

I N T E R N A T I O N A L

PRIMAL

A S S O C I A T I O N

Supporting Growth and Healing Through Deep Feeling Process

SPRING NEWSLETTER • MARCH 2010

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By Jean Rashkind
Spring Retreat Coordinator

As the heavy snows of winter release their frozen grip, preparations are underway for our first gathering of the year. The Kirkridge Center will once again host our yearly Retreat which has for many of us become a rite of spring. While some of us anticipate reconnecting with old friends, others brave the unknown to introduce themselves to us for the first time. What is certain is that we will all come away from the Retreat with expanded connections to ourselves and to each other.

One can easily fill one's time participating in the many activities that the action-packed Retreat offers; however, the lovely environment of the Pocono Mountains also provides ample opportunity for reflection, hiking and communing with nature.

We have adopted many of the highlights of the Summer Convention: our mornings consist of women's and men's groups followed by a facilitated primal group ("Mat Track"), Friday evening we bring our talents to "Cabaret," and Saturday evening we PARTY! Spontaneous jam sessions are common on other evenings, so please bring your instruments! We have the opportunity for more intimate sharing in peer groups, usually in the hour before dinner. What distin-

2010 Spring Retreat Coming Soon

May 5 - 9
Kirkridge Retreat Center
Bangor, PA

guishes the Retreat from the Convention is that we improvise workshop offerings. Anyone can offer a workshop or propose an idea, and in our evening community meetings we piece together a schedule based on the talents, offerings and interests of the group.

We have extended the Retreat one additional day! This year we will meet Wednesday evening through Sunday lunch. We are grateful to Kirkridge's flexibility about minimum attendance on Wednesday, which has made this possible. Another change is that this year we will try Kirkridge's own food service. We expect bountiful and healthy food selections, with the added benefit that Kirkridge provides cleanup. (No more kitchen duties, guys. Sorry, I know some of you like those giant steam machines!)

Look for your Spring Retreat flyer and registration in the mail early in March. You will also find information at www.primals.org/activities.html#retreat. To apply for a scholarship download the application at www.primals.org/conventionscholarship. Registration and scholarships will be awarded on a first-come, first-served basis; sign up early as space is very limited! If you have any questions, please contact info@primals.org.

I look forward to seeing you!

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Next deadline: May 15, 2010

Free IPA Membership for 2010

We are delighted to announce an extraordinary offer for 2010, free membership for one year to new members or to people who have not been a member for at least seven years. Our generous bequest from Daniel Miller makes this outreach possible.

Please extend an invitation to your friends and family, a unique opportunity for

them to find out what has been such a special community for you.

They can go to our website, www.primals.org, and follow the instructions on the home page. We only ask that they send in the membership application no later than June 30.

New York City Primal Group Off with a Noisy Bang

By Sandy Weymouth

The NY Primal Group had its first full-tilt session Wednesday, January 13 at an extremely attractive and accommodating rehearsal space that veteran singer, actor and primaler Art Brown found on West 48th Street in Manhattan. Thanks, Art. Nice space, nice people, nice price. Maybe we found our home.

Eight people showed up to work on nine IPA mats that I brought from my place in northeastern Maryland where they and other stuff are—conveniently—stored. The IPA kindly offered to allow us the use of the mats, and also to make a donation to the rental cost in the interest of promoting Primal.

A lot of noise was made by all, but the management, which Art and others feared might balk at the racket, was unbothered enough to sign us up for a second session in February. Everybody seemed to like the idea of a rotating leadership. I led the January group and Spiritt Taylor, a veteran of Dan Casriel's primal-like New Identity Process, will lead the February group.

We started and closed with go-rounds, leaving us nearly two hours to work alone or in pairs. Several did both. In the closing go-round we imitated Bill Whitesell's group in Virginia. After sharing, each participant has the opportunity to lie in the center of the group and get a short massage and a desired affirmation vocalized by the others. Some dispensed with the sharing part and just flopped in for the massage.

Here's the bummer: we dragged the nine mats, seven pillows, six boxes of facial tissues, four—how shall I say this?—phlegm receptacles and four plastic baseball bats down the elevator and out onto the sidewalk. No car! Towed, as Art artfully found out. Dave Gorsky watched all the stuff in the lobby while Art, Will Tucker and I went to the pound and waited an unbelievable amount of time to pay the towing fee and get the car. I can't thank you guys enough for the support in this mess I didn't need to create. Read the signs! Only commercial traffic can put money in these new parking meter things they have.

Hey, first time out, we did great. Everybody liked the group and got a lot out of it.

Why don't *you* join us next time? We're a safe, loving group of people. Within reason of course, we'll support you in whatever you want to do. Including nothing—come and watch. Get a feel for what it's all about. The cost is nominal, and with the IPA donation, partial refunds are coming to those who kicked in the first time. Please don't let cost inhibit you from coming. We'll work something out.

To find out when the next group is happening, contact Art or Sandy, and if you're coming, please be sure to let us know.

Art Brown
646-327-9976
Art@ArtBrownArt.biz

Sandy Weymouth
302-530-1535
sandyw@iximd.com

Location: Studio 353
353 West 48th St.
(bet 8th & 9th, 2nd Fl)
212-757-2539

Letter from Our Latest Certified Practitioner

Dear IPA members,

I want to thank you all for allowing me to be a part of the IPA convention last August. Special thanks go to Barbara Bryan, Warren Davis, and Bob Holmes, my “committee” who certified me as a Primal Integration Educator. I cannot tell you how privileged I feel to receive this accolade and to become an official member of the IPA therapeutic community.

My experience at the convention was far beyond my expectations. I was impressed that so much effort had been put into providing the many workshops, mat tracks and groups, as well as creating a comfortable environment in which people could socialize or feel.

What particularly touches me is that the IPA welcomes all of us, no matter what our “other” beliefs or “non” beliefs might be. Our unifying belief is that feelings heal.

The safe environment encouraged equal member participation without fear of being ridiculed or ostracized and the hierarchy was neither authoritarian nor exclusive. Complaints seemed seriously considered and discussed...well, except in the voting process, which I felt needed to be corrected.

I also want to thank those of you who attended my presentation, and I am very pleased my tape was so well received. Barbara told me that some who had not seen it asked if I might present it again. A constellation of “stuff” prevented this, not the least of which was the TV/video breakdown. Perhaps at another convention I could tape a session on site and present it, if enough of you would like.

I value the trust you both had in me, Barbara and Bob, asking me to do mat tracks and allowing me free rein without any admonitions or prepping in IPA style. I was delighted to be able to address a few people’s suffering. It went well for some I have spoken with since the convention and I hope I helped others. In my practice I have to do a lot of “talk therapy.” It *ain’t* easy to combine two adverse paradigms, but it can work and seems to help many.

To those of you who thought I was aloof because I did not mix in a lot and seemed to act like too much of a “therapist” much of the time, I want you to know it was not intentional. As a newcomer, I felt the need to be cautious and remain somewhat reserved. After all, addressing past lives and breaking pottery is not exactly Janovian! I also felt somewhat...hell no! I felt *very* “under the microscope” regarding certification. If I had succumbed to all of my triggers, I would have been crying continuously. This might have been “a good thing,” as Martha Stewart says, but had I arrived on the first day instead of late Monday evening and did not have to leave a day early, I might have been able to access and address more feelings. I will not set it up like that again.

Walking around the grounds was an experience I did not expect to be very memorable. The surroundings were not extraordinary at first glance; but the dense humidity and intensely green foliage—even the weeds—quickly reminded me of my childhood home in New York State. I was surprised and delighted when I came across some Queen Anne’s Lace, which



Frances (left) sharing her painting at a Convention workshop with Kathy Flegg, Nell Corry, and Kim Mellor

grew in our back field. It brought back one of the few fond memories I retain of my childhood.

It was not until Saturday morning that I felt comfortable enough to allow feelings to percolate to the surface in that last women’s meeting. And to think I was triggered by a sprig of Queen Anne’s Lace!

The few times I interacted with many people were in the dining room, mostly at mealtimes. Since food has always been my primary drug (and is the only one that remains), I realize I felt the most comfortable while breaking bread with you. I tried to connect with as many people as possible but not nearly as many as I would have liked.

Now, as I read emails, I often think, dammit, I wish I could associate faces with these names. So many remarks are insightful, pithy, funny! I wonder, “Did I meet this person? Was the guy who asked about bringing kids to the convention, there? I wish I could have talked with him/you.” FYI: I am not completely against it if there are separate experiences for kids to have fun in an unthreatening atmosphere, which merely accepts feelings, not artificially cajoling any child into them in any way.

I smile when I do recognize someone’s name in email, like Sandy, my first angel who picked me up at the airport and ended up accompanying me on a three-hour tour of pre-revolutionary Virginia! This was an unplanned adventure. I had not seen buildings dating from the 1700s and 1800s for many years. The oldest architecture in California is Spanish—beautiful, but so unlike in the East, which evokes the childhood memories I cherish.

I read all of the emails and enjoy the interactions, although I don’t respond unless something strikes a passionate chord, that is, when I perceive a potential injustice, and I feel compelled to respond. Since at these times I am often also “in a feeling” (triggered by an old memory, but as yet not formally feeling it on the mat), I can sound somewhat sharp and seem intractable. I will work on this...

My Heartfelt Positive Energy to Each and All of You,
Frances Rinaldo

IPA Calendar

IPA Board Meeting

March 26–28, 2010

Barbara Bryan's home
Detroit, MI

Spring Retreat 2010

Wednesday, May 5 –
Sunday, May 9

Kirkridge Retreat
Center, Bangor, PA

*Come for an extra day
on Wednesday!*

For more information, contact
Retreat Coordinator,
Jean Rashkind
jrashkind@aol.com

Summer Convention 2010

Freedom to Feel

Monday, August 16–
Sunday, August 22

Virden Retreat Center
Lewes, Delaware

Virden website:
www.udel.edu/conf/lewes

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

The keynoter will be Barry Vissel. Read his article on p. 6 of this newsletter and visit his website www.sharedheart.org

Buddying

(Anonymous)

My buddying partner and I have made tremendous progress with primal therapy. However, back home up here in the mountains, there are very thin Yellow Pages with few therapists and *no* primal therapists. By chance (or fate) my buddy and I discovered a primal therapy center in the mid-west that we felt connected to. The two of us have made a number of trips there for weekend group intensives. (I also went several times for week-long individual intensives.)

While my buddying partner and I both have very good local “talk” therapists we both sensed that talk therapy could take us just so far in our growth. At my partner’s suggestion we began a buddying relationship.

But just a footnote first... Neither of us have had any training in therapy (except for lots of experience as patients) and we only picked up snippets of information about buddying from fellow clients on our mid-west jaunts. Maybe we are not even doing text book definitions of “buddying”. However, something good is happening!

Just what are we doing? We get together about once a week, sometimes more, usually each spending about 45 minutes to an hour working on our “stuff”. If one of us seems to have a bigger issue that week, that person goes first, maybe prompted by some questions from the sitter. During a good session the conversational start evolves into lots of free association. The sitter pretty much just listens. As the session is winding down, the sitter may point out repeated patterns. We are both aware of not coming across with “know-it-all” psychoanalytic interpretations. We do frequently share what we have learned in our talk therapy if it seems it might be helpful to the other person.

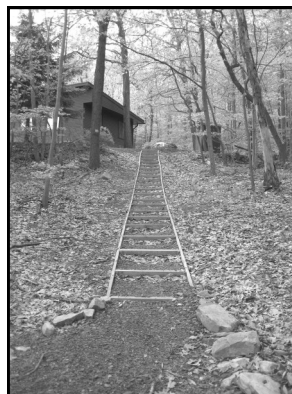
We have a few rules. For example, we feel strongly that being non-judgmental is vital. And, of course, we expect a level of confidentiality. Having patience might also be a rule: a person is not going to see something if they are not ready.

When I asked my talk therapist why she thought my buddying work was so valuable, she commented that my partner and I seemed to be “kindred spirits.” We both seemed to be in similar places, and we both knew how to set boundaries in our own work. In addition, I believe my buddy and I have minimal issues in making the other person into what they are not (transference?). My buddy is my peer, and not my parent, my boss, etc. I can express anger with my buddy, but not at my buddy.

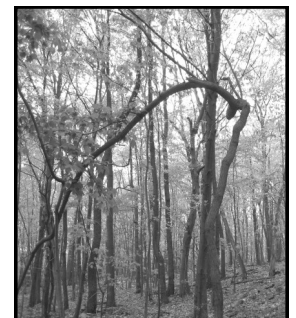
The two of us feel very strongly that buddying, especially for novices, is better done and safer, if each person has a professional person to fall back on. Neither of us is ready, willing or able to handle another person in a meltdown! (The latter hasn’t happened, but why risk it?)

These comments are from my own experiences. This is by no means a “manual” or “how-to” book on buddying, but just my impressions about something that is working for me and my buddy!

I dedicate this essay to Barbara Bryan and the Primal Integration Center of Michigan and to the therapists who trained there and work there.



Spring 2009 at Kirkridge



What Happened to Steve?

By Steve Austill

On November 10, 2005 Steve Austill received a letter from Barbara A. Bryan, President of the International Primal Association which read in part, "At the Board meeting of October 30, 2005, the IPA Board decided to place you on suspension from the Council of Elders..." Upon receiving that notice Steve Austill severed all his connections to the IPA. On January 23, 2010 the IPA Board scheduled a special meeting at the home of Yvonne Parma and Fred Zielke in Medford Massachusetts to attempt a healing with Steve.

The following is the message Steve sent to Hal Geddes on Jan.10, 2010. Hal is a long-time dear friend of Steve's. He was a member with Steve in The Boston Study Group in the 1970's and 80's, and is a former officer of the IPA, active workshop presenter and dedicated IPAer. He was known as "Mr. Primal."

Hi Hal,

The Board meeting last Saturday was for me wonderful beyond belief. Unfortunately, the next day I had some pressure in my chest; went to Massachusetts General Hospital and they sent me upstairs. Next day (last Monday) they cleared out a stent that had been working since 2001. Pretty good all in all. I am fine now but have to be a bit careful.

The meeting was held at Fred and Yvonne's. I got there at 9:00 a.m. People started to give me hugs but I refused them. They were respectful of me. At 10:00 a.m. I stood up at the dining room table with my trombone music stand as a "pulpit" and gave lecture #1 on the Magna Carta. I reviewed the history of the Magna Carta and the arbitrary rule of King John and the signing of the agreement on June 15, 1215 AD. Then I spoke of the arbitrary rule of the British in the 18th century, how the colonists resisted "Taxation without Representation" and other arbitrary measures of the British like taking over homes for housing their soldiers. I spoke about arbitrary parents who say "Do it because I said so!!!" Then I got quite hot and told about the arbitrary action of the IPA board to suspend me without a fair hearing. It was great. I said what I wanted to say the way I wanted to say it—which was quite strong.

I got lots of feedback including one person saying I did have some "hearing" from Barbara. This was untrue. People focused on the word "unable" as in "unable to give me a fair hearing." It was congenial but very intense. We adjourned for lunch and resumed at 2:00 p.m.

I took to the pulpit again and spoke about Louis Mezei. You may remember that both of his parents died in the holocaust. Santo and I engineered a funeral for Louis' father who had gone up in the air being gassed. Jews were killed but there was complete silence about it. What happened to them? No answer. Then I said the same thing happened to me. I had been active for 30 years then disappeared. Silence. Nothing said. What happened to Steve? No answer.

That was pretty intense. I asked them to write in the Newsletter their personal answer to the question (no group think), "What happened to Steve?" I will be interested to see if any of them do it, and what their answer is.

Present were: Barbara Bryan, Harriet Geller, Larry Schumer, Warren Davis, Diane Kohl, Jean Rashkind, Leonard Rosenbaum, Sandy Weymouth (new) and Anna Puleo (new); also, of course, Yvonne Parma and Fred Zielke.

When it was over I felt like I had been in heaven. That is a place where you can "Be." I did that and was healed. Thanks for your love and support. Steve



Steve Austill (left) and Fred Zielke at the piano in January

Welcome New Members!

Marjan Tomic, Valjevo, Serbia

Nurit Lass, Tel Aviv, Israel

And thank you all for renewing your membership for 2010. Good to have you with us!

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

Primal in New York City

Monthly primal groups in Manhattan with rotating leadership and format. Nominal charge for space. For more information, contact

Art Brown
646-327-9976
Art@ArtBrownArt.biz

Sandy Weymouth
302-530-1535
sandyw@iximd.com

Location:
Studio 353
353 West 48th St.
(bet 8th & 9th, 2nd Fl)
212-757-2539

Member News

Harvey Silver Fox Mette

We are sad to inform you of Silver Fox's death in October 2009. An IPA member from 1986 to 1994, he recently rejoined and brought his wife Danuta to the Convention in 2008, giving us a final opportunity to spend time with him. He was loved and respected for his bodywork and Native American spiritual work.

Primal Intensives at the Primal Integration Center of Michigan

February 26-28 (\$360)

Led by Barbara Bryan and Bob Holmes.

May 28-31 (\$400)

Led by Barbara Bryan, Bob Holmes and Staff.

June 25 (\$95)

Led by Barbara Bryan

July 24 (\$95)

Led by Barbara Bryan

Food and lodging provided.

Phone; 248-478-5559

Email: babryan@mi.rr.com

Website: www.primalcenter.com

LIVE-IN PRIMAL INTENSIVE

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.

The Primal Center is in Barbara's home, so there is a great amount of personal attention. Since 1974, Barbara has been doing live-in intensives, massed time therapy, training programs for Primal facilitators and nine 40-day Noah's Ark programs.

Is it Anger or is it Abuse?

Reprinted from Shared Heart Column, New Dimensions of Relationship, November 2009 with Joyce and Barry Vissell

Leonard was yelling at his wife, "Damn it, Mary, when are you going to give me any respect. I work all day long and come home to a messy house and dinner isn't even started. What do you do all day?!"

Mary was clearly intimidated. She was sitting wordlessly on the couch while he stood threateningly above her, clenching his fists as if he would hit her. She was hugging herself in a desperate attempt at self-protection, while the tears gave away her fear and pain.

No question here. This is obviously abusive and unhealthy anger. How about this next example:

Tammie in a loud voice, "I'm so pissed off at you Phil. You did it again. You said you'd be home at six, and it's now seven. You don't care shit about me."

"I'm really sorry Tammie. The traffic was bad and I wanted..."

"I'm not done Phil. It's only been one week since the last time you were late. I don't trust your word anymore. You say you're going to do something, and then you don't. Don't I matter to you?"

"Of course you matter, I tried to call but only got your voice mail."

"Always with the excuses. I'm tired of your excuses. You don't mean anything you say. I'm done with this marriage!"

Is Tammie's anger healthy or unhealthy? While definitely healthier than Leonard's, it is still not healthy.

Lana and Cade went through the same scenario and here's how they dealt with it:

"Cade, I feel hurt and angry. You said you'd be home at six, and it's now seven. I felt scared that something might have happened to you."

"I'm really sorry Lana. The traffic was bad, but that's no excuse. I should've called you."

"I'm just feeling disrespected, hurt and angry."

Lana is being healthy with her anger. Why? Because she has made no blan-

ket accusations like Tammie's, "You don't care shit about me. I don't trust your word anymore. You don't mean anything you say." She allowed Cade to speak without cutting him off. She didn't make threats like Tammie's, "I'm done with this marriage!" Instead, she kept to "I" statements, letting Cade know how she felt, rather than making him wrong or shaming him.

Expressing anger is rarely enjoyable to your partner, but it can still be healthy and safe. I remember going through a phase in our early relationship where I felt expressing anger was definitely not healthy or safe. Joyce would express her anger and I would repress my anger, and even put her down for getting angry. Because that didn't work for her, her anger would then escalate to the next higher level. This would feel intolerable to me, and I would leave, regardless of where we were. Definitely not healthy on my part.

One day, we were outside the house, and Joyce was expressing anger at me. I couldn't hold it in any longer. I yelled at her in anger. First there was a look of shock on her face, then gradually a smile appeared and she reached out and hugged me. She was actually thanking me for my anger.

I have stopped holding in my anger. Sometimes I go to the other extreme and let it out too loudly. At those times I imagine Joyce wishes I would go back to the way I was. But she assures me she would rather have me yell too loudly than not at all.

Ideally, most anger can be headed off by addressing the feelings underneath, which are usually hurt or fear. When these deeper feelings are expressed and acknowledged, there often is no need for anger. For example, it is unavoidable for Joyce and me to sometimes say or do something that triggers hurt feelings in the other. Usually this is completely unintentional. Our goal is to say something like, "I know you didn't mean to hurt me by saying/doing _____, but it did hurt me." I have to admit, Joyce is better at it than me. When she makes that statement, it helps me in two ways. First, it

Continued on next page

Reminiscences of the 2009 Summer Convention

By Goran Kozuvarov

This material is reprinted from E-mail as written. The spelling, punctuation, and grammar was left unedited at the author's request.

When i arrived in Washington some time ago, well i didnt think it would be so beautiful.

I had been to California and as beautiful it is there. I just assumed , well unless you live there . It beautiful. i am not good at this. I will continue Jenifer Jackson, picked me up at the Reagan airport. there .. i wasa drunk. Not nice! all i did ..i ws high and from the mountains i was higher grateful i was accepted . accepted never ever feeling that way ever and so i thank Jennifer for haveing to seee me in that state.

Arriving at Cococr,West Virginia i seen therre was swimming pool i thought " ! oh i wanto to swim". yeah i remember walking to my cabin with a enormous head ache, from all the aggressive swimming . I am a swimmer.

so i heard later behind me two other guys , who happened to share my quarters with , one saying to another as from where they were going was to get a bite to eat, one guy had said to another " dont worry there will alot of food , he will be okay", speaking of me.

I cant tell you, well ,those who attended would probably agree, the staff was incredible! I came late for supper and i think my therapist helped me out, the wonderful man he is , and a gentleman who was so generous of him as to put aside a plate for me. Now is that not amazing ? Thankyou. i dont remember the names of the staff .

The next morning i woke up around 10 or 11 am , and i slowly worked my way to lunch.When as i was eating a friend of mine walked in the dining room, looking a little tired. "hey good morning". i said to her politely. "Hi , " she quickly responded., then telling me , sounding a little exhausted (cant find a better term) " i just came from mat-track" .

I was thinking "what the f... is mat track," as i am eating. so many people surrounding me i didnt know how to react to this " God am i ? , is this real? someone please,,it was unbelievable i felt i didnt know how to react. the kindness and the greetings. .the hugs and kisses it was incredible! i was like "man i am in heaven" all the beautiful womanand so yeah the guys were easy to look at. "Keep it simple Goran. Straight!" alright moving along!

I took apart of much things , such as mat-track daily and there so many workshops, really you had to at times sacrifice one over the other. I loved mat-track the most i loved allowing my anger being witnessed and saying to my inner self "you can do this, these guys arent thos idiots who cased this huge illness onto ,

wellll anyway. so i wanted to share i really loved the

hopitality at the Convention.the food, i loved i did. my mother isnt the greatest at cooking, so i am ,he,he not too fussy"

One day i was having lunch and sitting at a table i think i was the only male at that one time ,sitting with a group of women. We just so happened to be having burgers and some other small foods that lunch. and there was discussion of how some prefer beef patties over vegetarian, so i thought when and if having an opening ill share, " hey you guyse ever seen that Wendy`s commercial where there is this young couple eating at Wendy`s and the guy is holding a burger and sitting across him is a beautiful woman looking at him strangely as he says to her before taking a bite " i`m a meatatarian" !

the ladies at the table laughed. i always loved putting a smile on peoples faces, yeah...

One of the workshops that i loved so much that shocked me , that i would like was the one held by Kim . She had a art workshop . " and so what do i do Kim?"

"Well choose two colors".

"okay", as i was reaching for two.

"and with this paper just allow your hands to just creat , allow your emotions flow outward , and then , go with another color". she was very caring, i felt like she was the mother in that room it was beautiful, i am using ,the word beautiful far too much. and so i did as she explained. it was absolutley freeing i took around i think twenty minutes.. i wanted to part with my work it was wonderful but i hneeded to see away forever. thankyou For that Kim.

Another workshop, was held was about dealing with anger in safe way was facilitated by Mickey Judovics., i found it was inirrgueing and useful.

Many people i i didnt get to speak to , there is only so much time and they also see other people at the convention so... i was looking forward to attending Barbra Bryan`s workshop . this was in the swimming pool. It was so interesting, to trust other people to touch,you... it was facinating and yet , barbra created this it was something else.

I would recommend anyone to give her workshop on this , in the pool a try.

I am ruching here because i am at a library terminal ,.. oh my. I dontknow what to say i love allof you this was a dream to come to true. I didn it. I am loved and thanks to the International Primal Association. it was in 2002 i went on the IPA website and seen Regression Therapy Centre of Ontario, Bob Holmes , theraoy center . i thought i would give it a shot . i had five or six therapists prior to bob

hte guy did me a favour bying i dont listening, and listeng and listening ill be right back

Anger or Abuse continued from previous page

acknowledges that I didn't mean to hurt her. This is very important to me, often preventing me from going to an old tape, "I'm a bad boy," or "I can't ever do it right." Second, it allows me room to hear her hurt and immediately apologize, which

can bring us back to love very quickly.

When the hurt or fear is not felt and expressed, anger is the next level.

New Election Procedures

In response to the petition circulated at the Convention last August, former President Bob Holmes has posted his reply on the IPA website (as approved by Secretary Warren Davis). In addition, the Board has authorized changes to the election procedures, including allowances for nominating officers prior to the Convention Membership Meeting.

For this year, nominations may be submitted starting March 1 (and continuing up until the elections). Non-officer positions on the Board (Directors) will continue to be nominated only at the meeting. IPA members may submit absentee ballots for the nominees, electronically or on paper, to be received up to one week prior to the Convention. This limitation will ensure that all ballots are properly collected and counted.

The petition response and detailed procedures and information on the new policy are available on a new web page www.primal.org/elections. Barbara Bryan has volunteered to receive and verify all nominations and ballots. If you cannot access the web, please contact Warren Davis (see Masthead, p. 2) for hard copies.

Summer Convention 2010 Preview

By Harriet Geller



Plans for the 2010 Summer Convention, “Freedom to Feel,” are shaping up. Chair Larry Schumer, who has many years of experience coordinating IPA events, is handling it with his usual efficiency and aplomb. True to the theme, his intention is to let the program evolve as it will. We have our new venue, Virden Center, www.udel.edu/conf/lewes, thanks to Denise Kline and Sandy Weymouth’s scouting and video; a committed keynoter, Barry Vissell; and our traditional activities—mat track, men’s and women’s groups, peer groups, Cabaret, dance party—in place, but the day-to-day workshops will come from a combination of attendees and pre-arranged presenters.

Here’s a well-known secret: very few IPAers offer workshops without serious and repeated prompting. This is true this year as well. Larry wants to see what will happen if we don’t beg, but assume that people are more reluctant to write up their workshops than to present them. We are still happy to receive your proposals no later than July 1 for inclusion in the program, but we will be equally satisfied to put you in the line-up ad hoc.

Keynoter Barry Vissell was recommended by Diane Kohl, who last year brought us John Lee, so we know he’ll be interesting and fun. Review the excerpt from his writings on p. 6 of this newsletter to see for yourself that he is one of us. Also visit his website www.sharedheart.org.

I hope to see you this summer to share a new experience of freedom.

IPA ROSES to . . .

- ◆ Steve Austill for inviting a reconciliation with the IPA using a “Process Day,” making sure that he got what he needed, and following through with healing and love.
- ◆ Yvonne Parma and Fred Zielke for hosting the Process Day at an ad hoc Board Meeting January 23–24 at their spacious home in Boston. Their caring attention to our needs was deeply appreciated. It was lovely to be back.
- ◆ Jean Rashkind for organizing the January meeting, for planning and emailing and re-planning and rescheduling, and emailing some more, until it actually happened.
- ◆ Art Brown, Joyce Meyers, and Sandy Weymouth for the successful launch of a monthly Primal group in New York City. Long may it thrive!
- ◆ Warren Davis, Harriet Geller, Diane Kohl, and Larry Schumer for joining forces to get out the membership renewal letters—with apologies for the delay.
- ◆ Newsletter contributors Steve Austill, Jennifer ‘JJ’ Jackson (photos p.p. 1 & 4), Goran Kozuvarov, Anna Puleo (photo p. 5), Jean Rashkind, Frances Rinaldo, Joyce and Barry Vissell, and Sandy Weymouth.

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 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