encourage people to join the Board from all over the country. We don't

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OPENING TO THE POWER WITHIN: THE 1989 SUMMER CONVENTION

by Barbara Valassis

We are very excited about our plans for this convention. The theme has great personal meaning for those of us involved in the planning and committee work. We hope it will be important and special to you also.

In primal, we learn to "trust the process" and eventually to trust our own inner wisdom to guide us on our journey. There is a "knowing" inside of us about what we need to do to become more whole and actualize our potential. This "knowing" is part of the power within us all, the inner child, the spark of self that we need to acknowledge and nurture. There are various ways to get in touch with this source of inner strength; some are spontaneous and some are guided. We would like to explore how we, personally, either as therapists or clients, have discovered this power within.

Our keynoter, John Rowan, will speak Friday evening on "Spiritual Aspects of Primal Therapy". John and his co-leader, Sue Mickleburgh, will be staying for the convention. John is a primal therapist from London, England, and has written an excellent article for *Aesthema*, and is currently writing a book on subpersonalities (in psychotherapy and including before birth). We are delighted and privileged to have him with us this year.

A variety of workshops will be offered for everyone from the beginner to the experienced primaler. Saturday morning there will be papers presented relating to our topic. Mary Thompson, Steve Austill, and Bill Caldwell will be our presenters. Our famous Cabaret with all of our talented performers will be Saturday evening so bring your instruments, your singing voices, dancing feet, poetry, etc. (and your courage) and help us put on a great show.

One evening will be devoted to sharing our personal experiences of those very special moments of revelation and transformation—the healing moments that give us the spiritual strength to continue our journey. These take many different forms. One might be a simple tuning in to the joy of the moment as in Maslow's peak experience. Or it could be a time when we descend to the depths of our pain and then something happens—a paradoxical flip—and we have an instant realization that releases us completely from that particular pain. Sometimes in a guided fantasy, artwork, music, dreamwork, or sandplay we will discover a new symbol that provides a solid core of strength, a talisman that can sustain us over difficult times. We want to share these experiences and learn and grow together.

The pre-Convention program and registration form will be mailed to members in July. Those planning workshops should send the description and vitae as soon as possible if they wish to be included in the pre-Convention program. Send to Barbara Valassis, 23011 Middlebelt Rd., Farmington Hills, MI 48024.

Convention Fees: page 11

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BOARD OF DIRECTORS

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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 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 *Newsletter* reserves the right to make final judgment as to the publication of material received. Send submissions to the next 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.

• **ROSS KLAHR**, currently President of the IPA, has been ill and in and out of the hospital for the past few months. As a result, he has missed the past few Board meetings. He would love to hear what's been going on. Cards and letters can be sent to his home address: 235 East 10th Street, #4E, New York, NY 10003.

• **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!

• **1989-1990 SLATE FOR ELECTION:** The IPA Board serving as Committee for the Whole, present the slate for 1989-1990:

President: Larry Schumer
Vice President: Steve Austill

Loretta Fogel will continue as Secretary-Treasurer, serving the second year of her 2-year term.

• **RECIPES:** If you have favorite recipes that would be appropriate for the Convention, please send them to Cynthia Robinson, 28695 Venice Court, Farmington Hills, MI 48018. Appel Farm's cook will be happy for our input.

• **BOSTON PRIMAL WEEKEND:** The Annual Boston Primal Association Weekend will be held at Camp Leslie in Georgetown, Massachusetts June 23-25. The program will include: primaling, group work, a dream workshop, campfire and recreation. Camp Leslie is located on a lovely lake 25 miles north of Boston. For information call Steve Austill, (617) 233-1461.

• **PRE & PERINATAL PSYCHOLOGY CONGRESS:** The Fourth International Congress on Pre and Perinatal Psychology will convene in Amherst, Massachusetts on August 3-6, 1989. For information on the Congress, or the Pre & Perinatal Psychology Association of North America, contact Rima Laibow, M.D., 13 Summit Terrace, Dobbs Ferry, NY 10522, (914) 693-8827.

• **LIFEGUARD NEEDED:** The 1989 Convention Committee is looking for someone interested in being a lifeguard this summer. IPA membership is not required, but proper lifeguarding credentials are a must. Have fun, enjoy the Convention, and be paid for your actual working hours. Contact Barbara Valassis, (313) 478-5559.

• **EX-EDITOR:** I have felt greatly honored to be the editor of two issues of the *IPA Newsletter*. It has been a growth experience for me. But it has also been far more work than I expected, and I have felt a real conflict of interest in being both editor and a major contributor. Thus it is with relief as well as pride that I relinquish the reins of editorship. —Keith Borden

CALENDAR OF EVENTS

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

Boston Process Day
October 20, 1989
Board Meeting
October 21, 1989
Hosted by Steve Austill

DUES, FEES, THE IPA AND THE UNIVERSE

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view this achievement lightly and do not want to see Board participation diminish.

Bottom Line: Dues have not been raised in four years. Now they must go up. It will cost you about \$10 more this coming year when you renew. The Convention will also cost more. Raising the fee was a very difficult part of the last Board meeting. We are acutely aware of how difficult it is for some people to raise the money to attend the Summer Convention. In fact, while our expenses at Apple Farm have increased over the past few years, we have purposely NOT increased the Convention fee. The IPA has absorbed the increases to make the Convention accessible to as many people as possible.

And this has worked. There has been a dramatic increase, over the past couple of years, in the number of people attending the Summer Convention for the full 6 days. But going forward, we see that we can't keep the Convention fee as low as it was. The IPA's costs have increased considerably, so in order to bring in enough money to keep the organization solvent, the Summer Convention fees must go up.

Many of you will remember the fund raising we did several years ago, when we all of a sudden discovered that we didn't have enough money to run the IPA. Two thousand dollars were raised in a couple days at the Summer Convention. We are trying to avoid a repeat of this type of crisis situation. For the rest of this year, we can pay our bills. But without these increases, next year we won't.

IPA FAMILY SUPPORT

by Chuck Green

Up to now there has been no support system for those bringing children to the IPA Summer Conventions. Judging from my own experience last year and from interviewing other members, it has been a great deal of work for those parents who did. Few members have brought children to conventions, and some parents have stopped coming to Appel Farm during their children's early years. This year, the IPA is starting a new way of incorporating children and families in the Summer Conventions, and into its community. Single parents, and both partners of some couples are involved with primal, and children are being brought up from—and before—birth in light of their parents' insight from primal work. Children will be raised in a primal community, to our mutual benefit. My focus is on embracing the next generation in our organization.

Numerous people came to my wife Sharon and me at the close of last summer's Convention to say that our five-year-old's presence had been important to them, and that they'd grown from being with her. I know that I grew as a parent and learned from being around other primal community parents. It's difficult to be a primarily nurturing parent inside a heavily unsupportive society, and I savored the healthy role modeling I found.

My daughter, surprisingly, grew perhaps the most. A cautious child, Myla opened up further each day, and Sharon and I cried over how beautiful the process was. The breadth of the IPA community's safety and acceptance allowed her to blossom. Her independence and will had never before seemed so clearly to be so healthy, as did her caution and her attachment to us.

This year's Convention will have new support for families. There will be a children's program with workshops and playshops, as well as a paid child-care person. There is also a parents' support group in the planning stage now, which may go on over several days.

Child-care is planned during workshop hours each day, and it may be possible to arrange additional hours of coverage, as for evening peer group time. The cost will be \$15/day for each child under 7, who otherwise can attend Appel Farm free of charge, and for children 7-14 the convention will cost half the adult's price with no surcharge for care. It is important that those planning to bring children this year pre-register with the IPA's new Family Committee by August 1, so that the appropriate staffing for child-care can be arranged.

The Family Committee, working with the Convention Committee, will be handling the details of the new programs. All thoughts, feelings, suggestions, and playshop proposals are welcome, and membership on the Family Committee is open to any IPA member. Call me at (508) 881-5678.

A simple woods
home to deer and bobcat
bare trees
their branches
lace against the sky
Footprints in the snow...
Who walks here
pounding angry chords
from an abandoned oil drum
lighting candles
to grieve long-ago wrongs
gathering strength
from the enduring hills
finding peace
in the accepting stillness

mourning
reflecting
exploring
healing
leaving pain behind
to melt with the snow
Quiet, peaceful woods
once again
no trace of footprints
deer and bobcat
welcome spring

*Lyn Solms
March, 1988*

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, send your autobiography and a recent picture to Bill Smuckler Ph.D. c/o the Carriage House 7315 Sprague Street Philadelphia 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.

ROSES TO...

Loretta Fogel for arranging our Board Meeting/Process Day weekend at Appel Farm, and for convening Process Day. It was delightful to be there in the springtime.

ROSES FOR...

A gift from the heart.

REQUEST TO BOARD THE FOURTH NOAH'S ARK

by *Santo Longo*

The two Arks I attended have been the most positive and constructive experiences in my life. Every aspect of my existence is growing the likes of which I find hard to believe. Everything I touch or embrace with love and/or caring reaps me a harvest of good returns. Ergo, yes, I would like to go to Ark 4 again as a trainee so I can really focus on my own continued growth.

I was born in 1931 in Little Italy, New York. I am proud of my Roman roots. I feel like a Renaissance Man. My creative energy feels exciting and endless. I feel like I'm once again in my grandmother's house or the Garden of Eden, but this time I will not be cast out at age four when she died. She lives in me, as does my mother and all my grandparents in my genetic history. I have transcended the ghetto...I am a new Santo who can feel his needs starting at home with my dear wife Madeline.

My art is once again in my life in a meaningful way...I don't feel depressed any longer when I visit a museum. Instead I feel like a tree bearing lots and lots of fruit. My years as a corporate executive are finished. I no longer crave or lust for this power. I am free of it. I do seek satisfaction in all my work especially as a sculptor and teacher. I do need to do larger size works now...and the time has come to build a nest egg so I can look forward to a less stressful life with most of my energies put into my sculpting.

I am no longer searching India or China or anywhere else...I have found my total self, light and dark sides, and it's great. I have many good friends. My four children (from my first marriage of 21 years) are all doing fine. My two children (from my second marriage of twenty years) need more work. My wife Madeline and I can do it! Our love brings forth more energy.

ROSES TO...

Ross for the concept and execution of the New York Regional Conference on Mythology.



ROSES TO...

Mary Thompson for making "family myths" come alive in her New York Regional Conference presentation.

ROSES TO...

Lesley Cotton for carrying the Winter Conference in crisis—twice.

ROSES TO...

Chuck Green, Dina Paisner, Karen Buck, Larry King, Bob Van Dyke, Mark Morris and Lesley Cotton, for giving of themselves to the *Newsletter*.

ROSES TO...

All the IPA members who make it possible for out-of-towners to attend IPA events by sharing their extra beds and floor space and carpooling to meetings.

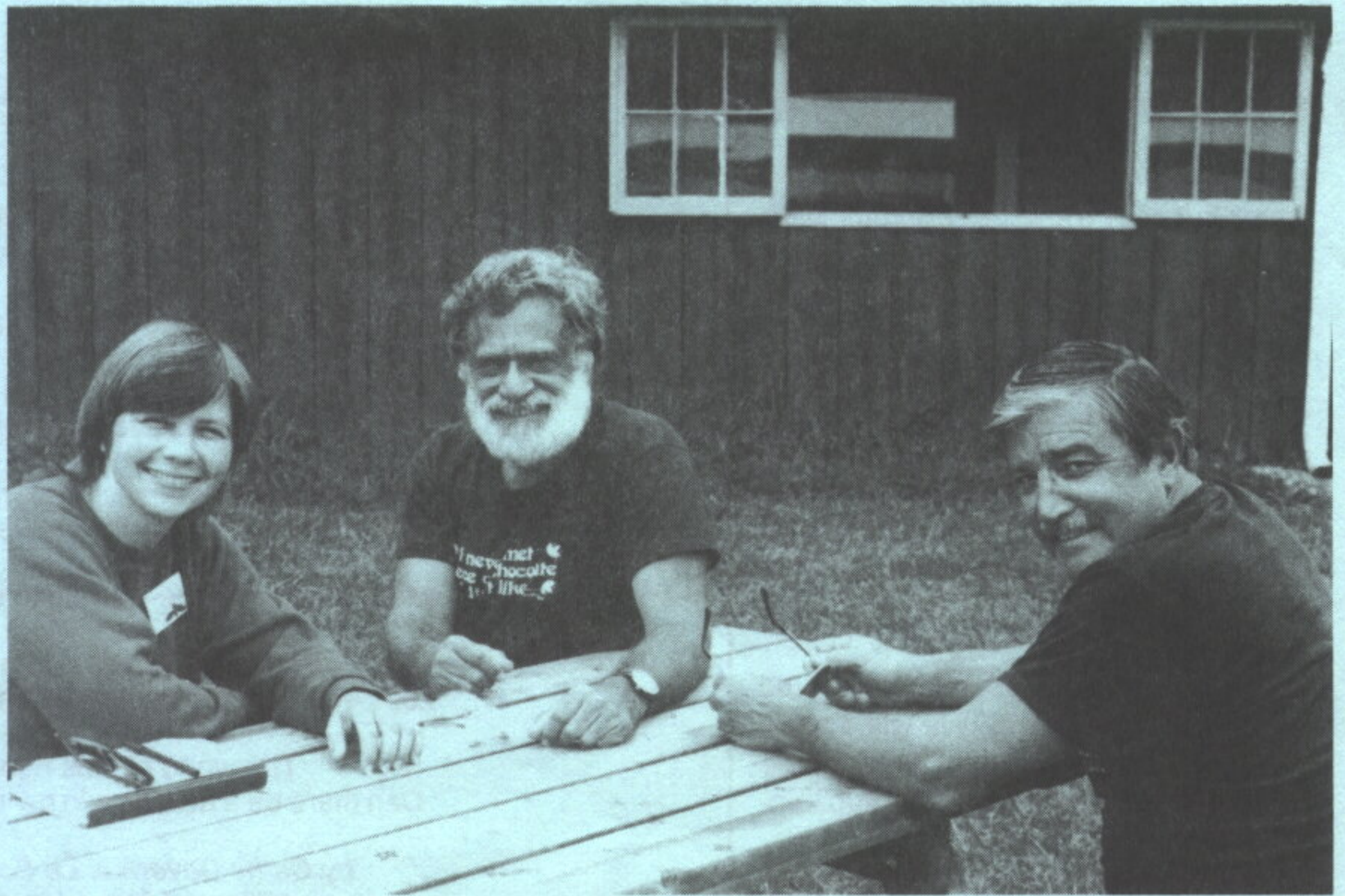
ROSES TO...

Terry Larimore for roses, articles, book reviews, photos, and whatever else the Editor needed, promptly on request.



ARE YOU COMING TO APPEL FARM?

photos by Terry Larimore



AESTHEMA NEWS

Projected Issues Are:

- Spring 1989 - Therapeutic Relationships
- 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.

ABOUT BEAUTY

by Hal Geddes

I recently traveled by Amtrak from Boston to New York City to attend the first formal meeting of the IPA Convention Committee for 1990. Creativity is part of its theme.

Perhaps the combined context of the railroad and permission sparked my own creativity. Railroads have old meanings that center me and perhaps our committee theme gave permission.

I heard this poem come from inside and wrote it down. I'm choosing to share it. Something I have not done before:

Beauty

Lift me
Living child
Child of beauty
Child of the rising sun.

Lift me
Dread not the coming of dawn
Or marigolds remembered
From an earlier time.

Lost
Beauty lost
Beauty that seemed for me
Lifting my spirit.

Like tidal water on the beaches
Rushing in with excitement
Commanding attention
Silently disappearing in the sand.

*Hal Geddes
March 3, 1989*

QUERY

When I was but a tender sixteen
My girlfriend teased me

"Powder your nose—your eyes are shining!"

I had a new love in my life then
The world seemed right

Now I am no longer a tender sixteen
Through much of my life I have had Pain

Many feelings I hide—afraid to show them

Yet, today you said to me,
"Look in the mirror—your eyes are shining!"

The world seems right
Can there be a new love in my life again?

*by Cathy Devereux Le Schack
(Client of Steve Linn)
February 10, 1987*

HEROS AND CLOWNS: THE WINTER CONFERENCE

by Keith Borden

Ross Klahr dominated the 1989 Winter Conference both by his presence and by his absence. He was present in the theme, the preparations, the program and the feelings of everyone, yet illness prevented his presence in person, to the sadness of all.

Lesley Cotton led the program by reading material which Ross had prepared dealing with the way in which we are influenced by a diversity of myths, how we can recognize conflicts between these myths within ourselves, and how we can resolve these conflicts to create better myths.

Mary Thompson then outlined her frustrating search for female heroic role models that would serve her needs as a child. Her odyssey led her to such discoveries as that the apparently motherless goddess Athena, who sprang full-grown from Zeus's head, was actually born of the goddess of wisdom, whom Zeus had swallowed when she was pregnant. Under Mary's skillful spell, classical mythic figures were transformed from dry academic curiosities into dynamic archetypes active within ourselves. Above all, she made us see the need for healthy archetypical figures to populate our inner world, for we define our own identity in terms of the inner images we carry.

At lunch, I found myself listening to a quarrel between two people at my table. It was obvious that the real fight wasn't between them but between their projected internalized parents. Suddenly I realized: the parents were gods and goddesses waging war above the dinner table, dragging us mortals into their battle down below. The ancient Greeks were right!

I wish I could have gone to all the workshops: Kate McAteer on "Inner Heros—Guides of Change", Lesley Cotton on "The Mythical Family Inside of Me", Jerry Baker on "Theater Therapy", and Terry Larimore on "Clearing for Completion". However, I can only report on the two workshops I attended.

Bill Smuckler led us through a quick inner replay of the last 3 1/2 billion years

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OPEN FORUM

THE CHALLENGE OF MIXED GENERATIONS

by Keith Borden

Recently the Board of Directors has been giving attention to two issues: first, difficulties which some people experience as parents with young children at IPA events, and second, difficulties which some people experience as therapists with clients at IPA events. These two issues are really different forms of one larger issue—integrating mixed generations—and the way we relate to it defines the nature of our primal community.

The problems for parents with children at IPA events have included the conflict between having to care for a child and wanting to attend events where children are a disturbance, the lack of good alternative facilities for children, and the isolation which parents with small children tend to experience from other adults.

The problems for therapists with clients at IPA events have included the demand of clients for their therapists' attention as therapists, the reluctance of some clients to see their therapists express their own primal feelings, and the need which therapists may feel to talk about therapy in the absence of their clients.

Both of these problems, integrating children with adults, and integrating clients with therapists, are at the very heart of the nature of the IPA as a holistic feeling-oriented community. The decision to include clients as well as professionals in the organization was quite radical and led to a major schism at the very start of the IPA's history. Recently the issue surfaced again, and was a major topic of discussion at the April Process Day. Meanwhile, the Board has also begun to address the needs of children and their parents at our events, and Chuck Green now chairs a committee which is developing ways to meet this challenge.

It is significant that these two problems are emerging together. It may help in solving both of them if we recognize their similarities. There is nothing new, of course, in the idea of similarities between parenting and therapy. When "transference" occurs, the client transfers to the therapist their feelings and responses towards their parents. And in "countertransference" the therapist may reciprocate—a dangerous situation if not recognized.

However, the parallels between parenting and therapy go far beyond transference. Seeing these parallels helps bring both relationships into better focus and also clarifies the nature and challenge of the IPA as a primal community.

The parent is an authority figure and caregiver on whom the child is dependent. The child needs the parent's nurturing to facilitate the growing up process—a maturation process which the parent has already undergone. Because the parent was first a child, and the child may mature into another adult, the parent and the child constitute two successive biologic generations. In fact, it is unhealthy and dangerous for someone to assume the responsibilities of being a parent before largely completing the growing up maturation process themselves.

Being a parent is a role which is, or should be, based on responsiveness to the real human needs of the child. This inherently altruistic nature of parenting at a deep psychological level—despite the compensations of being a parent—gives rise to problems, because the parent's altruism,

The therapist is an authority figure and caregiver on whom the client is dependent. The client needs the therapist's nurturing to facilitate the primal process—a maturation process which the therapist has already undergone. Because the therapist was first a client, and the client may mature into another "primarily mature" person, the therapist and the client constitute two successive therapeutic generations. In fact, it is unhealthy and dangerous for someone to assume the responsibilities of being a therapist before largely completing the primal maturation process themselves.

Being a therapist is a role which is, or should be, based on responsiveness to the real human needs of the client. This inherently altruistic nature of therapy at a deep psychological level—despite the compensations of being a therapist—gives rise to problems, because the therapist's altruism, and the

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HEROS AND CLOWNS: THE WINTER CONFERENCE

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of evolution, from a dividing bacterium to mammalian predators and prey, as a prelude to contacting pure good and evil. The aim was to discover that these experiences and dimensions are all alive within us. How can we integrate and utilize them if we don't know they are there?

Gro Robinson had us identify various mythic types that we manifest in our own behavior, then identify the command that we are obeying by playing these roles. Finally, we had the opportunity to act out these roles in pure form.

Each presenter, in their own way, helped us become more conscious of our dynamic inner relationship to myths and mythic figures, so we could use them instead of being used by them. It was a day of revelations. But despite the title of the Conference, I didn't see that many clowns. To me the day was full of heros!

EARTH'S CRY

by Kristina Prescott

Doesn't anybody hear Earth's cry
Doesn't anybody wonder why
The Earth is dry

We're taking all her hair away
Her children have been led astray
What can she say

Listen, she will speak to you
Listen, she will feel through you

She cannot stay still too long
We have to make right the wrong
And make her strong

The way is in the inner work
The place where all the troubles lurk
That is her hurt

Listen, she will speak to you
Listen, she will feel through you

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THE CHALLENGE OF MIXED GENERATIONS

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and the child's need, are not strictly context-dependent, and neither party can easily shut them off—nor may they want to. A real relationship exists which persists outside of the home.

At an IPA gathering, the dependency of children on their parents interferes with the autonomy of the parents. This is especially true if the dependency makes the child feel threatened by seeing the neediness of their parents. Then the child may feel a direct conflict between their own needs and the needs of their parents, so they may tend to cling all the harder, compromising the autonomy of their parents. Parents may also feel a conflict between their autonomy and their responsibilities as parents. But seeing their parents' neediness, with proper preparation, may help the child develop role flexibility and an understanding that growing up is a life-long process. Furthermore, autonomy is critical to the fulfillment of the parents' own needs.

Problems also derive from the fact that in certain ways children's needs are simply different from those of adults. Children have certain special needs which require the investment of time by parents, or other adults, as well as special facilities, while parents and other adults have their own special needs, some of which derive from their role as caregivers, and some of which can only be fulfilled in the absence of children. An organizational structure which fails to recognize the different needs of these three groups of people (children, parents and other adults), treating them all alike, is inadequate to meeting the needs of *any* group.



The age-segregated, role-differentiated, authority-dichotomized institution of school, as opposed to spontaneous age-integrated apprenticeships, although it may be necessary in a highly technological society, is unnatural, and exacerbates the problems.

But parents have a need for their children also, else why do they have them? So the nourishing is mutual. Don't parents and children then naturally belong together, even if ways must be found to protect both groups against the conflicts this togetherness might otherwise cause?

client's need, are not strictly context-dependent, and neither party can easily shut them off—nor may they want to. A real relationship exists which persists outside of the office.

At an IPA gathering, the dependency of clients on their therapists interferes with the autonomy of the therapists. This is especially true if the dependency makes the client feel threatened by seeing the primal neediness of their therapist. Then the client may feel a direct conflict between their own needs and the needs of their therapist, so they may tend to deny the therapist's needs and cling all the harder, compromising the autonomy of their therapist. Therapists may also feel a conflict between their autonomy and their responsibilities as therapists. But seeing their therapist's neediness, with proper preparation, may help the client develop role flexibility and an understanding that priming is a life-long process. Furthermore, autonomy is critical to the fulfillment of the therapist's own needs.

Problems also derive from the fact that in certain ways clients' needs (as clients) are simply different from those of "primarily mature" people (when not in a client role). Clients have certain special needs which require the investment of time by therapists, or other "primarily mature" people, as well as special facilities, while therapists and other "primarily mature" people have their own special needs, some of which derive from their role as caregivers, and some of which can only be fulfilled in the absence of their clients. An organizational structure which fails to recognize the different needs of these three groups of people (clients, therapists and other "primarily mature" people), treating them all alike, is inadequate to meeting the needs of *any* group.

The primal stage-segregated, role-differentiated, authority-dichotomized institution of private therapy, as opposed to spontaneous primal stage-integrated buddying networks, although it may be necessary in a highly neurotic society, is unnatural and exacerbates the problems.

But therapists have a need for their clients also, else why do they have them? So the nourishing is mutual. Don't therapists and clients then naturally belong together, even if ways must be found to protect both groups against the conflicts this togetherness might otherwise cause?

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MEMBERSHIP LIST UPDATE

Please add these people to your
1988-1989 Membership List.

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Houston, TX 77006
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Work: (713) 784-8937

Elizabeth Noble, RPT Dir.
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Cambridge, MA 02140
Work: (617) 864-9343

Joseph R. Sanders
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Work: (703) 543-6533

Barbara Cheppaikode
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Home: (608) 251-6919

Jean Getoff
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New York, NY 10024
Home: (212) 874-2303

Lori Grace
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Tiburon, CA 94920
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Work: (415) 681-2696

THE CHALLENGE OF MIXED GENERATIONS

CONTINUED FROM PAGE 8



Furthermore, children usually grow into adults, and some become parents themselves. By living in an age-integrated community with adults, children can utilize them as teachers and role models in a far richer way than would be possible in the more limited settings of family and school.

It is not just seeing many more parents and other adults which helps the child. The child needs to see their own parents in non-parenting contexts to fully recognize their parents as other human beings—and this recognition is important for effective role modeling, maturation, and ultimate independence. (I accept Frank Herbert's definition of "human being" as "someone like me".)

Conversely, adults can benefit from the fresh perspective, enthusiasm and wonder which children bring to their encounters with experiences which the adults may have come to take for granted. The enriched learning and bonding opportunities which this age-integration brings to both generations enhances the education and experience of all the individuals whom it touches, and strengthens the entire community. Also, including children in our community helps ensure that the orientation we develop will be balanced and holistic, embracing the whole of our life and needs.

Sharing in a primal community benefits not just the child and parents as individuals, but also their relationship. We are naturally tribal creatures. Just as a plant in soil sends its roots far and wide to soak up nourishment, so do human relationships receive rich nourishment from being embedded in a supportive community. Isolating the child-parent relationship in a nuclear family is an artificial condition that puts a great strain on the relationship, for it is cut off from the feedback, support and sharing that a community can provide.

Beyond all this, a deep security and community bonding for the individual, and a strong solidarity and social cohesiveness for the community, develop from each individual knowing that they are an integral, inalienable member of a community which accepts them from beginning to end, that they belong.

Furthermore, clients often grow into "primally mature" people, and some become therapists themselves. By living in a primal stage-integrated community with "primally mature" people, clients can utilize them as teachers and role models in a far richer way than would be possible in the more limited settings of professional therapy sessions and formal training.

It is not just seeing many more therapists and other "primally mature" people which helps the client. The client may need to see their own therapist in non-therapy contexts to fully recognize their therapist as another human being—and this recognition may be important for effective role modeling, maturation, and ultimate independence. (I accept Frank Herbert's definition of "human being" as "someone like me".)

Conversely, "primally mature" people can benefit from the fresh perspective, enthusiasm and wonder which clients bring to their encounters with experiences which the "primally mature" people may have come to take for granted. The enriched learning and bonding opportunities which this primal stage-integration brings to both generations enhances the education and experience of all the individuals whom it touches, and strengthens the entire community. Also, including clients in our community helps ensure that the orientation we develop will be balanced and holistic, embracing the whole of our life and needs.

Sharing in a primal community benefits not just the client and the therapist as individuals, but also their relationship. We are naturally tribal creatures. Just as a plant in soil sends its roots far and wide to soak up nourishment, so do human relationships receive rich nourishment from being embedded in a supportive community. Isolating the client-therapist relationship in private therapy is an artificial condition that puts a great strain on the relationship, for it is cut off from the feedback, support and sharing that a community can provide.

Beyond all this, a deep security and community bonding for the individual, and a strong solidarity and social cohesiveness for the community, develop from each individual knowing that they are an integral, inalienable member of a community which accepts them from beginning to end, that they belong.

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MEMBERSHIP LIST UPDATE

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BOOK CORNER

The Different Drum
M. Scott Peck, M.D.
Simon & Schuster, 1987.
334 pp., \$9.95 paperback

Reviewed by Terry Larimore

A personal account of Peck's stumbling into community, discovering its benefits and divining the stages to make it happen again. Includes specific instructions for creating community. Even if you hated his last book, *People of the Lie*, this book is inspiring. It explores patterns of human nature and offers a challenge to cultivate and use love to make our lives better and, in the process, maybe affect the arms race and the other major ills of society.

SO SORRY!

(ERRORS AND OMISSIONS)

The book reviews of *Feeling People and Other Lives, Other Selves* in the Winter, 1989 issue were written by Terry Larimore.

The photo of Bill Smuckler was taken by Karen Buck.

The correct phone number for the IPA is (215) 885-3843.

THE CHALLENGE OF MIXED GENERATIONS

CONTINUED FROM PAGE 9

Therefore, despite the problems which arise from going against the mainstream of societal structure, if the IPA wants to go as far as it can in meeting the needs of its membership, it must work toward achieving a more satisfying integration of children, parents and other adults into a unified and coherent yet differentiated community.

Therefore, despite the problems which arise from going against the mainstream of societal structure, if the IPA wants to go as far as it can in meeting the needs of its membership, it must work toward achieving a more satisfying integration of clients, therapists and other "primarily mature" people into a unified and coherent yet differentiated community.

This comparison of the issues surrounding child-adult integration and those surrounding client-therapist integration shows clearly that both are aspects of a single larger problem, integrating mixed generations (biologic or therapeutic) within the primal community. We must build structures to protect those in a caregiver role from compromise of their autonomy by those they care for, within the context of our primal community. A harmonious structuring of mixed generations is the ideal as well as the natural state. Achieving this is a challenge in which every member of the primal community ultimately has a stake.

There are cultures which have handled child-adult integration far better than our own. In these cultures, "parental" responsibilities are not limited to the child's parents, but rather are spread among many more people in an "extended family" and in the greater community. Also in these cultures, there is usually much more of a continuum from childhood to adulthood than in our own, with children's play being the forerunner of adults' work, and adults' work conversely being an extension of children's play. Perhaps the IPA can find models in these cultures that could help us with both child-adult integration and client-therapist integration.

In the meantime, a more sensitive awareness can help, as was pointed out in discussion at the April Process Day. Clients can remember that therapists too are evolving people with primal needs and also needs for autonomy. Therapists can educate their own clients to understand this, prior to coming to the convention. Both clients and therapists can remember that they do not "own" each other—that person over there is "Susan", not "my therapist", and this here is "John", not "my client". And we can all be aware that a parent preoccupied with a child may be under stress and may want the companionship of other adults.

It is very significant that the IPA is directly addressing these issues, and that it is doing so in response to a recognition of real human need. Primal is inherently radical. "Radical" literally means "at the root". Its secondary meaning, "at sharp odds with the status quo", follows from this primary meaning, for any wide-spread problem is likely to be deeply rooted in the status quo itself, and thus a radical "at the root" approach to that problem will perforce be revolutionary towards the status quo.

The root of neurosis may be pain, but the root of pain is in society. Primal is already a radical therapy at the individual level, in that it addresses neurosis at its root, the pain. But if it is to address pain itself at its root, it must also become radical at the social level, working to develop healthier social and societal structures.

We seem to be doing this spontaneously, through our intrinsic primal orientation of responding to need. The early stages are already visible—in client-therapist integration, consensus rule, peer groups and the new move toward integrating children into our gatherings.

If we continue to feel compelled to address real human need, we will ultimately be satisfied with nothing less than a perfect societal structure. Of course a static perfection can never be achieved, for any situation is imperfect, requires trade-offs and contains imbalanced forces spurring further growth, but the shared orientation toward meeting all need is itself a kind of utopia. Thus I see the IPA evolving organically into a radical utopian community.

What difference can a tiny organization like the IPA make in a world of 6 billion people? I don't know. But science teaches us that every widespread biological trait began as a single mutation.

PRIMAL PEN PALS: IS ANYONE INTERESTED?

by Keith Borden

Would you like to be in closer touch with other members of the international primal community? At present this can be difficult, especially for those who are not able to attend our "clan gatherings". Even though IPA members receive a membership list, we may hesitate to write someone knowing nothing about them—not even knowing if they want to be written to! And nonmembers do not even receive the membership list.

Furthermore, we may not want to correspond with just anyone about just anything, but rather we may be looking for people who share certain specific interests.

The Membership Committee has been considering a Primal Pen Pals program to facilitate contacts by mail between members of our far-flung community. Its main purpose would be to break down primal isolation and to build primal community. It would also facilitate communication among those with common interests.

Right now we are just finding out if there is any interest for such a program. Further developments will depend largely on the response we receive to this inquiry.

If you would be interested in taking part in a Primal Pen Pals program, even if you are not an IPA member, please write to me. I'll send you a letter with specific questions about how you would like the program to be structured. No promises yet, but if there's enough interest we'll do our best to put something together. Send your letter or postcard to: Keith Borden, 73 Warren St., Needham, MA 02192.

SUMMER CONVENTION REGISTRATION FEE

(Tuesday, August 29 through September 4, 1989)

	Room + Board	Conference	Total on site	Earlybird
6 days: (Tue-Mon)	\$300	\$175	\$475	\$450
5 days: (Wed-Mon)	\$255	\$155	\$410	\$385
4 days: (Thurs-Mon)	\$205	\$135	\$340	\$325
3 days: (Fri-Mon)	\$160	\$110	\$270	\$255

Do not send a deposit. Special 20% discount for non-U.S. residents.

Earlybird registration must be postmarked on or before July 15, 1989.

Registration begins at 4:00 PM, Tuesday, August 29. The first meal will be served promptly at 7:00 PM on Tuesday evening.

Weekend registration begins at 4:30 PM, Friday, September 1, and the evening meal will be served at 6:30 PM. The final meal will be lunch on Monday, September 4, followed by the closing ceremony. Convention adjourns at 3:00 PM.

Full refunds are permitted up to August 19.

Fees shown are for members. Nonmembers add \$25.00.
All fees are U.S. funds. Children under 7 free, 7-14 half price.
Children's program and child care fees, see article on page 3.
THE FULL FEE IS DUE WITH PRE-REGISTRATION.

IPA DUES SCHEDULE 1988-1989

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

*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.).

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.

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NOTIFY SENDER OF NEW ADDRESS
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2071 WADDY LN
KEEGO HARBOR MI 48320

Karen Buck
4513 Tonawanda
Royal Oak, MI 48073



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

IPA NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION

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.

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