

PRIMAL

Supporting Growth and Healing Through Deep Feeling Process

SPRING NEWSLETTER • MARCH 2009

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By Bob Holmes,
Spring Retreat Coordinator

Greetings from Canada, everyone!
With near-record snow and cold for this winter season, it certainly has been a tough one. On a mid-January Friday evening, with the wind-chill temperature hovering around -31°C, the power went off in our area of downtown Toronto, shutting down our furnace and plunging us into darkness for the next twenty-three hours. We stayed somewhat warm and kept the water pipes from freezing by feeding our tiny wood stove all night and throughout the next day, and thinking of the warmer days of spring...

Ahhh...Spring! After a one-year absence we are returning to Kirkridge for our annual May get-together. For those who haven't experienced this venue yet, Kirkridge is a multi-lodge facility nestled in the Pocono mountains of north-eastern Pennsylvania. At our location, called Turning Point, there are two buildings—one which houses the bedrooms, kitchen and dining room, and another which contains our

Spring Retreat 2009

Kirkridge Retreat &
Conference Center,
Bangor, PA

May 7-10

meeting and primalling spaces. The beds are real—no bunks—and there are lots of washrooms; both buildings are wheelchair accessible.

Outside there is plenty of room to walk, on the lawn as well as the woodland trails. From Turning Point, one can hike up to the Nelson Lodge area where the property connects to the Appalachian Trail, or hike down to the Farmhouse area and visit the pond or walk the labyrinth. Beyond these, the neighbouring property of Columcille beckons, a mystical park of pathways and standing stones reminiscent of a Celtic past.

We will have our tried-and-true program of men's and women's groups, small group sharing, facilitated primal "mat track," experiential workshops, community meetings, cabaret, and dance party. Come with your workshop ideas and we will fit them into the program as interest allows; engage with the program as much—or as little—as you wish.

There is a feeling that seems to

Continued on page 7

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Next deadline: June 1, 2009

Update to the IPA Summer Convention 2009: Loving to Feel: The True Connection

August 24 – August 30
Concord Retreat Center, Yellow Spring, WV

Website: www.concordretreat.com.

Contacts: co-chairs Barbara Bryan, babryan@twmi.rr.com or (248)478-5559
Denise Kline, messagearts@aol.com or (301)791-9237.

*By Barbara Bryan and Denise Kline
Convention Chairs*

We have confirmation that our keynoter will be John Lee, whose groups explore ritual, romance and releasing emotions. He is the author of the best-selling *The Flying Boy: Healing the Wounded Man*, as well as sixteen other books, including his latest release, *The Missing Peace*.

For his innovative work as a consultant in anger management and emotional regression in the fields of recovery, relationships, men's issues, spirituality, parenting and creativity, he has been featured by such media giants as Oprah Winfrey and the New York Times.

John has signed on for two presentations at the Convention: a keynote address that will explore "The Best Kept Secret of Psychology: Understanding Regres-

sion and its Impact on Relationships," and an additional workshop entitled "The Half-Lived Life: Becoming Compassionately Assertive, Overcoming Passivity, and Remembering Who You Wanted to Be." Visit John's website at www.johnleebooks.com to learn more.

We will have exclusive use of Concord Retreat Center with its own pool, abundant meeting spaces, comfortable accommodations including plentiful private and semi-private rooms, and an interesting variety of meals. In addition there are a campfire, sporting facilities, and game rooms. For a supplemental charge, we can use their facilitated ropes course and paint ball equipment. We will offer these activities if enough people sign on when they register. The center, in Yellow Spring, WV, west of Winchester, VA, has easy access and is a bit more convenient for many of our





members. Check it out at www.concordretreat.com.

We will find ourselves in lovely surroundings to do our primal work and enhance our knowledge of deep-feeling emotional-release techniques. We love to feel joy, excitement, and passion, but we need to feel the darker emotions also. We will deepen the true connection to our innate real loving selves through exploring anger, fear, sexuality, grief and sadness—mixed with humor—in vulnerable, safe ways.

Our favorite forums for personal work will be available in Mat Track, Peer Groups, Men's and Women's Groups, and a variety of presentations, lectures and workshops. Barbara Bryan is looking forward to taking advantage of the pool after several



years without one and leading her "Mays Landing Pool Party" workshop once again.

Mind-body work will include new offerings in yoga for all ages, physical therapy, cranial-sacral, healing touch, and spiritual chiropractic, as well familiar practitioners such as Walter Loeb,

who is able to be with us throughout the week this year. We also anticipate offering an expanded holotropic breathwork program.

We look forward to truly connecting with you and enjoying a fun-filled week in an idyllic environment as we move through our internal struggles, learn fresh ways to process, explore new ideas, and share experiences in a loving, supportive atmosphere.

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

Welcome New Members!

Gary Bradley
Bedford, Virginia

Goran Kozuvarov
Winnipeg, Manitoba

Joyful Yes
Chippewa Falls, WI

Convention Help Wanted:

- ◆ Paid lifeguard comfortable with nudity. We'd love it if you or a friend interested in primal would apply for this post.
- ◆ Mat Track leaders. New facilitators welcome.
- ◆ Workshops. We will be able to add you to the brochure already in progress by Sandy Weymouth if you email your Call to Presenters (see www.primals.org/convention) to Barbara Bryan at babryan@twmi.rr.com or call her at 248-478-5559 soon after getting this newsletter. We want to include you, but we also want to get the brochure out early enough to encourage as many people as possible.
- ◆ Volunteers. Any other ways you'd like to help at the Convention or otherwise, please contact Denise Kline, (301)791-9237, messagearts@aol.com.

Letter to the Editor

Response to “The Necessity of a Neutral Therapeutic Stance”

I must respond to Donald Wharton’s article in the previous IPA newsletter. I am disappointed that Don not only quoted me in the article without writing my name, but also has not followed up on the suggestions I gave him, so he could also experience past lives. Also, he writes that



Brian Weiss “hypnotized people to regress them to past lives,” which is misleading because one can regress without being “hypnotized” in the usual sense, one is not in a trance, only relaxed, and in control at all times, meaning they can come out voluntarily, which is how Brian works. I had said to Don through email, that I was a skeptic myself until I experienced my own past lives, so I created the space to experience in a workshop...but more so past lives have come up spontaneously during primal feelings (sessions) as well.

I was the one who said to him, “Have you attended any of Brian Weiss’ workshops where you might be able to experience past lives yourself? Have you read any of Brian’s five books, where there is clear evidence of healing in those who come to him?” It seems that Don has not done so since I’ve emailed on email. Brian Weiss is a well-known psychiatrist who also was a skeptic when one of his clients came to him, and she spontaneously went into past lives on her own. Brian was very

disbelieving at first, but after two years of allowing himself to be open to this form of healing, could no longer deny the changes in his client, physiological symptoms healed as well. Brian kept secret these amazing healings from his colleagues at a prominent hospital in miami, florida for over 2 years, because he was afraid his colleagues would think him crazy. I’m wondering why it is so important for Don to deny others experiences, especially those of us in primal work, where we are feeling deep feelings in order to heal, not to deny our feelings.

So, I will write of a couple of my experiences, which aren’t as curative as some of Weiss’ clients...but are important to me because they helped me to not only **accept** more of myself, but also ridded me of guilt.

My first experience was at a past life workshop that I sought out, following my heart’s intuition, back in 1990. There was no “hypnotizing”, it was a large group of over 100, where the workshop leader leads participants into focused breathing that relaxes us, so our unconscious can surface. There were no suggestions of what to see other than general questions like: what are you wearing? what time period are you in? etc., images came up differently for everyone. I went back to the 1860’s where I saw myself as a 10 year old black boy, standing with my father on the porch of a simple wooden shack of a house, burning, set by the Klu Klux Klan. (To this day I have a desire to help these very abused people.) I began to cry in seeing these images and this was before I became acquainted with primal, so this experience was my beginning to trust my feelings as my truth. It helped me make sense of why I fought with my mother growing up about black people being just as intelligent and valuable as whites. She would use the bible to validate her belief that blacks are inferior due to the curse of Ham. Yikes! I also had black boyfriends before it was widely accepted, and even fostered a biracial child when my in-laws would not allow that baby-Toby into the same room with them, and they were born-again christians living in Ohio in the 1970s. Very sad.

A spontaneous past life showed up during one of my weekly primal sessions, where I was feeling guilty about dancing a few nights a week. I saw an image myself as a ballerina on stage in Paris somewhere in the mid 1700s, and I had broken my ankle while performing, ending my career. And, I began **sobbing** as I told my primal-buddy what I was seeing. I cried belly sobs as I said, “I was meant to be a ballerina!”

I was surprised how deeply I cried, as if a boulder had been rolled away from my grave so that I could look in. I felt as if my spirit was being resurrected. My tears gave me trust, validating dancing as being a part of me that had been crushed by my mother and church dogma; it is important to note that I had many sessions addressing the guilt, and not being allowed to dance by my mother; the guilt was not lifted)

Continuing throughout my session, water-fall tears fell as I told what I love about dance: how free I feel, twirling, dipping, it's so graceful, crying emphatically as I say the words, "so full of grace." And, I AM a dancer!" (I continue to dance about 4 night a week without guilt.)

How the lifetimes are connected is still a mystery to me, but in 1999, I had a most remarkable experience that validated in another way how our spirits or souls never die. It was June and I had performed with a choreographed lindy-dance group at the Ithaca Festival. My daughter Megan and her girlfriend Gina watched. I felt fine during and after the performance. We went to dinner and shopped together until 9:30pm that night. Around 10pm my right ankle began to hurt. By bedtime, 11pm, I couldn't walk on it.

Ice did not help; an ace bandage didn't help. I had to take two aspirin, which is very rare for me. Still, I could not be comfortable, or fall asleep, saying to myself, "this is incredible!" Minutes later I had this feeling and thought, "Is this a reliving of a past life dance injury of a broken ankle?" which I had envisioned and cried about two years before. It felt so true! I felt twinges of sadness - is this another letting go? I visualized white and yellow light bathing my ankle, and within a half hour I slept through the night as if I was in a tub of warm water, the belly of Mother Earth.

The next morning I walked normally, with the barest remembrance of pain. The three of us even walked the Cascadilla Gorge without difficulty in my steps. Janov, our first primal mentor has published photos of clients reliving forceps marks from their birth during primals...and so it seems that I was reliving a past life injury because I have never broken my ankle in this lifetime.

What is even more validating of this past life as a professional dancer is what happened this past December, when a friend asked if I wanted

to see the Nutcracker ballet, which I had never seen, although I knew the music. About half way through the ballet, tears appeared spontaneously as I saw the prima ballerina begin to dance with her partner...I was sobbing uncontrollably. And, get this, because I loved this ballet so much I asked my daughter Megan and her two daughters, Emily (4) and Riley (6) to join me at the Boston Opera house for the Nutcracker when I visited two weeks later, and yes, I cried at the very same place when the prima ballerina danced. I sobbed as I held Emily without any guilt or shame.

I hope Don and others who have not experienced past lives will be OPEN to its possibility for LOVE is OPENness, just as LOVE is attention to our feelings. Go to Brian Weiss's website, or read his books, and you will be amazed of the possibilities to heal. With MORE and MORE EVOLving

LOVE, dianea [Kohl]

*Roger Woolger also has done extensive work with past lives, as has Carol Bowman with children, where their phobias are cured by one past life session.



IPA Calendar

IPA Board Meeting

April 24-26, 2009

Esta Powell's home
Columbus, Ohio

Spring Retreat 2009

Thursday, May 7 -
Sunday, May 10

Kirkridge Retreat Center, Bangor, PA

Early Bird rates (if paid by April 7)
for IPA members:
3 nights: \$395
2 nights: \$280
1 night: \$140

Paid later: add \$15/night
Nonmember: add \$15/night

Rooms are two-person occupancy.
Some singles may be available.

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

Summer Convention 2009

Monday, August 24-
Sunday, August 30

Concord Retreat Center Yellow Spring, WV

Website:
www.concordretreat.com.

Member News

Primal Intensives at the Primal Integration Center of Michigan

March 7, 2009 (\$95)
April 11, 2009 (\$95)
July 11, 2009 (\$95)
Led by Barbara Bryan and staff.

May 22 - 25, 2008 (\$400)
Led by Barbara Bryan,
Michael Hoyland-Young,
Bob Holmes and Staff.

Food, lodging, and possible pick-up at the airport are included in the fees.
Phone: 248-478-5559
Email: babryan@twmi.rr.com
Website: www.primalcenter.com

Primal Psychodrama Weekends in Columbus, OH Led by Esta Powell

June 19 - 21, 2009
October 2 - 4, 2009
Cost \$175, breakfast and dorm style accommodations included. Group size limited to eight participants.
For more information visit: www.primalmatters.com or call 614-893-3527.

Carlaw Therapy Center Intensive, Toronto, CA

March 27-29, 2009
(CAD \$400.00)
Fri. 7:30 p.m – Sun. 4:00 p.m.
851 Coxwell Avenue,
Toronto, Canada
Led by Michael Hoyland-Young, Barbara Ann Bryan, Marilyn Kleiman and Bob Holmes. Food and dorm-style accommodations are included. Previous primal experience is required.
Please contact Michael to register.
Phone: 647-341-3090
Email: michaelhy@rogers.com

Birth

By Anna Puleo



ing my fingers and toes. Yeah, those nubs sure are weird, aren't they? They developed while I was in that warm, wet place. I played with those digits a lot. That one short nub out of the five is fun to suckle on. You should give it a try.

Eww! Some smelly yellow-green substance is coming out of my mid-lower end. Yuck. It smells gross. What is that and how did I make it? In the warm squishy place, stuff came out of that end too, but it didn't seem to smell as bad. Hey, why are you putting all these clothes on me? Sure, I want to be warm, but you don't have to make me into a cocoon. Whaaa!

Whaaa! They keep staring at me and making noises out of that hole in their upper body area. The same hole where they fed me and I cry from. Whaaa! I'm hot. Why can't they understand me and just remove some of these blankets? Whaaa! I feel yucky in my middle region. Whaaa! Now I'm too cold. Someone help me. Someone hear me. This is a horrible feeling not being understood. Whaaaaaaa! Whaaaaaaa! Please someone, something, somehow hear me and help me.

Squish, squirm, hey! Where am I going? It is so warm and juicy in here, I don't want to leave! Ouch, oh no! Where am I going? Hey, get your hands off my head! Stop pulling on it. Oh my, this is a tight canal. I wonder where it leads to. Hey! Let go of me!

Whaaa! Choke, sniff. What kind of atmosphere is this? Argh: bright lights, so many noises. Where's the being I just came out of? I was inside of her for as long as I can remember. It was fairly pleasant in there. Now what's this? You take me out and take me away from her? Let me at least touch her. Let her hold me. This process is very strange.

I am cold and feeling all dried up. Whaaa! And, why did you cut my feeding tube off? Now what am I going to do to get food? Geesh, this is frustrating. I want to go back in there and be all warm and cozy, continue being fed and have no worries. Oh, what's this? The being that I came from is feeding me through a different hole. Ah! This is pretty interesting. The same orifice I just screamed and cried from is the same hole they use to give me food. Interesting. This other being keeps staring at me and touch-

"I want to go back in there and be all warm and cozy, continue being fed and have no worries."

They can't understand. They've left the room. Why? Did I cry too much? I'm still uncomfortable. Are they coming back? I need them. I can't move around without them. They feed me. I think I need that. They clean my bottom. I need that. I'm cold! I need one of you to hold me! Hello! Hello? Is anyone out there? Whaaa!

The Miracle of Birth: Uniting Ancient Wisdom and Modern Science

APPPAH XIV International Congress • April 22–28, 2009

Association for Pre and Perinatal Psychology and Health (APPPAH) is having its biennial conference at the beautiful Asilomar conference grounds in Pacific Grove, California, near Monterey. For more information, please go to:
<http://www.birthpsychology.com/congress/2009/>

Book Review in Brief

By Harriet Geller

I recently came across an advance copy of Alice Miller's soon-to-be-published *Free from Lies—Discovering Your True Needs* (W.W. Norton). With the caveat that I am perhaps not the best person to review Dr. Miller's book as I have not been a fan of her work in the past, this latest suffers from the same off-putting defensiveness that I perceived previously. It is a shame, because her understanding and exposition of Primal philosophy are first-rate. However, her need to have her ideas accepted, and her resentment that they have not been, are evident throughout the book, and caused me to be able to read only in bits and pieces. I hear her inner child screaming, "Look at me! Love me! I matter!" and I cannot take in much of the content of her clear and logical prose.

Also, I get the impression from the Table of Contents and my minimal perusals that there is not much new here. Dr. Miller has one point to make about children (and adults who were abused as children) being healed by knowing the truth and having a witness, and then includes material of hers from earlier sources.

I invite others to present a review with more depth and less prejudice if they wish.



Scenes of earlier IPA Retreats at Kirkridge Retreat Center

"Retreat 2009" continued from page 1

pervade Kirkridge—a feeling of warmth, of pleasant invitation, of quiet respect—that persuades us to be ourselves. As the mountainside makes its perennial renewal, opening buds and flowers to our eager eyes, the IPA Spring Retreat is our opportunity for inner self-renewal,

which is its own reward.

Since 2002, I have thoroughly enjoyed the more than 400 mile trek from Canada to this annual event. Watch for the Spring Retreat flyer in the mail soon, if you have not already received it, or access the internet version at www.primals.org, to reserve your space. I sincerely hope you will join us!

What I Did on My Vacation

By Harriet Geller

Time in this
endless day
for practices that root out
the heart's truth,
or moments of quiet joy
and recognition
as others' depths
lift me up;
time to stride down
a gravel road on legs
newly strong,
or toss a frisbee with grace,
my bare feet
sliding over hot dry lawn;
time to savor chance encounters
prolonged by hugs,
linger with old friends in
silly conversation,
or act grown up—
important documents clutched.

I greet a stranger
in a small room,
lie down before him
and cry grateful tears as he moves
my joints around,
laugh as he shakes me head to toe.
Then I disclose it all
to my peers, whose stories
mirror mine,
before encapsulating the day
in my poem.

(Written in a late-night
workshop at the 2008 IPA Summer
Convention)

A Mythdiagnosis of Chronic Schizophrenia

Excerpts from a book in progress,
by Lauren Spiro



A confluence of events and hurts from my early life, including emotional and physical abuse, insufficient “acceptable” outlets for expression of feelings, negative or otherwise, and the residual effects on my fragile psyche of my dad’s murder, culminated in what some would term an emotional breakdown at the age of sixteen. I now call it a breakthrough, although I could hardly have embraced that viewpoint at the time. Eighteen months after my dad’s murder, the routine of day-to-day life had begun to fall back into place. The shock, grief and overwhelming sadness related to his death had, I thought, dissipated. The world, however, with the Vietnam War raging, looked like a very unsafe place. I was scared and confused, and I didn’t know where or if I fit in. I trusted no one and there seemed to be no one I could count on to help me try to figure things out.

I spent one night walking around my neighborhood in the darkness. Confusion began to set in about what was going on around me. I felt the presence of a higher power rapidly growing in intensity, embracing me, and invading every cell of my body and every thought in my head. I began to wonder about my hyper-awareness and the sudden presence of a higher power. How was it that I had come to be in my current situation? Had I been chosen? Why me? Why now? Was this some test the universe or God had devised? Were these events connected? If so, how? I couldn’t figure out how all of this was connected but I knew I was in the center of it. It swirled around me at breakneck speed, a mystery I was struggling to understand.

I decided to tell my mom what was going on. I

needed her help to get to the president of the United States. He needed to know how important it was to cleanse our communities of drug dealers and murderers. Perhaps I could tell him in a way he might be able to hear, since God had selected me to help. I was to be a part of the solution. We had to do this as a country and if this is what God wanted me to do...so be it. The next morning Mom took me to see a psychiatrist, and, on his recommendation, she drove me directly to the hospital. I was admitted to the psychiatric unit and later transferred to a mental institution. The experts determined that I had chronic undifferentiated schizophrenia. My family was told that I would spend the rest of my life on psychiatric medications in a hospital and that there was no chance of a recovery or for a meaningful life in the community.

All I knew was that within a couple of days I had gone from being a sixteen-year-old unsure of myself or my place in the world, lacking self-esteem and confidence, to suddenly being given a world-changing task that meant risking my life. I made a leap from feeling powerless to experiencing a surge of strength and purpose beyond my wildest imagination. Very quickly and with almost no warning, my perception of myself was transformed. A higher power, sudden and overwhelming, became a palpable presence, speaking to me through other people and through tangible objects. There was no subtlety to it—it was a force to be reckoned with. The change was so abrupt as to be unfathomable.

At the time I thought: I am young and I must trust others who are supposed to be wiser and more knowledgeable than me, although they don’t seem to understand or respect me. Who is right? Who is wrong? Can my mind be lying to me? What do I know? Adults have taught me that I have limited worth, so I doubt myself. But this higher power is so omnipresent and strong—how could that be wrong? No, there is no misinterpreting this. It feels so pure, so loving, so right and so good; I will see where it takes me. And I will fight with all of my might because the beauty of this vision, how the world could be made right, is beyond words. It is utopia—the way the world should be. I wish everyone could have a glimpse into this world the way I see it now. If they did, it would change them, just as it is changing me now. They would see this di-

“It has taken me decades to realize that what was medicalized, pathologized, and labeled as “schizophrenia” was really a spiritual breakthrough.”

“I needed people who believed in the intelligence of my mind and people who knew that this was an opportunity for personal and spiritual growth.”

mension full of possibilities, full of opportunities, where great potential electrifies every cell in your body. The beauty, power and strength flow through every inch of your being. All senses become sharper and the amount of information you can process is unimaginable.

Looking back, I have come to a clearer understanding of what happened to me. It has taken me decades to realize that what was medicalized, pathologized, and labeled as “schizophrenia” was really a spiritual breakthrough. In exploring what my mind presented to me at that time, I’ve realized

that everything I’ve experienced is connected to who I am. I get to interpret it; I get to give it context and meaning. I can share answers I have found for me, but it is an individual journey and we each need to find our own answers. I have come to believe—with a little help from my social support network including other mental health system survivors—that there was never anything wrong with me.

My mind figured out a way to cope with overwhelming emotional, physical and spiritual turmoil. It was a matter of survival. At the time I didn’t have useful resources nor appropriate support to provide guidance through the experience. I was stuck in a monologue and I needed someone to engage me in dialogue. I needed people who believed in the intelligence of my mind and people who knew that this was an opportunity for personal and spiritual growth. I continue to find answers and meaning in what happened to me that lead to the breakthrough. I remember clearly the oneness with the universe and that was beyond description and at the time it was more than I was capable of navigating myself. The experience, however, remains fertile ground. The awakening I experienced then still resonates within me today. I am rediscovering that I am the bird that soars. I am the dolphin leaping out of the ocean and flipping in the air with joy, and I am the rainbow stretching across the sky.

Cry Me a River: The Psychology of Crying

Reprinted from Science Daily, Dec. 19, 2008

We’ve all experienced a “good cry”—whether following a breakup or just after a really stressful day, shedding some tears can often make us feel better and help us put things in perspective. But why is crying beneficial? And is there such a thing as a “bad cry?”

University of South Florida psychologists Jonathan Rotenberg and Lauren M. Bylsma, along with their colleague Ad J.J.M. Vingerhoets of Tilburg University, describe some of their recent findings about the psychology of crying in the December 2008 issue of *Current Directions in Psychological Science*, a journal of the Association for Psychological Science.

The psychologists analyzed the detailed accounts of more than 3,000 recent crying experiences (which occurred outside of the laboratory) and found that the benefits of crying depend entirely on the what, where and when of a particular crying episode. The researchers found that the majority of respondents reported improvements in their mood following a bout of crying. However, one third of the survey participants reported no improvement in mood and a tenth felt worse after crying. The survey also revealed that criers who received social support during their crying episode were the most likely to report improvements in mood.

Research to date has not always produced a clear picture of the benefits of crying, in part because the results often seem to depend on how crying is studied. The authors note several challenges in accurately studying crying behavior in a labora-

tory setting. Volunteers who cry in a laboratory setting often do not describe their experiences as being cathartic or as making them feel better. Rather, crying in a laboratory setting often results in the study participants feeling worse; this may be due to the stressful conditions of the study itself, such as being videotaped or watched by research assistants. This may produce negative emotions (such as embarrassment), which neutralize the positive benefits usually associated with crying.

However, these laboratory studies have provided interesting findings about the physical effects of crying. Criers do show calming effects such as slower breathing, but they also experience a lot of unpleasant stress and arousal, including increased heart rate and sweating. What is interesting is that bodily calming usually lasts longer than the unpleasant arousal. The calming effects may occur later and overcome the stress reaction, which would account for why people tend to remember mostly the pleasant side of crying.

Research has shown that the effects of crying also depend on who is shedding the tears. For example, individuals with anxiety or mood disorders are least likely to experience the positive effects of crying. In addition, the researchers report that people who lack insight into their emotional lives (a condition known as alexithymia) actually feel worse after crying. The authors suggest that, for these individuals, their lack of emotional insight may prevent the kind of cognitive change required for a sad experience to be transformed into something positive.

The Benefits of Long-Term Therapy

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For many years, cognitive-behavioral therapy (CBT) and other short-term, solution-oriented, narrowly focused therapies have been amassing strong empirical track records for their efficacy, while long-term psychodynamic psychotherapy (LTPP) has come to be regarded as somehow quaint and inefficient. Now a metaanalysis of 23 studies reported in the October 1 *Journal of the American Medical Association* finds that people with complex mental disorders who received LTPP did much better than 96 percent of the people who received CBT, short-term psychodynamic therapy, dialectical behavioral therapy, family therapy, and supportive therapy.

The reassessment of LTPP has been facilitated by researchers who have isolated and tested abstract concepts central to LTPP, such as transference, and clarified how early, emotionally charged memories color adult relationships. In the May 2007 *European Journal of Psychotherapy*, for example, Susan Anderson of New York University and Inga Reznik demonstrated that adults retain feelings and inferences from their early bond with their parents, and that these ghostly transferences affect the nature and quality of their adult lives. This finding was reinforced by neuroimaging reviews conducted by psychoanalytically oriented researchers Drew Westen and Glen Gabbard, which suggest that the brain actually overlays new experiences and relationships onto older ones.

Such research has demonstrated that certain psychodynamic constructs exist in some form, but hasn't demonstrated whether LTPP actually works, or whether it's better than short-term therapies. However, in studies reported in the October 2006 *American Journal of Psychiatry* and the March 2007 *Psychotherapy Research*, Norwegian psychiatrist Per Hoglend showed that clients with more severe disorders did better in long-term therapies that focused on transference and on the therapeutic relationship than clients in short-term therapies did.

The JAMA metaanalysis, led by German psychologist Falk Leichsenring, which includes Hoglend's work, looked at studies of psychodynamic therapies that lasted for at least a year or for 50 sessions, relied on interpretative or supportive interventions, and involved "careful attention to the therapist-patient interaction, with thoughtfully-timed interpretations of transference and resistance embedded in a sophisticated appreciation of the therapist's contribution" to the relationship. The analysis found that LTPP yielded significantly larger improvements in overall effectiveness, targeted problems, and personality functioning for such disorders as borderline personality, eating disorders, and other chronic or multiple disorders. Moreover, the outcomes continued to improve after therapy ended.

LTPP was especially effective for people with such chronic disorders as anxiety or depression. Interestingly, when

it was combined with psychotropic medications, its effectiveness, while still greater than that of the short-term therapies, was lower than it was without medications. Leichsenring suspects that either medications inhibit LTPP in some way, perhaps blocking emotions connected with transference and relationships, or that the clinical trial patients who were taking medications were more severely impaired than the ones who weren't.

The study leaves open the question of whether short-term therapy or LTPP is more cost-effective with patients suffering from complex mental disorders. Leichsenring draws the usual cautious conclusion that although LTPP *may* be more cost-effective in the long run, research remains to be done on this point.

Resource

Journal of the American Medical Association 300, no. 13 (October 1, 2008): 1551-65.

Retrieved from *Psychotherapy Networker Magazine*, Cooper, G. (2009), The Benefits of Long-Term Therapy.

<http://www.psychotherapynetworker.com/currentissue/532-clinicians-digest-janfeb?start=7>

"...long-term psychotherapy yielded significantly larger improvements in overall effectiveness, targeted problems, and personality functioning for such disorders as borderline personality, eating disorders, and other chronic or multiple disorders."



Childhood Trauma and Chronic Fatigue Syndrome

Excerpted from *Medscape Today*, Jan 9, 2009, by Caroline Cassels

Childhood trauma has been linked to a significantly increased risk for chronic fatigue syndrome (CFS) in adulthood, new research suggests.

A study, published in the January issue of the *Archives of General Psychiatry*, by investigators at Emory University School of Medicine, in Atlanta, Georgia, shows that exposure to childhood trauma, including sexual, physical, and emotional abuse as well as emotional and physical neglect, is associated with more than a five-fold increased risk for the condition, which is estimated to affect up to 2.5% of the US adult population. Investigators also found that adults with CFS who report abuse have decreased levels of the stress hormone cortisol, a finding that suggests a potential biological mechanism for the disease.

"This study replicates our previous preliminary findings, that childhood trauma is a very important risk factor for CFS, particularly emotional maltreatment and sexual abuse. Further, it suggests there is a biological correlate (low cortisol levels), which further supports the hypothesis that childhood trauma alters the body's stress hormone system and its subsequent ability to adapt to stress," principal investigator Christine M. Heim, PhD, told *Medscape Psychiatry*. The study is published in the January issue of the *Archives of General Psychiatry*.

Other research in animals and humans has shown that early life experience can program the development of regulatory systems implicated in CFS, including the hypothalamic-pituitary-adrenal (HPA) axis. The adrenal gland synthesizes and secretes glucocorticoids in response to stress, which help regulate metabolic, behavioral, and immune systems. However, research suggests that insufficient glucocorticoid signaling may increase immune activation and inflammatory responses, which may then plausibly contribute to symptoms of fatigue and pain. Interestingly, the authors point out that dysfunction of the HPA axis, characterized by lower-than-normal cortisol secretion, is one of the hallmark biological features of CFS.

The investigators, in collaboration with the Centers for Disease Control and Prevention, conducted a population-based study that included 113 individuals with CFS and 124 healthy matched controls. Participants reported whether they had experienced childhood trauma, including sexual, physical, and emotional abuse or emotional or physical neglect. Subjects were also screened for depression, anxiety, and posttraumatic stress disorder, and had their cortisol levels assessed.

The researchers found that individuals with CFS had significantly higher overall childhood trauma scores than controls in each trauma category. Any type of childhood trauma was associated with a 5.6-fold increased risk for CFS. However, sexual abuse and emotional abuse and neglect were the most predictive of CFS. In addition CFS cases who had comorbid PTSD had a 9-fold increased risk, which principal investigator Christine M. Heim, PhD, described as a "very large odds ratio for this type of research."

Overall cortisol levels were lower in CFS patients than levels in healthy controls—a finding that is consistent with previous research. Interestingly, however, when researchers looked at CFS

cases with and without childhood adversity separately, individuals with CFS who did not report childhood abuse or neglect had similar cortisol levels to controls, a finding that suggests there may be different subtypes of the disorder.

"It is possible that different factors could contribute to the same illness, and changes in biological stress systems are seen only in those who also develop the illness in relation to emotional abuse or neglect, while in other individuals the disease has an entirely different pathophysiology. However, at this point this is just speculation and something that requires further investigation," said Dr. Heim.

Based on these findings, said Dr. Heim, it would be prudent for clinicians who have patients with CFS to screen for childhood trauma and, if the screen is positive, consider psychological referral.

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Report from the IPA Board of Directors: Allocation of Bequest

By Jean Rashkind, Deputy Treasurer

As most of you know, the IPA received a very generous bequest from Daniel Miller's estate. We are thrilled to have some new resources available for the projects we have discussed for so long that would build the IPA and support the spread of Primal throughout the world. The board has agreed to keep the principal intact and to use only the interest to fund our projects, so that Daniel's munificent gift can keep giving for years to come. At our January 2009 board meeting, we determined our priorities for the various options.

High Priority

Scholarships to IPA events
Higher fees or expenses for keynoter or other presenters
Subsidy of convention and retreat costs to attendees
Video about Primal or the IPA
Expanded mailings to promote IPA events
Advertising to promote IPA events
Publicist on retainer
Subsidy of regional or local primal groups
Promotions at gatherings outside the IPA

Lower Priority

More upscale convention site
Subsidy of membership fees
Research to support Primal theories
Monetary compensation for IPA work
IPA journal
IPA lending library
Promotion of the IPA to the Co-Counseling community

If you would like to discuss these possibilities or make further suggestions, we invite you to contact any board members. And, as you know, we can only accomplish what our monetary and *human* resources allow, so your contributions on projects and IPA committees are particularly encouraged at this time. I look forward to working with you all, my IPA friends. A special note of thanks to Treasurer Bill Whitesell for his relentless pursuit of high interest rates, as well as safety, for our funds!

IPA ROSES to . . .

- ◆ Sandy Weymouth for his first hosting of the IPA Board meeting in January. His spacious home with primal facilities surrounded by stark wintry woods with frozen pond and mysterious beaver dams were a wonderful setting for our work. The food was great too. We look forward to many more productive weekends there.
- ◆ Warren Davis for stepping up to the time-consuming position of IPA Secretary and handling it so well.
- ◆ Bill Whitesell for organizing and hosting a popular free peer-primaling group in his DC-area home every month, including his helpful and supportive leadership—and snacks!
- ◆ Diane Kohl for helping Warren by taking on the mailing of the membership renewal letter.
- ◆ Barbara Bryan and Denise Kline, 2009 Convention Chairs, who already are working tirelessly to bring us a very special convention in a terrific new location.
- ◆ This issue's many contributors—Barbara Bryan, Bob Holmes, Denise Kline, Harriet Geller, Diane Kohl, Anna Puleo, Jean Rashkind, Lauren Spiro, and especially JJ Jackson for photos extraordinaire even at the last minute.

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.
- 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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