
IPA NEWSLETTER

International Primal Assoc. • Winter-Spring 1994

490 Park View Road • Reading, PA 19606 • (610) 779-8842

FROM THE PRESIDENT'S CORNER

By Mary Thompson



For two years, Steve Austill has given us messages as president of the IPA that have set the tone for so much that we hold dear in our organization. I would like to continue in that tradition.

We seem to be growing and we are looking at new ways to expand our horizons as an organization with a unique message. In the course of growing, since our inception, which was born of William Swartley's dream, we have moved through struggles to be authentic in our purpose. We have found that, as we become accepting, appreciative, loving, and helpful to the inner parts of our individual selves, we are able to do the same within the community. We have learned to listen more to each other without insisting on placing our own ideas on someone else's dream.

We have been an organization which has fostered growth by providing love and support to members who have risked functioning in new ways in their work for the IPA. We know that integrating the new parts of ourselves as we do our inner work requires a safe place in the outside world. Then we can spread our wings and express our newly found freedoms and capabilities.

Our late member, Ross Klahr, was one of the people who taught us to do this best. Personally, I owe a great deal to him for seeing new strengths in me and for nourishing them with kindness; he never overwhelmed me with his way of doing things. He saw me, heard me and gently guided me in little ways which made it possible for me to give what was uniquely mine to the IPA and, later, to others.

I dedicate my first column as president to these three to whom I owe so much: Steve Austill, William Swartley, and Ross Klahr. As we expand our organization, my hope is that the IPA Board and the whole membership will keep in mind this inner and outer positive loving affirming task that can truly improve our lives individually and collectively. ■

WINTER CONFERENCE IN NEW YORK CITY • MARCH 12 COMMUNICATION FOR COOPERATION

By Sally B. D'Alesio

Where would you be today--who would you be today?--how would you act today?--if your parents had been committed to preserving your self-esteem and had set clear and consistent behavioral guidelines when you were a child? Is there a "child within" you whose low self-worth and lack of boundaries create chaos in your personal or professional relationships? As a therapist, educator or parent, are you dealing with people who were reared in an environment where silence and anger reigned, where communication was for nagging or criticizing or bribing or threatening?

If these questions strike a chord within you, then the IPA 1994 Winter Conference is the place for you. Come and hear our keynote speaker, Nancy Samalin, address these and other questions. Ms. Samalin's expertise is not only in the illumination of problems but in the development of strategies that work to solve problems. She is a workshop leader, author (see Book Review on page 7) and speaker with a highly respected international reputation. She has presented her ideas before medi-

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INNER CHILD AS PLAYMATE AND TEACHER 1994 SUMMER CONVENTION APPEL FARM • August 30 - September 5

By Barbara Pitcher



William Emerson

THE INNER CHILD AS PLAYMATE AND TEACHER has been chosen as the theme for the 1994 Summer Convention at Appel Farm. We are extremely fortunate to have as keynote speaker William Emerson, Ph.D. For those of you who are not familiar with Dr. Emerson's work, he is a pioneer in psychological treatment methods for infants and children. He works with trauma resolution and with bringing the infant to its human potential and spirituality. He specializes in training mental health professionals in regression therapy and in translating regression techniques into parent facilitation skills.

Dr. Emerson has held four university appointments and has practiced psychotherapy for 25 years. An author of numerous publications as well as writer-producer of three

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INTERNATIONAL PRIMAL ASSOCIATION

490 PARK VIEW RD, READING, PA 19606
(610) 779-8842

WINTER-SPRING 1994

OFFICERS

PRESIDENT

Mary Thompson
108 So. 4th St., Darby, PA 19023
(215) 532-3808

VICE-PRESIDENT

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

SECRETARY

Barbara Kay Cope
490 Park View Rd., Reading PA 19606
(610) 779-8842

TREASURER

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

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IPA NEWSLETTER

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

MAILING: Larry Schumer
1782 So. Yuma Street
Salt Lake City, UT 84108

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Please send submissions, typed or on diskette, to the Editor no later than April 30, 1994 for the Summer Issue. Send changes of address to the Mailing Editor.

NOTE CHANGES AND CORRECTIONS TO THE IPA ADDRESS AND PHONE.

IPA CALENDAR

Saturday, March 12 9 am - 6 pm	Winter Conference: Communication for Cooperation Gramercy Park Hotel, Lexington Ave. at 21st St., New York City
Sunday, March 13 9:30 am - 4ish pm	Board of Directors Meeting Larry Gauchman's Studio 98 Riverside Drive at 82nd Street
Saturday, May 21 - Sunday, May 22	Process Day and Board Meeting Appel Farm, Elmer, NJ
Tuesday, August 30 - Monday, Sep. 5	Summer Convention: Inner Child As Playmate and Teacher Appel Farm, Elmer, NJ

MEMBER NEWS AND NOTICES

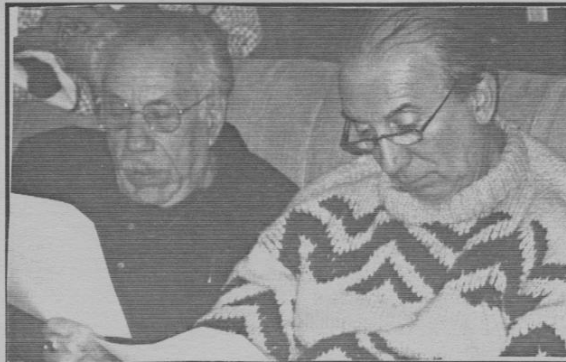
Barbara Valassis continues to hold monthly 24-hour marathons and drop-in groups on Mondays and Thursdays at the Primal Integration Center of Michigan. She is also available for live-in intensives in the spring. The people at the center regret that Temenos is not available anymore and send their regards to **Bill Caldwell**.

Steve Austill reports that the Boston Primal Association continues to offer monthly workshops followed by pot luck suppers, community meetings and, lately, Cabaret. The next gathering is on Feb. 20; the theme is "Death and Rebirth" and the meeting will include the installation of the new leader. The new leader will facilitate the following meeting on Mar. 20. The Weekend at Camp Leslie will be held on June 24-26. Call Steve at (617) 233-1461 to reserve a space at workshops.

Nuria Divi and **Harriet Geller** will be appearing in a primal theater production on April 23rd in New York City. Look for the flyer in the mail.

William Emerson's schedule for the winter and spring includes workshops in Petaluma, CA on March 18-20 (contact Craig Schaffer at 707-763-7024); Littleton, CO on April 8-10 (Margaret Grant at 303-791-6564); Los Angeles, CA on April 29 (Patricia Gaul at 213-461-8248); Seattle, WA on May 13-15 (Hope Faith at 206-527-1366); Boulder, CO on June 18-20 (Susan Aposhyan at 303-444-0202); and, of course, The IPA Summer Convention on Sep. 3.

The editor wishes all those traveling on The Ark a safe and healing journey, full of wonder, love and new possibilities. May you travel deep and wide and find—yourself.



Board members Dan Miller (l.) and Santo Longo studying a proposal at the December, 1993 Board Meeting.

ACCREDITATION ISSUE: "PRIMAL INTEGRATION" IS NOT THERAPY

By Juliana Brown and Richard Mowbray

We were dismayed to see from the Spring '93 Newsletter that the IPA is proposing to use the label "Primal Integration Therapist" for the IPA certification process. We have an objection to the selection of this label as a generic on the grounds that the term "Primal Integration" is already in established use for a form of primal work that is *not* regarded as a form of therapy. Bill Swartley, IPA founder, who coined the term "Primal Integration" was emphatic that it referred to a particular form of primal work that was not a therapy, (i.e., not a remedial or reparative approach). When asked whether he saw Primal Integration as a form of therapy (in an interview in "Self and Society", the European Journal of Humanistic Psychology, Vol. 5, No. 6, June 1977), he replied, "I never use the word 'therapy', and in all our publications and letterheads we disclaim the word 'therapy'."

In his article "Primal Integration", 1975 (available from Steve Austill), he states:

"Primal Integration is one of a number of primarily oriented human maturation techniques which have evolved during the 1970's... The third 'new' thing about primal techniques is the adaptation I have developed for use with average maturing adults, called Primal Integration. Primal Integration utilizes regressive techniques with average adults within an educational, rather than a therapeutic, framework..."

We have been practising under the title "Primal Integration" here in the U.K. con-

tinuously since our training with Bill in the late seventies and offer the largest program of this work available in the U.K. We are also the authors of a chapter on Primal Integration for a forthcoming handbook to be published in the U.K. by the Open University Press.

We are aware that John Rowan refers to Primal Integration as a therapy in some of the things that he has written. However, John is not representative of those practitioners who trained with Bill in the U. K. where the majority of practice continues to follow the original usage.

Primal Integration groups, as developed by Bill and continued by us and others, are highly unstructured compared to most other group experiences on offer—primal or otherwise. (See, for example, a copy of Bill's original ground rules for Primal Integration, available from Steve Austill.) Consequently, they require a much higher degree of self-responsibility and self-direction on the part of participants than most people would expect of a "therapy" group, and thus require a distinctive term that makes this distinction clear and does not mislead people. Primal Integration has been that term.

To now have the IPA adopt "Primal Integration Therapist" as a generic term would create a great deal of confusion for us in both the above respects—that is, Primal Integration is not a therapy and it is already a distinguishing label rather than a generic term. We also note from a survey of IPA publications that the only people who use the term "Primal Integration" for their work or centres are, by and large, those who, like us, trained with Bill.

Finally, there is the general issue of accreditation, certification and licensing. A debate has been under way in the U. K. over the last few years about the registration of psychotherapists under the shadow of a standing conference on the subject. We are among those who are very skeptical about the wisdom of accreditation, certification and licensing as methods of regulating the provision of resources for promoting human development and healing, and we have proposed an alternative system, inspired by Will Schultz, which is based on the principle of "Full Disclosure" (see an article, "Whither the Human Potential Movement", by the authors, available from Steve Austill).

We would also like to draw your attention to the exhaustive four-volume study of the subject by Daniel Hogan, *The Regulation of Psychotherapists*, Ballinger, 1979. He comes to similar conclusions about licensing and accreditation and puts forward comprehensive alternative proposals of a similar nature to the one we have mentioned. (See also Chapter 16 of Peter Bregin's *Toxic Psychiatry*, St. Martin's Press, 1991.)

However, if the IPA decides to go ahead with the system of certification proposed, we respectfully ask you not to use the term "Primal Integration Therapist" as a general term for IPA-certified practitioners for the reasons stated above. We understand the desire to make a distinction from Janov, in which case, may we suggest as an alternative, "Primal Process Facilitator" or "Primal Process Practitioner"? Or, if you must, "Primal Process Therapist"?

GRAHAM FARRANT

Graham Farrant, long time member of the IPA, died of AIDS in late December, 1993. His extraordinary work in cellular consciousness raised primal theory to a new level of understanding. We are grateful that his extensive travels from his home in Australia brought him regularly to the United States and to the IPA Convention where many of us had the opportunity to know him and learn from him. He was loved and admired not only for his professional accomplishments but also for his open heart and emergent spirituality. Remembrances will appear in the Summer Issue of the Newsletter.



Graham (center) with past IPA presidents Larry Schumer and Barbara Valassis

♥ ROSES TO . . .

... Marilyn Mae "Pearl" Sparks on the death of her husband and our friend, Bill Sparks, on September 14, 1993.

... Barbara Valassis, Larry Schumer, Steve Austill, and Convention Committee members for a smooth, informative and beautiful 1993 Summer Convention.

... Sally D'Alesio for her creative work in mounting our Convention Gallery.

... the Philadelphia and New York area IPA people who feed, house, transport, and generally take care of the long-distance travelers to the Convention each August.

... Steve and Ginny Austill for their hospitality and Sunday-morning waffles at the October Process Day and Board Meeting.

... and all the others who provided scrumptious home-made food for the October Process Day.

... Mary Thompson for her beyond-the-call-of-duty care and hospitality in providing room and board as well as chairing the December Process Day and Board Meeting.

... and Loretta Fogel (who?) for her soul-warming bread and soup at the December gatherings.

... Steve Austill and his family (Ginny and Becky) for sorting and storing the IPA's vast collection of archival material.

... Hal Geddes for compiling the much-needed History of Board Decisions.

... outgoing IPA president, Steve Austill, for his years of service, leadership and dedication.

... Terry Larimore, for bringing her professional panache and creative intelligence to the editorship of the IPA Newsletters since 1990.

... outgoing database manager, Karen Buck, for maintaining our records, producing labels, compiling registration lists, and more. Larry Schumer has taken over this vital function.

... the contributors to the Newsletter: Mary Thompson, Sally D'Alesio, Barbara Pitcher, Juliana Brown, Richard Mowbray, Larry King, Barbara Kay Cope, Inbal-Bar-On, Dan Miller, Paul Hannig, Mickel Adzema, and John Speyrer and photos by Karen Buck and Loretta Fogel. ■

WHAT IS PRIMAL PSYCHOTHERAPY?

By Larry King

This article is adapted by the author from material he wrote for BEHAVIOR TODAY. It was read as an introduction to his 1993 Convention workshop, "Primal 101".

Psychotherapy is the art and science of easing emotional problems. Many forms of psychotherapy are designed to help the client know and understand what is in their unconscious. Very few are designed to actually *change* what is in the unconscious. However, if the material in the unconscious is not changed, it retains its enormous power to occasionally override even the most powerful of egos. When it does that, we call it "neurosis." In one way or another, it always results in emotional pain.

The unconscious is primarily a record of the past *and* a storehouse of past physical and emotional tensions. These tensions can be triggered by present events so that they are felt in the present. In fact, because their origin is from the unconscious, and we are thus unaware of their actual source, these powerful tensions seem to originate in the present, and the person or situation triggering them appears to be their primary cause--when they may, in fact, be only a very minor part of the cause.

My understanding of the object of psychoanalysis is that it helps the client discover these unconscious origins of present-day tensions (and their accompanying but misplaced ideations) and to analyze and use the knowledge consciously to change present and future behaviors.

On the other hand, the object of primal psychotherapy is to enhance one's life by first lowering the tension levels of the material stored in the unconscious. That makes these tensions less likely to be triggered and greatly reduces their ability to affect consciousness when they are triggered.

In a session, I first help the client become highly conscious of previously unconscious memories, being very careful not to suggest anything that wasn't already there. The past is actually "re-lived." Previously buried motivations become obvious to the client. No interpretation or analysis is needed from the therapist.

I totally accept and, thereby, encourage the client to accept the reality of the new discovery he is making: that some of the

pain he experienced as a child was so immense or prolonged that it had to be buried, and that those forgotten experiences and their accompanying emotional tensions have been the source of lifelong painful emotions, psychosomatic illnesses, neurotic thoughts, destructive defenses, and self-defeating behaviors.

He may discover that, in having to build walls to contain the pain, he not only reduced his sensitivity to painful feelings, but also reduced his ability to enjoy pleasurable feelings. However, by slowly confronting the old pain, he starts to regain the compassion for himself that was diminished by the need for survival; with that, comes more compassion for others and a greater ability to feel warmth and closeness.

I believe that most therapists and lay people recognize the value of a cathartic experience in connection with recent trauma (such as crying to express the grief of losing a loved one). It vastly lowers tension levels. Long-forgotten traumas create very high, though unconscious, tension levels as well. It is this tension that gives such incredible power to neurotic impulses. ("I know it's self-destructive, but I can't seem to stop myself.") By doing a *connective catharsis* of the past, the neurotic impulses are greatly diminished, and some are gone forever.

At some stage in each session, the therapy changes from an emphasis on the unconscious to an integration of the unconscious with the conscious and then to an emphasis on the conscious. Because the client has lived from unconscious neurotic impulses all his life, there are areas where he is inexperienced at living in a relatively un-neurotic way. The therapy then focuses on exploring the new relationships, life-styles, and extraordinarily pleasurable deep emotions that become possible when one's conscious mind, rather than one's unconscious, is truly in charge. ■

*For questions or comments, contact:
H. Lawrence King (212) 580-3734
365 West End Avenue
New York, NY 10024-6532*

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WORDS FROM THE SECRETARY

By Barbara Kay Cope

The December Process Day and Board Meeting were held at the home of our new president, Mary Thompson. Mary not only welcomed the Board to her home but insisted on outrageously spoiling us. I know of no other organization in which the president houses the entire board, personally chauffeurs members to and from public transportation, and serves strawberry pancakes for breakfast. We were further pampered by wonderful homemade soup and bread from our Treasurer Emeritus, Loretta Fogel.

On Saturday, December 11th, we had an enriching Process Day. The purpose of Process Day is to give a time and place to discuss anything that might interfere with a smooth and productive Board Meeting. At this Process Day we did something a little different; we spent a lot of time talking about our hopes and dreams for the IPA. It was wonderful to share our love of the organization and our ideas and visions for ways in which we can help the IPA grow and share our knowledge with the world.

On Sunday, we had a very productive Board Meeting. We discussed plans for our upcoming Winter Conference and Summer Convention. (See separate articles on the front page of this Newsletter for details.) Terry Larimore gave her final newsletter report. The Board was regretful to lose her as editor. Under her care, the Newsletter has become something of which the IPA can truly be proud. Harriet Geller is the editor of this issue--and the board very much hopes we can persuade her to do future issues. (Ed. note--at least one more!)

As secretary, I shared some mail that we have received from Israel (see page 6) and Australia. We are truly an international organization. We also received a subscription for our journal, *Aesthema*, from the National Library of Medicine. Our last issue of *Aesthema*, under our new journal editor, Mickel Adzema, is

due out in the late winter or spring. In the fall, Mickel is planning to publish our first issue of *Primal Renaissance* (see article on page 7).

This promises to be an exciting year for the IPA. Barbara Vallasis reported that the Certification Committee is making good progress. Arthur Janov's school of primal on the west coast is already certifying primal therapists; we hope that the IPA will certify Primal Integration Therapists in the near future.

At the Winter Conference this year, we will have a continuously running slide carousel showing pictures of our Conventions at Appel Farm. This promotional event has been developed by Hal Geddes who also snapped most of the slides at the 1993 Convention.

The Creative Marketing Committee, chaired by Santo Longo, had many exciting ideas to offer the Board. Some of these ideas had grown out of the visionary discussion, once again demonstrating the value of Process Day. The idea that most excites me is the compilation of a volunteer referral list. As secretary, I have sometimes felt frustrated when people have called asking for help in finding a primal therapist. I want to help them, but can not officially recommend a therapist who has not been certified by the IPA. With the list, I could direct callers to volunteers in their areas who could recommend whomever they like.

The IPA is growing and changing. The world is becoming more open to the knowledge that the IPA has to offer for human growth and development. From every Board Meeting and Process Day, I come away with a feeling of pride in the organization and love for the wonderful caring people who belong to it. ■

WINTER CONFERENCE: COMMUNICATION FOR COOPERATION

Continued from page 1

cal and business groups, school boards, teacher associations and parent groups. Now, she comes to the IPA!

Ms. Samalin's presentation will start off the afternoon session of this all-day conference. During the morning, a variety of enlightening workshops that will foster personal growth through didactic and experiential modalities will be offered. The morning and afternoon sessions will be bridged by a brief dramatic primal presentation. ■

Be part of this most important experience. Register today by sending your check or money order (payable to IPA) to Sally D'Alesio, 241 N. Middletown Road, Pearl River, NY 10965. Don't forget the date--March 12th. Registration begins at 8:45 am with complimentary bagels (What else? After all--this is New York!) and coffee or tea. The fees for members are \$45 through March 4 and \$50 thereafter. Non-members add \$5 and full-time students (with identification) pay \$15 less. ■

INNER CHILD AS PLAYMATE AND TEACHER: 1994 SUMMER CONVENTION

Continued from page 1

videos on pre- and peri-natal psychology, he is currently writing *Treating Infants and Children: Journeys into Darkness and Light*.

At the IPA Convention on Friday evening, September 2nd, Dr. Emerson will offer a 90-minute keynote presentation entitled "Children--The Primal Revolution" which will provide a detailed description of his work and its evolution and outcomes. On Saturday, September 3rd, he will conduct an experiential workshop, possibly involving children as well as adults.

The more I speak with Dr. Emerson about his work, the more I am convinced that his contribution to our Summer Convention will be an exciting one--a convention not to be missed! Further information about the convention--its scope and details of the workshops--will appear in the Summer Issue of the Newsletter.

CALL TO PRESENTERS

It is extremely important that your ideas for workshops for the convention are sent in as soon as possible as some program announcements are going out much before our brochure this year. Please submit a title and workshop description (up to 75 words) with a brief biography (up to 50 words). If this is your subject, we want to hear your workshop ideas, and, it seems to me, just from the convention title, your ideas should be flowing!

If you have any questions, please call Barbara Pitcher (212-534-6005) or Barbara Kay Cope (610-779-8842). Submissions should be sent to:

Barbara Pitcher
1245 Park Avenue, #19C
New York, NY 10128

A formal Call to Presenters will be mailed out as usual, but please don't wait. Think about what you would like to offer, now. ■

HELP ME!—A LETTER FROM ISRAEL

By Inbal-Bar-on

My name is Inbal, a new member of the IPA from Israel. I'm asking for your help. I don't know where to begin. I desperately need primal therapy and I can't afford it. I'm so neurotic it is making my life very bad. I believe I'm much more neurotic than any other "normal" neurotic person.

I've tried all the ways to get money for primal therapy: I started working for \$3 an hour, 2 shifts a day, no vacations, no days off. I thought I could put \$3 with \$3 and get to the huge sum needed for primal therapy. I found out I was wrong. I was thinking very seriously of having a baby for a couple who can't have children for \$30,000 to \$40,000 and then having primal therapy, but medical problems wouldn't let me do it. Otherwise, I would do it TODAY. I even thought of working as a ... you know what, I was *that* desperate. I had first joined the IPA in order to help people who couldn't afford primal therapy and to help *myself* that way, but I've got *no mental power* for this at the moment. And this is the last thing that is left for me to do, asking for your help.

I'm afraid and nervous. I don't know if exposing myself will do me bad or good. Maybe you'll think of me as overreacting. I once wrote a primal therapist who was accepting some of his patients for no money (in case they couldn't afford it) asking him to accept me for therapy (for no money, of course!) He gave me no answer, and it made me feel I did something wrong turning to him.

Please help me to find a solution to my situation because the alternative, being neurotic, is impossible. Please, at least, give me your reaction so I can know where I stand. You can write to me at:

Inbal-Bar-On
P.O. Box 11861
Tel Aviv 61110
ISRAEL

Or phone me at:
022-972-3-552-0405

AESTHEMA'S LAST FLIGHT, AND OTHER JOURNAL UPDATES

By Mickel Adzema

AGING AND THE LIFE CYCLE

After an unfortunate but unavoidably long delay, the IPA will launch another journal issue. A final *Aesthema*, Number 11, will be published this winter or spring—with luck before the New York Conference in March. All members will receive this issue, so if you have not sent in your dues, don't delay any longer.

This issue's theme will be "Aging and the Life Cycle" and will contain articles from the highly successful 1988 New York Regional Conference, "Is There Life After Youth?" Primal notables such as Barbara Valassis, Steve Austill, Graham Farrant, Jean Getoff, Fred Zielke, Gro Robinson, Karl Goldschmidt, Taff Welch, and Kate McAteer reply to the conference's title with a resounding YES! This *Aesthema* has been coedited by Keith Borden and me and will contain other stimulating articles by Lloyd DeMause on "The History of Child Abuse;" by Gaetano and Gerald Lyn-Piluso on "Organic Child-Caring;" by Keith Borden on death and reincarnation; and by me on the primal scene. Also included will be book reviews of Michael Gabriel's *Voices from the Womb* and Connie Zweig's *To Be a Woman: The Birth of the Conscious Feminine* by Mary Lynn Radford and Louise Rockman, respectively.

PRIMAL RENAISSANCE

Another good reason to stay current with membership is the birth of the newly formatted IPA journal, *Primal Renaissance: The Journal of Primal Psychology*. Currently in gestation, delivery is expected by fall, 1994, and, with any luck, it will be reincarnating twice a year to inform, excite, and inspire the primal and experiential community.

The first issue will have the theme of "Multiple Realities and Primal Visions"—which we feel will properly launch and establish the new vision we see for the journal and for the primal perspective itself in relation to the larger

world. The issue contains profound and provocative articles by Terry Larimore and Graham Farrant, John Rowan, Rupert Sheldrake, Dan Miller, John Mack, Belden Johnson, and Keith Borden. The themes of the other issues in the works are "Love and Spiritual Yearning," "The Primal Process," and "Primal Mythology."

I want to stress, however, that submissions *not* related to these topics are also encouraged. We want to include a wide variety of subjects and styles in each issue, although some clustering is naturally occurring around certain topics and we like seeing that happen.

Submissions should be typed, double-spaced, and in duplicate, please. We follow the APA style for citing references, except that we use the author's full first name. Input, correspondence, submissions, and additional offers to work on the journal as a member of the Board of Editors should be sent to:

Mickel Adzema
Sonoma Grove, 41 Varda
Rohnert Park, CA 94928

For further information, call Mickel at (707) 792-9851

NOTE ON MEMBERSHIP

Be sure you are listed as a member so you will receive your journal copies. Information on membership is on page 10 of the Newsletter. Notice especially that new or lapsed members who join from now on will be granted membership through the end of the membership year in 1995 (that is, through July 31, 1995). So, if you have not been a member since 1992, send in your dues or include it with your Winter Conference registration, and you will be sure to get the final issue of *Aesthema* (a collector's item) as well as the *Primal Renaissance* issues coming out in 1994-95. Can't beat a deal like that!

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.

BOOK REVIEW

By John Speyrer

Loving Your Child is Not Enough: Positive Discipline That Works

By Nancy Samalin

Viking Press, 1987, \$15.95

As adults, we all know the importance of how others react and respond to us; we immediately recognize, for example, when a person treats us in a thoughtful manner or when a person puts us down. Nancy Samalin's book is about how to respond to others, especially those who are important to us, and most importantly, to our own children. Not automatically reacting in a confronting blaming critical fashion, but responding and interacting in a thoughtful way, is one key to building love and trust between parent and child.

You won't find one wasted word in this book. What you will find are numerous case studies which illustrate the author's recommendations as they are put into practice. "But," some might protest, "we're primal people and our old triggers have been defused." Oh, really? Primal pain is deep and we all react in our old neurotic ways at times. Here's a book which shows everyone, even people who have been reliving (priming) their pain for years, how to treat their children the way they would like to be treated themselves—with feeling and consideration. It's easy to continue on the same old track of belittling our little ones and the author recognizes that an effort is required to change our ways. Indeed, the principles of this book can be applied to all interpersonal relations such as disagreements between spouses and workplace interactions.

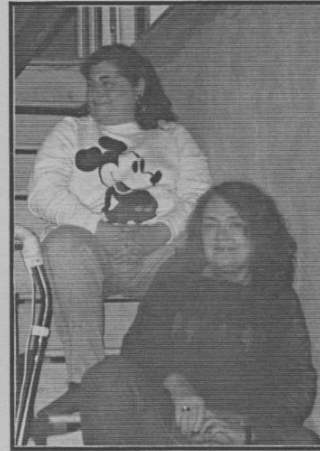
Some of the techniques are relatively easy to apply: for example, giving choices to a child instead of commands, or acknowledging one's own feelings as well as the feelings of the child when either or both of you get upset. Samalin encourages the reader to look beneath the surface in a conflict and to root out the feelings involved.

The author claims that punishment is usually ineffective when dealing with inappropriate behavior in children. An alternative, which she suggests may be effective, is not to shield children from the consequences of their actions. Another effective alternative to punishment is offering the child a choice of actions

instead of the prohibited behavior.

In dealing with our own anger, the author proposes that we not behave like our children and get into a battle with them. Again, the answer is feelings—not feelings acted out, but, rather, feelings expressed with words. When it seems that everything else is failing, she suggests exiting the situation temporarily. The author says that if you are unable to curb your inappropriate reactions to your child's behavior, all is not lost. There will always be another chance to do and say the right thing.

Having read both of Samalin's books, I prefer this one and highly recommend your reading it; your life and relationships will be greatly enriched. ■



Treasurer Emeritus Loretta Fogel and Board member Barbara Pitcher at the December 1993 Process Day

LETTER TO THE EDITOR: PSEUDO-SCIENTIFIC STUDY

By Dan Miller, Ph.D.
Licensed Psychologist

Regarding the article, "What is Primal Really Worth?" (Fall 1993 Newsletter), I have no argument with the conclusion we are supposed to draw from it, that primal is worth a lot more than we therapists receive for doing it. What I do object to is the pseudo-scientific aura in which Hal Geddes attempts to clothe this obviously safe, disguised and denigrating personal opinion about other-than-primal therapists. I could also pretend to make up a scientific study that evaluates therapists and, by taking it to a psychoanalytic association meeting, you can be sure that primal therapists would be the least valued.

That fees are, in part, a function of market value is no mystery, and that some people are not competent and are being paid too much is not news. One doesn't need a pseudo-study to know that. But the attempt to deduce the value of psychoanalysts, psychologists, and social workers as a class by means of an arbitrary financial rating scale that has nothing to do with either the therapeutic healing value of theoretical concepts used or with the training and competence of indi-

vidual psychotherapists is insulting to anyone or any group it claims to measure, as well as to its readers.

People get help with their problems by choosing a therapist according to their willingness to handle the level of the therapeutic method used by the therapist. Not everyone is ready for or wants primal. A really fine therapist, in my opinion, will receive training in many modalities, including primal, to offer assistance to as many as possible. However, because primal is very specialized, it does not reach a wide public, despite its intrinsic power.

The little social amenity included at the end of the article, "...lacking in truly scientific form and based on a very small sample," is small apology for its small-mindedness and for the abuse it perpetrates on serious and competent professionals in every discipline, including those who are members of the IPA. An article like this in the Newsletter also undermines the current attempt of the IPA to reach out to a wider professional as well as lay membership. ■

Relationships: Ingredients for Success

Part II of an interview with Paul J. Hannig, Ph.D., MFCC, CCMHC, NCC

Q: It seems that not only is reciprocity and confirmation important in a relationships but so is mutual problem-solving and commitment. Reciprocity is necessary in a relationship if it is to grow and mature. Once a couple enters the real nits and grits of relating, in which family history arises and enmeshment is possible, they will need that reciprocity in problem-solving areas in order to facilitate the growth of their relationship to more stable stages. What is your opinion of that?

A: You bring up a very good point. I think most young people today entering into relationships have not been exposed to healthy elements of relationship making. They also bring their family history with them. They may be trying to get needs satisfied with one another that were never satisfied in their own family of origin. If they are not clear and straight with these needs, then they will try to get them met symbolically by indirect ways, so few people are going to connect and be in tune with each other. Therefore, I see that an integral part of therapy is the ability for people to "clean up" their past.

What I mean by cleaning up is the uncovering of unresolved feelings from childhood. Once a person starts cleaning up those painful issues, he or she becomes a more integrated individual and is better able to relate to another person who is also integrated. Oil and water don't mix; oil mixes very well with oil and water mixes very well with water. I don't know if this is a proper metaphor, but it makes sense in terms of an integrated person. One who has integrated the past with the present and then becomes attracted to and falls in love with a person of equal integration will have an integrated relationship. That is not to say that there will not be differences. Everyone has differences. But, couples who know how to solve problems and iron out their differences will know how to be happy with one another.

People who survive in marriage today deserve the medal of honor. As an institution, marriage is enormously stable, although in reality many people never obtain stability in their relationships. There are people who do obtain stability in emotional relationships and they are able to function with each other in a very happy and fulfilling way. That does exist. The American Dream is not dead. There are people who are realizing the dream in their person lives. They may be rare. Research has not indicated what number of fulfilled and happy relationships exist. It is necessary to also look at short-term, fulfilled relationships. Somehow, in these relationships, disillusionment sets in and the bonds that had existed in the beginning start to erode and break down, causing people to go their separate ways.

Q: Why do you think that happened? Were the bonds initially weak at the beginning?

A: Every day you need to reconfirm to yourself the worth and value of the relationship. Most people are seeking confirmation from their partners, rather than confirming for themselves the value of their relationship. Confirmation is a daily requirement and you have to do it with conviction and sincerity. "I really see the value of this relationship...I love my spouse more than anyone else on the face of the earth...he/she is the most valuable human being in the world to me." Confirm and nurture that

every single day, but, if you are passively waiting for your partner to give emotional nutrients, then the relationship will become starved. That is where mutual reciprocity comes in. If both people are capable, in a very mature way, of providing mental and emotional nutrients, for each other, then they can help stabilize a mature, loving relationship.

Q: What about communication?

A: It is obvious to me that being in touch with your feelings helps you to better understand what you are thinking and experiencing. When you and your partner are able to express and convey feelings, then communication is going to be very clear and uncontaminated. Conversely, it can be very discouraging and debilitating when people talk to each other without saying or communicating anything from the deepest parts of themselves. The words are heard coming out of their mouths but the essence of the message is absent. What are they trying to say? When both you and your partner are able to tap into your real selves and communicate to each other what you are feeling so that both of you understand what is going on, then you have a great advantage. Your partner can now understand what is going on. Communication is an art, and as long as it is, it can be learned.

If you only learn communication processes with your head, you will leave out the heart and soul of a relationship. Communicate from the heart and soul. Unfortunately, many couples can't do that. They tend to operate out of fear or from a defensive position. Whenever there is fear and defensiveness in a relationship, there will be distance and dysfunction.

Q: Not only is there fear and defensiveness in relationships, but some couples will operate out of a need for excessive safety. In other words, they do not want to risk being open and vulnerable to one another. I have seen couples who are really afraid of exposing their vulnerabilities. They have all sorts of mechanisms to keep their safety needs and defensiveness intact. To change this not only requires communication, but risking being vulnerable with each other and communicating from that vulnerable place. It ultimately requires a shift in the relationship. Is that true?

A: That is very true. You cannot be stingy with your emotions. A person who holds back his or her feelings is going to leave the other person wondering about the relationship. That could eventually be dangerous. A person who is very generous with his or her feelings is loving, kind and compassionate.

Remember, when you are giving of your own feeling you are also receiving. Feelings and emotions have a life of their own and sharing those feelings and emotions with your partner is a very healing, nurturing experience. People who are reluctant to share themselves in this way will have starved relationships. Eventually, when there is a starved relationship, people are going to "eat" someone else.

Q: That's a phenomenal process if you think about it--giving of oneself and one's emotions. I have heard people say "I give, I give, I give and I get nothing back!" In reality, the deeper aspect of that is when you give, you are actually receiving back—

Continued on next page

you are receiving back more of yourself and the deeper expanses of who you are. This process operates from the heart and the soul. That is something that people overlook.

A: You are not really giving if your giving is contingent upon getting. If you are giving and in the act of giving you are receiving, then it is a true giving.

Q: What do you mean by, "you are not really giving?"

A: Well, there's an old saying, "Quid Pro Quo"—you give in order to receive. But the expectation of giving only to receive is based on a condition. It is not an agape love, an unconditional love. An unconditional love must be present in all relationships if those relationships are going to function. That doesn't mean that we have to ignore eros, libido and philos. If you are giving only to get, it is going to be conditional. There's a hook because your partner may be a victim, an unsuspecting victim, unknowing that he or she is receiving so much, but it is all based on what he or she can get back. Besides, there is an anxious component to that. If you are giving, giving, giving, I suspect that it is anxiety driven. It is a dysfunctional, self-fulfilling prophecy.

There are people who don't know how to get their own needs met. These people are called codependents. As children, their own needs were never met. They were always unfulfilled. The only role that they can see themselves in is that of a caretaker, a rescuer or a nurturer. Then they figure, "Well, if I nurture and take care of him/her, sooner or later my ship will come in and I'll be cared for." There's a feeling of emptiness from childhood because of a vacuum that never got filled. So, I think that once you're able to feel that pain and resolve all those issues from childhood, you have all of yourself back. You have a sense of total acceptance of who you are while coming to terms with your parents and your own family life. Now you can live in a stable, loving, caring and reciprocal existence with another person. But if you are a caretaker, a giver or a rescuer in a martyred, self-sacrificial sense, then you are only projecting misplaced needs onto your partner. He/she becomes the bad mommy or bad daddy who never took care of you as a child. He/she also becomes an unsuspecting victim. It is like turning the tables around—reversing the cards—you are now the victimizer, even though you make it appear that you are the victim because of unfulfilled needs.

When you are relating to someone and you keep getting a certain feeling over and over again and that feeling leaves you negative, you had better start looking somewhere else. That relationship is not going to change for the better without some kind of massive intervention. There are just some people who are not good for you.

Q: That's hard! It is very hard to be that aware.

A: It is important to be aware of the whole question of self-image. How do you see yourself? Do you see yourself as a loving, caring and good, decent human being who is capable of fulfilling a relationship or do you think that any relationship is better than none, so you better stick it out? Why would you be messing around with or attracted to someone who doesn't feel good about him/herself?

Many times people get into relationships out of hope, the hope that the other really cares about them and that the relationship and the person can be changed, if need be. They spend the

rest of their lives trying to change the other. This type of unreal hope does not work. It can be heartbreaking.

Unfortunately, there's no way to do a relationship check ahead of time to find out about that person's self-image. It is like trying to look inside a black box; you can't really see the interior. However, you can safely assume that everyone, including you, has a dark side and that that dark side will eventually become visible.

Assignment:

Go back inside of yourself. See if there is any guilt from childhood that keeps you from asking your partner for what you want and need from a relationship.

List your beliefs that inhibit the achievement of more fulfillment in your relationship.

Sit down with your partner and practice, in a non-accusatory and noncritical way, saying "I want...", "I need from you...", "I feel..."

Identify your thoughts and resistances to doing the preceding experiment. Talk about them. For example, "I can't tell my partner what I want or feel, because I was taught that wanting something for myself is selfish."

Identify ways that you and/or your partner undesirably provoke each other.

Identify three to five ways that you can show more caring to your partner.

Make a commitment to being more straight, honest, open and vulnerable with yourself and your partner.

Institute caring (confirming) times in your relationship.



Jody Broussard (l.) and Joanna Schumer in Children's Caberet at the Summer Convention, 1993

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Barbara Pitcher
1245 Park Avenue, #19C
New York, NY 10128
(212) 534-6005

Barbara Cope
490 Park View Road
Reading, PA 19606
(610) 779-8842



The cast of the John Lennon Tribute on Dec. 18th in New York City includes IPAers Alec Rubin, Nuria Divi, and Harriet Geller

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