

PRIMAL

*Supporting Growth and Healing Through Deep Feeling Process*

FALL NEWSLETTER • NOVEMBER 2010

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Freedom to Feel Good!

Summer Convention and Retreat Reminiscence

*By Larry Schumer*

Did I die and go to heaven? No, I guess not; I was only waking up at Virden Center for the Summer Convention and Retreat. Wow, what a change from our past venues!

First off, at all the conventions I've been to—1979 being my first—no one has ever come by during a meal and taken away my plate. And from a table with white table cloths and cloth napkins! This was absolutely amazing. I felt grown up and everything. On top of that, I've never gone back to my convention room to find my bed made, towels, soap and shampoo replaced, and the room tidied up. Virden Center is certainly the most luxurious location the IPA has ever had the good fortune to find.

Like the water? Well, it's about five minutes by car from the center, complete with velvety sandy beaches and calm or wavy water, depending on whether you go to the bay or the ocean.

The workshop areas were roomy, with carpeting and comfortable chairs—in general, a very adult setting (but that didn't keep me from getting into my birth stuff during mat track).

And how did the Convention go? As Convention Chair this year, I tried an experiment where we didn't have all the available workshop periods filled beforehand, which is how it's done for the Spring Retreat. Each night at

Community Meeting, we solicited workshops for the following day. A faithful scribe, Claire Turner, created the daily schedule with all the changes and updates, which made for an organic program. Most of the comments I heard were about enjoying the not over-packed schedule. There was plenty of free time for exploring the Delaware Bay area, sunning or swimming at the beach, or schmoozing on the campus.

I had a great time but would like to hear from more people about their experience—I only have a handful of evaluation forms. A quick e-mail to me ([president@primals.org](mailto:president@primals.org)) saying what you liked and didn't like would be fine.

So, to those of you who have not come to a convention lately because of memories of rustic Appel Farm, hesitate no more—Virden Center is a first-class facility and a wonderful place to spend a summer vacation with feelings. I look forward to seeing you there in 2011.



*Up-close dancing at the Summer Convention*

## International Primal Association

Toll-Free: 1-877-PRIMALS  
(US & Canada only)  
Telephone: 248-478-5559  
Email: [info@primals.org](mailto:info@primals.org)  
Website: [www.primals.org](http://www.primals.org)

### President

Larry Schumer  
759 Roberta St.  
Salt Lake City, UT USA 84111  
[president@primals.org](mailto:president@primals.org)

### Vice-President

Denise Kline  
301 S. Mont Valla Ave.  
Hagerstown MD USA 21740  
[vicepresident@primals.org](mailto:vicepresident@primals.org)

### Secretary

Dianea Kohl  
4 Gray Rd.  
Ithaca, NY USA 14850  
[info@primals.org](mailto:info@primals.org)

### Treasurer

Bill Whitesell  
811 Whann Ave.  
McLean, VA, USA 22101  
[treasurer@primals.org](mailto:treasurer@primals.org)

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Esta Powell	Sandy Weymouth

Alt: Gary Bradley, Karen Kendall

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Linda Marks  
Alex Tadeskung  
Larry Schumer (inactive)

### Newsletter Editors

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[editor@primals.org](mailto:editor@primals.org)

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 judgments as to the publication of all materials received. Unless specifically requested otherwise, the editor reserves the right to edit material, which must be sent electronically.

Next deadline: Jan. 15, 2011

# 2010 Summer Convention

## Official Group Photo



First row from left: Anna Puleo, Alice Rose, Karen Kendall, Walter Loeb  
2nd row: Larry Schumer, Dianea Kohl, Barbara Bryan, Warren Davis, Walter Gambin  
3rd row: Maria Williams, Mark DeBooth, Bill Whitesell, Claude Breault, Kathy Rae, Marlene Schiller, Gary Bradley  
4th row: Bill Gronwald, Alex Tadeskung, Claire Turner, Harriet Geller, JJ Jackson, Miriam Greenberger, Tony Puleo

## Official Late-comers



From left: Joe Dunn, Gene Long, Rick Benson, Michael Kotler, Hillary Goldberg, Denise Kline, Sandy Weymouth

# and Retreat Review

## To the IPA, August 2010

By Bill Whitesell  
(Presented at Cabaret)

The world walks by in silent pain  
We pause, look within, and feel again,  
Find a space kept safe from judging ears  
And howl and shake and shed our tears

My first convention stole my heart  
What joy to find myself a part  
Of a community of feeling  
With this treasured means of healing

The depths where feeling leads  
Connect me to my needs  
From the curled up hurts of days gone by  
To a holy love that fills the sky

Unveiling special hidden places  
With those who share such spaces  
Opens for my solitary core  
A promising communal door

And when I've shed some wrath  
I can take a path  
That bubbles up in me  
And sets my humor free

To laugh and dance and lose all care  
Of self-protecting armor ware  
And wake again with you each day  
Has made me love the IPA

But help was needed, I could see  
To sustain community  
And give new folks-not just me  
This healing opportunity

I offered work where I had skills  
Collecting fees and paying bills  
Filling out the myriad forms  
To meet the governmental norms

And others too, great efforts showing  
Keep our group's events ongoing  
So much work and ambition  
We pour into primal's mission

Some expect that more is due  
Hard feelings then ensue  
Disputes can't all be turned about  
By volunteers who burn out.

It's unfortunately easy to detect  
That primal won't make us perfect  
But we'd have less strife to enact  
If we spent more time on the mat.

## IPA Calendar

### Board of Dir. Meeting

Fri., April 1 – Sun., April 3

Sandy Weymouth's  
Woods Place

### Spring Retreat 2011

Wednesday, May 11–  
Sunday, May 15

Krkridge Retreat Center  
Bangor, PA

### 2011 Summer Convention & Co-conference

Mid-August Dates  
To be Determined

Viriden Retreat Center  
Lewes, Delaware

Viriden website:  
[www.udel.edu/conf/lewes](http://www.udel.edu/conf/lewes)

Visit the IPA web site  
[primals.org/convention](http://primals.org/convention) for  
further information

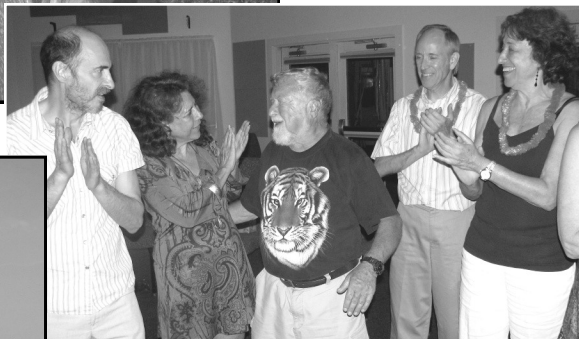
## Convention Photos

Thanks to JJ Jackson and Anna  
Puleo for all the great photos in  
this issue!



Barry Vissel's  
keynote presentation

Giving Walter L a big hand!



Football on the beach of Delaware Bay



## Member News

### Primal Integration Center of Michigan

Led by Barbara Bryan

Farmington Hills, Michigan

Phone; 248-478-5559

Email: babryan@mi.rr.com

Website: www.primalcenter.com

### Primal Intensive Weekend Workshop

November 19-21, 2010

Fri., 7:30 pm to Sun., 5:00 pm

Led by Barbara Bryan and staff.

\$390, includes food, lodging, pick-up at airport.

### Long-term Primal Intensives

A unique opportunity to be in a safe, supportive environment, away from everyday concerns and able to focus completely on your own emotional issues.

Includes airport pick-up, food and lodging, 24-hour supervision, and 3 hours of one-on-ones in the therapy room each day. Intensives can vary from 5 to 17 days.

### Weekly Primal Group

Thursdays, 7:00 - 9:30 pm

Some primal experience is Required.

# Summer Convention Poetry

A small group met on the patio of Virden Center for our poetry respite. We wrote cinquains, five-line poems with lines of two, four, six, eight, and two syllables, and longer poems using the words watch, creep, permit, frown, pile, trip, radiate, and bloom. Here are some of our works.

*Poems by Alex Tadeskung*

### Cinquain

Hi Dad  
I miss your boots  
Dropp'd on the kitchen floor, thud  
Wish you were here now to talk, mud  
On boots

### Word poem

Mother, I look for you in the bloom of a  
flower  
Frantic, knowing you have flown away  
On the wing of a bee  
I watch for your return  
Not permitted to feel the pain of  
loneliness  
I creep to the safety of my bed  
Fearing you may be dead  
I pile high my stuffed animals  
Hoping Dad will not find me  
Please hurry back from your trip  
I don't trust the night.

*Poem by Kathy Rae*

A pile of luggage ready  
for the long trip ahead.  
I permit myself to be late  
and rest awhile in bed.

My watch says I must go now  
and leave the safety of my room  
Over the bridge I creep  
frowning - then radiate and bloom.

*Poems by Harriet Geller*

### Two Cinquains

To find  
a friend in the  
crook of my arm weeping  
is like my being comforted  
myself.

Go out  
from the letter  
of the law—write lines that  
swirl and dip, that articulate  
feelings.

### I Dream Myself

*(In a Sandtray at the IPA Convention)*

Of the four elements, the earth  
is where I creep, slow as a snail in  
and out of the dunes. Yet I have flown  
into a summer sky with barely  
a hope that a parachute would open,

and at this retreat, after feelings  
that are full of fire, I have washed  
away fear in the cool waters of the bay,  
the gray-green expanse promising  
calm all the way to the horizon.

I am secretly a beautiful woman,  
frowning beneath her purple mask,  
but the mystery will soon be unraveled;  
the threads and pieces will click  
into place like the colors of a Rubik's  
Cube.

My center radiates a porcelain child, a  
slender dancer  
at rest with her perfect parents, Native  
Americans  
whose primitive wisdom is wrapped in  
crystal.



*Bill G and Tony fighting it  
out after Mat Track*

# IPA Convention 2011 Co-Conference

By Denise Kline, J.D.  
Convention 2011 Chair

The 2011 Convention co-conference with APPPAH is on! APPPAH, The Association for Pre- and Perinatal Psychology and Health, is known as "Birth Psychology" for short. Its leader psychotherapist, Dr. William Emerson, will present the keynote on "The Dark Side of Birth" on Friday afternoon. Clients, trainees and fellow-therapists from APPPAH are expected to attend for a particularly educational weekend of seminar presentations, including art therapy, Jungian sandbox facilitation, comparisons of primal and shock techniques, and more than a dozen experiential workshops. Dr. Alice Rose will co-host the co-conference during the weekend.

This convention is dedicated to Terry Larimore, a therapist involved in both the IPA and APPPAH, who passed away too young. In addition to her work on the IPA board, she taught us much about primal, birth psychology and shock during her many years with the IPA and as a featured presenter at Convention 2003. We are very grateful to her for sharing her knowledge, wisdom and enthusiasm.

During the week, we will offer the experiential workshops for which the IPA is known, along with Jungian Sandplay, Peer Groups, Men's and Women's Groups, Mat Track, massage, and all of the other entertaining and educational events that you've come to expect. Two new additions which have already been confirmed: primal drumming and re-birthing. Also joining us will be a spiritual psychologist who is with the American Humanistic Psychology Association.

We will have workshops on Bonding Psychotherapy (New Identity Process), Psychodrama and Family Constellation, and Nonviolent Communication. More exact topics will be forthcoming on the website and in the brochure, which we are planning to get out very early.

Also, note that the convention may be from Tuesday to Monday and the Annual General Meeting will be held earlier in the week than usual.

This will all go on at the spectacularly successful Virden Retreat Center in Lewes, DE, which we enjoyed so much in 2010, with its luxurious service including housekeeping, a delicious variety of foods, and access to the Atlantic Ocean and the bay. We will be using the Beacon Motel for overflow when APPPAH arrives, and possibly other locations such as Cape Henlopen State Park's Biden Center, which offers more rustic accommodations near the water.

The event will occur in mid-August 2011, but the exact dates are still being arranged. They will be posted on the IPA website [primals.org](http://primals.org) along with the Call to Presenters. We look forward to hearing from you about what you would like to offer by way of presentations, workshops, panel discussions, seminars, and art, movement and yoga therapies. Please plan to send your presentations and register early (the Early Bird Deadline will be a month earlier this year due to the large amount of space we will be holding).

Send presentation and/or workshop descriptions to [DeniseMKline@aol.com](mailto:DeniseMKline@aol.com) and include CONVENTION in the Subject Line, please. You may also mail to: POB 1943; Hagerstown, MD 27142. I will contact you within the month to confirm. If you don't hear from me, please contact me again in case there was some kind of mail issue. My phone is (301)791-9237 and most calls will be returned within 72hrs in the morning. The weekends are also good times to reach me.

Thanks for your anticipated support and participation in the IPA's Convention 2011 with APPPAH Co-Conference!

*Dianea, Larry, Bill W  
and Gary having lunch  
on the Virden Patio*

## Welcome New Members!

Corrine Betz, Hagerstown MD  
Mark DeBooth, Rockville MD  
Grace Kynglay, Manchester UK  
Rich Piotrowicz, Oreland PA  
Tony Puleo, La Plata MD

## Primal Groups

**Bill Whitesell**  
McLean, Virginia

No charge to participate  
[w Whitesell@yahoo.com](mailto:w Whitesell@yahoo.com)  
703-734-1405

### NY Primal Group

Primal group in Manhattan, every Tuesday, 8-11 pm (note new time). Peer-facilitated, non-profit, nominal charge for space.

The New York Core Center  
115 E. 23rd St., 12th fl, Rm 6  
(bet. Park and Lexington Aves.)

For more info, and to let them know you are coming, contact:

Art Brown  
[Art@ArtBrownArt.biz](mailto:Art@ArtBrownArt.biz)

Michael Gottlieb  
212-477-9509

Sandy Weymouth  
302-530-1535  
[sandyweymouth@me.com](mailto:sandyweymouth@me.com)



# IPAers Launch Blog: The Primal Mind

Peter Prontzos and Bruce Wilson have created a new blog, *The Primal Mind*, that will focus on the scientific side of Primal. Peter teaches political science, political psychology, and political philosophy at Langara College in Vancouver, B.C. Bruce is a medical writer after a number of years working in a biomedical research lab. Here are some excerpts from their intro and from Bruce's maiden post.

Neuroscience has come of age and is going in some truly fascinating directions. We now have hybrid "neuro" disciplines such as neurophilosophy, neurotheology, neuroanthropology, cultural neuroscience, cultural neuropsychology, and neuropsychanalysis.

The most exciting development is the shift away from cognitive neuroscience towards affective neuroscience. Human and animal emotions are now a rich area of scientific study and, thanks to the work of pioneers like Jaak Panksepp, emotions are now regarded as bona fide *experiences*, and not just mechanical reactions to stimuli. A rat that squeaks joyously when tickled can now be said to be "laughing" and not "undergoing a positive response to pleasurable stimuli."

The purpose of this blog is to explore recent findings in affective neuroscience and their relation to mental health and psychotherapy in order to create lives with more authenticity and love. The blending of neuroscience with psychotherapy is an emerging area, and although many attempts are being made to link the two disciplines, there is a serious need for the study of *deep feeling* psychotherapies, such as primal therapy.

In this blog, we will hopefully stimulate a lively dialog

among psychologists, psychotherapists, affective neuroscientists, and others who want to see this field advance in a truly scientific way. We believe that these efforts are critical to helping people who are emotionally damaged and need something more powerful than talk therapy. More importantly, we hope to contribute to the creation of a truly compassionate society that will eventually eliminate the need for psychotherapy.

From Bruce: Peter and I have been friends for forty years and over that entire period we've been involved in deep feeling therapy (primal therapy) in an attempt to heal our childhood wounds and open to a more fulfilling, integrated, and *feeling* life. When we met, each of us was suffering personally and searching for a more authentic, *real* life in a world that was, and still is, crazy in so many ways.

Both of us are passionately committed to exploring the scientific foundations of deep feeling therapy. Each week, we read the literature on the early life origins of mental illness and find confirmation for what we learned so long ago down on the mat: that early trauma leaves a lifelong imprint on your life.

Although deep feeling work helps many people heal those imprints, it doesn't help others. We'd like to know why. And when it does help, what is happening in the brains and lives of the people who get better? What is the actual mechanism of healing, both in the brain and in our social interactions? Can it all be attributed to the relationship between therapist and client, as some claim, or is there a neurological reconnection process going on between regions of the brain, as Arthur Janov claims.

[we] are...committed to exploring the scientific foundations of deep feeling therapy.

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## Memorial Day Letter

By Michael Gottlieb

(As printed in *The Villager*, 5/26/10)

For me, Memorial Day weekend does not mean vacations, beaches and travel.

There's a photo of my father hanging in my kitchen—the last photo of him still alive, taken during his basic training in South Carolina in late 1943. I feel like I'm looking at a total stranger. I was a baby when he was killed in World War II. Often I cannot bear to look at the photo because it is too painful.

Dr. Arthur Janov, in *The Primal Scream* (1970), says that "many people would rather die than have to feel their pain." This is borne out by the suicide rate of W. W. II "orphans" and by my own feelings. I do fight self-pity, but there is an emptiness, a vacuum in my chest.

Do I prefer to die rather than feel my pain? There are many ways to die, to "kill the pain." Some use alcohol, drugs, sweets, or cigarettes. I use food as an overeater. Part of me does not want to die.

I guess I'll have to use Dr. Janov's therapy if I want to live.

# The Role of Buddying in Deep-Feeling Therapy

By Ruth Nyman, RSW

Buddying was originally developed for people who had already undergone Primal Therapy with a trained therapist, usually for about six months. The therapist decided when the patient was ready and also gave their opinion on suitable buddies. Buddying was never intended to be a substitute for the therapy.

However, since buddying has become so popular within the feeling community, possibly without prior professional therapy, I thought I would offer these suggestions.

- ◆ If you have not had therapy with a trained professional you may try to do Primal as you imagine it should be done. I recommend that you just let yourself cry when you feel sad or hit or shout into a pillow when you feel mad about something—don't try to turn it into therapy.
- ◆ As a buddy, you may be tempted to intervene and guide your friend towards a feeling. Resist the temptation as this is not the role of a buddy and should be left to an experienced therapist. Sit and listen and be present for your buddy and do not say anything unless your buddy asks you to.

- ◆ If your buddy talks about hurting him- or herself or anyone else, express your concern at the end of the session and if necessary call emergency services and get advice. Do not buddy with someone who continues to express suicidal thoughts or has a plan to hurt him- or herself or anyone else.
- ◆ If you want to talk to your buddy at the end of the session about what you experienced during the session, that is fine.
- ◆ Do not try to speed up the feeling process by using drugs, alcohol or other methods to force feelings to come up.

You may not make much progress if you are buddying without having done therapy with a professional. You will need help to connect feelings from the trigger in the present to the origin of the feeling in the past (if there is one) and to make changes in your life, based on your insights and connections.

If you have any questions about what I have written or about buddying, feel free to contact me by e-mail at [leokir@telus.net](mailto:leokir@telus.net). I am speaking from my experience at Dr. Janov's Primal Centre in Los Angeles where I trained and worked for 12 years as a certified therapist.

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## IPA Board Notices

### 2010 Election Results

#### Officers

We elected three new officers, Larry Schumer, President, Denise Kline Vice-president, and Diane Kohl, Secretary, and re-elected Bill Whitesell as Treasurer.

#### Directors

Two new directors, Art Brown and Alice Rose (returning), were added to the roster, and Warren Davis (previously Secretary), Jean Rashkind, Leonard Rosenbaum, and Sandy Weymouth were re-elected. Harriet Geller is automatically a one-year director as past president.

We elected two alternates, who would be asked to serve if a director leaves the board, Karen Kendall (first) and Gary Bradley. Barbara Bryan, Esta Powell, and Anna Puleo are remaining for the second year of their two-year terms. The term of office starts the day after the elections.

Congratulations and thank you to these 17 dedicated and hard-working IPAers.

### Membership Dues Reduction

For 2011, dues are reduced by about 15% for the lower income categories, and an additional category for annual incomes under \$15,000 is added. The board hopes that this will encourage more people to join our organization. The new dues are as follows (see p. 8 for comparison):

<u>Annual Income</u>	<u>Single</u>	<u>Joint</u>
\$25,000-49,999	\$50	\$75
\$15,000-24,999 or overseas resident	\$25	\$37
Less than \$15,000	\$15	\$22

### IPA on Facebook

Thanks to Anna Puleo's initiative and efforts, the IPA is now a presence on Facebook. The account is **International Primal Association**. It is just beginning to take shape, with a few photos and a smattering of discussions, but we look forward to this becoming a major promotional tool for the IPA. Join Facebook if you would like to be a part of it.

# The Broken-winged Bird

By Barbara Ann Bryan (1977)

The Noah's Ark Training Program required each participant to present a seminar on a Primal-related subject. I chose dreamwork for mine as dreams were very important to my



Women's Group at the Summer Convention

Primal process.

The very first dream I had at the Ark was significant: I am with Bill Swartley. I tell him I'm afraid I don't have the energy to do everything here at the Ark. Also, that I want to work on my feelings of inadequacy. That's the most important thing for me to do here. We are walking down a path. I see a little bird on the ground. Bill picks it up and gives it to me to hold. It is very fragile and almost dead. I hold it lovingly and it becomes more alive. Out of the corner of my eye, off in the bushes, I see a yellow canary that is very alive and will be able to fly.

I realize the broken bird is my damaged child part, and the alive little yellow canary represents HOPE.

Interestingly, there is another connection. I collect posters and put them on the wall. I rarely pay any attention to them, but they, evidently, are still entering my unconscious. I had a poster in my bedroom for years that had flying birds on it and a verse by Langston Hughes:

Hold fast to dreams,  
For if dreams die,  
Life is a broken-winged bird  
That cannot fly.

## IPA ROSES to . . .

- ◆ Those who made it happen at the Summer Convention & Retreat: Larry Schumer, Chair Extraordinaire, Harriet Geller, Assistant Chair, Denise Kline, Site and Registration Coordinator, Sandy Weymouth, Transportation (i.e., drove most of the participants to and from the convention site), Gary Bradley and Goran Kuramazov, Facilities Coordinators and Schleppers, Claire Turner and Kelly Hopkins, Registration and All-around Assistants
- ◆ Sandy Weymouth for welcoming the board to the Woods Place for the IPA board meeting in October. The Place is beautiful, and Sandy is too. Fourteen board members, one alternate, and one IPA member participated, probably a record.
- ◆ Joe Dunn for presenting tantalizing investment opportunities for IPA funds at the October board meeting.
- ◆ Newsletter contributors Barbara Bryan, Michael Gottlieb, Denise Kline, Ruth Nyman, Peter Prontzos, Kathy Rae, Larry Schumer, Alex Tadeskung, Bill Whitesell, Bruce Wilson.

### IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
<b>Lifetime Membership</b> (payable over five years)	\$1000	\$1500
<b>Annual Membership (based on income)</b>		
\$100,000 or more	\$110	\$165
\$50,000-99,999	\$75	\$112
\$25,000-49,999	\$60	\$90
Less than \$25,000 or overseas resident	\$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. Please add \$20 if paying with checks or money orders through non-US banks.
- To 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.

Download the membership application form at <http://primals.org/membership> or mail your complete name and contact info (including email) to:

IPA, 811 Whann Ave., McLean, VA, USA 22101