

IPA NEWSLETTER

International Primal Association

490 Park View Dr. • Reading, PA 19606 • (215) 779-8842 • SUMMER 93

THE 21ST ANNUAL SUMMER CONVENTION SUBPERSONALITIES: A PRIMAL VIEW

by Barbara Valassis

Since reading John Rowan's book on Subpersonalities, I have been intrigued by the whole idea. Over the years, I have worked with people and the different aspects of themselves, such as the Critical Parent in TA terms, the Shadow in Jungian terms and Inner Child work. Now John has researched and organized this whole concept. I decided it would be most exciting to do our convention around this theme.

Some people, when they hear the term "subpersonalities" mistakenly think we are talking about Multiple Personality Disorder. If you consider the whole concept as a continuum, then Multiple Personality would be at the far extreme point. John's definition of subpersonality is: "a semi-permanent and semi-autonomous region of the personality capable of acting as a person." This is a normal phenomenon; everyone has versions of subpersonalities to a greater or lesser degree.

To quote John: "If we recognise the people within us we can give them some space. And if we give them the right to be there, we can get to know them better. And if we can get to know them better, we can get in more control of our own lives. We can call them subpersonalities, and learn more about them. Our everyday experience is very much concerned with subpersonalities already, it is just a matter of recognising and allowing this fact."

John has explored every theory that touches on what he terms a subpersonality. You are all probably familiar with Eric Berne and his Ego States - Parent, Adult and Child. Carl Jung writes about Archetypes including the Shadow, Great Mother, Trickster, etc. Fritz Perls has the Topdog and Underdog. Robert Assagioli's theory includes the Higher Self. Sigmund Freud's contribution was the Ego, Superego, and Id.

In Primal Integration, we work with the Child Within, the Good

Mommy, Bad Mommy, Good Daddy, Bad Daddy, etc. Often we have introjected the bad or critical parent(s) into a powerful, controlling subpersonality. In therapy, we work to defuse the bad parental introject and empower the good, nurturing parental introject. We support the Frightened Child and encourage the Spontaneous Child.

Some other common Subpersonalities are: Protector/Controller, Critic/Judge, Perfectionist/Pusher, Executive Self, Adapted Child, Peacemaker, Destroyer, Punisher/Bully, Wimp, Needy One, Terrified One, Lover, Addict, Spiritual Self, Creative One.

I trust you will resonate with some of these aspects of yourself. Some may help us in our lives and some may hinder us. At this convention, we will explore and become familiar with our different subpersonalities and learn to work with them in positive ways.

We are pleased to have two very special keynoters. John Rowan will present a workshop in addition to a keynote. Ruth McGinnis, Ph.D., who works with sexual survivors and internal family systems, is our other keynoter. Ruth is familiar to many of us in the IPA and has attended the Noah's Ark Program. She, too, will present a keynote AND a workshop.

For our Child parts, we will swim, do sandplay, cabaret, party, have massages, laugh, sing, dance, break bread together, play at "summer camp" and have a wonderful time with primal friends from Tuesday evening, Aug. 31, through lunchtime, Sept. 6. Our program is full of challenging, exciting, experiential and informative workshops. I am looking forward to a convention full of learning as well as play at our annual convention at Appel Farm. Come and join us. You should have already received a convention brochure with full details as well as a map and price/registration information. If not, contact me at (313) 478-5559.

INTERNATIONAL PRIMAL ASSOCIATION

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215/779-8842
SUMMER 1993

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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" (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:

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CHANGES OF ADDRESS

Please let us know if you are moving, or if your name and address is incorrect (see the mailing label). Even if you are not a member, we want to stay in touch with you.

IPA'S STATEMENT OF ESSENCE COMMUNITY; PRIMAL ABREACTION; BEING

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.

NEWS FROM ALL OVER

Renate Marek of Darwin, Northwest Territory, Australia, already a qualified music therapist, is now training in guided imagery and music. She plans to use her expressive therapy skills to assist primal clients and is seeking even more in-depth training.

Steve Austill reports that the Boston Primal Association, Saugus Chapter, holds monthly gatherings featuring a workshop, sharing supper and community meeting. February's theme was "Joy," March's "Rejection," April's "Intimacy" and May's "Speaking Up To The Boss and Other Issues of Authority." They also had a Community Day in Waltham and will have its annual retreat weekend at Camp Leslie June 25-27 (\$150). For information on these and other Boston-area activities, contact Steve at (617) 233-1461.

Paul Hannig, Ph.D., offers feeling groups 7-10 p.m. every Thursday at the Institute for Transformational Therapies in Chatsworth, CA (admission \$35). The "Freedom from Tears" workshops is 11 a.m.-6 p.m. every third Saturday at the Institute (\$80, bring a lunch). Reservations are required. The Institute also carries copies of Paul's book, "Feeling People." Paul can be reached at (818) 882-7404.

Barbara Valassis just finished her Memorial Day Weekend marathon and workshop at Temenos, between Detroit and Ann Arbor. Her next event is a 24-hour marathon at Temenos June 9-10 (cost \$120). She also has drop-in groups (for those with prior primal experience) 7-10 p.m. Mondays at Temenos and 7-10 p.m. Thursday at her center in Farmington Hills (admission \$30). She's at (313) 478-5559.

Stephen Khamsi, Ph.D., updated the primal bibliography. He is happy to supply copies to IPA Newsletter readers for free. (We recommend sending along a few stamps.) He can be reached at 13356 Gibson St., Glen Ellen, CA 95422.

Henry Morgenthaler's 70th birthday was the occasion for a celebration in his honor May 17th at Toronto's Winter Garden Theatre, featuring live music, cake and ice cream along with tributes for his pioneering work keeping abortion legal in Canada.

Bill Smukler will lead the sixth Noah's Ark - a 40-days and nights program in multi-modal psychotherapy for people wanting training as a therapist as well as those interested in an intensive therapeutic experience. Dates are Jan. 9-Feb. 19, 1994 near Lehigh, PA. For information, contact Bill at 215-242-6667.

William Emerson, Ph.D., offers a clinical training Aug. 21-25 and supervision group Aug. 27-28 on the "fourth trimester" - birth and the next three months. It's Aug. 27-28 at his office at 4940 Bodega Ave. in Petaluma, CA. Cost is \$495 for the workshop and \$180 for clinical training. Contact Craig Shaffer at (707) 763-7024.

PRESIDENT'S MESSAGE

by Steve Austill

In 1956, I was the minister of a small Episcopal parish in North Billerica, Massachusetts, USA. I had graduated from the respected Virginia Theological Seminary and then served as an assistant for two years in an affluent Boston suburb. But North Billerica was different. For one thing, it was almost entirely working class. I was not used to that, but was fascinated by these "rough" folk. Ginny, my wife, and I were met with a great deal of kindness by them. We were filled with enthusiasm and hope. Those were the glory days. The population was growing. The church was growing. It seemed like we were being very successful.

But one thing astonished me. At the annual meeting held every January a huge turnout of people would come to watch "the fights." Of course, I didn't know that at first. I expected the annual meeting to be decorous and parliamentary. But no. Hardly had my gavel come down to call the meeting to order when somebody spoke up in an angry voice to make an objection. From that moment on it went from bad to worse. People began to shout. Complaints were rampant. I pounded the gavel and tried to keep order with little success. There was much sweat under my round collar and on my brow. Was this the Christian community I have learned about in seminary? Obviously not. After it was all over one of the old timers said to me: "Don't worry Steve...it's always been this way. People come from all over to our annual meeting to see "the fights."

I stayed in North Billerica for five years. Some progress was made at the annual meetings. But not much. The best thing was that people were having their true feelings. But overall it seemed destructive and wrong. The question puzzled me for years. How can people work together, be honest and yet loving?

As I look back over my term as President of the IPA, the thing that I am most happy about is that, as a group, we have actually achieved the ability to handle "the fights" in an honest and loving manner. In my term we have had two big ones. Feelings ran extremely high. At one meeting, held in my house in Saugus, it got so loud that I thought the neighbors would complain. But they didn't. Thankfully. I am proud to say that no feelings were held back yet at the same time true and beautiful resolutions seem to have resulted. This is a major achievement.

How we accomplished this feat is quite complex and yet very simple too. It has to do with a firm commitment to the primal deep feeling process and a willingness to hang in there. It is also the result of some excellent rules and regulations for the conduct of our meetings that we have developed over the years. In contrast to the sweat under my round collar in North Billerica, I have a smile on my face and warmth in my heart as I reflect on our very productive meetings together.

I am looking forward very much to the Convention coming up chaired by Barbara Valassis and featuring work on sub-personalities. One of my sub-personalities is an anarchist....believe it or not! We had a really wonderful conference in N.Y. in March. Thanks so much Dan and your committee! I hope contributions will come in to the President's Discretionary Fund so that we can bring people "far away" to our Convention. There should be news soon about Certification of Primal Integration Therapists. Mary Thompson and myself are the trial guinea pigs going through the ropes now. The 1992 convention photo came out really well. If you want a copy, send me \$10. I look forward to seeing all of you at Appel Farm this summer. It has been nothing but a pleasure to have served as your president these past two years.



Steve Austill, our president.

THANK YOU FOR THE LIGHT IN YOUR EYES

by Natalie Ulrich

What I see in your eyes is love, honesty and compassion,
you can't hide the fear the sorrow or the pain
The light in your eyes feels real
and for some reason you can't hide
But you'll never loose the pride

What I see in your eyes
goes through my heart, my body and my soul
your mind is clear showing not the slightest bit of fear
Nobody knows, what I know now

What I see in your eyes is trust forgiveness and patience
The rhythm of your heartbeat reflects in your eyes
Your heart is pure open and neutral I can see it in your eyes
They will shine forever
Thank you for letting me see the incredible light in your eyes.

ONLY HALF A CURE: UNCONDITIONAL ACCEPTANCE AND THE PRIMAL PROCESS

by Mickel Adzema

Unconditional Acceptance and the Real Self

A prerequisite of growth, within the primal process, is unconditional acceptance. This means that the client is supported in all that she or he is, no matter what that might be. This does not mean that the client is supported in acting out all that she or he is, but that she or he is supported in expressing whatever is inside, no matter what it is and no matter what it might trigger in the facilitator.

In addition to the release of tension that is inherent in the primal process, and the connection of present actions to past events, perhaps the most important results of primal therapy, when correctly done, is that, given unconditional acceptance, the client at some points begins likewise to unconditionally accept her- or himself - all of him- or herself.

When she or he begins to be able to do that, she or he has tipped the balance in favor of the real self and can be said to be more real than unreal. That is to say that a crucial element of the real self is its unconditional acceptance of itself, and a crucial element of the unreal self is its nonacceptance of the total self. The unreal self contains all the putdowns, negations, and harassments of the self that were original elements of the familial and social milieu of the developing individual. Thus, when the individual, in therapy, begins to unconditionally accept all of her- or himself, she or he can be said to be identifying more with the real self, an element of which is acceptance, than with the unreal self, whose crucial element is nonacceptance.

I propose that unconditional acceptance, therefore, is the crucial element of a primal therapy whose stated goal is to get people real. It may also be why some other therapies succeed, to an extent, in helping a person to be more real - is that they grant unconditional acceptance, while some primal therapists might fail in the same attempt - in that they facilitate abreaction, tension reduction, and connection but do not grant unconditional acceptance.

Only Half a Cure

I think primal therapy can be said to have not fully succeeded when it has only resulted in a reduction of tension and/or a conscious understanding of present behavior and thought patterns. These effects in themselves do result in less in the way of acting out of destructive patterns: they reduce both the impetus for the act-out and the rationale for it, which has allowed its expression previously. These in themselves produce a less tense and less personally and socially destructive individual. But in themselves they are only half a cure.

For a real person is more than being merely not negative. A real

person can be genuinely positive - can be positively motivated and creative, can actively give love, and can actively operate to alter his or her environment (social, cultural, and physical) so that it is better able to facilitate the fulfillment of his or her real needs and his or her continued growth.

And this stage, this part of the cure, requires the unconditional acceptance of the total self - real and unreal, past and present, crazy and sane. For to be positively motivated - to be able to act in a positive and vital way - requires that one can be relatively free of the denunciations and harassments of the unreal self, which acts to negate (as the familial and social milieu once did) all actions emanating from the real self.

Thus this part of the cure requires an identification with the real self (or, to be more specific, an identification with it that is stronger than with the unreal self) which, of course, unconditionally accepts itself, and indeed, actively supports all actions emanating from itself.

The Facilitator's Part

The other half of the cure, however, is very difficult to bring about without unconditional acceptance from the facilitator. Admittedly, to a certain extent this part of the cure is possible without the unconditional acceptance of the facilitator in that in connecting present thought and behavior patterns to their primal origins, one is able to begin to accept them - for one discovers that one's self is not to blame for them. This reduces the self-condemnation considerably. But this is a shoddy and needlessly long route which can be greatly condensed by a facilitator who is able to give unconditional acceptance to her or his clients.

Positive. What I am saying, then, is that, to a certain extent, a truly good facilitator has the ability to give real love to his or her clients. He or she is able to let them be whatever they are. This is exactly what was lacking in the first place and reinforced the split. It is exactly that again which, when given, can push back the negative tide and initiate the reversal of the neurotic process.

But more than merely letting a client be whatever she or he is, a good facilitator is able to love enough in order to support the client in the expression of all that she or he is, no matter that that is. Thus giving the client a taste of what she or he never had - support for the expression of one's self, the client eventually is able to give that support to her- or himself, and does not require it of those around her or him (a frustrating task at best). The client can, at that point, be said to truly have her- or his self.

WE SEND ROSES...

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... to the contributors for this issue: Hal Geddes, Harriet Geller, Cynthia Robinson, Steve Austill, Renate Marek, Henry Shew, Stephen Khamsi, Mickel Adzema, Paul Hannig, Barbara Valassis, Larry King, Natalie Ullrich, Loretta Fogel, and Karen Buck.

...and a hearty "Get Well" to Jean Getoff and Susanne Bersbach. We send best wishes to both of you.

... and "Congratulations" to Debby Caplan and H. Larry King on their marriage together, which they announced at the New York Conference.

...to everyone who worked so hard to put together a great New York conference:

- Dan Miller for chairing the event
- Karen Buck for hosting the board and the bagels
- Patricia St. John for a very feeling and significant presentation on communication at the Conference
- David and Joyce Karchere and their associates for wonderful music at the Conference
- Ellie Bragar for her hospitable and fun post-Conference party

... to Mary Thompson for providing transportation to/from the airport and being hostess with the mostest for the IPA trial Certification Meeting.

... to Steve Austill for making the arrangements for Appel Farm accommodations for the Process Day and Board Meeting in May.

...to Loretta Fogel for making the arrangements for IPA events at Appel Farm for about 14 years.

Larry Schumer at the May Board Meeting.



Only Half A Cure

....continued

Negative. Now, if they do not have their selves, facilitators can actually inhibit the unconditional acceptance of one's self which makes one real. If they are threatened by certain aspects of what is inside their client, they will unconsciously (or consciously) act to reduce the threat in a variety of ways: expressing subtle, or not so subtle, disapproval, failing to give support to the expression of what the client holds inside, hurrying the patient along to "deeper" levels of feeling that are less threatening, keeping her or him at more superficial levels for the same reason, and so forth.

All of these are "picked up" by the client who is very sensitive to any signs of disapproval in that they serve to feed the unreal self which is, by definition, dominates in a person who does not have his or her real self and is in therapy to get it. Thus the client learns that certain aspects of him- or herself are indeed unacceptable; and this feeling - no matter how many other expressions of him- or herself are allowed and how much tension reduction and connection takes place - will actively serve to inhibit the dawning of the feeling of total acceptance of one's self, which may be said to mark the turning point in the struggle of the real self against the unreal self.

Conclusion

To a certain extent I believe that a person does not start to become real until she or he has been totally accepted somewhere along the course of her or his therapy - whether by a facilitator, a buddy, a lover, a friend. Without a taste of that total, and reservationless acceptance from another of all that one is, which can also be called love, I feel that it is well nigh impossible for one to totally accept her- or himself and to become real, regardless of the other aspects of the therapy.

But is greatly aided by (I almost said "requires") "loving" (in the sense of totally accepting and supporting) facilitators. And these facilitators can not be totally accepting and supporting unless they themselves have their selves. That is to say, facilitators need to be unconditionally accepting of themselves (real) and so do not require anything of their clients, even subtly. Having accepted all of their selves, good facilitators do not require or even wish that the client be one thing as opposed to another - having one feeling as opposed to another, get through a certain feeling faster than is the client's pace, avoid certain areas, or so on. However, they can allow the client to be where he or she is all the time only if they have enough acceptance of their own selves to not be threatened by whatever comes up in the client.

CONSENSUS PROCESS

by Hal Geddes

The Spring Newsletter carried an article called "Consensus Process" which was inadvertently submitted without an introduction. I took the material in that article from Truth or Dare: Encounters with Power, Authority and Mystery by Starhawk. The material comes from Chapter 7, "Finding a Voice: Breaking the Censor's Silence." This chapter was distributed to the Board of Directors quite some time ago by Karen Buck who wanted to share it with all of us. Thank you Karen. Thank you Starhawk.

PRIMAL AS A LABOR OF LOVE

by Hal Geddes

A few months ago, as part of a process of developing a brochure for our recently formed Massachusetts Primal Association I asked a client of mine if she would be willing to write a short piece about her experience to put in the brochure. I chose to ask her in particular because of her high level of commitment to her healing process. Hers is a work style that I have called megawarrior. She responded with the following:

"I began primal integration therapy two months after my divorce became final. I had been in a deep depression during which I made a serious suicide attempt. It was at this point that I realized how ineffective my many years of traditional therapy had been. The flood gates which had held back almost 40 years of repressed pain, fear and rage had broken wide open and for the first time in all those years I was faced with genuine feelings — not "thought" feelings, but feelings which were so powerful and overwhelming that they terrified me. I knew that I needed to find a different way to work and so I began what has turned out to be a labor of love.

Seven years have gone by and the terror is gone — I can feel and I am alive. The catharsis and healing that have come from living little by little through the incest and emotional abuse and neglect of my childhood, have given me a new perspective on my self and my relationships — one that includes the ability to love and to be loved and an openness to new possibilities. Primal integration therapy has given me my life to live — this time with feeling!"

- J.G. Connecticut

DEADLINE TO SUBMIT

We welcome your regional reports on local activities of interest to the primal community as well as comments, book/music reviews, articles, photographs, etc. for inclusion in the IPA Newsletter.

The deadline for the October issue is Sept. 15, 1993. See info on page two concerning format and address for submitting material.



Mary Thompson bustling to another meeting held on the floor.

COMMENTS

compiled by Terry Larimore from the letters of Henry Shew

Those of us who produce the IPA newsletter know that many readers consider it a vital connection to the larger primal community. We get letters from people - especially those who do not have other primal people nearby - who talk about how much they treasure the information and news it contains. One of our most prolific correspondents is Henry Shew of Pentiction, B.C. I've excerpted the following from some of his recent letters.

Henry recommends the books "Hakomi Method" by Ron Kurtz, "Human Destructiveness" by Anthony Storr, M.D., "The Way To Vibrant Health" by Alexander Lowen, M.D., and "Emotional First Aid," by Sean Haldane, Ph.D. So we may express our feelings vigorously without hurting our voices or throats, he recommends "Vocal Power" by Joan Kenley.

Henry also shares his experiences using yoga to open up the body and heartily recommends that people doing primal integration work investigate the benefits of regular yoga exercises. He emphasizes the importance of keeping the breath open and full whenever doing deep feeling work and points out that yoga helps that, too.

He muses that the custom in some European countries of giving eight weeks vacation per year would provide more time for intensive therapy. He espouses the slow-is-beautiful approach that is often missing in North America's work-a-day world.

Thanks for your comments and suggestions, Henry!

REAL SELF, TRUE SELF

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by Cynthia Robinson

There is a place within each of us that never seems to change. It is the same when a child, when an adult, when aged. Often we are not aware of those places within because they are covered with pain, anger, resentment, etc. After many years of therapy I became aware of what I thought of as "my child." I nourished this child, however, I still "had to earn my keep," which meant doing more than this body was comfortably capable of and exhausting myself.

One night my body ached so much that I couldn't sleep so I started to think, "I'm not my body, I'm not my body, I know I'm not my body," then I thought "If I broke my arm I wouldn't change inside, I'd still be me, my body changes but I don't change." And then I realized, "I can't be my thoughts either because they change too, nor am I my mind for my mind changes and I'm not my emotions, they also change. This unchanging core of me, this I AM must be

my real Self, my True Self." As I became aware of all this I felt a great surge of love for me and for the Divinity within me and I realized I no longer "have to earn my keep!"

It all seems so simple. However, to be able to contact the unchanging place within, we need to uncover the layers of pain, anger, resentment, etc. We need to follow to the source each unpleasant memory and act, each disturbing thought and emotion, experience the feelings, surrender to the Universe and then release. Release is most important. Until we release we are buried in ego, ego, not self-esteem. It isn't easy. Self-learning can be very painful. It takes honesty to face ourselves, however, if we do not look within, how can we discover our REAL SELF, our TRUE SELF, that part of each individual that LOVES; that loves ITSELF and loves the same part of others without fear and without expectation?



Mary Thompson, of Philadelphia, and Belinda Yalin, of Boston, ponder important IPA business matters during a Board meeting.

WE APOLOGIZE

by Stephen P. Austill

While rummaging through some old IPA files I was shocked to find a group of letters - unopened - to the IPA from 1983. I have opened all those old letters and responded to them with a personal apology. But one letter deserves a public apology from the IPA. The letter is from Herman Weiner, Ph.D., the first President of the IPA. The letter reads in part:

1/21/83 "Ingratitude - thy name is IPA! To paraphrase the great bard. In previous issues, when the list of former IPA Presidents were named - I was not! Now (p.3) "New Elections" - it is forgotten that I was elected 1st Pres. of IPA - then re-elected for a 2nd term" Can't I get respect?! Best wishes for 83! Hy W."

I called Dr. Weiner recently and had a good chat with him. He remembered his letter to the IPA and wondered why there had been no response. He was very friendly. We are very sorry for these errors, Dr. Weiner!

NEWSLETTER NEWS

by Terry Larimore, Newsletter Editor

The IPA welcomes submissions for the newsletter. Materials sent for the newsletter are assumed to be for publication without further notice. Because of space requirements, it is not advisable to send items that may not be edited (text) or trimmed (photos or drawings). If you submit something that may not be edited (even for grammar or spelling errors or consistency), please say so

prominently on the material itself. Items submitted for consideration will not be returned. Format and address for submitting material is on page two of this issue.

We welcome news of local activities, book/movie reviews, articles and other original material, including photos.

CONGRATULATIONS KATIE LORI!

Harriet Geller sent a copy of a letter from the New Jersey Library Association about our friend and IPA member Katie Lori McConnell. She wrote: "I wanted to make sure you got this [for the newsletter].... I think it deserves more than a [mention in] Roses, don't you?" We agree! Here's the first two paragraphs from the letter, dated April 5, 1993:

"Congratulations! It gives us great pleasure to inform you that you have been awarded the first annual New Jersey Library Association Librarian of the Year Award.

Your activities and accomplishments are very impressive and we are sure you will be an enthusiastic and articulate spokesperson for Librarianship and that you will serve as a role model for all librarians striving to advance the positive visibility of libraries."

It gives us great pleasure to add our congratulations to those of the NJLA. Way to go, Katie Lori!!



Our favorite librarian, Katie Lori.

THOUGHTS

Pain, Frustration, and Difficulty come when you hold to something that no longer supports your highest good.

Spirituality is not something to search for. It is something to polish.

Following your path is following your heart, and that doesn't take you outside, it takes you inside, and once you go inside you begin to move and you trust every movement.

There is no particular value in struggle.

NOMINATIONS

The Board of Directors, acting as nominating committee for the IPA Elections in September, 1993, submits the following slate:

President Mary Thompson

Vice-President Hal Geddes

The positions of Secretary and Treasurer are not scheduled for election this year. Barbara Cope is fulfilling her second year of a two-year term as Secretary. Judy Kinsey is fulfilling her second year of the two-year term as Treasurer.

The election will be conducted during the IPA annual meeting on Sunday, Sept. 5, 1993 during the IPA's summer convention at the Appel Farm Arts and Music Camp.

'93-'94 IPA BOARD MEETING SCHEDULE

(most IPA gatherings feature committee meetings on the Friday prior to the dates listed below)

- Sept. 5 Annual Meeting during the 1993 Summer Convention, Aug. 31-Sept. 6, 1993.
- Oct. 23-24 Process Day and Board Meeting in Boston area. Contact Steve Austill, 617-233-1461.
- Dec. 11-12 Process Day and Board Meeting in Philadelphia. (MAKE NOTE!! THIS DATE HAS CHANGED SINCE WE SET IT AT APPEL FARM!)
- March 12-13 New York regional conference and Board Meeting in New York City. Details to be announced.
- May 21-22 Process Day and Board Meeting at Appel Farm in New Jersey.

Watch future issues for more information on contact person, costs and reservations directions and deadlines.

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RESOURCES FOR GAY AND LESBIAN CLIENTS

"True Colors," a newsletter for counseling gay and lesbian clients, provides gay and lesbian resources for therapists, counseling centers, gay and lesbian clients, and families and friends of lesbians and gays who seek information. Gay and lesbian resources are often not easily accessible and/or difficult to purchase because they address highly personal and sensitive issues. It is True Colors' goal to make these resources and information available within a private and safe realm.

The newsletter includes title, author, cost, summary/description and ordering information for tapes and books that touch on subjects including gay parenting, couples/commitment, gay youth, religious and spiritual issues, community, legal matters, health, family/friends, "coming out" and specific resources for therapists.

Free copies are available: (800) 745-0555 or fax (210) 408-0707. The mailing address is True Colors, 16106 University Oak Suite #2, San Antonio, TX 78249

IPA MEMBERSHIP INFORMATION

INCOME	Individual	Joint
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
More than \$100,000	\$110	\$154
Lifetime (payable over 5 yrs)	\$1000	\$1500

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

For full details, call Barbara Cope, (215) 779-8842.
To join, mail your membership fee to IPA, 490 Park View Dr., Reading, PA 19606.

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