

IPA NEWSLETTER

International Primal Association

2742 Fernwood Avenue • Roslyn, PA 19001 • (215) 885-3834 • WINTER 91/92

FEMALE AND MALE: THE PRIMAL VIEW

International Primal Association's Winter Conference

8:45 a.m.-7 p.m., Saturday, March 7, 1992

Gramercy Park Hotel, Lexington Avenue at 21st Street, New York City

Reexamination of gender is needed in our society because the value systems of men and women have been drastically changing over the past 15 years. Changing role models mean that confusion and conflicts are going to appear between the sexes until they work through and accept a new set of "differences" from the kind they had before. This is not an easy time and the IPA, as so frequently happens, is in the forefront of facilitating and resolving issues of social change.

The conference check-in and on-site registration is 8:45-9:30 a.m. The first program is a panel of professionals who will help us define the most relevant problems. A question-and-answer period and intensive small group discussion will continue the theme.

Therapists who violate the trust of the therapeutic relationship by engaging in sexual acts with their clients is the very thorny issue which will be addressed by Barbara Seaman in a plenary session in the afternoon. Her topic is "Playing Doctor in Psychotherapy." She is the author of four best-selling books on female rights issues and a biography of Jaqueline Susann and is now preparing a book on the subject of abuse in therapy relationships.

Using new, healthy values to alter problems arising from sexual repression is the subject of a refreshing and challenging workshop by Erica Goodstone, Ph.D. Dr. Goodstone is a body-oriented therapist who helps clients release tensions and blocks to energy flow from traumas stored in the body.

"Women Talking About Men; Men Talking About Women," a workshop with Jean Getoff, offers men and women the opportunity to get it out in the open. Earrings for men, crew cuts for women, what's allowed, what's in, what's hip, what's comfortable? What's next? In this workshop, men and women in two separate circles will take turns to talk about hopes, wishes, expectations, stereo-

types and dreams about the opposite sex. Dr. Getoff is a licensed clinical psychologist, a former president and participant in the IPA since 1973.

Traditional Native American gender role models will be reviewed by H. Silver Fox Mette in his workshop, "Sacredness of Gender." This will provide a starting point for the individual and group exploration of attitudes, conflicts and confusion regarding gender role. Silver Fox is a Native American, a practicing psychotherapist and educator whose interests have recently taken him to China to study Chinese Medicine. He will synthesize his diverse knowledge and background in his workshop.

"The Sperm and Egg that Made It" is the extraordinary, humorous lecture by Dr. Paul Brenner which will be offered on video by Karen Buck. In it, he traces the character development of male and female psyches to the experiences of sperm and egg while developing, what happens to them en route and, finally, in merging.

Due to the large response from presenters and the desire to give as much time as possible to the subject, we have extended the conference by an hour, to 7 p.m. This allows us to have two full sets of workshops in the afternoon - six exciting workshops in all! Space does not permit a full description of all the workshops and panelists - but their style and calibre is challenging and innovative.

The Winter Conference Committee - Karen Buck, Harriet Geller, Santo Longo, Howard Reinheimer (in absentia in California) and myself, Dan Miller - are looking forward enthusiastically to the conference and your participation in it. Please tell or, better yet, bring a friend! Come early and greet old friends and enjoy bagels and coffee. Advance registration forms (SAVE \$5!) are on page seven of this newsletter. Questions? Feel free to call me anytime: (718) 789-0515. See you in New York!

INTERNATIONAL PRIMAL ASSOCIATION

c/o 2742 Fernwood Avenue
Roslyn, PA 19001
(215) 885-3843

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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. Send in material typed and/or on a 3.5" disk for Macintosh in MacWrite or MicroSoft Word. Contributions may be edited for publication. The IPA Newsletter reserves the right to make final judgement as to the publication of material received. Send submissions to the editor:

Terry Larimore, 5218 Milwee #37
Houston, TX 77092 (713) 688-2203.

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

- March 7** "Male and Female: The Primal View," the IPA's 1992 Winter Conference, is 8:15 a.m.-7 p.m. at the Gramercy Park Hotel in New York City. See cover story for details.
- March 8** Board Meeting (location to be announced. For details, call a board member for information.)
- May 16-17** Process Day and Board Meeting at Appel Farm, in Elmer, N.J.
- Sept. 1-7** "Spontaneity and Serendipity," the IPA's annual Convention at Appel Farm. See story on page eight for more information.

Best wishes to the IPA members sailing on the 1992 Ark. IPA members among the passengers include **Karl Goldschmidt, Bill Smukler, Barbara Valassis, Nancy Miller, Mary Thompson, Susanne Bersbach, Terry Larimore, Barbara Cope, Elva Shultis and Marilyn Sparks.**

Steve Austill announces that "Feelings About the Father," an afternoon workshop sponsored by the Boston Primal Association-Saugus Chapter, is Feb. 13 at First Unitarian Church, 33 Main Street, Saugus, MA. \$10 admission. A pot-luck supper and community meeting follows at the same location. Information: Steve at (617) 233-1461 or Mim Duhay at (617) 397-0801.

Bill Emerson, Ph.D., continues to offer innovative training courses for the treatment of pre-natal and birth trauma. His courses address therapy for these issues in adults as well as treatment of children. He also offers a long-term program of training. To be included on his mailing list to receive announcement of future trainings, write him at 4940 Bodega Ave., Petaluma, CA 94952.

Barbara Valassis, M.A., announces a weekend workshop May 22-25 at Temenos, a beautiful primal retreat center between Detroit and Ann Arbor. Leaders include Barbara, Jens Wennberg, Nancy Miller and the staff of the Primal Integration Center. Admission: \$300. Information: call Barbara at (313) 478-4887.

Larry King announces that, due to a fire, his primal space in New York City's upper west side is no longer. Thankfully, no one was injured, but the space was gutted and, at this point, Larry does not plan to rebuild. This space has been used by many individuals and groups over the years and will be tremendously missed. The fire marshal attributes the fire to the use of a candle in the padded rooms. Larry offers his experience as a caution to anyone who has a similar, fabric-lined space.

Michael (now known as Mickel) Adzema's series "Holotropic Breathwork and the politics of consciousness revolution" was published in the Southern Willamette Alliance in November and December.

Gro Bagn Robinson resumed her weekend Psychomotor workshops in November. Workshop dates for 1992 are 10 a.m.-6 p.m. Jan. 18; 10 a.m.-5 p.m. Feb. 22-23; 10 a.m.-5 p.m. March 21-22; and 10 a.m.-6 p.m. April 11. One-day workshops are limited to six people (admission \$100, deposit \$25). Two-day workshops are limited to eight people (\$150, deposit \$40). All workshops are at 120 Riverside Drive, Apt. 1Y. Reservations and further information available from Gro at (212) 787-0611.



"The Crone Council" was Debby Caplan, Barbara Valassis, Barbara Wright, Dina Paisner and Gro Robinson.

All are proudly over 60 and willing to share their collective and individual wisdom.

PSYCHOMOTOR

by Gro Bagn Robinson

Psychomotor is becoming even more dynamic, precise and effective with heightened emphasis on consciousness and brain functioning.

I have been privileged to experience the emergency of such therapeutic power tools as the *witness figure*, the *possibility sphere*, the *true scene* and the *pilot*. I see these concepts as organic outgrowths of an ingenious system, developed 30 years ago by Al and Diane Pessio, dance teachers turned therapists in their efforts to enable their students to move with greater ease and clarity.

HOW PSYCHOMOTOR WORKS

In a workshop, a 50-minute *structure* time allotted each participant typically begins with the working client orienting him/herself in the here-and-now, assessing thoughts, feelings and body sensations. The therapist carefully and respectfully monitors the client's verbal and nonverbal expressions. He/she is invited to become aware of and further express the energy manifest in the body (reported as sensations of warmth, coldness, pain, tension, trembling, etc.). During the ensuing three-step process (*energy*, *action*, *interaction*) surfacing feelings are witnessed (by a role-playing witness-figure - if the client so desires).

As awareness and intensity of feelings increases, group members may be called on to role-play various negative targets and 'voices' as well as positive support figures. By looking out at a symbolic representation of his/her inner conflict, the client is now in a position to recognize the *true scene*, with its crossfire between the main forces that contributed to present energy blocks of symptoms. What follows depends on the client's choices and readiness in accepting the options available - which are, at all times, held out and articulated by the therapist (*the possibility sphere*).

The client (that is, the client's pilot) is in control of his/her

AT LAST!

excerpted from Associated Press reports

The New England Journal of Medicine published a study (1/2/92 issue) reporting that using deep anesthesia to protect newborns from pain during surgery appears to dramatically improve their chance of surviving and doctors should drop the common practice of minimizing the use of anesthetics for their tiniest patients.

Traditionally, doctors have used anesthesia and painkillers sparingly on babies, and only since the early 1980s. Infants once routinely underwent surgery without any anesthesia at all because doctors believed babies did not feel pain in the same way adults do.

The doctors conducting the study reported their *surprise* that the more deeply anesthetized babies recovered much better.

structure time and his/her choices are fully respected. Each participant is responsible for bringing his/her structure to an acceptable conclusion.

ANTIDOTE

A major goal of Psychomotor is to facilitate full expression of previously repressed feelings and promote an experience of satisfaction of early denied needs. Unique to the Pessio system has always been the *antidote via ideal parents*. Symbolic ideal parents are the 'made to order' synthetic representations of the parents we always needed, but never had. Ideal parents would have satisfied our basic needs for nurturance, protections, support and limits (as well as place and respect). Ideal parents may be seen as our spiritual connection to higher powers or to a benign life-affirming universe which validates our being and becoming the fully realized human we are meant to be.

CONTINUED NEXT ISSUE

PRESIDENT'S MESSAGE

by Steve Austill

One of the advantages of being on the Board of Directors of the IPA is that we are able to test ourselves in relation to a group that is actually doing something practical in the world. So much of our therapy is "having our feelings." If we end a private session without making a solid commitment or practical application, that's OK. "After all," we say to ourselves, "this healing takes a long time and sooner or later I'll figure out what I can do on a practical level." But the IPA Board of Directors has committed itself to accomplish certain goals - the conventions, conferences, newsletters, journal and much other work. We have time constraints and financial limitations.

So we have a group of people gathered together all committed to having their feelings and thoughts as well as committed to making something practical happen on time. This is no easy task. Some might say it is impossible.

My experience has been that having our feelings and thoughts in a free and open way actually facilitates practical results. For example, at the most recently board meeting held at Bill and Anna Smukler's lovely and comfortable Carriage House in Philadelphia, I found myself dropping into a substantial amount of anger. I knew that I had been upset at some of the events at the fall board meeting and wanted to bring those issues up on Process Day. But I was astonished at the depth of my anger...even rage. On Process Day (which precedes the actual board meeting) we all allow ourselves to have our full range of feeling and thought. One of our Process Day Rules of Order is: "Rational and feeling expressions along with verbal and non-verbal communications are encouraged either alone or simultaneously with others."

Because of this long-standing policy of permission, I allowed myself to express my full range of frustration, anger and rage. I was pacing around like a caged lion and shouting loud and clear.

How much of it was due to the recent present events and how much of it was due to my personal past is quite clear to me, if not to others. But I had the permission to have it all...thankfully.

We have some safety rules and regulations for Process Day and those checks and balances came into play when I was through my deeply felt expression. Soon others were having their full range of expression both past and present. In the end, we had a remarkably fine and productive day. Everything is not now peaches and cream. Oh no. But substantial progress was made. Nothing more can or should be expected.

The next day at our regular Board Meeting, we accomplished almost everything on a very long agenda. Consensus ruled on each and every subject brought up. I found, once again, that when people allow themselves to drop into the unconscious and work it through, good of a very practical nature is assured. I am now even starting to wonder if the unconscious might be the royal road to "The Divine Spark."

We have some very wonderful things coming up. I am looking forward very much to the upcoming New York Conference and the fall Annual IPA Convention. The Accreditation Committee has changed its name to the Certification Committee and is doing some very fine work collecting from different members their "Philosophy and Methodology for Primal Therapy." There is also a move afoot to call ourselves "Primal Integration Therapists." A new "Creative Marketing Committee" is getting started and we look forward to its "creations." But I suppose, most of all, individual friendships and connections are deepening all the time.

I look forward to seeing as many of you as possible at the New York Conference in March 7, 1992.

BOSTON AREA NEWS

from notes supplied by Steve Austill

The Boston Primal Association, Saugus Chapter, conducted a workshop on "Honoring the Inner Child" at its first fall meeting, in September, at the Unitarian Church Hall at 33 Main Street. It was very rewarding and successful. Various members spoke about significant childhood experiences that had made an impression on their lives. As always, an effort was made to go from the telling of the story into the actual feelings of the experience in order to re-live and then resolve any leftover pain.

Uncovering and resolving traumatic experiences is the major purpose of our association. In a small way, this is done at the meetings as people share and feel their childhood experiences.

We also have a Metro West Chapter that meets in Maynard

Each Saugus Chapter meeting features a Sunday afternoon workshop (December's was "Feelings about the Holidays" and January's will be/was "Feelings About Mother") with a community sharing supper following by a community gathering. The meeting's afternoon workshop on February 13 is "Feelings About Father." The meetings run on the principle that "leader(s) emerge" and, sure enough, the gavel is taken and the meetings proceed.

If you are interested, call Steve Austill (617) 233-1461 or Mim Duhay (617) 397-0801 for a free orientation or other information.

REPORT FROM MICHIGAN

by Bill Caldwell

This is the festive season, so we've finished our Thanksgiving and Christmas potlucks and gotten the tree trimmed. Barbara Valassis furnished a big ham and everybody else brought what they wished. There is always a chance at these events that we'll end up with nine mince pies and no salad, but that's part of the excitement. It's called "living on the edge."

The marathon on Dec. 13-14 was cancelled because Barbara had bronchitis but she's on the mend and preparing for the Ark.

We had a 10-hour marathon January 4 - our last until Barbara, Jan Millenovich and Bob Van Dyke return from the Ark. While they are gone, I will hold down the fort at Temenos with a primal group on Monday night, while there will be primal groups on Tuesday and Thursday at Barbara's Primal Integration Center in Farmington Hills.

I'm excited about my new scanner and desk publishing programs, working hard to master the complex job of splendid graphics for publicity. It's incredible quirky, but rewarding to come up with flyers for our events and activities.

Open Circle, on Friday nights, is now a standard part of the schedule at Temenos. Held at least two Fridays a month, it's somewhat like a process day - a free-for-all go-round where people communicate what's going on with them at a deep level, confront each other, express their deepest needs and fears, and get into feelings if they come up. The group is small but intensely loyal. We're becoming more of a family every day. We also have a twice monthly men's group, a twice monthly women's group and a pragmatic spiritual group. Things are moving.

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.



Lyn Solms, Bill Caldwell and Sister Miriam (left to right) and assorted "friends" take a break from a weekend workshop at Temenos.



Mary Thompson (left above) and Barbara Valassis during a weekend workshop at Temenos.

SEPARATION

by W.S. Mersin

Your absence has gone through me

Like thread through a needle.

Everything I do is stitched with its color.

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BOOK NOOK

MAKING SENSE OF SUFFERING: The Healing Confrontation with Your Own Past

by J. Konrad Stettbacher
\$19.95 Dutton

Reviewed by Gary Soulsman

"Making Sense of Suffering" comes with a doozy of an endorsement from Alice Miller. The author of "The Drama of the Gifted Child" writes in the forward that J. Konrad's Stettbacher's "primal therapy" helped her resolve pain that two Freudian analyses failed to uncover. And she calls this book "an immense challenge to all existing schools of therapy."

"How much unnecessary suffering would I, my children, and their future children have been spared if I had been able to read this book when I was young and at that stage of my life been able to become fully conscious of my childhood," she writes. "How many wrong turns would I have been able to spare myself and my patients..."

As in past writing, Miller's anger at her old discipline sears the page. She is also blindly buoyant, ignoring the history of primal integration while calling Stettbacher's work a "revolutionary discovery with far-reaching consequences." (The Freudians might call this a fairly active transference.)

But while Miller's tunnel vision is regrettable, her endorsement of the primal process may attract the attention of therapists and clients who might previously have considered primal work kooky or dangerous. For that reason, I suppose, her enthusiasm is welcome.

Stettbacher is a Swiss therapist, but we don't learn much about how he arrived at his ideas on primal work, how long he's been working or even how old he is. His slim 142-page book is an introduction to the benefits of deep-feeling integration so it's an easy read. It's not very academic (there are no footnotes or references to the work of others besides Miller), but a good deal of passion comes through, suggesting that Stettbacher sees the healing of

people as a necessary first step to the healing of the planet.

Stettbacher is anti-eclectic. He preaches a four-step approach to therapy sessions that he insists is essential to resolving pain and rage. Initially, a client commits to him for 20-25 days, working in three-hour sessions. He suggests clients also tape their sessions so they can review and further absorb the meaning of what they've endured. He says individual and group works continues for a year or, in some cases, longer.

Starting with sensations, clients begin stream-of-consciousness talking. They bring in how they're feeling, talk about what these feelings mean in their everyday life and attempt to related feelings to injuries suffered in the past. The client then calls the behaviour of others into questions, asking and answering questions in a make-believe dialogue with parents. Some of the question "Why am I doing this? What for? What good does it do? Where does it comes from?" Intense feelings are expressed as the questioning draws them out.

In the fourth stage - Stettbacher says it's crucial - "you will articulate, again within the context of the same situation, your needs and your rightful claim to that which would have prevented the initial damage." In other words, the therapist helps the client repent himself and understand what he needed as a child.

Stettbacher argues that birth trauma often needs to be experienced and resolved. He spends considerable time on this point and he suggests that people, who can't find a primal therapist, can do some good for themselves by following his four-step process in a journal.

I don't know about the journal writing. I do know that I have experimented with Stettbacher's other ideas in my attempts to feel and resolve my own pain and I've found his process clear and helpful. So, while I would quarrel with his failure to give credit to others and his failure to mention the usefulness of techniques (like dream work), I am happy to say that Stettbacher's four-step process came into my hands at an important time. For this reason, I am grateful for this book.

IPA MEMBERSHIP INFORMATION

Income	Individual	Joint	
Full-time student with proof	\$20	NA	<ul style="list-style-type: none"> • Children under 18 years of age may be included as members under all memberships. • Joint memberships receive ONE mailing of the newsletter, journal, conference/convention programs, etc. • Foreign memberships (except Canada) add \$10. • For full membership details, call Loretta Fogel, (215) 885-3843.
Under \$25,000	\$50	\$75	
\$25,001-\$50,000	\$60	\$90	
\$50,001-\$100,000	\$75	\$112.50	
Over \$100,001	\$110	\$154	
Lifetime (payable over 5 years)	\$1000	\$1500	

ALL DUES ARE PAYABLE IN U.S. FUNDS ONLY.

ROSES

...to Ginny and Steve Austill for the use of their home for the Board Meeting in the Boston area in October.

...to Anna and Bill Smukler for the use of their home for the Process Day and Board Meeting in Philadelphia in December.

...all the IPA members and friends who open their homes and provide transportation so other members and friends can attend Process Days and Board meetings.

...Belinda Yalin for arranging for the meals and refreshments for Process Day in Boston.

...Barbara Wright for arranging for the meals and refreshments for Process Day and Board Meeting in Boston.

...to Bill Caldwell, Gro Robinson and Terry Larimore for the photographs in this issue.

...to Dan Miller, Gro Robinson, Gary Soulsman, Larry King, Steve Austill, Barbara Valassis, Mickel Adzema and Bill Caldwell for submitting material for this issue.

AARGH! AN OVERSIGHT!!

Stephanie Wingfield, a newly elected member of the Board of Directors from the Boston area, was inadvertently omitted from the list of Board Members in the last issue. She is serving a two-year term. Apologies to Stephanie for the oversight!

Gift

Judith Hemschemeyer

Let me wrap a poem around you-
Not now, when the curve of your life,
Like a mile-wide Pacific wave
Is rising, rushing you along,
Tons of sweet water supporting every limb-

But sometime, if ever you are thrown down
On some strange beach, or hurt, or so in love
With someone that you dare not make a start,
Then let me approach and offer you these words,
A poor shawl for your perfect throat

AIN'T IT THE TRUTH!

I have not succeeded in answering all your questions. The answers I found only serve to raise a whole new set of questions. In some ways, I feel I am as confused as ever, but on a higher level and about more important things.

-Unattributed quote from a fax received recently

REGISTRATION FORM 1992 Winter Conference

# OF PEOPLE	CATEGORY	FEE
___	Member Pre-registration	\$50
___	Member On-site registration	\$55
___	Non-member Pre-registration	\$60
___	Non-member On-site registration	\$65
___	Student (with ID)	\$25

Makes checks payable to IPA and mail check and form to:
IPA, c/o Karen Buck, 512 W. 112th St. #4D, NY, NY 10025.

NAME _____

ADDRESS: _____

_____ ZIP _____

PHONE: Day (____) _____, Eve (____) _____



A laughing Alec Rubin on the platform at Appel Farm during the annual Convention, Sept. 1991.

Convention Update

by Loretta Fogel and Terry Larimore

We are so pleased to announce that Barbara Findcisen, M.A., MFCC, will be our keynoter for the annual convention at Appel Farm in September, 1992.

Barbara is the founder of the Pocket Ranch Institute - a retreat center that offers a supportive environment for deep exploration into issues of personal growth. She is trained in a variety of experiential therapies and is internationally known for her creative and dynamic work in the area of pre- and peri-natal psychology and regressive psychotherapy.

Her STAR program (Self-analysis Toward Awareness Rebirth) offers intensive, 16- or 21-day programs with individual attention from a highly skilled professional staff. Several IPA members have been to Pocket Ranch and attended her workshops at PPPANA (Pre- and Peri-natal Psychology Association of North America) Congresses and they all rave about her - both as a therapist and a person.

While Barbara finalizes her topic (she's still gathering into on us

so she can design a keynote address from her vast repertoire) we are having committee meetings, designing brochures and making a thousand and one decisions (small and large) that will bring us all together again for a week in September!

When we got together in December for a co-chair coordination meeting (the day before the Process Day in Philadelphia), we discovered that we both felt that the OTHER was doing more work. Turns out we've divided the duties such that we are each doing what we do best and, because the other is doing what we don't WANT to or don't know as well HOW to do, we each feel that we have the easy part of the job. What a perfect situation!

We hope all our advance planning means that you will enjoy a wonderful convention and we don't have to break much of a sweat to bring it off. We have a wonderful, flexible committee that brings enthusiasm, lots of ideas, support and, most importantly, WILLING HANDS, to the convention process. We think it's going to be great. The "Call to Presenters" goes out soon. Look for yours in the mail.

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FEMALE AND MALE:
THE PRIMAL VIEW
IPA WINTER CONFERENCE
MARCH 7 * NY CITY
BE THERE!!

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