

IPA NEWSLETTER

International Primal Association

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

THE THERAPY PIONEER BARBARA FINDEISEN KEYNOTES 1992 CONVENTION

Barbara Findeisen, M.A., MFCC, will give the keynote address and two exciting workshops at the IPA's 20th annual convention, Sept. 1-7 at Appel Farm in New Jersey. Barbara is a therapist known internationally for her pioneering and dynamic work in the areas of pre- and peri-natal psychology and regressive psychotherapy. She is director of Pocket Ranch Institute in Geyserville (Sonoma County), CA, a beautiful retreat center for psychological and spiritual crisis, growth-oriented psychotherapy, workshops and retreats. We are *extremely* excited about her joining us this year!

Barbara's work beautifully embodies the IPA's goals and philosophies - bringing together a variety of approaches, along with love and commitment to the process, to enable people to explore deeply, heal traumas and release unproductive patterns.

Barbara is well known to several IPA members who speak extremely highly of her extraordinary skill as a therapist and of her as a warm, real, feeling person.

For the keynote address, Barbara will share her experiences in developing effective methods for helping clients reach and resolve traumas surrounding birth, the pre-natal experience, conception and pre-conception (including past lives).

We are very pleased that Barbara will be able to stay with us for a few days and she will, in that time, also offer two important workshops. One will be an extended workshop for the whole community - structured to fit the needs of the group. She has an extensive repertoire of exercises and activities to help people get into their feelings. This is a not-to-be-missed experience!

The other workshop, for therapists, will provide a half-lecture, half-experiential all-day workshop on specific techniques for working with early trauma. The morning lecture will be open to therapists (or therapists-to-be). Due to space and time constraints, the afternoon experiential part will be restricted to practicing therapists on a first-registered basis (so send yours in early!).

DON'T MISS THIS CONFERENCE

In addition to the exciting workshops with keynoter Barbara Findeisen, we have an exciting line-up of workshops for the convention.

Because of the extreme popularity of last year's early morning women's groups led by Susanne Bersbach, we will set aside time (not necessarily crack of dawn, in deference to non-early birds) for a daily Women's Gathering and a daily Men's Gathering. In true IPA tradition, the meetings will be unstructured and we expect that leadership will arise to fill the needs of the group.

In line with one of the important issues of the times, convention co-chair Loretta Fogel moderates an open discussion on "Sexuality, Spontaneity and Reality." There will again be special programs for the children (organized by the parents) and, back by popular demand, the Kids' Kabaret!! An exciting additional featuring the children will be a workshop to be organized and presented by the children for the whole community!

For several years in a row (around '87 and '88 as I remember it)

...continued on next page

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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:

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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.

continued from page one...

there was an abundance of drums and drumming at the convention, including one memorable drumming session in Workshop Room #2 that continued late into the night (make that morning). That has not been the case in the last few years but convention co-chair Terry Larimore is convening a "Drumming Workshop" this year so bring your rhythm instruments - the more the better! Given the number of talented musicians in the IPA, we could well have some spontaneous jam sessions for every kind of instrument!

In this presidential election year, it is especially appropriate to look at "Primal and Politics" with Steve Austill - exploring several angles, including whether we in the IPA might, in working through the politics of our own organization, have something of value to offer to the general world of politics. Cecelia Marcus offers a workshop for women, "As Newborns All of Us Were Comfortable With Touch," on giving and receiving nurturing, energy balancing and increasing joy and pleasure. Come create a society with Barbara Cope in her workshop "Experiment in Sand" using the sandplay that many IPAers find so rewarding.

Several popular workshops from previous conventions will be available again. Judy Kinsey and Hal Geddes will offer their popular three-hour experiential workshop featuring music and intense breathing in "Primal Joy: As It Was In the Beginning." Raymond Colback, M.D. discusses "Reactions To and Issues Concerning Anesthesia," Barbara Valassis hosts a "Mays Landing-style Pool Party," and Larry Schumer will lead the last-day workshop on "Loose Ends" as well as organize the traditional "Softball, Spontaneity and Serendipity." (Notice how the softball game evolves. I remember "Softball and Joy," "Softball as a Lifeline," "PLAYing Softball," "Creative Softball," "Connecting to the Softball Within" and "The Mystery of the Beginnings of Softball.") New workshops are still coming in!

Our evening community activities will be varied and fun. Karl Goldschmidt will lead us in an evening of "Folk and Contra Dancing," Gro Robinson and Kate McAteer will organize another evening "communing" with the spirit of the woods in the tradition of Ross Klahr, we'll have the "Go-Go Gala" '70s-theme Dance, the Saturday night Cabaret hosted by Harriet Geller and Larry Schumer and more.

TO REGISTER FOR THE CONVENTION: Very soon you will receive a brochure and registration form for the 20th annual convention, "Spontaneity and Serendipity," about learning to live in the moment, rely on inner guidance, trust your deepest wisdom, surrender to your impulses and be! Make plans now to attend September 1-7 at Appel Farm in New Jersey.

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.

PSYCHOMOTOR
PART II OF AN ARTICLE BY GRO ROBINSON

ROLE PLAYING

Ideal parent, role played by group members, might start out as *fragment figures* as the need arises, such as *witness, contact, containing or limiting figures*. The group cohesiveness is immensely strengthened by members role playing for each other. Careful instructions are given to ensure that role players do and say exactly what the client asks - no more, no less.

Roles are formally accepted and terminated (for example, "Yes, I will role play negative aspects of your mother" or "I am no longer role playing your ideal father, I am Joe"). Members playing negative roles watch carefully for the intensity of the expression of anger and *accommodate* with appropriate sounds of being hit or hurt - to provide the client with the satisfaction of having an impact. They learn not to identify with the negative role, but to appreciate the valuable service they are rendering. In the supporting roles and the roles of ideal parents, members learn to carefully "countershape" the expressed needs of the client through their touching and holding, and to repeat the exact words request (*positive accommodation*).

In a complete structure, the pent-up energies of the client have found satisfactory expression, feelings have been witnessed,

JUST BEFORE SLEEP

by Terry Larimore

There is no lonelier place - knowing wrongness,
surrounded by those who
clamor approval and shallow support.

"You could have handled that better," you said.

I remember my shoulder blades sliding apart as though oiled -
no longer able to grip my spine in solitude and fear.

BYPASS TO FIND COLD ROSES

by Terry Larimore

I know the cold comfort of taking another path
and now living the lack of what others have
accomplished and acquired.

My fruits are internal and hard to point to
when others have babies.

expressed and validated. The historic material (old material) has been illuminated and dealt with. Most important, a symbolic healing experience with ideal parents has been internalized providing a new map for the future where symptoms and counterproductive behaviour can be given up.

In the important sharing periods between structures, members share feelings that the work evoked in them without referring to the client who worked, or in any way commenting on what was said or done. Privacy and safety for all participants are continuously stressed.

WHO CAN USE PSYCHOMOTOR?

People of all backgrounds have reported benefiting from Psychomotor. Therapists and health professionals have immediately found new tools to use in their own lives and in their work with clients. People with some background in any of the experiential therapies (Gestalt, bioenergetics, Transactional Analysis, psychodrama, primal and others) will relate easily to and benefit from Psychomotor. Neo-Freudian (object relations) and Jungian clinicians will find a similar theoretical framework, as well readers of Alice Miller and John Bradshaw. The experience of symbolic ideal parents is essential for learning to reparent the child within. Adult survivors of abuse and people in recovery in all of the A.A.-related programs report having gained ego-strength and healing from Psychomotor Therapy.

For more information on Gro's practice of Psychomotor, contact her at (212) 787-0611.

**IPA MEMBERSHIP
INFORMATION**

INCOME	Individual	Family
Full-time student (with proof)	\$20	NA
\$25,000 or less	\$50	\$75
\$25,001-\$50,000	\$60	\$90
\$50,001-\$100,000	\$75	\$112.50
Over \$100,000	\$110	\$165
Lifetime (payable over 5 yrs)	\$1000	\$1500

- ALL DUES ARE PAYABLE IN U.S. FUNDS ONLY.
- Children under 18 years of age may be included as member under all memberships.
- Joint memberships receive ONE mailing of the newsletter, journal, conference/convention programs, etc.
- For full membership details call Loretta Fogel, (215) 885-3843.

TOUCHING THE FLESH OF THE IPA

by Mickel Adzema

The New York winter conference, "Female and Male: The Primal View," was my first, absolute first, official participation in an IPA-sponsored event. The IPA got me started in primal. I talked to Bill Swartley in '72 and used his list of East Coast "primal" therapists as I hitchhiked around New England with my pint of rotgut, Librium®, and sleeping bag...checking them out. I've been in touch with the community for the intervening 20 years - receiving *Primal Community* mailings while in therapy with the Roths in Denver in the mid-70s, having contact with individual IPA members, crashing a summer conference for a day in '85 with Denver primal buddy and peace-video producer Peter Lavender, and communing with the IPA literature. But this was my first time of formally sanctioned flesh-touching of the organization. I won't get into why it took so long to come here. I will say I'm glad I did.

While I did not go sperm-thrashing my way all the distance from California in my '78 Olds straining against a three-ton, 23-foot travel trailer *just* to come to the winter conference in New York, I *did* stick around long enough to attend.

Was it all I expected? I don't know what I expected. The much-touted sense of "family?" Well...yeah...it was there. Although I hate to resort to clichés I was warmly welcomed and it was kinda like coming home. "What a bunch of queer birds," I thought. ("A lot like myself" follows.) I smile. I settle in and feel like I belong there.

Don't get me wrong. I am buoyed by my memories of the quality new friends I made that weekend in March, the richness of life that I touched there. That is hugely important to me, at this point in my life where it seems a river of acquaintances has passed beneath my bridge. The life "out there" and the ones that talk and identify with it bore and depress me. It is richness of life that I want to be around - with a bunch of "queer birds" like me.

I've learned to be distrustful of the slick, polished exterior. In fact, the one weak point in the conference I can think of was the plenary speaker, who seemed a bit too professional and judgmental. I much preferred the group sharing, where we discussed male-female issues...where people let down their guards and marched their ungainly stuff out there...into the center of the group...messy wet, bobbing and stumbling...but fresh, alive! Like newborn babes these feelings are, emanating from the womb of one's heart.

MALE-FEMALE DISCUSSION

I am getting ahead of myself. After the initial panel presentation we broke into about 10 groups to discuss male-female stuff. My

group of eight was an interesting assortment, including one high-school girl. There was a lot of talk about this girl's experience in school with gender perceptions. We older ones were in consensus that things have not changed much in terms of male-female relations since we were in high school. Too bad, I think.

We seemed to agree that we have to do more than just change ourselves - that we need to get out into society and help change the structures, role models, and media images that continually conjure up the same gender stereotypes and negative patterns of thinking and perceiving.

Though there was apparent agreement on this, there was a real impasse regarding how we could effectively do that. We all seemed weighed down by an intractability of social patterns - a product, I would venture to guess, of the last couple decades of conservative backlash.

One thing we could agree on was that living our truth was extremely important...that, if nothing else, it is crucial, to the extent we are able, to set an example for others in new ways of being and doing things, by expressing what we have learned in both our talk and our behaviour. Everyone acknowledged that this was primary and, cumulatively, potentially very powerful and it was also something that is easy to shirk, out of fear and desire for acceptance, but that it should not be!

AN AFTERNOON WORKSHOP

In the afternoon, after the plenary session, we again assembled. This time we formed three groups, for different activities. Mary Lynn and I chose to attend "Women Talking About Men - Men Talking About Women," where we would discuss what men and women wanted from each other and gender issues in general. Though originally it has been intended that we would have two separate groups - male and female - who would discuss among themselves and then share at the end, the fact that there were only two men precluded this. There were about 20 people in the group, lead by Jean Getoff.

This workshop was the highlight of the conference for me. It was enlightening in several respects. As a man, I was profoundly struck by the amount of stereotyping that some women do of men and of the degree of misunderstanding therein. This was disheartening.

I became clear that the "new male" - those of us in primal therapy who have either refused or overturned typical male patterns

continued...

and have created new, more feelings, non-sexist, and egalitarian ones - will continue to have to carry to baggage of our less enlightened brothers. That is, that some women (notice the attempt to keep from generalizing) are finding it difficult to distinguish the males in front of them from their experiences of men in the past. The resulting stereotyping and, at its worst, male-bashing are common afflictions and ones that feeling people are only less infected with, not immune to.

So this man's response to "what men want from women," as asked in the group, is "We want you to do your inner work too." When we've worked and dealt with our issues and gotten to that better place, we want to be able to share it with you. We want you to be there, too.

I hasten to stress, lest I be misunderstood, that my experience of the women at this conference was that that kind of integrity was in fact largely the case. Only a small minority evidenced reverse sexism. There was merely the occasional male-bashing comment to be heard. In fact, Jean herself, in the workshop, seemed admirably appreciative of the need to go beyond these kinds of preconceived notions of maleness...along with the already much acknowledged necessity of avoiding female stereotyping.

On the positive side, also, I saw a heart-warming amount of sincere effort by people to go around their reactionary perceptions of each other - both in regard to how women perceive men and how women perceive and judge each other. Though it is clear that it is no easy task for any of us to transcend the lingering perceptual filters of our past negative experiences, what touched me so was not the achievement of such clarity, but the genuine, earnest sincerity in which this was attempted. Ya can't help but love people like that.

BRENNER VIDEO

The video, "The Sperm and Egg That Made It," followed. In the video, Paul Brenner recounts his ideas about the origins of maleness and femaleness and of religious and mythological ideas in the biological experiences prior to and surrounding conception.

While his perceptions are intriguing and stimulating and, while I highly appreciate his looking into this important yet uncharted area, I was gratified to hear a good level of perceptive skepticism regarding various aspects of his interpretations. For one thing, it was apparent that viewers could see the importance of decrying the kind of reductionism that seems to arise from his slant on cellular consciousness. There is no need to reduce all human value, beauty, and truth to simple biology. Indeed, there are other

ways of looking at these phenomena that do not undermine the validity of our spiritual natures while still enriched by the insights of our conceptual, sperm and egg, experiential influences.

After all, this was one of Janov's major mistakes in presenting primal - that all religious or "higher" value was only distorted early need or painful experience. It took us a while to go beyond that formulation to realize that there is spirituality beyond primal and beyond pain. We would have gotten here sooner, I presume, if we did not have that Janovian-Freudian baggage. I am much more with Graham Farrant's views on this.

One other comment from the audience - one that I'm not sure I agree with - had to do with Brenner being part of the "male backlash"...as exhibiting a typical obstetrical frame of mind that is inherently negative and controlling of the feminine. This woman's comments gave me added insight into Brenner's approach and his interpretations, however.

I'LL BE BACK

All in all, the winter conference was an experience I will cherish for a long time in the new perceptions and enriched personal experiences that came of it. So, I am glad to be back with the IPA, again, for the very first time.

I might point out that I am in the IPA for several reasons. I want to be with people that I can be myself with, that I can hang out, lie around, and take chances with. I want also to help...because I care ("Who cares? Who gives a shit? What's it to me?"... I do. Me. Something.) I want to help turn it around (the craziness, that is). So, I want to be with people cutting the edges, mapping the frontiers. Ideally and however tentatively, the IPA is searching out realness - starting from scratch, with no prejudices or preconceptions...seeking to create it for the FIRST time.

My experience of the IPA...the first time? I left satisfied and full, on all accounts...richened by people who care enough also to show up...here, and now. I look forward, now, to the next time.

SMALL PRINT ABOUT THE CONVENTION

This is the absolute last call to:

- submit a workshop proposal
- apply to work as a massage therapist at the convention
- apply to offer items for sale at the convention

Interested? Contact Terry Larimore at (713) 688-2203 TODAY!

NOTES FROM ALL OVER

from tidbits received in the mail and overheard by the newsletter editor

AUSTRALIA: Colin Strang sends his best wishes and news that Dr. John Spensely is running a mixed primal/pediatric practice in the Melbourne area.

Graham Farrant has pretty much retired - seeing just a couple of patients in Melbourne. He is not traveling like he used to and has not scheduled any more training workshops.

BOSTON: The Boston Primal Association, Saugus Chapter, will have its annual Camp Leslie weekend getaway June 26-28. Recent chapter gathering (usually scheduled on the second Sunday of each month) have been on feelings about Birthdays and Sex (actually, as this is written the one on Sex is still in the future - but by the time this is printed it will be in the past) with the groups fifth birthday celebration in April. Gatherings include an afternoon workshop, (usual admission \$10) a community sharing supper and open community meetings in the evening. A free orientation session is available for anyone attending for the first time. For further information about these and other primal activities in the Boston area, contact Steve Austill at (617) 233-1461.

BRAZIL: The IPA received a letter from Joanna Wilhelm informing us of the Brazilian Association for the Study of Pre- and Peri-natal Psychology and requesting information about the IPA.

CALIFORNIA: Susanne Bersbach and Steve (you knew him as Howard) Reinheimer report getting together with several other current and former IPA members - including Karen Buck who was passing through this spring.

MICHIGAN: Barbara Valassis and the Primal Integration Center of Michigan hosted a three-day workshop with Nancy Miller and Jens Wennberg of New York on May 22-25. For information on future events contact Barbara at (313) 478-5559.

Nathan Van Dyke (you used to know him as Bob) was omitted from the list of IPAers sailing on the 40-day training program "The Ark" in January and February. Nathan was one of the eight staffers who "sailed" with 13 trainees. Sorry Nathan!

NEW YORK: Larry King and Karen Buck brought to our attention that IPA friend Wendy Hoffman broke her leg very badly recently. We send our best wishes, Wendy, for your full recovery. May you be back dancing very soon!

Jens Wennberg has relocated to Manhattan while he attends the Physician's Assistant program at Harlem Hospital. We've heard choruses of hurrahs from many IPA folks in New York City because they've got Jens so close by.

continued

ALL OVER: William Emerson, Ph.D., offers his "Resolution of Pre- and Peri-Natal Trauma," "Effects of Unresolved Trauma" and "Empathy and Compassion in Treatment" workshops in a variety of locations. His workshops are sponsored by various people throughout the world, including California (several locations), Toronto and Ottawa (in Ontario, Canada), Seattle, Devon and Cambridge (in England) and Colorado. For more information on specific trainings, contact William at (716) 763-7024.

UNTITLED

by Terry P. Bryan

scared was little brown eyes
so she migrated to the attic (warmed
and freed of ghosts by mommie's doritos)
into her room into her room
her room.
a sleeping goddess, scared little brown eyes.
I had scared little brown eyes.

so carefully I shrink with contemplation
my feet ache from the frozen wooden floors
soon I will have to make a decision (crying)
she loves me but she can't see my tears, when I cry a river -
she knows how to float to the top of it,
while I swim straight through the center with
ten pounds of insight tied to each appendage.

my body (always wiser than my mind)
begins the maneuver to get love
moving with extreme caution and precision
the covers moved only so far -
opening the envelope of safety
(if another river rages through here will I be able to float too?)
then as if the preliminary motions took eternity
I am in her bed in her room
in her bed in her room.
now I will breathe.
now I will love.
now I will dissipate my grappling fear hooks
now

right now I will sleep.
right now mommie.

ROSES...

to **Dan Miller** for chairing the very successful New York Conference

to **Santo Longo, Karen Buck** and **Harriet Geller** for hard work and fine contributions serving on the NY Conference committee

to **Nancy Miller** and **Barbara Cope** for making arrangements at Appel Farm for the spring IPA Board meeting

to **Hal Geddes** and **Judy Kinsey** for two-steppin' a large portion of the IPA Board and Process Day guests down to THE PALACE (a rock'em, sock'em country music dive) in Buena (byoo-na), NJ

to **Loretta Fogel** for years of ever diligent service as our IPA Treasurer

to **Terry Larimore** for skilled, energetic and professional production of the IPA Newsletter

to **Belinda Lee Yalin** for masterminding the massive job of printing and mailing the newsletter

to **Mickel Adzema, Sarah Lovejoy Houston, Gro Robinson, Bill Caldwell, Barbara Valassis, Terry P. Bryan, Terry Larimore, Larry King, Steve Austill, Colin Strang** and **William Emerson** for submitting newsletter material

Roses are compiled from submissions from a grateful membership. If you would like to send someone roses, send the details to the newsletter editor.

MARK YOUR CALENDARS

Here are more dates for the 92-93 IPA Board meetings, Process Days and events:

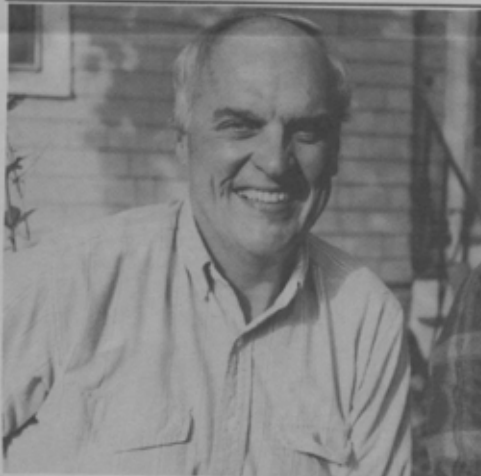
October 17-18, 1992	Process Day and Board Meeting in Saugus (Boston area) hosted by Steve Austill
December 12-13, 1992	Process Day and Board Meeting in Philadelphia, PA coordinated by Loretta Fogel
March 13-14, 1993	New York Conference chaired by Dan Miller and Board Meeting
May 22-23, 1993	Process Day and Board Meeting at Appel Farm in Elmer, NJ
Aug. 31-Sept. 6, 1993	Annual Convention chaired by Barbara Valassis at Appel Farm



SCENES FROM SAUGUS: ADVENTURES OF YOUR BOARD OF DIRECTORS

Above: Larry King, Judy Kinsey and Mary Thompson

Below: Our fearless leader and president Steve Austill.



SLATE FOR 92-93

The IPA Board nominated these people for officer positions for 1992-1993. Elections are Sept. 6, 1992 at the Annual Meeting during the convention at Appel Farm.

President	Steve Austill
Vice President	Hal Geddes
Secretary	Barbara Cope
Treasurer	Judy Kinsey

THE WOLF

by Sarah Lovejoy Houston

In the dark the gnash-toothed yellow-eyed black-tailed one stalked me deep into the still place, till helpless to stay longer, I had to move out into the seething, smouldering, hot-coal eyed body of the wolf that so doggedly had hounded me down through long years of dry brown leaves til now hurting out in a fury of fur flying	white fangs drooling red enraged at my encapturement, I leap into your lives quivering with unbridled purpose passionate with wanting to put to the test prerogatives till now ignored. The lamb in which it lay somnolent for so long has been eaten by the wolf.
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FROM:
International Primal Association
2742 Fernwood Avenue
Roslyn, PA 19001



Mark your
calendars NOW
for the '92
convention!!

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