

IPA Newsletter

International Primal Association ♦ Fall 1998

2 Elizabeth Lane ♦ Peabody, MA 01960 ♦ (978) 535-4181

PRIMAL SPIRIT: DANCE OF THE HEART! WOW!

By Jonathan Schwartz

It's difficult for me to know how to begin describing *Primal Spirit: Dance of the Heart!* The 26th Annual IPA Spectacle this year was a creative magical transformative time for all. We all became closer and more respectful of each other as well as strengthened our commitment to each other, the primal family and to the process we call "primal".

Wednesday through Sunday, featured a "back to basics" afternoon primal session conducted, by Steve Austill, Barbara Bryan, Alec Rubin, Sharon Kane and Yvonne Parma. This gave us all a lot of time to be

together in larger groups and to get on the mat with each other. Presenters brought their own approach and style to the work.

Yvonne Parma's **Playback Theater** was well attended and very different from a typical primal session. She facilitated one person to tell a story and then picked actors and actresses to dramatically play out the emotions of the story. It was a powerful and revealing afternoon.

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PRIMAL HEALING ARTS: TRANSFORMATIONAL THERAPIES REBIRTH MIND-BODY THERAPIES TO MEET IN WASHINGTON, DC IPA SPRING CONFERENCE MARCH 26-29, 1999

By Denise Kline

Primal Healing Arts: Transformational Therapies Rebirth. The Washington, DC metropolitan area offers a wide range of like-minded, feeling groups, who have already committed as speakers, workshop leaders, and to invite their members to join us for this experientially-oriented program. IPA leaders will introduce aspects of Primal Therapies to this multi-talented audience of newcomers and professionals in mind and bodywork. The resulting program will offer opportunities for personal growth, information, and networking for the advancement of the Primal Association goal of bonding with kindred spirits interested in integrating "heart, mind and spirit in rich, diverse, deeply felt and deeply understood ways." We hope you; your friends, family and associates will plan now to be there in spring to meet:

Roger Woolger, Ph.D., author of *Other Lives, Other Selves*. British-born Jungian analyst, internationally known pioneer in transpersonal psychology, past-life therapist and creator of Integral Regression Therapy. He will present a lecture as well as a two and a half-hour experiential demonstration, along with several assistants to facilitate processing.

Rudolf Bauer, of the Gestalt Psychotherapy Training Center, a popular speaker, and workshop leader. He has generously agreed to present a couple of his current favorite topics ranging from Energetic therapies, ego psychology and body relations to the influence of Eastern Philosophies. He will also offer a participatory workshop/exercise.

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Check out the IPA's new website at
www.primal1.com

International Primal Association

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Fall 1998

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IPA NEWSLETTER

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Deadline for the Winter 1999 Issue
is *December 1st, 1998 *

Members News and Notices

Terry Larimore will present "Babies in Motion," a demonstration of helping babies and infants resolve their shock and trauma, 1-4 p.m. Sunday, Nov. 15 (repeated 1-4 p.m. Sunday, Dec. 13) at the World School of Massage and Advanced Healing Arts, 401 32nd Street (at Clement) in San Francisco. Admission: \$25. Reservations: World School at (415) 924-6432.

The Primal Integration Center of Michigan will have a weekend intensive workshop Nov. 6-8, 1998. It's 7:30 PM Friday through 5:00 PM Sunday. Leaders will be Barbara Bryan, Bob Van Dyke, Michael Hyland-Young, Terry Larimore and John Hobbs (and a massage therapist). Food and lodging provided plus pick-up at the airport. The all-inclusive cost is \$250.00. This weekend fills up quickly, so please call for reservations and send a deposit soon. Barbara Bryan: (248) 478-5559 For more information check our new website: <http://members.home.net/amandasean/primal.html>

Terry Larimore's new website with information on emotional shock and trauma, is now available at <http://www.terrylarimore.com>

Larry King would like to share his 30 years experience as a Primal Psychotherapist. He will be starting a training course. For further information please call him at (212) 580-3734.

Do you live in the Boston Area? We are holding free monthly meetings for Primal people with a sharing go-round, optional mat time, discussion and a potluck dinner. For date, directions and RSVP, call Yvonne Parma and Fred Zielke at (781) 395-7466, or e-mail YTURTLE@aol.com. If we don't know you, please call for an interview over the phone.

There is some interest in a two-week Primal therapy group intensive in January or February 1999. We are looking for more participants (max. six). If this might suit your needs, call or e-mail Yvonne Parma and Fred Zielke (see above).

LETTER FROM THE EDITOR

I am pleased to be the editor and hope you are all able to take advantage of the opportunity to share some of your Primal experiences, poems, comments, interesting related topics, etc. It is really gratifying to see something you wrote in print and distributed to your colleagues.

I want to hear from you! Let's make our newsletter more interesting and relevant!

Send your material to me - Barbara Bryan, 23011 Middlebelt, Farmington Hills, MI 48336. (248) 478-5559
Toll Free (877-PRIMALS) or (877-744-6257)

The International Primal Association, Inc. publishes the IPA Newsletter. Opinions expressed by the authors are their own and not necessarily those of the IPA. The Editor reserves the right to edit contributions (unless explicitly requested not to do so) and to make final judgment as to the publication of all materials received. Please submit contributions typewritten or VERY legibly written to the editor. Send changes of address to the Keeper of the Database.

**A Brief Review of *The Psychotherapy of the Deepest Self*
By Don Allan**

The Psychotherapy of the Deepest Self by Paul Vereshack, MD stands in a class by itself as the best book ever written on primal therapy. This book describes in detail the methods and reasoning behind the practice of primal therapy. It clearly explains the differences between primal and other forms of psychotherapy, why primal can accomplish what other therapies cannot, and why primal must use the techniques it uses.

This book is an excellent reference that belongs on the shelves of every experienced primal therapist. It is also a good book for therapists to recommend to their clients. It explains the complexities of the workings of the unconscious -- most good therapists understand this intuitively, but no one has ever put it into writing in a way that is understandable to clients.

Vereshack is a gifted writer. His book is full of new ways of describing what happens in primal. For example, every therapist is familiar with the special combination of circumstances that must be present for a client to connect with her deepest emotional pain. Vereshack uses the metaphor of a combination lock:

To sum up, "*Staying with the feeling, creating its exact sounds and words, placing the body in the position of the original trauma, and touching the exact point of pain*" -- all involve a series of congruencies.

When using these techniques, it becomes apparent that the mind/body axis is like a combination lock. Each technique, which achieves an added level of congruence, is another correct number in the combination. Finally, when all the tumblers have come into alignment, the mental mechanisms of defense shift aside and childhood appears. I call this phenomenon CONSCIOUS-UNCONSCIOUS CONGRUENCE (p.30).

Although ninety percent of the book deals with the details of primal therapy, Vereshack has also included what is probably the first clear account of the similarities and differences between primal therapy and Satori. This will help many readers who wish to better understand the relationship between primal therapy and spiritual transformation.

As important as this book is, it is not without its weaknesses. First, it has no index. Second, he invents a lot of jargon that no therapist has ever heard previously. For example, in chapter 22, he uses terms like "immaculate functions of the mind," the "magic time carpet," and "time pebbles." He defines what he means by these terms, but it is likely that other therapists are using the same techniques without finding it necessary to label them.

Although the proliferation of jargon is not something most of us look forward to, some new jargon is

inevitable. Vereshack is a pioneer in defining details and subtle nuances of primal therapy that nobody has described previously. We need a common vocabulary to talk about these details.

Also, many of Vereshack's new terms provide a necessary theoretical foundation for primal therapist to enter into a meaningful dialogue with allied forms of therapy. For example, he talks about the "central Paradox" of all experiential therapy: "when we move to the absolute feeling center of the most painful and the worst that has ever happened to us, barriers with the mind collapse, the pain is experienced and an emotional completion occurs" (p.13).

Third, Vereshack's book was born of controversy. He wrote the book as his defense before the College of Physicians and Surgeons of Ontario against two charges of sexual misconduct in his practice. Part One of the book was what the courtroom heard as his defense. His license to practice was revoked, but ultimately restored by the Appeal Court of Ontario. Vereshack no longer uses the techniques that got him into trouble, but some primal clients are understandably so sensitive around the issue of sexual abuse that they would not be able to tolerate a book written by a therapist who once crossed the line of safety.

To his credit, Vereshack chose to keep in the book an account of the circumstances that led him to write the book. Furthermore, he chose to retain several highly controversial examples of his work, despite advice to the contrary from many people who advised him to make changes to win a larger general readership.

Vereshack deals at length with the importance of touch and holding in primal therapy. He draws the line where I believe most good therapists draw the line, and he explains his reasons.

Make no mistake. Despite its weaknesses, this is not just another book on primal. This is the book many of us have been waiting for during the last 25 years. This is the primal book of the century.

Unfortunately, there is no U.S. distributor for the book, but it is available for \$25 by check in US currency (includes postage), from Life Perspectives, PO Box 252, 169 The Donway West, Don Mills, Ontario, M3B 2S2 Canada. The entire book is also available on the World Wide Web at <http://www.interlog.com/bbk/paulcvr.html>, under a more popular sounding title, *Help Me -- I'm Tired of Feeling Bad*.

Plan ahead!

**1999 Summer Convention
August 31 - September 6, 1999**

...Continued from page 1

This year every evening was packed full of activities. Tuesday, Keynoters Rico and Jeannine Baker, Wachan and Marta ("Royal Hummingbird") teamed up with Jonathan and Nowa Schwartz to kick off the week with a heartfelt spiritual ceremony celebrating our connection with the Earth. The next day we were entranced by prayers, comments, music and wild dancing full of expression performed by Alec, Wachan and Jeannine. Alec also performed "Spirit, Play and Improvisation" which was recorded on Friday and is available by contacting Jonathan. Saturday's Cabaret night was a gem, ranging from touching to wild performances by Jonathan and Alec. The longest and most serious/professional performance was a striking sound and Butoh movement piece by Nuria Divi, which received a standing ovation.

Sandplay was very successful this year! Twenty trays were constantly being created, shared, and sparked primals throughout the convention. Morning wake-up was varied and powerful with Theresa Smelser, Jonathan Schwartz, Rico and Jeannine Baker doing Yoga and Tai Chi between 7 and 8 am. The food was outstanding with first time Chef Maureen, her husband and their excellent staff.

But the real story this year was the men's and women's groups, which were 1/2 hour longer. The length made them more rich, deep, together, chaotic, loving and just much more of everything! Early in the week, there was talk of a meeting of the men's and women's group. "Would it happen?" "How would it happen?" "Should it happen?" And what ended up happening was simply magic! After a lively, exciting and momentous discussion in the men's group about the "essential question" the men wanted to know about women, while the women's group grappled

with their question. The two "sides" met chanting on the platform. The men were chanting: "Wise Men, Gather Round, Open Up the Healing Ground," while the women chanted: "Wild Women, Lover, Sister and Mother." What followed defies description; an exchange of information on a grand scale, on the grand stage of life; a respectful, powerful expression of strong feelings on both sides, a spontaneous primal ritual involving archetypal forces. All left feeling changed, liberated and like they had been a part of something magical that they would never forget.

This year we were blessed to have Stan Secrest and his drums and tree fort, which added great ambiance to our brand new conference room in the dining hall. Noah Zidel, our very own professional DJ was back spinning tunes all night Sunday night; and Laura O'Donnell was back doing an excellent job running the children's program.

Two great disappointments were the last minute cancellations of Oscar Miro-Quesada and Antero Alli, but this was more than adequately replaced by Wachan, Marta & the Baker clan. Wachan conducted an incredible workshop demonstrating all of the magical healing powers of music in Andean culture. Jeannine gave an excellent keynote on Wednesday morning and a fabulous workshop on the "Possible Family" on Sunday, both which were recorded and are available for all those who missed it.

I am proud to say that many IPAers told me that in so many different ways, this year's conference was the best yet. We really came together; we really grew together and I believe we will be much stronger as a family; as the primal team next year. I am grateful for having had the opportunity to help organize the event. I learned so much.



Photo by Taff Welch

...Continued from page 1

Virginia and Michael Hurney with the Experiential Therapy Associates and newly-elected chairperson and treasurer _____ respectively of the American Society for the New Identity Process are also preparing a three hour workshop with some advanced techniques, possibly with a love theme.

Barbara Bryan, Alice Rose, Mary Thompson and Chris Wright of the International Primal Association Board are among those who have already volunteered their professional talents, rounding out the program with presentations introducing Primal, Birth Trauma, Limitations of Talk Therapy, Work with Couples, Thought Field Therapy, and Jungian Sandplay.

You are urged to volunteer your talents and suggestions on any aspect of the program by contacting Denise Kline at (301) 791-9237; POB 602; Hagerstown, MD 21741; e-mail: dkline43@aol.com.

Thanks to Leonard Rosenbaum, Pauliann Lister, Chris Wright and Linda Marx who have already contributed on important logistics.

Register now before the end of the year to take advantage of the super Early Bird Special of only \$95 for IPA members, \$125 nonmembers. This will give you a great deal on Workshop events, Friday through Sunday -- perhaps a gift for someone you'd like to join you on vacation in exciting Washington, DC -- and Allow us to Add Events if demand warrants. Contact Denise for Individual Events Tickets, for Advertising in the Conference Program, or for Display Table Space. Send Registrations made out to IPA to Alice Rose, Treasurer.

Join us for three days to explore the latest developments, processes, and tools in transforming our selves, our lives and our spirits. Gain new knowledge, reach new depths of experience and connect in new ways to self and into community. Namaste and Aloha!

Convention '97 by Sharon Kane

Once again
We cross the line
Through Southern Jersey's farmland
Through open fields
And stretching skies
Old familiar farmsteads

First time or twentieth
Jitters just the same
Turn left and go for two more miles
Appel Farm's the name

Wet Feet
Bug Bites
Mosquitoes in the Night
A place to roost
In the chicken coop
To sleep till morning's light

Morning mist
Aqua skies
Cumulonimbus hover
Dusky Pink
Crescent moons
A million stars uncover

Turkey Hawks
Moonlit walks
Dew on every leaf
Meteor Showers
Foliage Bowers
Silence beyond belief

Paint Splashers
Lap Swimmers
Silent Journal Scribes
Fearless Players
Flagrant Dancers
Spontaneous Primal Tribe

Primal Acrobatics
Naturist Aquatics
Hopeful Celibatics
Cathartic Phlegmatics

Grof-esque Auralists
Solar Ritualists
Silica Sculpturalists
Celestial Astronomists

Matriarchal Ringsitters
Patriarchal Ringsitters
Song Singing Late Nighters
Pool Party Slot Sliders

Peer Groupers Trepidated
Bunk Sharers Hesitated
Board Members Nominated
Chi Gongers Congregated

Anticipated Arrivees
Eager Beaver Attendees
Gourmand Nourishees
Sleep Deprived Relishees

Closing Circle
Hugs and Tears
Loving Words
Until Next Year

Editor's note: The following article was originally written for the August, 1997, IPA Newsletter, but was omitted. It is being included in this issue because Larry and the Board of Directors felt it was important that the people he acknowledged in it for helping out knew that they were recognized and appreciated.

PRIMAL PIONEERS & GROF OPEN FORUM

Prove Strong Attractions for Convention!

By Larry King

I have been wonderfully surprised by how many people who were active in primal in the early 70's have called about coming for the Primal Pioneers Forum. Several were at the Primal Institute and all, including Barbara Findeisen, one of our presenters and a former Keynote, gave me names of other Primal Pioneers to get in touch with who might like to participate.

Hy Weiner, the IPA's first president recently had heart surgery but will try to join us. Like Tom Rose and Rhoda Wadler in California, he said he would send a letter about his early experiences to be read at the Forum if he could not be there in person.

There has also been strong interest in attending Stan Grof's Open Forum. Several people have told me they are interested in asking him about not only Holotropic Breathwork, but also about his earlier work in Europe and the United States as one of the few legal researchers into the therapeutic uses of LSD.

Many people have called (who might not have) because they were impressed by the Convention Brochure. I want to thank Terry Larimore for using her fantastic graphic design and typography skills in creating that Brochure. Thanks to Margaret of Quad Right for making everything come out right when glitches crept into the computer typesetter.

Thanks to Alec Rubin and his theater workshop crew, Taff Welch, and especially Walter Gambin, who all worked long and hard, to get the Brochures labeled, stamped, and mailed.

Thanks to Mickel Adzema who went through the data-bases, ours and his, to select and supply about 4,000 labels for the people most likely to attend the Convention. Thanks to Mary Lynn Adzema who spent many hours of many days re-mailing Brochures, which came back from the post office with address corrections.

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And a special thanks to Jerry Robinson (the husband of IPA former president Gro Robinson and the creator of Batman's Robin) for his assistance on the logo for the Brochure and T-shirt.

I appreciate Barbara (Valassis) Bryan getting the T-shirts printed and especially her calling my attention to the colors I had chosen as not being bright enough to reflect the joy of our Theme. She sent me a sample and I spoke with Mohamad at American Silkscreen in Detroit and we changed to much happier colors.

Barbara also suggested that people might like to color-in some of the open spaces on the design and Marlene Schiller is researching, buying and bringing fabric colors for that purpose.

We have a new lifeguard, Ronnie, who is also a Registered Nurse and is coming with her husband George and their son Derek, 10, and daughter Sonia, 7. We still need a back-up lifeguard. I am asking Walter Sibley, the Appel Farm Conference Center Director, to ask the current camp lifeguards if any would like to stay an extra week. Please ask around yourself, one of your acquaintances may have a Red Cross certificate or know of someone who does. I asked Felicity, our great lifeguard from 1996 if she could come back. She said that she no longer has her certificate, but that she had enjoyed the Convention so much that she is coming back as a regular participant.

My thanks to Leonard Rosenbaum and Marlene Schiller for calling all the presenters, getting all their workshop descriptions and bios on disk, and for all their extra work in finding and contacting many of the long-lost Primal Pioneers.

Thanks to Steve Austill for taking over the very important job of On-Site Chair when Taff Welch needed to drop out.

A business note: One of our Primal Pioneers, Tom Rose, was also, along with Alice Rose and Barney Brewton, an original incorporator of the IPA. He was even able to then get us non-profit status with the IRS. After he left as Treasurer however, some successor forgot to file the proper forms and pay the state fees and the IPA's non-profit status and corporate status both lapsed. Unfortunately, we will have to go through the whole IRS procedure again to regain our non-profit, tax-exempt status (if the Board of Directors decides to go in that direction).

However, I did some research, got the information and forms, and had Louis Mezei, our wonderful and hard-working Treasurer, pay the back fees that we owed the State of Georgia and we are once again, after a very long lapse, the International Primal Association, INCORPORATED!

IPA MEMBERS OFFERING PRIMAL WORK

This is an application to be on a list of members of the IPA who represent themselves as offering primal work. The listing will be published by the IPA and will include the following statement: "The IPA does not endorse the expertise or experience of these individuals. Each member has submitted the following brief description of their services."

Name: _____

Address:

Street or Box No: _____

City or Town: _____

State, Country and Postal Code: _____

Telephone: (____) _____ Fax: (____) _____

Email: _____ Website: _____

Description of services and credentials: (Maximum three typed lines):

May we also include your listing on the IPA website? Yes No

Make your check for \$30 to the IPA. Send check and this completed form to:

Barbara Bryan
23011 Middlebelt Road
Farmington Hills, MI 48336

Questions? Call Barbara at (248) 478-5559.

Clip here and mail

Roses



and condolences to Taff Welch for the recent death of his father.

to Alice Rose for hosting the October Board Meeting in her beautiful home.

to Jonathan and Nowa Schwartz for a very successful convention.

to Judy Lucrezia for going above and beyond to compile the mailing list information.

to Taff Welch and Jonathan Schwartz for website organizing.

to Alice Rose to express our condolences on the death of her sister.

to Tom Rose for on-going guidance with business matters.

to Loretta Fogel for swift recovery from her recent surgery.

IPA Membership

	Single	Joint
<u>Lifetime membership</u> \$1000		\$1500
<u>Annual membership</u> (dues based on income)		
\$100,000 or more	\$ 110	\$ 165
\$50,000-99,999	\$ 75	\$ 112.50
\$25,000-49,999	\$ 60	\$ 90
Less than \$25,000	\$ 50	

Low-income membership for \$30 per year is available to individuals who are either full-time students or who support themselves exclusively with public assistance.

All dues cover the fiscal year Aug 98-July 99. To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.

Send your complete name and contact info (including email!) and check made out to IPA c/o Judy Lucrezia, 2 Elizabeth Lane, Peabody, MA 01960

The IPA is on the Net!

<http://www.primall.com>

In May, Jonathan Schwartz established a website for the IPA thanks to the services of an artful webmeister in Miami.

We are asking the IPA members for ideas and contributions to the website. We have set up a "bookshelf" option on the menu for publishing book reviews of publications of interest to our members. In addition, we have a section devoted to topical articles by IPA members. The initial articles by Dan Miller describes the origins of both primal and the IPA. Finally, we now have published a Referral List of IPA members who are involved in primal work.

We need original materials from our members - poetry, drawings, reminiscences, letters and, especially, information about noteworthy seminars and workshops around the country. We hope you will think big and send whatever strikes your fancy to:

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