

PRIMAL

Supporting Growth and Healing Through Deep Feeling Process

FALL NEWSLETTER • NOVEMBER 2009

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By JJ Jackson & Anna Puleo
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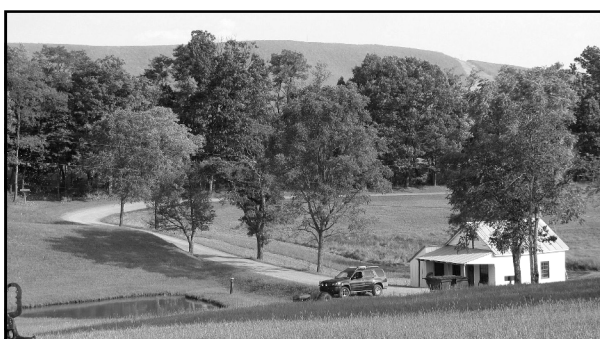
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Concord Retreat Center

Memories of Summer Convention 2009

By Mickey Judkovics

As always I am filled with profound gratitude because of my participation at the IPA Convention. Thanks to all of you who made it happen!

And as usual before the convention, I was filled with thoughts of "Why go? I've been there before, done that. I've taken all three levels of the keynote speaker's training. What's new that could I learn from John Lee?" And again, I was surprised that I received both deep healings and new and deeper understanding of healing processes.

So first, let me give you my impression of John Lee. For me, John is a caring, intelligent, humorous speaker who keeps all of us laughing as he imparts deep truths from his own healing journey. These truths were not only intellectually learned but came from his own healing journey, which included a childhood with an alcoholic father and his subsequent difficulty in relationships.

One of John's main teaching points

was that there is a difference between anger and rage. For John, anger is an emotion while rage is a behavior. Initially I had difficulty with this language. Rage, for me, was a more intense anger, an emotion. Rage, for John, is the "acting out" behavior, such as threatening, pushing, shoving and hitting, what is commonly called secondary anger. It is our attempt to cover up or numb out our feelings of pain, terror and sadness by taking action, usually destructive. Once I got this, the remainder of John's clear and well organized understanding of anger and regression was intellectually satisfying and joyful.

Especially affirming for me was his description of people unconsciously "leaking" anger with sarcasm, jokes, put-downs, sabotage, control manipulation, lies and gossip. May we all be so conscious as to speak our truth, in a compassionate way and be open to the healing container the IPA provides.



Continued on page 7

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Next deadline: January 25, 2010

Convention 2009 –Who was There?

Photographs by JJ Jackson and Anna Puleo



Keynoter John Lee has us in his hands



The artists review their work:
Karen, Maria, Kathy (l. to r.)

Convention chairs Denise and Barbara take a bow



We danced and danced and danced (before the swim!)



The Group — trying to look normal (top) and acting natural!

From left, on the grass: Anna Puleo, Diane Kohl, Harriet Geller, Warren Davis, Joyce Meyers, Gene Long, Jean Rashkind, Julie Cohen, Alice Rose, Walter Ganbin, Rick Benson, Spiritt Taylor,

First row standing: Walter Loeb, Kathy Flegg Rae, Barbara Bryan, Marlene Schiller, Alex Tadeskung, Karen Kendall, Reinhold Reich, Kim Mellors, Becky Christophel, Joe Sanders, Randy Goldberg, Denise Kline (seated)

Second row: Bill Whitesell, Bob Holmes, Sandy Weymouth, Bonnie Sczuka-Dodson, Sarah Houston, Nell Corry, Maria Williams, Marie Regis, Esta Powell, Mickey Judkovics, Joyful Yes, JJ Jackson.

Top row: Gary Bradley, Mike Kotler, Hillary Goldberg, David Gorsky, Bill Gronwald, Joe Dunn, Leonard Rosenbaum, Peter Lampasona

IPA Calendar

IPA Board Meeting

March 26–28, 2010

Place – TBA

Spring Retreat 2010

Wednesday, May 7 –
Sunday, May 10

Kirkridge Retreat
Center, Bangor, PA

Note the extra day!

For more information, contact
Retreat Coordinator, Jean
Raskind, jraskind@aol.com

To register, contact
Bill Whitesell at:
treasurer@primals.org
or
703-734-1405
or
811 Whann Ave.
McLean VA 22101

Summer Convention 2010

Monday, August 16–
Sunday, August 23

Viriden Retreat Center
Lewes, Delaware

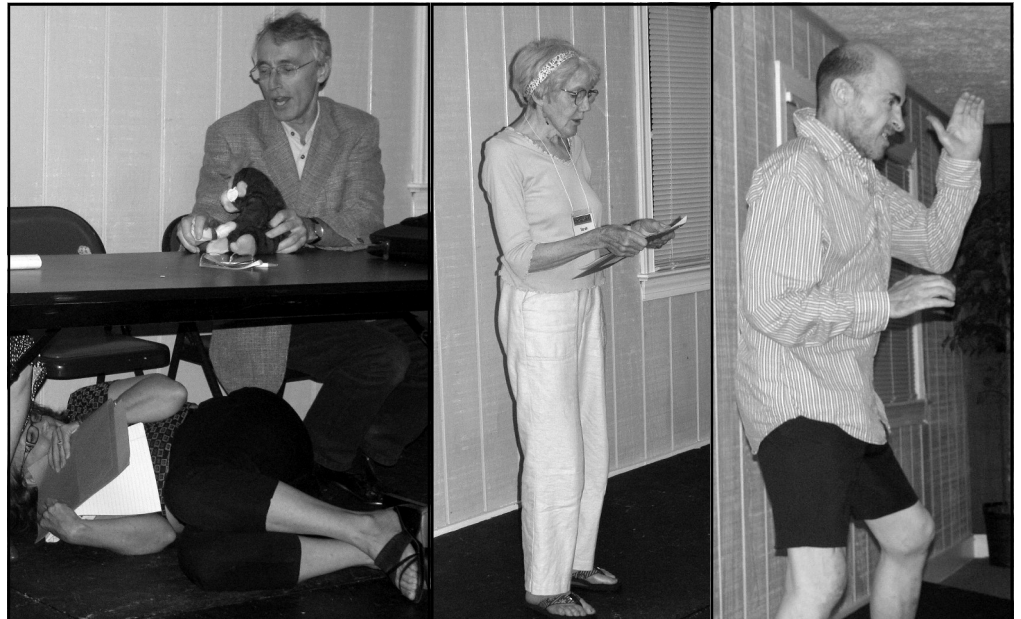
Website:
www.udel.edu/conf/lewes

Note the new venue, chosen for
its lovely seaside location,
exclusive use, luxurious
accommodations, abundant
meeting space, and easier
access for more people. All at
our usual affordable rates.

Cabaret! Rogues Gallery



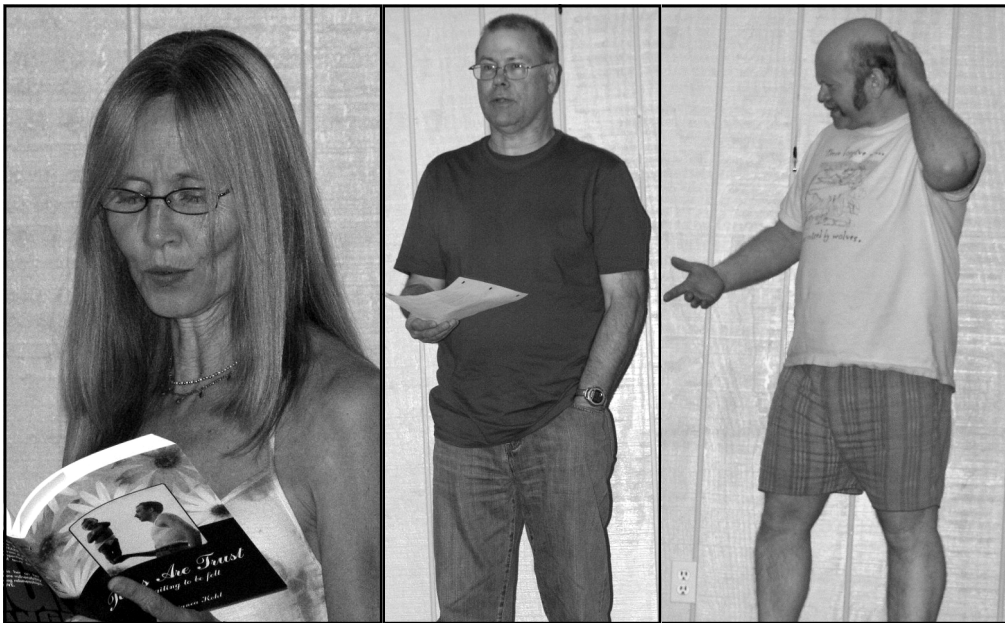
Bonnie & JJ open the show, Joyful, Kathy (l. to r.)



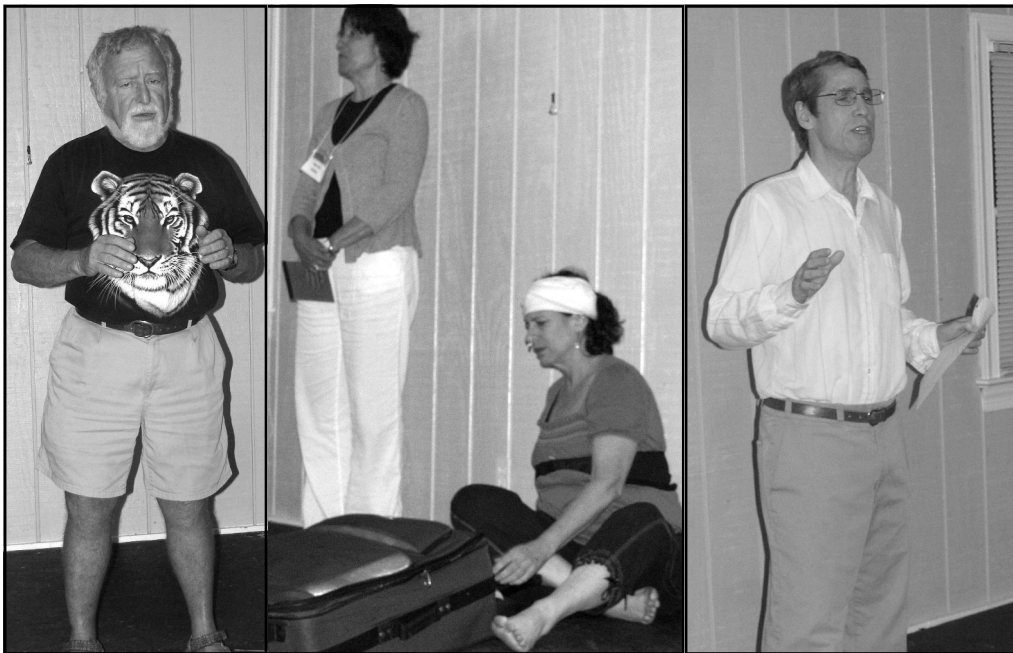
Alice & Reinhold (don't ask!), Sarah, Walter G. (l. to r.)



Alex, JJ & Anna (guess where!), Nell (l. to r.)



Diane, Bob, Randy (l. to r.)



Walter L., Harriet & Jean (aaaaargh!), Bill W. (l. to r.)

Welcome New Members!

Arthur Brown
Brooklyn, NY

Kathy Flegg Rae
Metamora, MI

Sarah Houston
Hardwick, VT

Peter Lampasona
Brooklyn, NY

Bonnie Sczuka-Dodson
Claremont, NH

Primal Groups

Barbara Bryan
Farmington Hills, Michigan
Thursdays from 7:00 - 9:30 pm
Some primal experience
required
babryan@twmi.rr.com
248-478-5559

Bill Whitesell
McLean, Virginia
No charge to participate
wmwhitesell@yahoo.com
703-734-1405

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

Primal in New York City

Meeting to discuss the
formation of a new primal
group
Dec. 4, 2009, 6:30 pm
Souen Restaurant
(vegan, macrobiotic)
210 Sixth Ave. at Prince St.
RSVP Joyce Meyers
jzmeyers@mac.com

*By the glow of the
campfire: Gene,
Alice, Joyce, Kim,
Karen (l. to r.)*



Member News

Primal Intensives at the Primal Integration Center of Michigan

Dec. 5, 2009 (\$95)

Jan. 9, 2010 (\$95)

Led by Barbara Bryan and staff.

Saturday, 9 am–5 pm

Lunch provided

Phone: 248-478-5559

Email: babryan@twmi.rr.com

Website: www.primalcenter.com

Primal Psychodrama Weekends in Columbus, OH Led by Esta Powell

Dates to be announced.

For more information visit:
www.primalmatters.com
or call 614-893-3527.

IPA Certification

We are pleased to announce that Frances Rinaldo has completed the Advanced Training in Primal Integration requirements and is certified as a Primal Integration Educator.

Congratulations, Frances!

Election Results

The following were elected to the Board at the meeting in August:

President: Harriet Geller

Vice-Pres: Bob Holmes

Treasurer: Bill Whitesell

(Secretary Warren Davis remains for the second year of his term.)

Directors: Barbara Bryan, Denise Kline, Esta Powell, Anna Puleo, Larry Schumer (Diane Kohl, Jean Rashkind, Leonard Rosenbaum, and Sandy Weymouth remain for the second year of their terms.)

Welcome to the board, Anna!

Infant Pain, Adult Repercussions: How Infant Pain Changes Sensitivity in Adults

Adapted from materials provided by [Georgia State University](#)*, via [EurekAlert!](#) a service of AAAS.

Scientists at Georgia State University have uncovered the mechanisms of how pain in infancy alters how the brain processes pain in adulthood. Research is now indicating that infants who spent time in the neonatal intensive care unit (NICU) show altered pain sensitivity in adolescence. These results have profound implications and highlight the need for pre-emptive and post-operative pain medicine for newborn infants.

The study sheds light on how the mechanisms of pain are altered after infant injury in a region of the brain called the periaqueductal gray, which is involved in the perception of pain. Using Sprague-Dawley rats, Jamie LaPrairie, a graduate student in associate professor Anne Murphy's laboratory, examined why the brief experience of pain at the time of birth permanently decreased pain sensitivity in adulthood.

Endogenous opioid peptides, such as beta-endorphin and enkephalin, function to inhibit pain. Since these peptides are released following injury and act like morphine to dampen the experience of pain, LaPrairie and Murphy tested to see if the rats, which were injured at birth, still had unusually high levels of endogenous opioids in adulthood. LaPrairie and Murphy gave adult animals that were injured at the time of birth a drug called naloxone. This drug blocks the actions of endogenous opioids. After animals received an injection of naloxone, they behaved just like uninjured animals.

The scientists then focused on the periaqueductal gray region to see if inflammation at birth altered the natural opioid protein expression in this brain region. Using a variety of anatomical techniques, the investigators showed that animals that were injured at birth had endogenous opioid levels that were two times higher than normal. While it's beneficial to decrease pain sensitivity in some cases, it's not good to be completely resilient to pain. "Pain is a warning sign that something is wrong," Murphy explained.

Interestingly, while there is an in-

crease in endorphin and enkephalin proteins in adults, there is also a big decrease in the availability of mu and delta opioid receptors. These receptors are necessary in order for pain medications, such as morphine, to work. This means that it takes more pain-relieving medications in order to provide relief as there are fewer available receptors in the brain. Studies in humans are reporting the same phenomenon.

The number of invasive procedures an infant experienced in the NICU is negatively correlated with how responsive the child is to morphine later in life; the more painful procedures an infant experienced, the less effective morphine is in alleviating pain later.

The study by LaPrairie and Murphy has major implications for the treatment of infants in neonatal intensive care. On average, a prematurely born infant in a neonatal intensive care unit will experience 14 to 21 invasive procedures a day, including heel lance, insertion of intravenous lines, and intubation. All of these procedures are quite painful and are routinely conducted without prior analgesics or anaesthetics.

"It's imperative that pain be treated," Murphy said. "We once assumed that a newborn infant is insensitive to pain, and this is clearly not the case. Even at that period of time, the central nervous system is able to respond to pain, and our studies show that the experience of pain completely changes the wiring of the brain in adulthood."

The next steps in Murphy's research include the study of how neonatal injury at birth alters stress responses, as well as the affects of infant injury on long-term learning and memory.

For further information, see "Neonatal injury alters adult pain ..." Sept 2009 edition of the on-line journal *Frontiers in Behavioural Neuroscience*, Vol. 3, p. 1-11.

* Georgia State University (2009, September 28). Infant Pain, Adult Repercussions: How Infant Pain Changes Sensitivity In Adults. *ScienceDaily*. Retrieved October 7, 2009, from <http://www.sciencedaily.com>

Book Review: *When the Impossible Happens*

By Diane Kohl

After reading *When the Impossible Happens*, (2006), Stanislav Grof's personal account of his fifty years of exploring nonordinary realms, I so want to encourage others to read it. It is a book I did not want to finish because of its vulnerable openness to the extraordinariness of our lives' possibilities.

Here is an excerpt from an interview of Grof by Angela Winter in SUN magazine, August 2009. She asks "What are the 'nonordinary states?' Are they different from altered states of consciousness?" and Grof responds:

No, they are the same. Mainstream psychiatry calls them "altered states," but I don't like that term. There is a pejorative twist to it, as if these states were conveying an impaired or distorted view of our selves and of reality. There are some who have problems with the term "nonordinary states" as well. Our daughter's husband comes from a Native American family, and his mother once said to me, "Stan, I don't know why you are calling these states 'nonordinary.' For my people these states are part of the normal spectrum of experiences human beings can have." So I might be avant-garde in Western academic circles, but to her I'm very square and limited in my thinking.

I am interested specifically in nonordinary states that have therapeutic, transformative, and heuristic potential. (The last term means that they provide access to new information about the psyche, consciousness, and reality.) After I began my work, I realized that we do not have a special term in psychiatry for nonordinary states that have positive potential, so I decided to coin one myself: I call them "holotropic," meaning literally "moving toward wholeness."

What this implies is that we are not whole in our everyday state of consciousness, because we identify with only a fraction of who we really are. The Hindus say we are not namarupa, meaning "name and shape," or "body and ego." *We carry deep within us a core of divine energy that is identical to the creative energy of the universe.* Holotropic states take us—sometimes in small steps, sometimes in large jumps—out of our everyday identity and into deeper realms of our psyche, where we can reclaim our cosmic status. We realize our own divinity and our essential deep connection with other people, nature, and all life.

I hope others will be open to reading Grof's *When the Impossible Happens*, not just because he is world-renowned for his immense contributions to the field of psychotherapy and an expanded scientific paradigm that takes the spiritual or transpersonal dimensions of existence seriously, but because he tells in beautiful and clear detail numerous anecdotes from his personal and professional experience that involve mysterious phenomena, inexplicable from the conventional scientific point of view, where miraculous healings take place.

I feel so hopeful for the future because of Grof's telling of expansive possibilities for healing that even I as a seasoned primal and past life psychotherapist have not experienced. We do live in a galaxy with awesome ability to find real profound love. I agree with Ervin Laszlo when he says of this extraordinary book that you will "enter an enchanted universe; this is a book everyone needs, and will be able to read with ease and pleasure."

Convention 2009 continued from page 1

Another learning I received from John came through his books, which were available at the convention. One that attracted my eye was "The Missing Peace: Solving the Anger Problem for Alcoholics, Addicts and Those Who Love Them." This book included John's understanding of shock. One of his key points is that people in shock need safety, a safe healing container, so we can gently come out of shock. And as I've said before, the IPA does provide that safety.

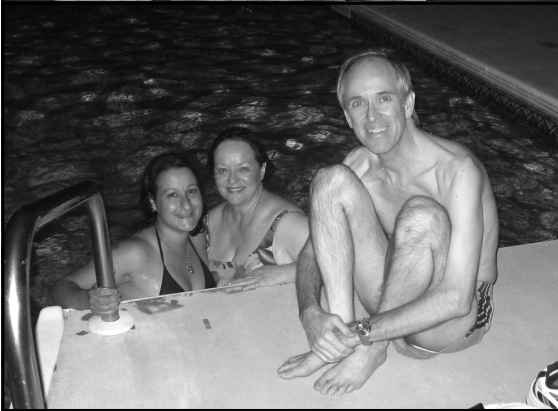
What also provides safety for me

is Nonviolent Communication (NVC), and, at his years' convention, NVC was presented by Gail Taylor. Gail's background includes both NVC and emotionally expressive healing traditions. Her teaching was new and unique. However, because of the quantity of the material and its uniqueness some people were overwhelmed. Maybe next year we can have Gail come for a full day.

One of the teachings of NVC is that it all about me. It is about my reaction to what is going on "out there." My assignment, if I care to accept it, Mr.

Phelps, is to process my reaction and heal it. It is not easy, and yet it is a "Mission Possible." With the help of such gatherings as this year's IPA Convention and the companionship of the attendees it can happen. Again my deepest gratitude and thanks to all of us in the IPA.

Special thanks to Barbara, Denise, the IPA board, past President Bob Holmes, and everyone else. See you next year, God be willing.



More Convention party pix and a midnight swim. Who is that wild and crazy guy—and I don't mean Sandy!



IPA ROSES to . . .

- ◆ Great and abundant Convention photos by JJ Jackson and Anna Puleo.
- ◆ All who made the Convention a terrific success: chairs Barbara Bryan and Denise Kline, on-site facilitators Bob Holmes and Gary Bradley, registration stalwarts JJ Jackson and Anna Puleo, peer group facilitator Bill Whitesell, party DJ Gene Long, community meeting hosts Harriet Geller and Diane Kohl, program design and production Bob Holmes, Cabaret coordinators and emcees JJ Jackson and Bonnie Sczuka-Dodson, all those who presented workshops, offered bodywork, transported bodies, or pitched in as needed, and, of course, those who came to take it all in and share themselves.
- ◆ Esta Powell for hosting the October Board meeting with her usual grace and generosity.
- ◆ Newsletter contributors Bob Holmes and Diane Kohl

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	\$30	\$45

- 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.
- International money orders are accepted with additional \$7 service fee.
- Pay by credit card (MC or VISA). Indicate credit card type, number, exp. date, and 3-digit code on back. Mail to the address below, or pay by calling (703) 734-1405.

Mail your complete name and contact info (including email) to:
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