

# IPA NEWSLETTER

## International Primal Association

2742 Fernwood Avenue • Roslyn, PA 19001 • (215) 885-3834 • Fall 1991

### FEMALE AND MALE: THE PRIMAL VIEW NY WINTER CONFERENCE PREVIEW

by Dan Miller

The Winter Conference will be Saturday, March 9, 1992, at the Gramercy Park Hotel in New York City. The topic is a broad one - involving male and female identity, sexuality and issues found in normal and abnormal relationships. "Normal" and "abnormal," like "Female" and Male," are considered to be terms looking for definitions.

It's still not clear what being male and female are about. Despite all the research, books and varied experiences that exist, probably no two people will agree - no matter what their sex. There's a plethora of wonderful fantasies for every variety of sexuality and experts abound who claim to know just what it's all about. At the IPA, we pride ourselves on producing challenging conferences and this is certainly going to be most stimulating and interesting.

This conference will promote not the expert approach - but the experiential approach. Instead of a keynoter for the opening, we'll have a panel (with at least one non-IPA member), each presenting different viewpoints. Panel members at this point are Mary Thompson, Santo Longo and Erica Goodstone - with myself chairing the panel. Additional recommendations and volunteers for the panel are open. The "unknown" is Dr. Goodstone - a body-oriented therapist specializing in sexual problems. She is trained in Rubenfeld Synergy, Bioenergetics and Polarity. She works on an expressive feeling level in therapy. Currently, she's writing "A Mental Health Model of Sexual Counseling" - not one based on sexual dysfunction.

Following the panel, there will be a question/answer period with the panelists and then small groups where five or six people can share with each other what they think and feel about the panelists'

comments. The last part of the morning will include a brief report from the small groups back to the conference at large.

After lunch, we plan to have three different experiential workshops. One will be by Jean Getoff - bringing men and women together in a dynamic dialogue concerning vital problems and differences between them. The program remains open for input from additional presenters. The final presentation will be a video of Paul Brenner's extraordinary lecture on "The Sperm and Egg That Made It" in which he traces the characteristics of male and female psyches to the sperm's journey through the vaginal canal to the egg and the egg's preparations for the sperm. He considers men and women grandiose varieties of sperm and egg and laces his talk with a wry sense of humor. Afterward, we will have a general discussion and a wrap-up.

Of course, this agenda is subject to change - mostly depending on what additional presentations are proposed. Remember, presenters do not have to be IPA members. We are looking in particular for someone to run a men's group and a women's group. Presentation topics may run the gamut from the social value of sexual humor to childhood origins and incest. Please, send workshop proposals to Dan Miller, Ph.D., 106 St. Marks Avenue, Brooklyn, NY 11217.

The Winter Conference Committee - Karen Buck, Harriet Geller, Santo Longo, Howard Reinheimer and myself - are looking forward to your participation in March. And please tell (or bring) a friend! We look forward to seeing you there. Questions? Call me at (718) 789-0515.

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**INSIDE:** Photos from the Senior Prom - Message from the New President - Personal Reports - Book Nook - Poetry - Board Report - Pictures and more Pictures - More excitement than you can possibly stand!

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## INTERNATIONAL PRIMAL ASSOCIATION

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### NEWSLETTER

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### CHANGES 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 stay in touch with you.

## MEMBERS' NEWS AND NOTICES

### C A L E N D A R

- Oct. 26-27: Process Day and Board Meeting in Saugus (Boston area).
- Dec. 7-8: Process Day and Board Meeting in the Philadelphia area.
- March 7-8, 1992: Winter Conference and Board Meeting in New York City. See cover story in this issue of the newsletter.
- May 16-17, 1992: Process Day and Board Meeting at Appel Farm, in southern New Jersey.
- Sept. 1-7, 1992: Annual conference at Appel Farm - tentatively themed "Spontaneity, Serendipity and Such." Want to help? Call Loretta Fogel.

► **Mary Thompson** wants to announce that Noah's Ark, a 42-day intensive training program for individuals interested in personal growth and specific therapeutic concepts and skills, will "sail" again Jan. 12-Feb. 22, 1992. The residential program of more than 1,000 hours will "awaken the sleeping giant that is YOU and empower your own uniqueness." The most advanced creative and enriching therapists training is offered. Sandplay therapy, a proven diagnostic and therapeutic medium, is available throughout the Ark. Apply NOW by sending an autobiography to Bill Smukler, Ph.D., at The Carriage House, 7315 Sprague St., Philadelphia, PA 19119 or call (215) 242-6667. The cost is \$4200 and includes all therapy, training, room and board. A list of trainees from previous Arks will be furnished on request.

► **Steve Austill** announces the workshop "Fear of Intimacy" as part of the Boston Primal Association-Saugus Chapter Meeting on Nov. 3 at Unitarian Church, 33 Main Street in Saugus, MA. For information call Steve at (617) 233-1461 or Mim Duhly at (617) 397-0801.



The Boston Primal Association-Saugus Chapter has its annual retreat at Camp Leslie. Clowning for the camera (left to right): Chuck Green, Jeremy D'Entremont, Mim Duhly, Paritosh O'Malley, Ettore Ferri, Judy Babb, Mark Morris, Randy Smith, Hal Geddes and Judy Kinsey. Photo by Steve Austill.

## President's Message

by Steve Austill

**I**t was a great honor to be elected President of the International Primal Association at our Annual Meeting. Thank you for your confidence and support. I hope that I will be able to provide good leadership to a very wonderful organization.

We got off to a fine start with the 1991 Convention on Primal Joy chaired by Larry King. Everyone contributed so much! We are truly blessed with so many skilled and precious persons. Over the years I have seen a growing maturity in the work and life of the IPA. Although our numbers have not increased in the past ten or fifteen years, we have deepened our relationships and leaned how to work together in a very harmonious manner. When I first joined the IPA Board, I was shocked at the confusion and rancor at most meetings. Was this what feelings people are really like? Not really, but the truth is we were going through growing pains similar to the confusion and rebellion of an adolescent. Now things are a lot different. We make our decisions on a consensus basis. We have frequent process days where personal and interpersonal frustrations can be ironed out so that our business is not hampered by hidden agendas. Like any other group, we have problems - but we seem to have found a method and a way to work things out satisfactorily. We are very fortunate to honor the Primal Process because trouble can often be traced to our primal roots and subsequently solved.

Many persons have worked hard on the issue of accreditation of Primal Therapists. At first, this seemed like an insoluble "can of worms." But now, after virtually hundreds of hours of work, it seems as if this may come to fruition. There has been much talk in therapeutic circles about the need for good boundaries. Clear

boundaries make for safety in all relationships. As there have been no agreed-upon standards for Primal Therapists, the boundaries have been fuzzy and unclear. There has been, in the past, a definite lack of safety for clients, therapists, trainees and the IPA because of our inability to agree upon standards. But much work has been done, and I hope in the not too distant future that the IPA will be able to identify qualified Primal Therapists.

My second major concern is the lack of growth in the IPA. For many years, our membership has been about 115-120 persons. Each year we have new members and each year people drop out. There is a certain core of dedicated persons who seem to be permanently attached, but the drop-outs and new members generally equal themselves. AS a result, our membership is static. I hope that we can look seriously at this issue.

During the early '80s, deep feeling expression was not the cultural model of choice. Rational emotive and other cognitive types of therapy seems to be in ascendency. But now, especially with the work of John Bradshaw, Alice Miller and other co-dependency people, there is a groundswell of interest in honoring the inner child and a deeper feeling process. How can we best take advantage of this new opportunity? An obvious way, to me, is to foster the establishment of local primal associations similar to what is happening now in the Boston and Detroit areas. These local associations could feed into an every-expanding IPA. Other ideas certainly would include publications, video and, of course, our conferences and conventions. It will be interesting to see what can come of our efforts. If you have further ideas of problems that need attention, please do not hesitate to call or write to me. I will try to be a good President of the IPA during my term of office

**I don't have the solution,  
but I certainly admire the problem.**  
- Ashleigh Brilliant

Your comments and  
submissions for the  
newsletter are  
always welcome.



What a handsome line-up! From left: Bill Sparks (of Michigan), Brian Stark, Howard Reinheimer (recently of Manhattan but now of California) and Bill Caldwell (formerly of California but now running a Primal Center near Ann Arbor).

Barbara Valassis shares her experiences with Joy during her keynote on the lawn. It was too cold on the platform in the shade after the cold front came through!



## A CONVENTION EXPERIENCE

by Harriet Geller

[I am sharing the following entry from my journal as a sample of what the IPA Convention means to me. It is just one instance of the kind of growth possible within the IPA community: a torturous conflict resolved into an opportunity to appreciate my abundance. Early in August, my niece Debbie announced her intention to marry Rick on August 28th, the second day of the convention. I have a small family and no children of my own, so her wedding was especially important to me. On the other hand, since 1978, the week prior to Labor Day has belonged exclusively to the IPA. Giving up even one or two days seemed unthinkable.]

Aug. 29, 1991. 3 p.m. - I'm at the 30th Street Station (in Philadelphia) waiting for the train to New York City. I have left my beloved IPA friends for 21 hours in order to attend Debbie and Rick's wedding. This morning (and for the last several days), I was conflicted and haggard, feeling that no satisfactory decision was possible; whichever choice I made I would suffer a loss. Now I am confident that I will get everything that I want.

I spend the morning in Fred [Zielke]'s workshop looking into the issues. [As the workshop began,] I dropped immediately into my neediness. I wanted to be taken care of and it was unfair that I would have to give up the care-taking possible at the convention even for a short while. In the sharing, I asked each person to take care of me and then said "I love you" to each person with my little girl's deepest sincerity. One man responded to the description of my conflict by saying that, for him, there would be no problem since he [was alienated from] his family. This made me see how much I wanted to be involved with mine.

When we went to the mat again, I began to explore feelings that kept me from choosing the wedding whole-heartedly. I felt that Debbie might have helped me by being less withdrawn over the past two weeks, but I knew that this, as well as some other feelings that arose, were minor factors. Then Fred said something about my being unable to go that clicked. I visualized my feet embedded in concrete....Over and over I cried out to be held - then I would be free to go. The neediness that I had experienced at the outset WAS at the root of my conflict; now I [was experiencing] how it kept me immobilized. I stayed with feeling the need to be held and, rather than act it out by being stuck at the convention, I heard my ideal mother assure me that she was there and holding me close. I was free to come and go as I pleased.

My earlier anxieties about missing significant convention events or about the travel difficulties completed evaporated. I felt happy and excited about the prospect of the trip. I got many hugs and supportive comments from everyone in the workshop and later in the dining room. [Now I am holding] everyone's love close to my heart and looking forward to [tonight and] sharing my niece's rite of passage [as well as] whooping it up at a great party.

Epilog: I returned to Appel Farm on Thursday morning elated to be free of my addiction to the IPA and grateful to Sally D'Alesio and Mary Thompson for providing transportation that made the trip possible. The bad news is that my niece giggled through much of the ceremony and could not take in any of it, the reception was not as much fun as I had anticipated, and it took two full days to regain the intimacy I felt on Tuesday. Nevertheless, I have not regretted my decision for one moment. I could let go - and come back - freely, just like any healthy three-year old interacting with her loving, supportive mother.



Barbara Valassis and Brian Stark, ↑  
both of the Detroit area, at the Senior Prom.

Shelley Beach (of Manhattan) and George Pappas (of Ontario) ↓  
enjoy a slow dance.



→  
Longtime sweethearts Larry King and Debby Caplan, of Manhattan, pose in their prom finery.



## THE WARM GLOW REMAINS

by Larry King

As I look over the 1991 Convention Evaluation forms (a few are still coming in), the cold and rainy day outside my Manhattan windows gives way to the warm glow of sunshine and shared feelings that are still very much with me from Appel Farm.

Not only were we blessed by wonderful weather from beginning to end, but we were favored by a Convention that ran with nary a glitch. A lot of people behind the scenes made this possible - particularly Jan and her on-site crew, Judy shining her lights on all our Cabaret stars (including the very special performances by the wonderful younger stars), and Howard doing the very rushed and last-minute work on his computer to give us a legible, well-organized schedule with lots of juicy information that we've never included in the schedule before (like when we could skinny dip and when the sauna was open and where workshops would relocate in case of rain - which it never did!).

The children were great. This is the first convention I've attended where I never for a moment wished they would take themselves somewhere else for a while. Perhaps they are growing up (or I am - or we all are), but Hal and Terry and the parents and children themselves planned and scheduled their activities so that they fitted in, emotionally and as participants. I, for one, felt buoyed by their presence and energy. I loved the Joy Box (did you use it?) and their help in decorating for and participating in the Senior Prom. Because they were there, this Convention felt more like Family - the really good one we all dream of - to me than previous ones.

Judging from the comments made to me and on the evaluation forms, if the Convention suffered from any one thing, it was not enough time for all the good things going on. There were many other comments and here are some highlights:

Peer Group - Wonderful! I didn't understand why we had them till I experienced it.

Cabaret - Very well organized and not too long or too late.

Physical setting - Perfect! The woods are GREAT!

Massage Therapists - All excellent. Not enough days for me to try them all.

Swimming pool (clothing optional) - Loved it. The way it should be.

Swimming pool (clothing required) - Failed experiment. (But one person did think it was an excellent idea)

Keynote presentations: Grrreat!

Some participants' descriptions of the Convention: Deep. Life changing. Just experiencing the people was moving. Rich, full and supportive. A bunch of people getting together to explore their feelings and relax. Unique, educational, experiential, growthful, many opportunities for all feelings, much pleasure. Let's keep up the high quality. Five stars, three cheers, 21-gun salute. Like nothing else on Earth!

## TRAGIC MAGIC

Excerpted from Robert McCammon's novel "Boy's Life"

We all start out knowing magic. We are born with whirlwinds, forest fires, and comets inside us. We are born able to sing to birds and read the clouds and see our destiny in grains of sand. But then we get the magic educated right out of our souls. We get it churched out, spanked out, washing out and combed out. We get put on the straight and narrow and told to be responsible...The truth of life is that every year we get farther away from the essence that is born within us.

Truth  
Turner  
and  
George  
Pappas  
are all  
dressed  
up and  
ready to  
party!



How can  
one group  
of less than  
80 people  
have two  
Warrens,  
two Terrys  
two Harriets  
and four  
Barbaras?  
How did  
George get  
in so many  
photos?

Does wearing a suit  
slow you down in the  
one pool lap races?

Is there a secret to  
keeping those strapless  
formals UP?  
Makes you go  
"Hmmmmm."

Sally  
D'Alesio  
in her  
daring  
strapless!



## IPA'S 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.

## BOOK NOOK

### WHEN FOOD IS LOVE - Exploring the Relationship Between Eating and Intimacy

by Geneen Roth  
1991. Penguin Books.

Reviewed by Terry Larimore

Geneen Roth, author of "Feeding the Hungry Heart," tells an intimate tale of her own struggles with overeating, developing the willingness and skills to trust and be vulnerable and her transformation in relationship with her husband.

Many of her experiences and the way she handled them will be very familiar to primal people. You don't have to have an eating disorder to appreciate Roth's heartbreaking tale of her own childhood discovery and exploration and, to a large degree, resolution of her issues with food and intimacy. She discusses food as love, losing control, the "comfort of suffering," grief for lost years and, ultimately, love as love in an intimate, elegantly honest and feeling-full book.

A friend who hasn't had a weight problem since elementary school said, after reading my hardback copy, that she'd buy it in paperback just to keep it around to share with clients who are working on intimacy issues. The same friend remarked, and I agree, that "she [Geneen] must have had a really good therapist!"



Larry Schumer (of Ridgeway, NJ) leads the community meeting in a spirited rendition of daughter Joanna's favorite song, "Puff the Magic Dragon."

## ROSES TO...

...Jan Millenovich, Kali Geddes, Wendy Hoffman, Grove Thomas, April Rosenblum and Jodi Kinsey for procuring and arranging the decorations for the Senior Prom (Did we leave anyone out? Hope not!)

...Larry King and the huge cadre of volunteers (official and non) who pitched in at every turn to organize, set up, call, print, sing, support, write, initiate, draw, present, type, lead, announce and clean up - making this another stupendous Summer Conference.

...Appel Farm staff for their usual excellent service and support.

...all the folks from so far away (Denmark, California, Australia, Ontario, etc.) who participated. It is always *so* nice to see new faces among the familiar ones.

...all the folks who've joined us in the past who weren't able to be with us this year. Hope to see you all again in the future.

...the wood sprites, nature elves and tree fairies who blessed the evening nature activities. Ross's legacy continues.



Warren Davis (of Virginia), Raymond Colback and George Pappas rest after another delicious dinner.



Jens Wennberg (of Ithaca), left, and Henry Morgentaler (of Canada) visit at the picnic tables outside the dining hall during the Conference.



Longtime IPA member Bill Smukler, in the middle of another one of his fabulous stories, during his keynote.



Tam Stephenson leads IPAers in a Joy-Full circle dance to "Ode to Joy" on the lawn after her keynote address.



Katie Lori McConnell, of New Jersey, and Harriett Geller, of Manhattan, enjoying themselves after Tam's keynote.

## BOARD REPORT

by Terry Larimore

The IPA elected new officers and board members at the Annual Meeting on Sept. 1, 1992 at Appel Farm. Our new president is Steve Austill of Saugus, Mass, and our new Vice-President is Hal Geddes of Framingham, Mass. Newly elected board members include first-time board members Sally D'Alesio, Stephanie Wingfield and Judy Kinsey and veterans Barbara Cope, Barbara Valassis, Mary Thompson, Terry Larimore and Larry King.

Special thanks to outgoing board members Bill Caldwell, Teresa Benzwie, Harriet Geller and Gro Robinson for their gifts of time, service, energy and self.

Please note the board meetings are open to all IPA members. The board welcomes the attendance and participation of all IPAers.

## NO WORD

by Kenneth Rexroth

The trees hang silent  
In the heat...

Undo your heart  
Tell me your thoughts  
What you were  
And who you are...

Like bells no one  
Has ever rung.



Art Gallery founder and curator Sally D'Alesio (left) toasts the Gallery's grand opening with Dina Paisner (of Manhattan), Raymond Colback (of London) and Gro Robinson (also of Manhattan). Great hat, Gro!



Shelley Beach and Tom O'Malley, (he's from Boston) on their way to another exciting workshop!



Myla Green (during her "blue" period) enjoying the art table!

Now you've seen a LITTLE bit of what you missed! Make plans to join us next year!!



The Kids' Kabaret: A delightful ensemble rendition of a Shel Silverstein classic. Big talent in small packages!!



Loretta Fogel (of Roslyn, Pa) gets help (?) with her art project from son David (middle) and pal Gregory

FROM:  
International Primal Association  
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*See you at the NY  
Regional in March!!*

TO:

Harriet Geller  
77 E. 12th Street  
New York, NY 10003

