

# IPA Newsletter

International Primal Association ♦ Summer 1999

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

## 1999 SUMMER CONVENTION Family Relationships: Memories, Renewals, Possibilities

August 31-September 6, 1999

By Yvonne Parma

Dear Member and Friends,

Last Fall, when I took on the job of chairing the 1999 summer Conference, I did so with many questions and trepidations. How big was this job? Was I able to do it? What if I was going to find myself utterly alone, fighting in a no-man's and no-woman's land for something as unwieldy as maybe a ..... thousandheaded octopus?

I want to tell you that, although these fears felt very real inside of me and still raise their ugly heads now and then, the actual experience has been quite different.

The IPA has proven to be a community of terrific people. I have gotten so many offers of help and hands-on contributions! People really want this thing to happen and are willing to pitch in. This has been a wonderful experience for me. Of course, there is still lots more to do, the bulk of it is yet upon us, and I have to conquer my tendency to quietly labor away under pressure. But I have seen over and over again that people are really there, they really care and are open and responsive and helping.

First of all, Fred Zielke have been instrumental in contacting presenters. Then, also: Judy Lucrezia and a friend of hers have taken on the registration. Jean Rashkind is organizing a marvelous team of massage and body/mind therapists who will do us good at our traditional rate of \$35/session. She is also going to be our evening snack shopper. Denise Kline is finding us the life guarding we need for the pool and may bring us a shaman for an added dimension of healing. Steve Austill, Jim Wright, Jerry Lucrezia and Taff Welch are going to be our ON-Site Committee. Noah Zidel will lend us his professional expertise and equipment and be our party DJ. Deborah Bridge will be our Child Care Coordinator, with Myla Green doing some of the child care. (We still need another adult child care person.) Marshall Zidel will put his photographic eye to use for the Cabaret lights. And more and more... this is a community effort! Become a part of it!

### EXCITING WORKSHOPS

So – What's gonna happen? Lots of exciting workshops and presentations are lined up, with more still coming in. Look at just some of them:

!!! After the alarming event at Columbine High School in Littleton, CO, Aletha Solter's keynote speech on helping children process their feelings has only gained in timeliness and relevance to this nation's discussion on raising healthy children. This is one of our number one concerns if we want to deal with violence in our society.

!!! Michael Schlosser, after his successful presentation last year, and happily in keeping with our theme this year, is ready and set to reveal to us his brand new Survival Manual for Couples.

!!! Alec Rubin, primal pioneer par excellence, whose work has become even more profound, clear and to the point than ever (if that's possible), will draw directly from his wisdom when he will guide you in taking time and space to experience exactly what you are ready for, in body and mind.

!!! Terry Larimore is offering an all day presentation open The Long-Term Effects of Shock and Trauma during Pre-natal Development, a summary of her extensive studies with William Emerson.

!!! George Rynick, New Identity Process Teaching Fellow, will conduct an expert all-afternoon experiential workshop.

!!! Mary Owen and David Kerrigan will introduce us to the powerful tool of Holding Therapy in their workshop. Overcoming Insecure Attachment: Holding as instinctual human behavior.

!!! In Primal Grandfathering, and in Siblings, Taff Welch provides two exploratory sharing opportunities to talk and feel with the focus on these precious family relationships.

!!! Discover the powerful impact of Past-Life Families with Dan Miller, who will open up this additional dimension of family experience for us.

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**International Primal Association**  
c/o Judy Lucrezia  
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(978) 535-4181  
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Summer 1999

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**Deadline for the Fall Issue is  
September 1, 1999**

## Members News and Notices

**The Ark** is sailing again! January 16<sup>th</sup> through February 26<sup>th</sup>, 2000. If you are interested in intense personal therapy and/or training to be a therapist, this may be what you are looking for. Excellent staff to trainee ratio. Unique multi-modal approach, power-packed schedule, beautiful country site. Call Bill Smukler Ph.D. at (215) 242-6667 or Mary Thompson at (610) 736-0411 or Barbara Bryan at (248) 478-5559 for information.

**STAR** is a residential program devoted to assisting individuals to release the hold of old primal pain and the limitations of conditioned beliefs and attitudes that limit our present well being. We utilize a variety of methods including feeling release, guided visualization, art, bodywork, cognitive information and journaling. In this way we honor the individual's potential for healing and wholeness in the integration of body, mind, heart and Soul. Barbara Findeisen, MFCC, was trained as a Primal Therapist and has been working as a therapist, developing STAR since 1976. Call toll-free 1-888-857-7827.

**William Emerson** is offering a variety of workshops and trainings in his breakthrough treatment techniques in 1999 including: Petaluma (June 20-24) and Mill Valley CA (June 26-July 2), Denver (July 9-13), Seattle (Aug 5-10), England (Sept 6-10), Petaluma (Sept 24-26), New Orleans (Oct 8-11), Denver (Oct 22-26), Minneapolis (Oct 28-30). For complete information, contact Emerson Training Seminars at (707) 763-7024. His website is: <http://www.emersonbirthrx.com>

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](mailto:YTURTLE@aol.com). If this might suit your needs, call or e-mail Yvonne Parma and Fred Zielke.

Yvonne Parma is still looking for a lifeguard for the swimming pool, so if you know someone, please let her know! Send ideas, workshop and activity proposals, to 397 High Street, Medford, MA 02155, fax (781) 393-4523, email: [yturtle@aol.com](mailto:yturtle@aol.com). If you wish to discuss an idea, call her at (781) 396-7466.

#### Note from the Editor:

I want to hear from you! Let's make our newsletter more interesting and relevant! I think it would be especially interesting if people would be willing to write about one of their significant Primal experiences. We don't often share these stories would be inspiring and helpful to all of us. Of course, nothing of a confidential nature should be revealed. Please send your material to me - Barbara Bryan, 23011 Middlebelt, Farmington Hills, MI 48336. (248) 478-5559 or Toll free: 1-877-PRIMALS.

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.

## President's Message:

As I reflect on the IPA over the past year, the following accomplishments stand out:

- A successful 1998 Summer Convention at Appel Farm
- A successful Winter Conference in March 1999 in Washington, D.C. (review on this page).
- A re-vitalized Board of Directors more attuned to the needs of the membership in 2000 and beyond.

Looking ahead, I hope that many of you can attend the 1999 Summer Convention at Appel Farm. (lead article). This is a wonderful time to renew old friendships, find new ones, and have the opportunity to do feeling and other experiential work at the many and varied workshops.

A new feature in this newsletter is the Open Forum (page 5). It includes Steve Austill's proposal for a paid IPA president and responses from Paul Vereshack and John Speyrer to Stephen Khamsi's review of Paul's book. (The Psychotherapy of the Deepest Self, Spring 1999 newsletter).

I encourage all of you to participate in the Open Forum – with responses to the items in this issue and with new ideas/issues worthy of dialogue.

I wish all of you a great summer – it's almost here in Michigan – and see you at the Summer Convention.

Love,  
Brian

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## Springing from “Transformational Processes from Birth and Beyond” Conference!

By Denise Kline, Conference Director

The March 1999 Conference of the International Primal Association was well received by those who attended. New members and practitioners joined from the DC metropolitan area. Our most distant member in attendance was from Sweden!

“Transformational Processes” met its goal of introducing Primal Therapy to other practitioners and introducing related practices to those already involved in the Primal Association and primal work.

A Preconference Workshop designed and presented by Chris Wright gave perspective and direction on promoting primal techniques through emotional healing weekend workshops that can be presented throughout the country. On Saturday morning, his opening speech, “Why Talk Therapy Doesn't Heal,” impressed many therapist attendees and speakers.

Birth Trauma research by Barbara Bryan and Mary Thompson was too short for the vast materials, experience and expertise which that team could offer. However Barbara also led a Primal Workshop introduction; Mary provided Jungian Sand Tray work; and both introduced the ARK, a six-week primal intensive coming in 2000. Dr. Joseph Sanders joined them with statistics on the remarkable recoveries related to participation in the ARK and primal integration work.

Beyond Primal, our keynote speaker, British born *Other Lives, Other Selves* author, analyst and trainer, Dr. Roger Woolger, proved to be versatile, deeply knowledgeable, intensely connected and warm. He effectively elaborated on the theories of past life regression therapy and facilitated release of trauma relating to genocide, in which the participant spoke an unusual foreign language (from a past life) and also gained new freedom and appreciation for himself in his present life.

In between, there were many wonderful presenters, workshops, experiences and participants. We had the honor of having bioenergetic analyst, Dr. Alice Kahn Ladas, co-author of *The G-Spot and Other Recent Discoveries on Human Sexuality*, with us throughout the Conference. (Thanks to Andrea Caplan.) Alice raised many interesting questions about the future of mind-body psychotherapies, from her rich perspective in having worked with Alexander Lowen, John Pierrakos, and *Life Force* author, Charles Kelly. Soft-spoken Richard Polanchak was a delightful surprise, as he presented an introduction to Bioenergetic Analysis,

including helpful diagrams and dreams, which brought the group together thoughtfully. U.S. Assoc. For Body Psychotherapists founder, Barbara Goodrich-Dunn, sparked controversy on "Breaking Recycling Catharsis" the following day. We welcome her as a new IPA member with vision. The Conference Director chose Bioenergetics as a new area of exposure for the IPA, expanding both of our networks.

Holotropic Breathwork of the Stanislav Grof and Jacqueline Small schools was also an important adjunct, and the presentation of Baltimore Change of Heart Center Director, Thomas Merton Brightman, with his assistant Susan Schuler, was also well-received. They shared moving exercises and an extensive handout and newsletter. The theme, "Misery is Optional - Guilt Too!" was uplifting. Being followed by Shamanic Journeying, "The Geography of the Soul," participants enjoyed a positive meditative experience led by Vivien Deitz, which set a tone with which the Conference moved forward.

New Identity Process from Dan Casriel, adding a dimension of physical closeness called "bonding" to primal work was another popular workshop. Experiential Therapy Associates, Lynn Grodzki, Glen Keith and Norman Lowery, facilitated a workshop on Sunday using a maternal holding position, which was well-received. The IPA is pleased to welcome three NIP veterans and at least one NIP leader as new IPA members. International Founder and Teaching Fellow, George Rynick who was teaching in Italy at the time of the D.C. Conference, will be joining us as a presenter at the IPA Summer Convention. His group, meeting in Erie, PA shortly after the Conference, enjoyed the planter-bouquet that the IPA Board sent to me for directing the Conference, and I enjoyed George's loving and deep-working atmosphere, in which bunches of people from the group tend to bond together, as a song says "like petals on a flower."

Another moving experience was acupuncturist and counselor Carlos Durana's "Healing with the Seasons" workshop, which included a presentation on Chinese wisdom about emotions related to seasonal changes and organ systems. Some chi kung and a broader Continuum-like experience in transformational movement made this workshop. Oriental meridian theory is also behind Thought Field Therapy/"Rapid Resolution Process" which moves stuck emotions, trauma and phobias using guided tapping techniques. Dr. Luanne Ruona and Chris Wright presented this mini-workshop which had attendees tapping in the hallways to work on problems related to overeating, insomnia, anxiety and more. Also related was the topic of EMDR presented by Deany Lalotis, a well-known teacher of the Eye Movement Desensitization Reintegration process which has helped people overcome post-traumatic stress disorders including those experienced by war veterans.

A new feature at the '99 Conference was Attachment Therapy. Mary Owen presented this holding process for use with infants, children and adults. Her enthusiastic reception has led to her inclusion in the Summer Convention too. Relationships and Couples Counseling was also presented ably by Chris Wright, filling in on short notice for a missing speaker. We appreciate the talented and helpful IPA members, Conference speakers and newcomers who made the "Transformational Processes" Conference a success in so many ways.

Those others who made the Conference deserve special appreciation Leonard Rosenbaum, detail-oriented assistant and a great informational resource; Pauliann Lister, who helped with location s and mailings; and Chris Wright, who shared his counseling expertise as Program Consultant. Judy Lucrezia provided labels and Brian Stark made introductions. Thanks also to Dr. Alice Rose and Sue Graobrok, with processed credit cards and other financial matters before and after the conference. Another star arose in Carol Jacob, who is a massage therapist who came along to help with registration. She gave massage and all manner of moral support to everyone at the conference, and will also be joining us in many capacities at the Summer Convention. Carol is a certified Watsu (water shaitu) practitioner and has developed her own types of water therapies, which she looks forward to sharing with the IPA. Anna White, another massage therapist, joined the IPA and helped by photocopying and offering massage. (Massage therapists love the IPA and the IPA loves its massage therapists!) Thanks also to everyone who participated to make the Spring Conference in Metropolitan DC. And particularly many thanks to those who stayed late to help clean it up and put it away until next time. Pat Allen, Ingemar Fransson, George Kalish, Barbara Bryan, Mary Thompson and Karl Reiss. Aloha! Shalom, Namaste...

## How to Thrive After a Rotten Childhood

In a study of those who survived and thrived after horrible childhoods, Sybil Wolin, Ph.D., and Steven Wolin, M.D., who run Project Resilience in Washington, D.C. focused only on specific steps resilient people used to get beyond difficult backgrounds.

### **They identified seven resiliencies. Which are you strongest in?**

- **INSIGHT:** The mental habit of asking searching questions and giving honest answers. Example: "What's really going on with my mother and father, and is it really my fault?"
- **INDEPENDENCE:** The right to safe boundaries between you and others. "Every person told us they emotionally distanced themselves from their families; they felt at a very young age they were different from these people and wanted different things."
- **RELATIONSHIPS:** Developing and maintaining intimate, fulfilling ties to others and engaging them in your life, Or as Sybil Wolin says, "selecting people who would benefit you."
- **INITIATIVE:** Taking charge of problems rather than letting your situation dictate what you can and cannot accomplish.
- **CREATIVITY:** Expressing pain or frustration through some artistic form such as painting, music or writing.
- **HUMOR:** Finding the comic in the tragic, the ability to laugh at yourself.
- **MORALITY:** Knowing what is right and wrong and being willing to take risks for those beliefs.



## OPEN FORUM

*This portion of the newsletter will be available to members to air views about various issues. Their opinions are their own and not necessarily those of the IPA or the Editor.*

### PAID PRESIDENCY TO BE PROPOSED

By Steve Austill

At the IPA Annual Meeting to be held at Appel Farm September 5, 1999 I plan to propose that the President of the IPA become a paid position. I shall further propose that for a one-year trial period, payment to the President shall consist of one-half of all dues paid and one half of the profit from IPA projects during this one-year period.

It has taken over twenty-five years for the IPA to finally become a fully professional organization. We have had a lot of growing and learning to accomplish. But we have done it. Now is the time to have at the top a well paid, professional leader.

Our record is outstanding. We always have marvelous summer conventions. We now are publishing an excellent newsletter. We are represented on the Internet with a growing website. We have a Board of Elders to handle difficult interpersonal problems and conflicts that arise. We have an IPA Training Committee that has established firm professional standards for primal therapy. Deep primal work stimulated by the IPA, the Ark, and individual practitioners goes on throughout the world. Most importantly, primal healing is actually taking place at the IPA conventions, and many other places just as we all hoped that it would when we first heard about "primals."

But so much more could be done. Our membership hovers around only 120-200 although those benefiting from deep feeling regressive therapy must number in the hundreds of thousands by now. Recently, we received a letter from a therapist in Spain asking for help. We have much in common with those who practice gestalt, psychodrama, bioenergetics, new identity process, jungian, past lives, expressive therapy, alcoholics anonymous, shamanism, and more. We need closer contact with these fine co-workers.

With e-mail technology we could have regular monthly IPA chat meetings open to people world wide. Already I know of one primal person in Massachusetts who contacts her primal friend regularly in Norway by e-mail at no cost! The opportunity is open to us to become truly International. Even language is no barrier now because of computer translation services. What we need is to give substantial money to the man or woman at the top so that they can spend the time and energy on the activities that we have already so successfully established, and on new and innovative forward looking projects.

In the past, except for some small scholarships, all jobs have generally been done on a volunteer basis. This has worked well. It was a good start. But hard workers get burnt out. Cares and needs of everyday life impose their demands. Many people would like to give more time and energy to the IPA, but they simply can't do it. Bills have to be paid, children must be educated, funds for retirement must be set aside, taxes are demanded. And so opportunities for IPA growth that demand a great deal of time and energy are lost because well meaning, intelligent, feeling people simply can't do it. It is because of volunteer leadership burn out that we as an organization must set money aside to get the job done.

My background is the church. My father was a Methodist minister and I was an Episcopal priest for 16 years. In the first century AD missionary work was done strictly on a volunteer basis. But gradually, as things got organized, church leadership became a paid profession. And so to this day, we have paid clergy who run their huge volunteer task forces. I did it. I was paid about one half of the entire local church income. It had to be done. You look at any church budget, and you will find that about half or more goes to clergy and staff support. My guess is that other organizations like the YMCA, Boy Scouts, and even the American Psychological Association are funded likewise. It is reality. We need to do the same.

Today is April 10<sup>th</sup> 1999. I get excited this time of year, because in nearby Lexington, Massachusetts, on April 19<sup>th</sup> 1775, the first blood of the American Revolution was shed. Those early patriots were fighting against the tyranny of foreign despotism. We are battling against the tyranny of past trauma. Ours is a glorious effort too. Let us put our shoulders to the great task that is before us, and go forward under strong leadership. Captain Parker, Sam Adams, John Hancock, Ben Franklin and many other early patriots did their best. Eventually, George Washington was selected to lead our people to freedom. He became the "Gather of Our Country". We have been blessed as other great leaders followed: Jefferson, Lincoln, Roosevelt . . . History proves this fact. Strong leadership is essential for success.

**THE OPEN FORUM**

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the views of the writer and does not  
necessarily represent the views of  
the Editor or the IPA.*

Dr. Paul Vereshack's Response To The Review of His On Line Book, Help Me - I'm Tired of Feeling Bad (in hard copy as. The Psychotherapy of The Deepest Self) by Dr. Stephen Khamsi.

Dear Stephen,

First, a few errors of fact: where in my book do I state that my therapy hours inevitably end with any kind of holding. In fact, Chapters Six and Seven, in which these discussions occur, are at great pains to warn readers that these techniques must be meticulously client centered.

Chapter Six, paragraph twenty-five, "Clearly great care must be exercised in these nurturing experiences." Chapter Six, nine paragraphs from the end, "Touch and holding must be needed, wanted, and requested, within a self that comprehends what is being asked for."

Your choosing not to include in your review these vital statements with their accompanying explanatory paragraphs, of course, would slant the understanding of your readers not seeing the author as highly irresponsible.

The examples that you give of the woman in the deep touch and holding discussion, are in fact two separate cases. Each, you may be interested to hear, is a seasoned mental health professional as are many in the book's examples. Should you choose to access the confidential court records you will find these people speaking on my behalf. They do not represent a gullible and easily led segment of the population. If anything, they pride themselves on their critical abilities.

I also notice that the explanations which give real substance to these examples, and which would generate real critical thought in your readers, have conveniently for your rhetoric, been carefully avoided. I could go on in this vein but it would take a great many pages, and there is something much more important to be addressed.

The most heart breaking thing for me about your "review" of my book, is that you have in fact avoided reviewing it. The main is-ue in Help Me - I'm Tired of Feeling Bad is not the few paragraphs which lend themselves most easily to the journalistic sensationalism, by which I fear you have been seduced. The heart and core of this work lies in another direction altogether.

The book is a manual of Depth Therapy Instructions. To the best of my knowledge, no other book in the world offers a complete aid to anyone who wishes to do deep work on either themselves or another. Its real essence are the instructions, which in this case, are complete, simple, and meticulous. In addition to this unusual feature, they are set within a comprehensive and integrated body of thought. Anyone who is lying in a dark soundproof room for the purpose of achieving a deep inner journey (at primal levels), now for the very first time in history, has a book which will answer every question about technique, that one could possibly ask. Readers have a road map to the deepest levels of personal work

After reading my book, you have said that it is of no historical consequence. Yet you have completely failed to review its essence. This is rather puzzling. You have spoken of my unproven assertions. You forget that I have placed them squarely in the world, and that every day, in every corner of our earth these propositions are being tested by therapists and clients alike. So far in a year and a half I have not had so much as one report telling me that these observations are not in fact the truth. The offering of my observations to the world, which then give rise to reproducible results everywhere, when tested, is not a religious experience, Stephen. It has another name. It is called the Scientific Method. I'm extremely surprised that you do not recognize it.

My suggestion then, to your readers, is that if they want to know the review they should read the review. If they want to know the book, they had better read it and review it for themselves. If I have been less than completely loving with you Stephen, it is because I must confess, my heart quickens slightly with excitement, as the warrior within me enters the forest, to metaphorically stalk a man who would make of my life a casual afternoon's sport. Should you ever really wish to deepen your consciousness, using my work, please submit your questions to the Primal Psychotherapy Page, where I will answer them with the genuine love and compassion your new attitude would deserve..

Yours truly,  
Paul Vereshack M.D.

If you are interested in ordering Paul's book,  
The Psychotherapy of the Deepest Self, you may call Paul at (416) 606-3117

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**John Speyrer's Response to Dr. Stephen Khamsi's review of Dr. Paul  
Vereshack's The Psychotherapy of the Deepest Self**

When I first read Dr. Vereshack's book a couple of years ago I was very impressed. I read the book three times during that first week and immediately knew that it was not just another book about regression therapy. His work was unique and I felt it contained fresh and novel ideas. Obviously, Dr. Khamsi does not agree with my and other's opinions of the book, since after quoting others' enthusiastic accolades in the first paragraph of his review he begins his polemic.

Were all of us misguided in our praise of the book? Did Khamsi see something that we were not able to recognize, or not see something that we recognized? It is unfortunate that Dr. Khamsi's wrote his book review mainly for the purpose of criticizing "Dr. Vereshack the man" instead of really analyzing his book.

I do not believe that there is anyone who recommends the use of sexual touch in therapy. I have never read or heard of such a therapy modality. The author has never tried to conceal that he had experimented with sexual touch many years ago and has emphasized that he no longer uses sexual touch. He writes, "I no longer believe that it is acceptable for therapists to touch or be touched sexually. . . ."

The book was written during a period when the author had a lot of time on his hands, when he was not practicing medicine after being charged with sexual misconduct. A veteran of over 32,000 hours of work in regression therapy with over 1,000 patients, Vereshack defended himself during the four-day hearing with support from thirty-two patients who testified in his behalf.

When his license was revoked he appealed the decision of the Medical Discipline Committee. The civil court overturned the decision and Paul Vereshack was free to practice medicine once again.

It seems to me that Dr. Vereshak's main weakness is his truthfulness. He admits that only about half of his patients are able to regress into deep feelings. Does any other regressive therapist author admit this truth? He writes that for many the therapy is not a "safe option." More truth. That he has gone beyond what is accepted practice for most therapists and most primal therapists is not the argument. When he wrote: "I was half my age and hadn't yet lost my trust in my fellow man/woman," he probably meant that he would not have expected a patient whom he had trusted would charge him with improper conduct. He writes, ". . . it is easier to destroy the therapist than it is to face our early molestation."

I believe that his statement, "It is doubtful to me, and to almost every patient and therapist with whom I have ever spoken, that depth therapy can be pursued without the presence of a depth therapist" was referring to the difficulties and dangers of self-primaling. It is at those points in therapy, when the patient's last defenses are being lowered, that self-primaling can be detrimental to one's physical and mental health. Thus, Dr. Vereshack writes, "the deeper you go, the more necessary it will be for you to have continuous therapy supervision."

I do not believe that his book encourages individuals to attempt self-primaling. Rather Dr. Vereshack mentions the dangers in doing so; something many other regression therapists who have written books on self-primaling soft pedal or completely ignore. In Chapter Eleven he writes still more truth: You will need a ". . . psychotherapist to companion you on your inner journey." He emphasizes: "It is not recommended that you attempt the exercises in this manual without adequate psychotherapy." He further writes: "This growth manual could be very, very dangerous if used without continuous professional help." Khamsi writes that the consequences of self regressive therapy are not to be taken lightly. However, Vereshack places more emphasis on such dangers than any other regressive therapist of whom I have read.

Paul Vereshack has shared many ideas and many of these are original and novel approaches to the therapy. After all, the fundamental theories of the regressive therapies have been explained and expounded on for years. Dr. Vereshak takes these approaches and looks at them from new, fresh, and insightful angles. I believe that his attempts to "establish laws of human experience and behavior" have been successful and are much more than "interesting assertions."

"First do no harm." is a long established therapeutic principle, but what therapist has not made an error in judgment. Do Paul Vereshack's few choices of experimenting with sexual touch in therapy merit punishment for the rest of his life? What therapist, who at times, has not pushed too much and opened the patient into feeling some early pain which was not ready to be felt. How many individuals have ended up in mental hospitals as a result of primal therapy with wholly competent, yes, competent, therapists, who at sometimes in their careers have made errors? Paul Vereshack honestly and truthfully acknowledges the possible consequences of opening up a client's storehouse of pain.

Perhaps Dr. Khamisi should read *The Psychotherapy of the Deepest Self* one more time.

### **The scenery along the way makes life a wonderful trip**

#### **The Station.**

By Robert J. Hastings

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flat lands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. Bands will be playing and flags waving. Once we get there our dreams will come true, and the pieces of our lives will fit together like a jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering – waiting, waiting, waiting for the station.

"When we reach the station, that will be it!" we cry.

"When I'm 18."

"When I buy a new 450SL Mercedes-Benz!"

"When I put the last kid through college."

"When I have paid off the mortgage!"

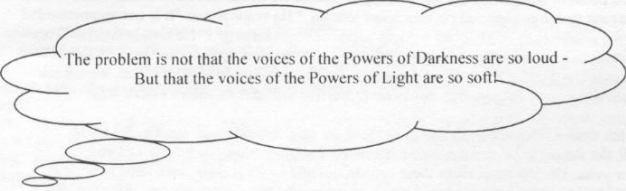
"When I get a promotion."

"When I reach the age of retirement, I shall live happily ever after!"

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

"Relish the moment" is a good motto, especially when coupled with Psalm 118:24, "This is the day which the Lord hath made; we will rejoice and be glad in it." It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more, cry less. Life must be lived as we go along. The station will come soon enough.



The problem is not that the voices of the Powers of Darkness are so loud -  
But that the voices of the Powers of Light are so soft!



### 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):

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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!

Summer Convention continued from page 1:

!!! Now, this will blow you right out of your socks: Primal Blues, with Fred Zielke and Steve Austill! These two guys will let you in on their newest development: Participate in singing and playing right from your primal guts and souls. Look out for them at Cabaret time, too!

!!! An all-day holotropic workshop will be given by David Pearson, who has done excellent work with us at the conference before. Look for the pre-registration option in the brochure to ensure a place.

!!! Newcomers and 'old primallers' will be encouraged alike to tell, listen and learn from each other in Barbara Bryan's Sharing Primal Stories.

!!! NEW CONCEPT- The Mat Track insures that you have an opportunity to work with your feelings in a group format every day. These Primal Workshops will be led by one or two experienced facilitators.

Sorry, I'm running out of space. Just because I didn't mention someone doesn't mean they're not coming and do terrific things for and with us. There is lots more. Look for the brochure in a few weeks and register right away. And renew your membership to get The discount! See you there! Yvonne Parma

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### Send checks to:

Judy Lucrezia,  
2 Elizabeth Lane  
Peabody, MA 01960.

The full six days early bird fee is \$490.00 paid by August 1<sup>st</sup>. At the **CONVENTION** site it will be \$560.00. More information on fees will be in the Brochure.

### Call for information:

1-877-PRIMALS or  
1-877-774-6257.



### 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 99-July 00. 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

Roses To:

Denise Kline for chairing a very successful Conference in Washington D.C.

Chris Wright for assisting Denise and for His great workshops.

Leonard Rosenbaum for assisting Denise And helping all around.

#### Possible CEU'S

If you need continuing education Units as part of your Professional requirements, here's a note! After the IPA Conference in August, I submitted to my Board a listing Of the workshops I attended for post-approval. I received Credit for the full 13 hours! This represents time and money as you know. Pat Allen, MSW

SUMMER 1999

#### International Primal Association

C/o Judy Lucrezia,  
2 Elizabeth Lane  
Peabody, MA 01960

ADDRESS CORRECTION REQUESTED

TO: