

# IPA NEWSLETTER

## International Primal Association

2742 Fernwood Avenue • Roslyn, PA 19001 • (215) 885-3834 • FALL 92

### NY WINTER CONFERENCE: "PRIMAL COMMUNICATION AND BEYOND: OPENING THE DOORS"

by Dan Miller

The New York Winter Conference will be at the Gramercy Park Hotel Saturday, March 6, 1993. As the title above suggests, we feel good about reaching beyond the borders of our usual concerns to expand into new territories. With this objective, we will have Patricia St. John as our speaker. Pat will present a unique teaching and therapy method which she created to help autistic children communicate - a method that she learned from training dolphins. Her insights and training techniques can be applied in many situations across the board - with adults as well as children. Her special gift, however, has succeeded in opening the doors of communication for autistic children for the first time.

Pat is known as an educator and pioneer in communications research. After training dolphins for many years she "accidentally" met a person who introduced her to an autistic child and realized immediately that her silent, body-language form of communication with dolphins could be used to introduce communications to autistic people. The rest is history. She has become a very popular international speaker and workshop presenter; has won several awards; and has written an extraordinary book called "The Secret Language of Dolphins." Paramount Picture has purchased an option on her story.

Her lectures are exciting slide presentations which come close to being experiential in intensity. Pat's style is personal, humorous, inspirational and educational. In addition, she will do a workshop that will provide an experience of her processes.

The afternoon sessions of the conference will, as usual, include workshops by new presenters as well as IPA members. This, as first notification to the membership, is also an invitation to potential workshop presenters to send in a workshop proposal. (See enclosed Invitation to Presenters form.)

The Winter Conference Committee - Barbara Cope, Sally D'Alesio, Michael Gottlieb, Bob Jones, Cynthia Villare, Ellie Bragar, James Wright and myself - are pleased to invite you to participate in March. There will be a meeting of the Board of Directors the next day to which all members are welcome. Mark your calendars now and tell (or better yet, *bring*) a friend. If you have questions, call me!

Dan Miller  
106 St. Marks Avenue  
Brooklyn, NY 11217  
718/789-0515

## INTERNATIONAL PRIMAL ASSOCIATION

2742 Fernwood Avenue, Roslyn, PA 19001  
215/885-3834  
FALL 1992

### OFFICERS 1992-1993

#### PRESIDENT

Steve Austill  
12 Mt. Vernon Saugus, MA 01906  
(617) 233-1461

#### VICE PRESIDENT

Hal Geddes  
17 Riverview Ave., Maynard, MA 01754  
(508) 897-5183

#### SECRETARY

Barbara Cope  
460 Park View Drive, Reading, PA 19606  
(215) 779-5289

#### TREASURER

Judy Kinsey  
17 Riverview Ave., Maynard, MA 01754  
(508) 897-5183

### BOARD OF DIRECTORS

Mickel Adzema	Harvey Silver Fox Mettè
Karen Buck	Louis Mezei
Sally D'Alesio	Dan Miller
H. Lawrence King	Larry Schumer
Terry Larimore	Mary Thompson
Santo Longo	Barbara Valassis
Cecelia Marcus	Belinda Lee Yalin

### 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" (not High density) 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 and address is incorrect (see mailing label). Even if you are not a member, we want to stay in touch with you.

## NEWS FROM ALL OVER

**CALIFORNIA:** Barbara Findeisen, MFCC, and Kenneth Trogdon, Ph.D., offer a Holiday Spiritual Renewal Workshop Dec. 28-Jan. 3 at Pocket Ranch in Geyserville, CA. The event offers sweat lodge ceremonies, breathwork, a medicine walk, daily pipe ceremonies and feeling sessions as well as time for art, hiking, singing and dancing. The cost is \$595 and space is limited. Registration deadline is Dec. 7. Contact Pocket Ranch at (707) 857-3359.

**NEW YORK:** Harriett Geller reports that she will be participating in an evening of song, dance and performance pieces presented by Alec Rubin's PRIMAL WORKSHOP AND THEATER. The show is 8 p.m. Friday, Dec. 18, in Manhattan. (At IPA Newsletter press time, show's location was still to be decided.) The performance is offered to all current IPA members at half price - \$5. Look for a flyer in the mail or call Harriet at (212) 674-4278 or Alec (212) 724-7508 for further info.

**BRITISH COLUMBIA:** Ernst and Agnes Oslender are seeing private clients for Primal Therapy in Winifield, B.C. They are enlarging their primal room and working on finding accommodation for clients who come from afar.

**CALIFORNIA AND MICHIGAN:** William Emerson, Ph.D., and Raymond Castellino, D.C., R.P.P., offer a series of trainings in several locations in California and Michigan on treating pre- and peri-natal trauma, including special workshops focused on anesthesia or cesareans. For information on these, contact Raymond at (805) 687-2897. William continues his supervision groups and trainings for professionals. For information, contact (707) 763-7024.

**BOSTON:** Steve Austill and the Boston Primal Association had their annual weekend retreat at Camp Leslie June 26-28. "Life" is the theme for the meeting 1:30 p.m. Nov. 1 (\$10) at First Unitarian, 33 Main St. in Saugus (outside Boston). Community Sharing Supper begins 5:30 p.m. with Community Meeting at 6:30 p.m. Next meetings are 12/6 & 1/17. For information contact Steve at 12 Mt. Vernon St., Saugus, MA 01906.

**MICHIGAN:** Barbara Valassis offers drop-in groups (for everyone with prior primal experience) Monday nights at Temenos (between Detroit and Ann Arbor) and at the Primal Integration Center of Michigan (in Farmington Hills) on Tuesday and Thursday nights. Live-in intensives (7-17 days) are also available by special arrangement. Contact Barbara at (313) 478-5559.

## NOTES FROM ALL OVER - continued

**NEW YORK: Gro Robinson** sponsors "Love, Anger, Fear, Sadness" with Lois Reiersol, Ph.D., on Jan. 16, 1993 at her office at 67 Riverside Drive, Suite 7A in New York City. Lois, a primal therapist from California, traveled to Oslo 20 years ago and founded a growth center, Solvrev, of which she is still the director. It's international staff is skilled in methods ranging from primal, bio-energetics, psychomotor (Pesso) and gestalt to dance therapy, Feldenkrais, yoga and Tai Chi. Lois is certified in PS/P (Pesso System Psychomotor). Admission: \$100. Space is limited; register early. Call Gro at (212) 799-9266.

**NEW YORK: Jens Wennberg** sends word that his transition into Physician's Assistant Training at Harlem Hospital is progressing nicely and he's developing a community in his new neighborhood. With his course load he reports that he has no times for feelings - which range from terror to terror - "Can I make it? Can I really learn all this stuff?" He and Nancy are apart and both miss their Minimum Daily Requirement of hugs and cuddles and are making do with periodic weekends together. He spent 20 years as an engineer, then 20 years as a craftsman and is preparing now to be a PA. In 20 years will be 77 (and ready for a fourth career). He took his own advice to "Create your own world."



Carol Thayer, Jean Vanstone, Katje Hynes and Michael Earle at Temenos last Easter.

## I KNOW I'M NOT A CLONE

by Char Watch, 5/3/92

Please understand  
your understudy  
understands.

I can stand up  
in your shadow  
and sprout anew—

where I can light  
on my feet—  
growing to be  
someone like you.

## ROSES...

to **Loretta Fogel** and **Terry Larimore** for a SUPER DUPER 1992 IPA Convention

to **Karen Buck** for finding our sensational keynote speaker Barbara Findeisen

**Sally D'Alesio** for a magnificent Art Gallery and to all the artists who contributed their wonderful work

**Hal Geddes** and **Judy Kinsey** for their leadership in making the children "First Class Citizens of the IPA"

**Susanne Bersbach** for her gentle guidance that started the Women's Meetings giving birth to a new tradition

**Hal Geddes, Santo Longo** and **Judy Kinsey**, artists

extraordinaire for their work on the gift for Arnold Buchheimer

**Taff Welch, Teresa Smelser & Harriet Geller** for the photographs in this issue

**Loretta Fogel** on her "promotion" to the position of IPA Treasurer Emeritus

all the **generous volunteers** (fire builders, mattress movers, candle bearers, music providers, cheerleaders, etc) who gave so much to make the convention succeed

outgoing board members **Jan Millenovich, Nancy Miller, Stephanie Wingfield** and **Lance Wright**.

Thank you for all you've done for the IPA!

## PRIMAL CONCEPTS FORUM

by Steve Austill

The Certification Committee of the IPA Board voted on May 15, 1992, to work toward publishing an anthology of verbal and non-verbal material that represents fundamental primal concepts and beliefs. I was asked to be chairperson of that project. The Certification Committee felt that if we were to embark on the daunting task of certifying primal therapists, we should possess a body of agreed upon concepts and beliefs. If is our intent to pursue this goal with the help of our membership. We need and want your input regarding fundamental primal concepts.

One of the most interesting aspects of this was to include nonverbal as well as verbal material in the proposed anthology. We recognize the deep mystery in life and in therapy. We know that preverbal and nonverbal expression are vitally important to human experience. Therefore, our anthology may include poetry, drama, art, music, sculpture, film, video and more. We are, however, starting with verbal expressions.

In succeeding newsletters you will be reading some "I Believe..." statements by our members. We want your feedback. We want your contribution. Do you agree? Disagree? Do you have more to add? Do you have suggestions regarding the technical or artistic aspects of these presentations? Please contribute to our quest.

Send all comments and contributions to: Stephen P. Austill, Anthology Chair, 12 Mt. Vernon St., Saugus, MA 01906 USA. I can make no promises on what will eventually be included in the anthology, but I hope for lots of contributions and help. Watch the newsletter for subsequent entries. We thank Barbara Cope and Hal Geddes for the articles that appear in this issue.

## I BELIEVE...

by Hal Geddes

Another in a continuing series of statements in the Primal Concepts Forum

Primal theory as proposed by Arthur Janov in "The Primal Scream," "Primal Revolution" and "The Anatomy of Mental Illness" is the most comprehensive, integrated, clear and therapeutically usable version of trauma theory yet available. Most other offerings, including Alice Miller, are either of lesser specificity or incomplete for sophisticated operational use.

The necessary parts of Janov's theory include the concepts of:

- Basic human needs
- Trauma
- Primal pain
- Primal pool of pain
- Love (primal definition)
- Hopelessness
- The split
- Neurosis (primal definition)
- The struggle
- Primals
- Connection to original pain
- Healing

Memory and the pain and feelings attached to the memory are a package deal, and in order to retrieve and integrate the repressed part of memory, the attached feelings must be experienced. Once the feelings are FULLY experienced and the memory uncovered, the integration of the trauma into the mainstream of consciousness will have already happened. Discussion of this event may increase insight/awareness about it but will not effect the deeper healing level.

The primal uncovering process requires an enlightened witness (as described by Alice Miller). This enlightened witness must create a safe space for the client to experience connection to original pain. The enlightened witness validates the feeling experience of the client and then facilitates its deepening to the primal level.

continue on next page

**"I Believe..."** by Hal Geddes continued

Nature has provided every human with a unique, innate system for self-healing of psychological hurt. The enlightened witness must TRULY and TOTALLY believe this in order for the client to develop belief in it, too.

If the client does not intuitively know how to center into his/her own healing process, the enlightened witness must act as a guide to this end until the client's centering ability is such that little active help is necessary. The enlightened witness then becomes an ally available to the client in his/her self-initiated process.

**ALL THERAPEUTIC SYSTEMS OF BELIEF AND THERAPIST CONTROL DEPRIVE THE CLIENT OF HIS/HER OPPORTUNITY TO FIND AND "KNOW" HIS/HER OWN UNIQUE, NATURAL HEALING PROCESS.**

Such systems are best used to help the client open up to his/her feelings in the beginning of the work. Systems that aim at and achieve primal level experiences result in healing but not in the same sequence as the client's own inner guidance would lead to. (The relative value of the two approaches deserves but may never get thorough research attention.)

The deepest and safest healing environment is achieved between two experienced enlightened witnesses working together within a primary relationship.

Healing work with victims of pre- and peri-natal, intra-uterine, conception and past lives trauma requires only that the witness be enlightened to those existential pieces of human experience.

---

As with all IPA business, Board Meeting and Process Day are open to all members. The annual meeting is conducted democratically but all business during the year is conducted by consensus. It's an education to experience - attend if you can!

**"I BELIEVE..."**

by Barbara Cope

Another in a continuing series of statements in the Primal Concepts Forum

Primal therapy enables people to regress and re-experience past trauma and, in doing so, to cathartically release the pent-up emotions that are causing emotional pain.

Primal allows the client to trade in old feelings of repression, non-acceptance and rejection for feelings of emotional honesty, acceptance and love.

In primal, the individual is given the opportunity to act upon or play out all his/her emotions, frustrations and, even, fantasies. The adult is allowed to play the child and imagination is given rein. Creativity is encouraged on the parts of both the client and the therapist.

---

**ANNUAL MEETING SUMMARY**

In addition to regular business, there were several items of business the general membership might be especially interested in. One of the most important was the election of officers. There being no nominations from the floor, the slate of nominees for President (Steve Austill), Vice President (Hal Geddes), Treasurer (Judy Kinsey) and Secretary (Barbara Cope) was accepted by acclamation. Congrats to the new officers!!

Outgoing Aesthema editor, Arnold Buchheimer, was presented with a bronze plaque designed and executed by Judy Kinsey, Santo Longo and Hal Geddes. Arnold had several good points to share - showing that his interest in primal continues. Many thanks to Arnold for his years of dedication, service and scholarship.

Twelve positions were open on the Board of Directors and the following nine people were elected: Mickel Adzema, Karen Buck, Santo Longo, Cecelia Marcus, Harvey Silver Fox Mett , Louis Mezei, Dan Miller, Larry Schumer and Belinda Yalin. Congrats Board Members on your new terms.

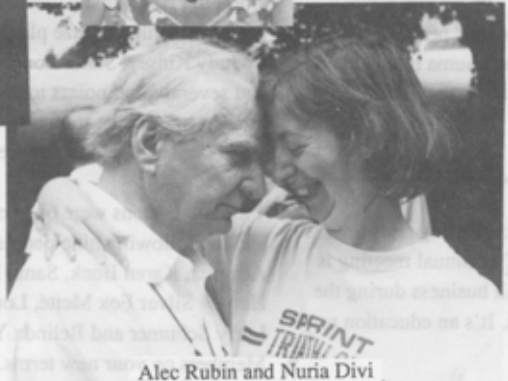


IPA Treasurer Emeritus and 1992 Convention Co-chair Loretta Fogel.

Susanne Bersbach and Teresa Smelser (above)  
Our prez: Steve Austill (above right)  
Tom McConnell (right)  
Celia Marcus (below right)  
Mary Thompson (below)  
Brian Stark (bottom)



Debby Caplan and her favorite Red Hot Chili Pepper Larry King!



Alec Rubin and Nuria Divi



Dina Paisner



## JOURNAL UPDATE

by Mickel Adzema

Upon recommendation of the Publications Committee, the IPA Board, in May, appointed me, Mickel Adzema, the editor of a new IPA journal. The board decided that work should begin immediately toward such a journal and that it would hopefully begin coming out sometime next year. There was also agreement that a new title should be used - other than Aesthema and *with* the word primal in it - and that various avenues toward wider distribution should be explored.

Subsequently, I gathered an initial Board of Editors composed of Dan Miller, Arnold Buchheimer, Mary Lynn Ranford, Mary Thompson, Barbara Valassis, Lance Wright, Bill Caldwell, Harvey Silver Fox Mettè and Karen Buck.

Several names for the new journal were discussed, including Primal Edge: The Journal of the International Primal Association, Primal Perspectives: The Journal of the International Primal Association, and simply The Journal of the International Primal Association. Feedback on these names as well as other suggestions are appreciated. The first issue's theme is "Love" and I stress that submissions on any

topic related to feelings, primal reality(s), primal therapy, and deep experiential psychotherapy are encouraged. My feeling, based upon input from others close to this endeavor, is that the journal should be a wide-ranging forum reflecting and expressing the unique perspective that primal affords us. Thus, anything of interest to the feeling community - whether political, metaphysical, fictional, developmental, philosophical or sociological, as well as the usual psychotherapeutic - is welcome.

I would like to see as much participation and input as possible in this new endeavor by the community at large. With such cooperation and effort, the board of editors hopes the journal can maintain the high standards of professionalism and scholarship set in the previous phase of our publication history with Arnold Buchheimer's editorship of Aesthema.

Input, correspondence, submissions as well as additional offers to work on the journal should be sent to Mickel Adzema, Sonoma Grove, 41 Varda, Rohnert Park, CA 94928; I can be reached at (707) 792-9851.

## PERFECTING THE PROCESS

from notes supplied by Steve Austill

The Boston Primal Association - Saugus Chapter reports a new development in the functioning of its workshops. Since the beginning of the organization, they have fully encouraged free expression of thought and feeling but discovered that some expressions in a public open meeting can be destructive and should be automatically curbed.

They developed these three prohibitions:

- No unsolicited advice giving allowed.
- No unsolicited psychoanalyzing allowed.

- No negative criticism of a person's process allowed.

The BPA was the group that struggled through the development of the Process Day Rules of order which (even as they continue to evolve) are used extensively by and have contributed enormously to the IPA. The BPA is to be commended for its willingness to forge into uncharted territory, develop new ways of being together and then share the fruits of the labor.

## PRIMAL THERAPY WITH AN EPILEPTIC CLIENT

by Ernst Oslender

I want to share a moving experience with a client, who had several heavy epileptic seizures in her teens years which were "very frightening" to her. They were subsequently suppressed with medications. Her nightmares remained with cold sweats and panicky feelings. She reported at the beginning of her Primal Therapy that the main feature in her life was to be constantly "on the run." She ran away from home; she was a zealous track and field runner; she ran away from every tense situation. After grade 8, she ran away with a boyfriend for about six years.

One day, during a track and field event, she collapsed and was diagnosed as having myasthenia gravis, a muscle disorder. She got progressively worse and was finally put into a psychiatric ward. Medication and treatment did not help and at times she would become totally paralyzed. It helped to paint and draw and she was finally sent home. Some time later her sister accompanied her to a concert surrounded by thousands of people when she suddenly felt like she was drunk. "All the muscles in my body became weak," she reported. "My eyes drooped and my face gave way. I fell and couldn't lift myself."

When she came for Primal Therapy, I suggested she open to the source of her problems, discover why she continued to labour with this "dis-ease." She soon started to uncover one incident after another which has

unfolded into her troublesome life. She discovered the truth and unlocked the mystery of her patterns.

What she discovered was that her running and restlessness was fleeing from an intense, undesired feeling of annihilation. As she progressed in her work, she would go back to pre-natal experiences. She had difficulty believing what her own Cellular Consciousness was telling her but her whole body re-experienced the most dreaded and painful event in her life - when her mother tried to abort her at 12 weeks gestation. With wild physical movement, the little child tried to survive the attack - which was done with a pointed tool.

There, in the intense fleeing, was her first "epileptic seizure." Imagine the fear of death! She was twelve weeks, absolutely innocent and wanting to live. She realized what really caused her running career and why similar incidents like the crowded placed evoked her seizures and collapses.

I am so glad we could help her reach this point of knowing what really happened to her. Her whole life changed from the inside out. Her fear of getting into tense situations also disappeared and she does not need to run any more. She is now sharing her love and energy with her family and profession - liberated from this painful past.

---

### '92-'93 IPA BOARD MEETING SCHEDULE

- |            |   |
|------------|---|
| Oct. 17-18 | Process Day and Board Meeting in Saugus, MA. Board members RSVP regrets only to Steve Austill at (617) 233-1339. Non-board members must make reservations with Belinda Yalin (617) 864-0667.  |
| Dec. 12-13 | Process Day and Board Meeting in Philadelphia, PA. Same RSVP/reservations procedure as above. Contact Mary Thompson at (215) 532-3808 or Barbara Wright at (215) 386-4355.  |
| March 6-7  | New York Winter Conference and Board Meeting in New York City The one-day conference is at the Gramercy Park Hotel, NYC, on Saturday with the Board Meeting on Sunday at a location to be determined in Manhattan. See cover story of this issue for details. |
| May 22-23  | Process Day and Board Meeting at Appel Farm, Elmer, NJ. Same RSVP/reservation procedure as above. Contact Steve Austill at (617) 233-1339.  |



### Great-Grandmother's Beads For Susanne - by Dina Paisner

Her perfect, delicate, fragile rose quartz skin now shattered and wrinkled by her harsh fall, a result of someone's lightheartedness when handling her.

Great-Grandma shuddered as she shrieked silently, then, sighing, shivered into her new shape, a little more space between her tiny filaments, clear windows now and then revealing her sacred heart within traumatized tiny globes.

Susanne mourned her great-grandma's lost innocence. A few gathered 'round her to help recover calmness, and fragments of scattered torn beads.

And I cried out: "Now, she's one of us!"

And indeed, she is.

This accident occurred on the final morning of the 92 convention on the platform when, as we have done every morning since Susanne started the Women's Group, we passed around those precious rose quartz beads, a double strand, holding them, as we spoke. Thanks, Great-Grandma. Thanks Susanne.

Above: Arnold Buccheimer accepts his plaque as Santo Longo looks on.



Below: 1992 Convention Co-Chair Terry Larimore and 1993 Convention Chair Barbara Valassis.



---

### INVITATION TO PRESENTERS: NEW YORK WINTER CONFERENCE "PRIMAL COMMUNICATIONS AND BEYOND: OPENING THE DOORS"

We welcome your proposals for workshops, presentations, activities etc. for the New York Winter Conference. Time slots are 1.5 hours. The Conference is Saturday, March 6, 1993 in NY City. Suggested topics include:

- |                             |   |
|-----------------------------|---|
| Individuality and expansion | Body language                                   |
| Spiritual development       | Opening to the inner child                      |
| Beyond the inner child      | Adult communication informed by the inner child |
| Non invasive communication  | ...and more!                                    |

Please send this form with a separate separate sheet describing your presentation in approximately 120 words. Include a biography (60 words or less).

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone number ( \_\_\_\_\_ ) \_\_\_\_\_

Send to: Dan Miller, 106 St. Marks Avenue, Brooklyn, NY 11217  
Deadline for proposals Dec. 31, 1992. Notification by Feb. 1, 1993.

## BOOK NOOK

Review by John Speyrer

"When God Becomes a Drug: Breaking the Chains of Religions Addiction and Abuse"  
by Leo Booth. Jeremy P. Tarcher Publisher, LA.  
273 pages, \$18.95

Episcopal priest Leo Booth's well-written and interesting book is a primal premise that almost any behaviour or belief system can be used to quell pain. He believes that neurosis starts in childhood and his book concentrates on how a religious addict damages his life and his family's by using religion in defending against/avoiding the effects of childhood trauma. Booth, paralleling Marx's belief that religion is an opiate of the people, writes that religion consoles us from deprivations of life, encourages us to accept our current status and relieves the guilt feelings of oppressors - yet he says there is nothing in the nature of religion that is inherently unhealthy. Booth writes that it is not the contents of the belief that make a system addictive but the personal rigidity of its purveyors that discourage questioning or disbelief. He notes a pairing of alcoholic

addiction or food abuse with religions addiction and notes similarities to alcohol addiction. He includes case studies.

Booth could have discussed more on the psychological make-up of religious addicts. Perhaps they were looking for a definitive answer and welcomed rigidity of doctrine. He includes a short autobiography which recounts his own religious and alcoholic addiction as well as a short history of the development of religion and the rise and fall of TV evangelists.

At times Booth seems about to discuss in greater detail the origin of the pain which religious addiction assuages. He states "...addictions are about escaping pain; therefore, recovery means facing and walking through pain." We in primal therapy know that the road to cure is more involved.

Booth touts 12-Step Programs and parallels the stages of alcoholism with similar stages of progression to chronic religion addiction. Suggestions on using intervention to help addicts is included as an appendix as well as guidelines for professional therapists. He works with patients in his Say Yes To Life Center in California.

FROM:  
International Primal Association  
2742 Fernwood Avenue  
Roslyn, PA 19001

TO:

### CHANGES OF ADDRESS

Please let us know if you are moving so if your name and address is changing you mailing labels. Even if you are not a member, we want to try to touch with you.