

PRIMAL

Supporting Growth and Healing Through Deep Feeling Process

FALL NEWSLETTER • NOVEMBER 2005

Inside

IPA Convention: The First Time
By Susan Van Dyke pp. 1-2

Poem: What I Will Miss
By Linda Marks

IPA Events page 3

Snail Wail: A New Column
By Linda Marks

Member News page 4

Primal Integration
By John Rowan

Editor's Mat Thanks page 5

Convention Portrait 2005
By Steve Austill page 6

Convention Moments
Photography by Shelly Beach
and Larry Schumer p. 7

In Search of Bonding
By Esta Powell pp. 8-9

Alec Rubin 1920-2005 p. 10

Your Child's Tears
Edited by Pat Tömgren page 11

The Feeling Universe:
IPA Convention 2006
By Mickey Judkovics page 12

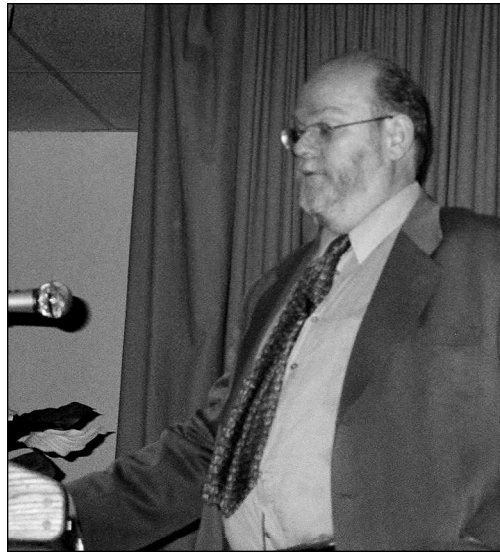


Photo by Shelly Beach



Photo by Larry Schumer

IPA Convention: The First Time

By Susan Van Dyke

I have been doing primal therapy for a little over a year. I wanted to go to the convention, but I was scared because I only knew a few people who were going and I was afraid I would be an “outsider.” Well, that didn’t happen. There is a buddy program for new people. My buddy was one of the few people I knew—so it was really comfortable for me to contact him before the convention to ask questions. I was also concerned about who my roommate would be. Again, this was handled very well: a few days before the convention I got a call from a woman who has been going to the convention for several years, and she asked if I wanted to room with her. She is about my age and there are other similarities about where we are in life—I accepted and we were great roommates.

I was looking forward to the opportunity to be able to “feel” all the time, but also a little concerned as well. At the Community Meeting on the first night, I shared that I was scared to be there, afraid that I would feel like an outsider. While I recognize that it took courage to say that, I think it also says something about my feelings about primal therapy that it felt like a safe place to be able to say it.

It was comforting that first night to look around the circle of about 35 people who all looked normal, and to recognize that all of them participate in primal therapy—it was a place where being into primal work wasn’t weird.

Every morning we had women’s (or men’s) groups. This was a great time for sharing what was going on with us. There

Continued on page 2

International Primal Association
23011 Middlebelt Road
Farmington Hills, MI, USA 48336

Toll-Free: 1-877-PRIMALS
(US & Canada only)

Telephone: 248-478-5559

Email: info@primals.org

Website: www.primals.org

OFFICERS

President

Barbara Bryan
23011 Middlebelt Road
Farmington Hills, MI, USA, 48336
president@primals.org

Vice President

Bob Holmes
5 Olive Avenue
Toronto, ON, Canada M6G 1T7
vicepresident@primals.org

Secretary

Leonard Rosenbaum
220 Alton Place NW
Washington, DC, USA, 20016-2018
info@primals.org

Treasurer

Jean Rashkind
213 Kent Street, #3R
Brooklyn, NY, USA, 11222
treasurer@primals.org

BOARD OF DIRECTORS

Wayne Carr	Harriet Geller
Carol Holmes	Denise Kline
Dan Miller	Karuna O'Donnell
Patricia Poulin	Esta Powell
Larry Schumer	

MEMBER ADVOCATE

Jim Pullaro
advocate@primals.org

COUNCIL OF ELDERS

Larry King	Terry Larimore
Linda Marks	Larry Schumer

(Schumer is inactive while on Board)

IPA Newsletter Editor

Sam Turton: editor@primals.org
Assistant Editors:
Esta Powell, Maja Zilih

The International Primal Association, Inc. publishes the IPA Newsletter. Opinions expressed by the authors are their own and not necessarily those of the IPA. Unless otherwise directed by the IPA Board, the Editor reserves the right to make final judgment as to the publication of all materials received. Unless specifically requested otherwise, the Editor reserves the right to edit contributions.

Next deadline: February 1, 2006

“Convention” continued from page 1

were some really special moments in this group. It is really helpful to hear where people are on their journey—from those who are still in hurting places to those who are in a good place. Probably more important to share what was happening to us in that place at that time—sometimes about how we triggered each other.

After these groups was Mat Track—about 1 1/2 hours of mat time (there were other workshops for those who weren't so “primally inclined” or “primally needy”). I have done a lot of group work—but never with so many at once. At first it was a little distracting, but as I was one of the noisy ones it didn't take long to forget about everyone else and just do my stuff. I did some really good work.

After lunch there were workshops—the first few days I was so wiped out I just went to my room and took a nap. After dinner we had Community Meeting and then Peer Groups. Peer groups are small groups—5 to 6 people—again a sharing time. These groups are really special—there are different ways to run them. Our group split up the available time and each of us had a set amount of time to share—we could ask for feedback from others during our time. Again, more great time for processing feelings and connecting in a close way with a few other people.

Most evenings, after the peer groups, there was a jam session—people brought musical instruments and there was a piano. We sang, listened to the music, or danced. It was great—I rediscovered how much I love to move to music. As a child I used to put on records and dance around the living room—the experience at the convention reminded me that this is something simple I can do that brings me pleasure.

There was a Sand Play room with hundreds of items to put into a sand tray to explore inner feelings. I only did one sand tray—but it helped me to focus the feelings I was having at the time.

There were people there to provide bodywork and massage. I decided it was pamper Susan week, so I had sessions with 3

different bodyworkers—the opportunity to sample a variety of techniques.

I even had some opportunities to expand my comfort zones. Several mornings we had a wake-up session of “Energetic Dance.” Basically free movement to popular music. One morning I was getting really warm as I danced. The two men who were participating had taken off their shirts—I wanted to take off my shirt, but I wasn't wearing a sports bra (just a regular bra). For about five minutes I argued with myself about taking off my shirt—I recognized that no one in the room would care if I took off my shirt—it was all my stuff keeping me from doing it. Finally a piece of music about freedom came on—that did it—off came my shirt! As it turned out, another woman came in after I had my shirt off—she wanted to participate but thought she would be too hot, however, when she saw I had my shirt off, she took hers off too. So I turned out to be a role model!

On Friday evening there was Cabaret—a “talent” show—it was incredible—everything from people reading their own poetry to imaginative skits to great singing. There is amazing talent and great creativity in this group.

One of the last afternoons I spent sitting on the grass under a tree with two other women I had met during the convention—we were talking and sharing our lives with each other as though we had been friends for years. I know more about them than some people I have worked with for years.

So, after coming in with fear, I left with great sadness. I had rapidly become a part of this network of caring, feeling people. I had found a place where I could be more authentic. I was on a high—but I was also concerned about how I could bring the good feelings back with me to my everyday life. How could I be more authentic in the world that doesn't care about feelings?

As I had expected, after a day or two I crashed—or came close to a crash. But I knew I had a support team—I put out a message on E-mail—wanting to hear from people who were further along on their journey, that life could get better. And I got many responses—so I know I'm not so alone any more.

“Again, more great time for processing feelings and connecting in a close way with a few other people.”

What I Will Miss

I will *not* miss

The indifferent nuns
Or the airless rooms
 With fluorescent lights
 And artificial flowers,

But I *will* miss

All of us together
 Sharing sacred space,
 Offering up our fears
 And tantrums and tears,
 Making even this sterile space
 Vibrate and swirl
 With synchronicities of soul.

When I first found my way to you:

A homesick orphan,
 Numb and hungry,
 Holding myself together
 With frayed Band-aids,
Afraid you wouldn't notice me
 Or you would,
Afraid you wouldn't take me in
 Or you would,
Afraid you wouldn't see me
 Or you would,
Afraid you wouldn't hear me
 Or you would,
Afraid you wouldn't embrace me
 Or you would,
Afraid you wouldn't feel with me
 Or you would,
Afraid I wouldn't feel myself with you
 Or I would,
 And, of course, I did.

I found fellow pilgrims,

 Flints for each other,
 Striking sparks of spirit
 Off of one another.

We made a mosaic mandala

 With shards of ourselves

Our sacred circle expanded:

 Enfolded, included, embraced us all,
 Contained our pain,
 And concentrated our joy.

That I will miss.

Ah, yes: *That I will miss!*

Linda Marks 8/05

Written at the IPA Convention

IPA Events

Spring Retreat 2006

Thursday, May 4–Sunday, May 7

Kirkridge Retreat Center

Bangor, Pennsylvania, USA

www.primals.org/activities.html#retreat

Bob Holmes: 1-877-258-9315 (toll free)

link.2.holmes@sympatico.ca

Winter Board Meeting

Saturday, Feb. 18–Sunday, Feb. 19, 2006

Farmington Hills, Michigan, USA

Barbara Bryan: 248-478-5559

president@primals.org

Summer Convention 2006

Monday August 21–Sunday August 27

*The Feeling Universe: Consciousness,
Emotion and Spirituality*

Keynote Presenters: Daniel J. Benor, M.D.

John F. Cogswell, Ph.D.

Country Place Retreat & Conference Center

White Haven, Pennsylvania, USA

www.retreatpa.com

Details announced at:

www.primals.org/convention.html

Co-chairs: Wayne Carr and Daniel Miller

convention@primals.org

See article on the back page!

IPA Email Resource

President: president@primals.org

Vice President: vicepresident@primals.org

Secretary: info@primals.org

Treasurer: treasurer@primals.org

Member Advocate: advocate@primals.org

Convention: convention@primals.org

Volunteers: volunteers@primals.org

Newsletter Editor: editor@primals.org

E-news Editor: enews@primals.org

Webmaster: webmaster@primals.org

Email & Tech Support: help@primals.org

E-mail Moderators: ewail@primals.org

Member News

Primal Integration Center of Michigan Intensives

\$150.00 fee includes food, lodging, and airport pick-up. Friday 7:30 p.m.–Sat. 5:00 pm. Led by Barbara Bryan and staff.

2006 Schedule TBA

Contact: Barbara Bryan

248-478-5559

babryan@twmi.rr.com

Training in Primal Integration

Sponsored by the Primal Integration Center of Michigan. Intensive training to develop facilitation skills for primal-style or deep feeling work.

Leaders: Barbara Bryan, MA, CSW, and Sam Turton

Advanced: March 12–18, 2006

Intermediate: June 11–17, 2006

Initial: October dates TBA

Call 248-478-5559 or visit primalworks.com/events.html

Reinhold Rausch: German Language Primal Forum

Reinhold Rausch, IPA international scholarship recipient and member of GIPT (Gesellschaft für Integrative Primärtherapie), hosts a German language primal group on the internet.

<http://de.groups.yahoo.com/group/Primalforum>

New Members

Welcome to the new members of our growing IPA community!

David Joseph Alpert
Massachusetts, USA

Paivi Cherkas
Washington, USA

Clare Gill
Wicklow, Ireland

Cindy McNellis
Ontario, Canada

Anne de Nada
Ontario, Canada

Erik Tootell
California, USA

Snail Wail—A New Column

By Linda Marks

Whereas I'm probably the last middle-class person in the U.S. not to have a PC (on which I *could* have gotten E-mail), and whereas I recently decided to forego IPA summer conventions for more time at my beach house, and whereas I like to write and have been saying for years I'd like to write something for Sam, I've come up with a new way to stay in touch with my IPA friends: this column, handwritten, sent by snail mail, and typed by Phil Banco. (Bless him! I can't even type.)

I'm starting by responding to a cluster of questions that seemed to hang in the air during and after our last summer convention. (Thank you, Susan, for some of them). The questions revolved around how long and hard and lonely and discouraging the primal journey can be, and the younger primalers seemed to want to know if the older

primalers could offer some encouragement or advice or inspiration to those who are wondering how long it really takes and if it ever gets easier and if it even really works and if there's anything they can do to ease the worst parts. I *could* just say that in spite of some lingering insecurity, I'm doing very nicely now and that if everybody just "keeps on truckin'" they'll be doing very nicely, too, someday. This may be true, but I think it would be more useful to share some of the turning points and insights of my journey and if any of these resonate, hopefully that could speed up someone else's journey.

When I started in a primal group I felt unlovable and angry. I was unhappy but not clear about why. I had read the Primal Scream and dared to hope primal could be a quick fix. I learned that I could scream and get immediate but temporary relief. I learned what feelings looked and sounded like expressed full out. I learned I could feel for others and be triggered by them. I was encouraged to feel entitled to my feelings and to stop feeling like a victim and not squelch my anger at my parents for their ineptitude. However, I continued to feel

unlovable and often I was so cut off from my own feelings that I trusted my therapist more than myself to tell me what I felt. It wasn't until I left that first group, years later, feeling scapegoated, that I realized I was on my own and it was up to me, alone, to identify my own feelings for myself. By then, I had a clue and I was exhilarated to be flying solo. I joined a primal peer group where I felt liked and respected.

A related insight from around the same time came while primaling for the zillionth time about how bad my parents had failed me. Suddenly it dawned on me that whatever I had wanted from them, I still wasn't giving to myself. I was perpetuating their neglect. At thirty-something, I was older than they had been when they made their mistakes. I knew more than they had known about such things. What was the point of being angry at them if I wasn't even doing any better than they had done? I needed to get over

the past and tend to the present, start nurturing myself. *That* was the real turning point!

Around the same time I went to a Gestalt Therapy Workshop and had a dealing with my "inner brat." The leader said at least I was trying to understand myself rather than just abusing myself. I figured I was on the right track.

Someone from my peer group told me to read a book called *Big You, Little You: Separation Therapy* (unfortunately out of print). It really helped me learn how to separate the neglected, sad, angry child inside from the adult part of me that could actually love and nurture the child part. I really needed to remember that I *was* a capable adult after so much primaling about my rotten childhood. I also needed to know I could care about others to feel worthwhile. It all made me feel more whole and capable of undoing the damage from childhood.

After that, because I was more conscious of being both the healer and wounded child, I was more able to go forward, because I had the resources to help myself and support

"A new way to stay in touch with my IPA friends: this column, handwritten, sent by snail mail."

Continued on page 10

Primal Integration

By John Rowan

Primal integration can be said to be one of the fullest and most complete forms of psychotherapy, because it includes everything a client might need. It works at the four levels Jung talked about—sensing, feeling, thinking, and intuiting. It has fewer gaps and untrodden paths than any other approach on the chart. But for that very reason it may not be suitable for the novice client. It may be too much too soon for the client who has done very little therapy before. It is ideal for the person who has been in therapy for five years or more and is beginning to get impatient at the rate of progress. If we think of the whole process of psychotherapy as a course with two phases (Kopp 1977), primal integration is a phase two therapy. Phase one is where the client is gradually discovering through personal experience that there is such a thing as the psychodynamic unconscious and childhood trauma. Phase two is where the client heals the splits which have appeared through that process, and goes on to deal with the more

“Primal integration can be said to be one of the fullest and most complete forms of psychotherapy...”

fundamental splits which lie deeper in the psyche. This is doing work at the level of what Michael Balint (1968) called “the basic fault.” Primal integration is definitely prepared to go into the transpersonal, and the 10th issue of the Journal *Aesthema* was entirely devoted to the question of spirituality in relation to primal work. My own article in that issue maintains that going deeper into the primal areas of the psyche actually makes it easier to get into the transpersonal areas of the psyche.

The centres that deal with primal integration usually say that they deal with the early material and the transpersonal material, and I think this is a good direction to take (Brown & Mowbray 1994). The image is of a spiral staircase on a mirrored floor: every step up (into the higher unconscious) is a step down (into the lower unconscious), and every step down (into the depths) is a step up (to the heights).

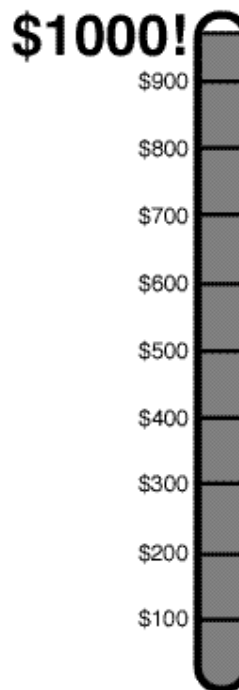
Rowan, John (2005) *The Transpersonal: Spirituality in Psychotherapy and Counselling* (2nd edition) London: Routledge (p.83)

Editor’s Mat Thanks

The Board and editor wish to apologize for inaccurate information about the mat fund in the last newsletter. More had been donated than was posted, and funds continued to come in, making the drive a total success! During the convention these effective and durable mats were put to the test and are now available for any IPA events in the future. Many thanks to the Fundraising Committee and contributors:

- Shelly Beach
- Warren Davis
- Ed Durkin
- Bob Holmes
- Mickey Judkovics
- Dianea Kohl
- Jim Macken
- Daniel Miller
- Karuna O’Donnell

- Patricia Anik Poulin
- Esta Powell
- Jean Rashkind
- Lois Riersol
- Odd Riersol
- Larry Schumer
- John Speyrer
- Sam Turton
- Bill Whitesell



Primal Groups

Barbara Bryan
Farmington Hills, Michigan
Thursday evenings
babryan@twmi.rr.com
248-478-5559

Bill Whitesell
McLean, Virginia
wmwhitesell@yahoo.com
703-734-1405

Esko and Marja Rintala
Helsinki, Finland
Weekend groups Friday evening and Saturday
esko.rintala@pp.inet.fi
358-9-611184

NYC Primal Theatre Group
“Alec Rubinesque” peer facilitation
Wednesday evenings
Harriet Geller: 212-263-5134
Jean Rashkind: 718-609-1941

Free Cash?

Did you know that some companies will make a gift of cash, or match a gift of cash, to a charitable organization to which their employee volunteers? Your gift of a little time to the IPA could result in your employer donating some money to the IPA cause, for which we would all be extremely grateful! The fundraising team encourages every member who works for a company to investigate if this applies to them. Kudos to Denise Kline and her employer for bringing this to our attention and being the first donors for volunteerism. Who’s next?

Bob Holmes, Fundraising Chair

Austill receives Certification

At the 2005 Summer Convention, Steve Austill became the third person to be certified as a Primal Integration Educator. He was presented with a certificate at Cabaret on Friday evening, and all in attendance celebrated with chocolate cake! Congratulations, Steve.

For information about certification, go to: www.primals.org.



Top row: Daniel Miller, Fred Zielke, Rick Benson, Jim Macken

Second from top: Wayne Carr, Paivi Cherkas, Colin Strang, Leonard Rosenbaum

Third from top: Thayer White, Joanna Russell, Bill Whitesell, Mary Thompson

Fourth from top: Mickey Judkovics, David Alpert, Michele DelGesso

Fifth from top: Walter Gambin, Warren Davis, Larry Schumer, Susan Van Dyke

Bottom step: Michael Irving, Alex Tadeskung, Harriet Geller

Standing, left of the steps: Steve Austill, Joe Sanders

Standing, right of the steps: Corey Schoff, Barbara Bryan, Joe Dunn, Alice Rose, Denise Kline, Carol Holmes, Bob Holmes

Front row: Jim Pullaro, Reinhold Rausch, Marlene Schiller, Linda Marks, Christiane Laufer, Patricia Anik Poulin, Karuna O'Donnell, Dianea Kohl, Shelly Beach, Don Eschbach, Jean Rashkind, Marie Regis



Photo by Larry Schumer

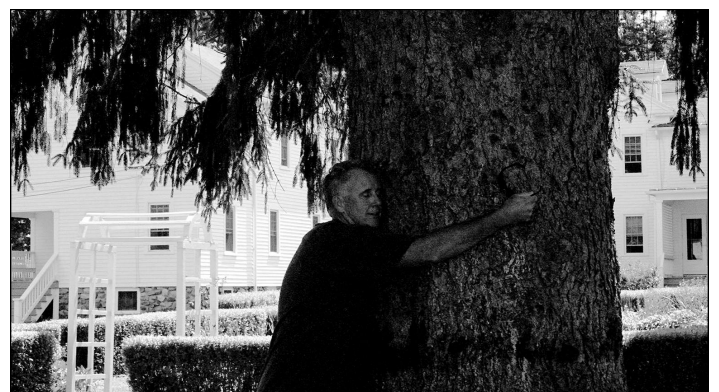
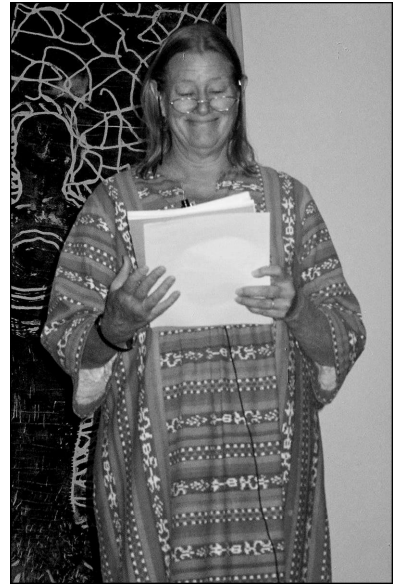


Photo by Shelly Beach

Convention Moments



Photography: birdhouse and daisy by Larry Schumer.
All other photographs by Shelly Beach.



In Search of Bonding: Baby–Mother Attachment Trauma

By Esta Powell, M.A., M.S.

After traumatic experience, the human system of self-preservation seems to go onto permanent alert, as if the danger might return at any moment.

–Judith Herman, *Trauma and Recovery*

Theory Overview

Bonding—the term for the close emotional tie that develops between parents and baby at birth—became the buzzword of the 1980s when Marshall H. Klaus and John H. Kennell explored the concept of bonding in their book, *Maternal-Infant Bonding*. They suggested that for humans, just as for other types of animals, there is a “sensitive period” at birth when mothers and newborns are uniquely programmed to be in contact with each other. By comparing mother-infant pairs who bonded immediately after birth with those who didn’t, they concluded that the early-contact mother-infant pairs later developed a closer attachment. They believed that there is strong evidence that at least 30–60 minutes of early contact in privacy should be provided for every parent and infant to enhance the bonding experience. Among numerous researches that followed was a well-controlled study of 301 mothers and babies (O’Connor, 1980) that found a significantly decreased incidence of child abuse and neglect and parenting disorders among mothers who received twelve extra hours of contact with their newborns during the first two days after delivery.

Some other researchers believe that there are no physiological effects of early bonding, that it is in fact a “scientific fiction” (Eyer, 1992). In their opinion, even if research on mammalian bonding behavior seemed to indicate the biological necessity of immediate attachment, extremely rapid bond formation, such as has been described for goats and sheep, is “unnecessary” unless there is a good chance that the young will be mixed with others in the first few minutes or hours after birth. Attachment and motivation can develop in an adoptive mother as well, so neither the experience of parturition nor close biological relatedness is necessary for a strong mother-infant bond in human beings. (Trevathan, 1987). She concludes that catch-up bonding is certainly possible, especially in the resilient human species, and that the absolute critical period of now-or-never relationship is not true.

Biochemistry of Bonding

Even skeptics acknowledge, though, that the physiological benefits of early bonding may be numerous. “Touching and massaging the infant stimulates breathing and provides warmth . . . If Mother holds the baby over her heart, on the left side of her body, the mother may be quieting the infant

with the rhythmic beat that was an important part of its intrauterine environment. Holding it on the left may also facilitate eye contact, in that most infants prefer to turn their heads and look to the right . . . Nipple contact stimulates release of oxytocin into mother’s bloodstream, which results in uterine contractions, expulsion of the placenta, and inhibition of postpartum bleeding. The colostrum that the infant ingests provides immunological protection and is the only natural source of Vitamin K, a substance essential for normal clotting of blood, necessary, for example, for preventing hemorrhage at the site of the umbilical cord.” (Trevathan, 1987).

Human babies are born helpless, but with all the necessary tools and “instructions.” The hormonal cues are clear and compelling, and our instincts can provide us with all the appropriate responses.

Oxytocin—a bonding hormone

Oxytocin is a chemical messenger released in the brain in response to social contact, but its release is especially pronounced with skin-to-skin contact. In addition to providing health benefits, this hormone-like substance promotes bonding patterns and creates desire for further contact with the individuals inciting its release. When the process is uninterrupted, oxytocin is one of nature’s tools for “creating” a mother. The number of oxytocin receptors in the expecting mother’s brain multiplies dramatically near the end of her pregnancy. These receptors increase in the part of her brain that promotes maternal behaviors. High oxytocin causes a mother to become familiar with the unique odor of her newborn infant, and once attracted to it, to prefer her own baby’s odor above all others’. Baby is similarly imprinted on mother, deriving feelings of calmness and pain reduction. When the infant is born, he is already imprinted on the odor of his amniotic fluid. This odor imprint helps him find mother’s nipple, which has a similar but slightly different odor.

Cortisol levels

Infants who receive frequent physical affection have lower overall cortisol levels, while psychological attachment studies reveal higher levels in insecurely attached children. Women who breastfeed also produce significantly less stress hormone than those who bottle-feed. It has been proven that experiences during infancy have the strongest and most persistent effect on adult hormone regulation, stress responses, and behavior. Intensive early physical contact and maternal responsiveness can even mitigate genetic predisposition for more extreme stress reactions. Chronically elevated cortisol in infants and the hormonal and functional adjustments that go along with it are shown to be associated with permanent brain changes that lead to elevated responses to stress throughout life, such as higher blood pressure and heart rate.

Consequences of Traumatic Bonding

Attachment deepens with terror.

—Patrick J. Carnes

It is becoming more widely acknowledged that traumatic prenatal and perinatal experiences can be remembered, and have lifelong impact. Medical interventions are experienced by babies as invasive and painful. Babies experience separation after birth and placement in intensive care as a terrifying abandonment; it is lonely, overstimulating, and a painful imprint. When such shock is untreated, the influence on bonding is exacerbated because the traumatized infant remains in a defensive stance with respect to the world, and does not “let the world touch him.” When babies experience severe forms of traumatization, they are also likely to perceive subsequent events in similar contexts. Freud called this process recapitulation. Among other definitions, recapitulation means that the first experiences shape how subsequent life experiences are perceived (Emerson, 1996). There is also a similar phenomenon called trauma repetition or restaging. It is an unconscious effort by the victim to bring resolution to the traumatic memory by recreating similar traumatic experiences in the present life.

It appears to be a tragic paradox that in trauma bonding, the person’s abuser will be perceived also as the one who delivers and rescues from the abuse. This creates a psychological ambivalence that creates dissociation in a young child. The very helplessness and terror that are instilled by the abuse will cause the child (or later, the adult) to reach out to the only available hand for relief: the perpetrator. The perpetrator becomes the most powerful person in the life of the victim. The perpetrator will have the perceived power of life and death over the child. The intense coercion is to not only comply with, but to identify idealistically. Almost all very young children in an abusive setting will begin to internalize their perpetrators in some form in order to cope with this reality.

Baby Esta’s story

I had a very hard and long birth; my mother was heavily drugged and not really present. I was stuck in the birth canal for over 24 hours. After I was born I stopped breathing and the male doctor resuscitated me. Some of that sensoric memory has been coming back in my primals. I had episodes of body memory—feeling tubes down in my throat, huge pressure on the left side of my chest (it seems like my chest bones might have been cracked or otherwise pushed in, because my chest is very asymmetric—the left side looks like it’s “pushed in”). After resuscitation I was put in the incubator and for the first three days the only touch that I got was from the doctors and nurses—performing whatever medical procedures they did. It felt like torture.

After one of the deep baby primals with terror and heavy baby crying, the therapist offered to hold me as a baby afterwards. He was very present, much grounded and very caring. He said, “You can relax now. You can put all your weight on

me, you don’t have to hold yourself any more.” For the first time in my life, *the baby* inside felt safe. The sense that it *can be safe* was a profound experience itself. It took me a couple of days to comprehend and connect what happened—it was some type of mother-baby bonding. It felt like a huge gestalt had been closed and that something I had unconsciously looked for my whole life came to completion.

A couple of weeks later I was reading E. Noble’s book *Primal Connections* where she talks about cesarean babies bonding with the doctor instead of the mother, because mother very often doesn’t get a chance to hold them until later. The coin dropped. My first husband—I got married when I was 18—was an obstetrician gynecologist!

My current husband is a doctor, too!

I suffered from chronic bronchitis and asthma all the way through my childhood and went through a lot of treatments and doctors. I went through numerous medical tests and treatments that were an unconscious recreation of early shocking imprinting. I was sixteen when I met a charming doctor with whom I felt crazy-in-love. He performed a new asthma treatment on me—spraying medication directly into my bronchial tubes. The procedure was terrible. I went to those procedures as if in a trance—completely attached to him. There were some other doctors that I was attracted to—unconsciously looking to meet this early-after-birth need.

My relationships, my activities and my life were a replay of that baby-doctor bonding, when really my psyche was searching for a safe mother.

After that profound corrective experience my internal busyness and anxiety dropped dramatically. My sleep improved—I don’t use sleeping pills any more. I started to develop and internalize a feeling of security and calmness. The anxiety still pops up from time to time, but I can breathe and find the safe place within myself that I never could before.

Summary

Healthy bonding means love and the absence of fear, and creates connection and safety. It allows the infant to experience the world as a friendly place. If bonding doesn’t occur, the connections to Self, Other, and the rest of the world become fragile and unsafe. We are insecure, locked into hindsight, and vigilantly trying to control, predict, and anticipate. We feel powerless and afraid of the unknown. We live our lives on alert, trusting only in our own defenses.

Lack of bonding (skin contact, sensual stimulation, etc.) leads to shutting down the emotional (right) hemisphere of the brain, leaving us to live in the thinking (left) hemisphere. This could, perhaps, be the origin of the mind/body split. When we live in our head, rather than our emotional center, we are driven to figure out how to cope and how to get by. Most of all, we have to figure out what the other person wants—constantly looking to the outside because we are split off from the inside. When the trauma is overwhelming and/or sustained, the body’s ability to stay in an alarm state is enhanced. The alarm state starts to feel “normal.”

Continued on next page

“Bonding” continued from page 9

At its essence, safe bonding is a biological need. Bonding occurs during a critical period that is probably hormonal. Most important in this is the first hour after birth. This does not mean that bonding cannot happen later, but, if drugs or other problems interfere with the hormonal factor, that interference significantly hampers the bonding process (Rand, 1996).

References

1. W. Trevathan, *Human Birth: An Evolutionary Perspective*
2. P. Törngren, *The Needs of the Newborn in the First Few Hours of Life*
3. B. Swartley, *Major Categories of Early Psychosomatic Traumas*
4. T. Larimore, *New Paradigm for Healing Emotional Shock and Trauma*
5. W. Emerson, *The Vulnerable Prenate*
6. W. D. Buening, *Bonding and Attachment*
7. J. L. Herman, *Trauma and Recovery*
8. P. Carnes, *The Case of Traumatic Bonding: The Betrayal Bond*
9. G. Smith and D. Vidyasagar, *Historical Review and Recent Advances in Neonatal and Perinatal Medicine*
10. L. Palmer, *Bonding Matters...The Chemistry of Attachment*
11. M Stricherz, *Bonding with Baby: Why Ultrasound is Turning Women Against Abortion*
12. K. Lyons-Ruth, *Attachment relationships among children with aggressive behavior problems: the role of disorganized early attachment patterns*
13. H. Anisman, *Do early-life events permanently alter behavioral and hormonal responses to stressors?*

Alec Rubin 1920–2005

On November 10, 2006, at the age of 85, another primal pioneer moved on. Alec Rubin was a primal therapist, teacher, director, and choreographer who combined dance, theatre, and therapy as a creative discipline and tool for artists and therapists. He taught/directed Obie, Emmy, Tony, and Academy Award winners, and in New York City, founded and directed *The Theatre Within*, and directed *The Center for Feelings and Creativity*. Founding member and twice President of the IPA, he trained many of the primal therapists on the East coast in the 1970s and '80s. Alec spent his later years in Florida, and was busy with students and clients until a month before he died. Alec, you will be missed. Your inspiration lives on.



Alec improvising at Cabaret during the 2000 IPA Convention—on his 80th birthday!

Alec was a compassionate and gifted therapist, director, and teacher, and he made most everyone he knew feel special. He dedicated his life to creative expression, which for him was the very essence of healing.

—Joe Raiola, Director, *The Theatre Within*;
Senior Editor, *Mad Magazine*

“Snail Wail” continued from page 4

myself. I also began to gather the confidence to start building stronger connections to others. I felt I could expect others to accept me and care about me because I could return the favor. My more nurturing relationship with myself had enabled me to be more compassionate with others. (Coming to IPA conventions and being so warmly received was very reinforcing for me in this regard and I heartily thank all who have crossed my path these past thirteen years.)

The influence of IPA also helped me to recognize that a spiritual self was rising inside me as well, aided by both IPA and non-IPA integrative experiences such as art therapy, sandplay, dreamwork, guided fantasy, psychosynthesis (also the name of a book), psychodrama, etc. (I'll write more about this later.) I was very needful of this spiritual part when I got to some deep work later and felt more vulnerable than I had before. In fact, I think I wouldn't have allowed myself to go so deep if I hadn't had both the interpersonal and spiritual support that had developed.

The next and deepest phase of my journey was aided by IPA, my primal peer group, and Susan Aaron Psychodramatic

Bodywork. Susan is from Toronto and came to an IPA summer convention a number of years ago. She pointed out that people often don't know what they are feeling because they dissociate (freeze) out of great fear (me!). She also pointed out that some people find it easier to get angry than to feel pain because they hate feeling vulnerable (me!). She also pointed out that some people are more afraid of being abandoned than of being vulnerable so they can feel pain easier than anger (not me, but surely some people we know). Keeping this in mind, and with my newfound spiritual and interpersonal support, I was able to get to some really buried pain from when I was two and felt unlovable, rejected, blamed for everything, and helpless, hopeless, scared, alone, trapped. One primal in my peer group took me to rock bottom and I was able give myself and get for myself the support I needed afterward to integrate this work. I'm still working but can say for now at least that it appears to be getting easier, that my life is improving rapidly and is really not bad at all, that all this stuff can and does work if you can let it, that there is hope for all of us if we can support each other in our journeys.

Advice to Ignore Your Child's Tears May Cause Life-Long Harm

The Observer

Sunday, November 7, 2004

By Amelia Hill, education correspondent

Edited by Pat Törngren

Nanny no longer knows best, the *Contented Little Baby Book* could undermine a child's development, and Dr. Spock's advice that a child should be left to cry could cause psychological damage.

When it comes to the crowded and hotly debated world of how best to bring up baby, there is a new theory that uses brain scans to argue that controlled crying (sleep training) not only damages babies' brains but produces angry, anxious adults.

"If you ignore a crying child, tell them to shut up, or put them in a room on their own, you can cause serious damage to their brains on a level that can result in severe neurosis and emotional disorders later in life," said Professor Margot Sunderland.

(Cape Town Psychologist Abraham le Roux points out that the results of forcing babies to "self soothe" [necessary for sleep training] are of serious concern too. Later as adults these people are likely to need to continue to try to self soothe, and the soothers used may include alcohol, drugs, compulsive overeating, obsessive sex, etc.)

Sunderland is a leading expert in the development of children's brains and a British Medical Association award-winning author who has already written more than 20 books on child mental health.

Based on her four-year study of brain scans and scientific research, Sunderland entreats parents to reject the modern theories of baby experts such as Gina Ford and Channel 4's *Supernanny*, Jo Frost, who preach strict discipline, routine, and controlled crying.

Sunderland's book, *The Definitive Child Rearing Book*, to be published next month,* provides step-by-step guidance on how to react to every swing in a child's mood, even down to the best way to hug an upset baby.

"The blunt truth is that uncomforted distress may cause damage to the child's developing brain," said Sunderland, the director of Education and Training at the Centre for Child Mental Health in London. She believes that parents often do not give adequate recognition to their children's distress.

While the importance of touching, cuddling, and physically soothing their babies is paramount, she also advises parents of the dangers of attempting to minimize their children's anger and emotional distress.

"Parents should never try to persuade their child out of feeling a certain emotion," she said. "Even if your child is

reading a situation in a completely different way to you, it is important to prove to them you are empathizing through the time you give them and the language and facial expressions you show."

"If your child is upset, you will increase rather than reduce their feelings of stress by not taking their upset as seriously as you would wish someone to take your own," she added.

"Attempting to jolly them out of their mood will result in them internalizing their stresses, which will take the same toll on their bodies and brain as unsoothed crying." Sunderland also believes parents often unwittingly discipline children through shame and fear.

"It can get quick results and parents often do not realize they are doing it," she said. "But the price on a child's developing brain can be very high and leave a legacy of anxiety and social phobia for life. It is all too easy to break a child." Instead, Sunderland encourages parents to be very emotional when their child is well-behaved and very matter of fact when they behave badly.

Sunderland believes that parents who use fighting words and phrases that demand absolute and immediate obedience will create a defiant child. Conversely, using "thinking words" that activate their children's brains by giving them a choice, will defuse intense states of emotional arousal.

Often, however, Sunderland advises that words are not necessary and that calmly holding the child who is refusing to listen is enough. "Sometimes the child's brain is too hyper-aroused to respond to language and a warm and loving touch is the only thing that can calm them down without conflict."

Sunderland offers the following advice to parents:

- Do not try to persuade children out of their emotions, however extreme or unreasonable you might feel those emotions to be.
- Do not minimize their emotions: show through touch, tone, and facial expression that you understand the intensity and quality of what they are going through.
- Be their emotional rock: be kind and calm.
- Hold them—touch is vital to calm and soothe a child.

**Personal communication from Margot Sunderland: The publication of this book has been delayed in order to include comprehensive illustrations. It will now be published in 2006 by Dorling Kindersley and has been renamed The Science of Parenting.*

"The blunt truth is that uncomforted distress may cause damage to the child's developing brain..."

The Feeling Universe: Consciousness, Emotion and Spirituality

34th IPA Convention, August 21st to August 27th, 2006

The Country Place Retreat & Conference Center, White Haven, Pennsylvania, USA

By Mickey Judkovics

Come and enjoy this unique 21st Century conference in a beautiful new location. This IPA convention will focus on spirituality, emotions, and primal processes, investigating how they can become unified in the consciousness of who we are.

This year's convention will feature two keynote speakers of international fame. One is Daniel J. Benor, M.D., a wholistic psychiatrist who practices a unique blend of psychotherapy, combined with spiritual healing, developing intuition, and spiritual awareness. At this year's convention he will present one of two keynote addresses. His keynote address, on Friday, August 25th, is entitled "Healing Feelings Through Body, Mind and Spirit." Additionally he will give a three-hour workshop on Saturday morning entitled "WHEE (Wholistic Hybrid of EMDR & EFT) and Related Self-healing Approaches."

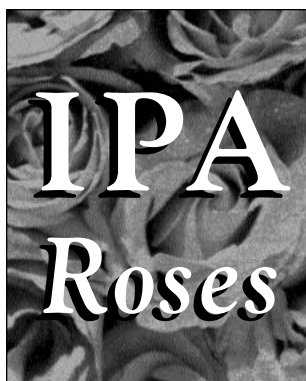
The second conference keynote speaker is John F. Cogswell, Ph.D. On Thursday, August 24, 2006, he will give a keynote presentation entitled "Walking in Your Shoes: Connecting Deep Emotional Process with Deep Spiritual Process." "Walking in Your Shoes" is an empathetic way of deeply relating to another through "transpersonal" or non-

ordinary means. The presentation will be followed by a three-hour workshop. The presentation and workshop will be deeply informative as well as experiential.

We are very pleased to be holding the convention at The Country Place Retreat and Conference Center (www.retreatpa.com). The Country Place encompasses the best of Appel Farm and Wisdom House, with lots of goodies thrown in. Nestled into 450 acres of woodlands and meadows, The Country Place provides a beautiful natural setting on a spring-fed pond. The buildings are fully modernized, elegant and comfortable. A special treat is the massage building with two infrared saunas and a sound and light healing chamber. They have lots of sporting equipment, a paddleboat, a labyrinth, a fire pit, and hiking trails galore. There are many rooming options, from tenting to dorms to shared rooms to private rooms with private baths. The Country Place will be a treat for everyone.

Come expand your consciousness, learn new self-healing techniques, and make friends that will last a lifetime or two.

For more information, contact convention co-chairs: Wayne Carr and Daniel Miller convention@primals.org



- to Jim Pullaro and Patricia Anik Poulin for co-chairing IPA Convention 2005—great job!
- to Bob Holmes as convention facilities manager and nun/primaler liaison (despite his primal fears)!
- to Shelly Beach as the IPA eye (convention photographer)—and asking for acknowledgment!
- to Jane Lewis for all your dedication, creativity, responsibility, and hard work as Super Secretary.
- to Jim Pullaro for being a caring Vice President and Member Advocate—and for keeping the trailer.
- to Barbara Bryan for opening her home for another busy Board meeting. That's a great La-Z-Boy.
- to Reinhold Rausch and Colin Strang for travelling across the Atlantic and Pacific—and taking the spirit of the IPA Convention back to their home countries.
- to this issue's many contributors—Steve Austill, Shelly Beach, Bob Holmes, Mickey Judkovics, Linda Marks, Esta Powell, John Rowan, Larry Schumer, Pat Törngren, and Susan Van Dyke.

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
Lifetime Membership (payable over five years)	\$1000	\$1500
Annual Membership (based on income)		
\$100,000 or more	\$110	\$165
\$50,000–99,999	\$75	\$112
\$25,000–49,999	\$60	\$90
Less than \$25,000	\$50	\$75

- Membership fees are tax deductible.
- Membership for \$30 per year is available to overseas residents, full-time students, and individuals who support themselves exclusively with public assistance.
- All dues cover the fiscal year from January 1 to December 31. To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.
- Please make out your check to the IPA in US funds. Canadian checks (in US Funds) are accepted with an additional \$5 service fee. Send with your complete name and contact info (including email) to:
IPA, 213 Kent St., #3R, Brooklyn, NY, 11222, USA