

PRIMAL

Supporting Growth and Healing Through Deep Feeling Process

SUMMER NEWSLETTER • JULY 2010

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By Larry Schumer
Convention Chair

Join us for the 38th annual IPA Convention, *Freedom to Feel*. What does it mean to be truly free to express one's feelings? How does one's life, environment, friends, family, and feelings affect the way we perceive our freedom to feel. Where is it appropriate or inappropriate to express our feelings? This year, we will explore these and other topics as they relate to how we feel about our feelings.

We are proud to present Barry Vis-sell, MD as our keynote speaker. Barry is a psychiatrist who travels internationally conducting talks and workshops on men's issues, relationship, and personal growth. His spontaneous and deeply heart-oriented approach has made a unique impact upon thousands of people's lives. Barry will make his keynote presentation on Thursday, August 19th and will also conduct an experiential workshop on Friday, August 20th.

We are also pleased to offer two new faces among our presenters. Dr. Bill Gordon focuses his work on the overwhelming influences of patriarchal conformity on spiritual beings, seeking a return to just and creative communities that endorse authenticity and truth-telling. Jonathan Jordan, LCSW, began his social work career in the

Summer 2010

Convention and Retreat
Freedom to Feel

Monday, August 16 – Sunday, August 22
Virden Retreat Center, Lewes, DE
<http://www.udel.edu/conf/lewes.htm>

Himalayan Kingdom where the Buddha was born and immersed himself in the culture, adopting mindfulness, meditation and yoga practices to improve his own well-being.

And of course, you can count on workshops from some of our regulars: Harriet Geller offering freedom of verbal expression in poetry; Jean Rashkind providing a stage for Primal Theatre; Mickey Judkovics teaching us empathy and authenticity through Non-Violent Communication; Diane Kohl opening us to the possibilities for enhanced sexuality and love through tears; and Barbara Bryan leading three essential Primal workshops, one for beginners to learn the basics, one as a forum for therapists, and one elucidating the facilitation of core feeling states.

Virden Retreat Center (www.udel.edu/conf/lewes.htm), our host this year, offers beautiful grounds, plenty of space for workshops and groups, and comfortable sleeping accommodations in hotel-style rooms with adjoining baths. Though Virden doesn't have its own pool, we have made arrangements to use the pool at a nearby motel, so be sure to pack your bathing outfits.

Go to www.primals.org for more info. The deadline for early bird pricing is July 16. See you soon!

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(Vacant. See p. 9)

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Next deadline: Sep. 15, 2010

Honoring Silver Fox

By Susanne Bersbach

It was a sunny August in 1989 at Apple Farm New Jersey, and my very first IPA experience. I was open and primed. I came from a background of studying and training in traditional psychotherapy and the IPA was startlingly new, different, and exciting. Coming in to such a non-traditional, loving community with so many unique opportunities offered, I was like a kid in a candy shop tasting everything that I could.

One of the first sessions I "tasted" at the Convention was out on the big lawn with Silver Fox. He was presenting a Native American ceremony, invoking his lineage and sharing stories and teachings in such a warm and inviting way that I was mesmerized. He introduced himself with his Cherokee name "Sweet, gentle Silver Fox, son of Swamp Fire, whose medicine is Love." Then he proceeded to describe the precious items from his medicine bundle as he placed them in the medicine circle. One of the articles that stood out for me was the braid of his mother's hair. It shook me right down in my deep, secret psyche. He had a connection and honoring of his heritage that was honestly loving and respectful. It was authentic! And it was nourishing! Oh, that was mighty different from mine at the time!

Yikes! I was so rattled by that. So, my inner rattler decided to ask him to do a ceremony for me the next night at the start of my birthday at my birth hour, 12:32 am, to help me get connected to my ancestors too. He said "Yes, of course!" He was always generous that way, even in the middle of the night!

After several preparations, Silver Fox and my three dear witnesses convened at midnight in one of the group rooms and we journeyed into the most life-changing, extraordinary experience for me thus far. I am forever grateful and honored to have received such support and blessings beyond my wildest imagination. His kindness created a sense of ease. His generosity opened my heart. His wisdom guided with spacious precision. His spirit was the linking force that opened doors that would never again be closed. His support touched a level of fundamental existential need that goes beyond words.

The next day I was sitting next to him, absolutely speechless. How do you express gratitude that touches the profound in that way? Luckily, he saw it in my eyes. Nothing more was needed.

As I got to know Silver Fox over the following years, I got to experience his full spectrum self—from the profound to the profane. I loved it all and must admit he was quite an enigma to me for some time. He continued to be my guide and mentor in regards to my Native American studies and was a source of inspiration for the Women's Group that I started at the IPA in 1991. The first beads we used as our "talking stick" were my grandmother's rose quartz strand, and later the first bead on the co-created women's necklace was from that original necklace—all thanks to Silver Fox for showing the way.

Much time has passed and I have not seen him over the last decade. I'm so happy to know his life was filled with so much love, community and companionship and that so many were touched by his Silver Foxiness.

Dear Silver Fox, in the joy of the profound and profane, may you be truly at peace with your earthwalk and may all these memories of you bring happiness. Thank You for Everything! Your medicine of Love prevails! Blessed Be!



*Silver Fox and Danuta Mette at
the 2008 Summer Convention
(Photo by JJ Jackson)*

Spring Retreat Photos

Thanks to Kelly Hopkins, JJ Jackson,
Anna Puleo, and Jean Rashkind.
See pp. 3, 4, 9.

2010 Spring Retreat



First row from left: Heidi Garrett, Walter Gambin, Mickey Judkovics, Anna Puleo, Leonard Rosenbaum,
2nd row: Jean Rashkind, Art Brown, Gene Long, Dan Holdgreiwe, Maria Williams, Michael Gottlieb, Joyful Yes
3rd row: David Gorsky, Bill Gronwald, Bill Whitesell, Kelly Hopkins, Sandy Weymouth
4th row: JJ Jackson, Harriet Geller, Warren Davis, Alex Tadeskung
Not in photo: Miriam Greenberger

Leisure Time at the Spring Retreat

By Anna Puleo

After hours of group meetings, women's and men's groups, mat track, and workshops, the fun happens at the retreat on Friday and Saturday nights.

This year, David Gorsky and I hosted Cabaret. The show of talent included singing, poetry readings, and meticulously planned and unplanned improvisation—whatever people needed to express themselves. Unlike the “American Idol” television show where there is extreme and harsh judgment, our Cabaret is criticism-free. It is simply a place where you have the stage for five minutes to do (or not do) whatever it is you want with a loving audience.

After Cabaret, some of our onsite musicians utilized their piano, guitar and vocal skills for dancing and listening. Sing-a-longs are great because even if you forget the words, humming, whistling or moving your body to the beat are all accepted here.

On Saturday night, the spring retreat dance was dj'ed by our very own Gene Long, whose computer music files and surround-sound speakers made for a very awesome beat in which to dance. Not only was the music rocking, but the songs were all about feelings and expression of self, mirroring the focus of Primal Therapy. All this allowed attendees to move about in a free and flowing way, dancing alone or with one another. Much like “Freedom to Feel”, the theme of our upcoming Summer Convention and Retreat, these Saturday night dances allow all of us to express our freedom to feel, moving in the company of a loving and caring group of old and new friends.



David, Anna and Bill G at the Spring Retreat Cabaret

IPA Calendar

Summer 2010
Convention & Retreat

Freedom to Feel

Monday, August 16–
Sunday, August 22

Virden Retreat Center
Lewes, Delaware

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

Visit the IPA web site
primals.org/convention for
further information

IPA Annual Membership Meeting And Elections

August 19, 2010

Virden Retreat Center
Lewes, DE

See p. 9 for an update on IPA
election procedures. Also see
www.primals.org/elections.

Member News

Primal Integration Summer Residential Group 25 to 31 July 2010

Wild Pear Centre, Combe Martin
Devon, England

An opportunity for deep and intensive personal growth work in the security and continuity of a residential setting close to nature and the sea. The Wild Pear Centre is situated in a seaside village, close to miles of spectacular coastline and wild cliff-top moorland. Residential facilitated by Juliana Brown and Richard Mowbray, practitioners of Primal Integration at the Open Centre since 1979.

£430 including food and board

www.primalintegration.com
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info@primalintegration.com
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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 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.

Primal Groups

Thursdays from 7:00 - 9:30 pm
Some primal experience is required

The Conventions of 2009

By Bill Whitesell

Last fall I had the chance to attend an international convention of climate negotiators. It reminded me of a convention of another international group I had attended earlier in the summer.

At the climate negotiations, after some discussion, it became clear that two factions were butting heads in bitter contention with each other. On one side were the established powers with their well-known, pre-set slate of positions and candidates. These major powers had always run the conventions and thought they always should and would.

On the other side was the block of developing countries. They were the newer entrants onto the stage who had never yet tasted a full measure of power. Recently, they had risen to the challenge of struggling for dominance. This year, they believed, their time had come. They had waited long enough; power was now within range of their grasp; it was the moment to assert their rightful claim to leadership.

Both sides had already worked very hard to advance the joint climate cause and each felt they had not been fully recognized for their efforts and achievements. Some delegates held to a neutral position, avoiding the polarized extremes of the major contending factions. A few got so upset at the process that they got up and walked out.

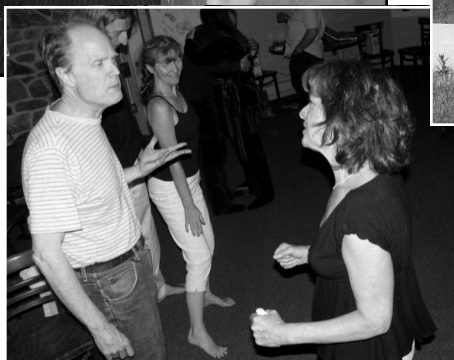
Along the sides and at the back of the convention hall, demonstrators were letting loose passionate outbursts of support or opposition. They broke established order and, with disregard for consequences, disrupted the proceedings.

To me, it was all very scary. I couldn't understand the unleashed passions among folk who shared such a noble cause that itself was struggling to make some headway in the wider world. Didn't they recognize how much they needed each other? Couldn't they see the value of the contributions of all? Would the convention itself break down? Would hard feelings spoil the chances for future unity? And if this organization were to fail, how much additional pain would be caused by the pollution of the environment?

The climate conference had parallels with events at the other convention I attended in 2009. I have much more hope, however, for the future of the IPA. After all, climate negotiators don't get to share the healing and connection of Mat Track.



Bill reading this piece at the
Spring Retreat Cabaret



At the Spring Retreat: Clockwise from top left: Dan, Maria, Kelly, Anna, Gene, Warren, Alex, Heidi, Sandy

Spring Retreat Poetry

On a balmy day in May, five IPA Retreaters sat on wooden benches overlooking the Delaware River valley to write poetry. We started with a cinquain, a five-line poem with lines of two, four, six, eight, and two syllables. Then we wrote longer poems using the words blow, slant, wander, rock, tongue, plume and yellow. We ended with haikus, poems of 17 syllables in three lines. Here are some of our works.

Poems by Jean Rashkind

Cinquain

Soft stroke
Then quick depart
My heart cleaves as you leave
Make my life make my day make it
No you

Word poem

A plume arose from your navel
Followed by billows of smoke
In this way I came into the world
They pried the yellow mass from the table
and gave it a sharp blow
A faint sound was heard
My eyes I am told had a slant
When you picked me up to rock me my
tongue wandered to the left

Haiku

Low hanging fruit gone
He climbed the branches to get
The last remaining

Poems by Sandy Weymouth

Cinquain

In high
powerhousing
yearning, luring myself
to noble, sexy joy, abides
my dream.

Word Poems

I.

This provocation,
needled in turn from
crazy wavy wisecracks,
plunders crushing wonderments
of puke salad and speedy cookies,
word chaos, histrionic playboys,
unsolicited he warns five minutes,
and soon the fun is over.

II.

I hunger many times
many, many times
to free my tongue to wander
mellow yellow ceramic thigh,
fuzzy cheek, Arabic lock,
and blow sublime slant
to crying plume.

III.

I want I want I want I want
What? Focus. The nerve. The real, the true,
the honest. Show me, old old brain.
Open me. Open me to cool, sane sense,
to useful, ecstatic undertakings.

Haiku

About a sweet thing
returns my mind so often:
"Come see this," he chimes.

Poems by Harriet Geller

Growing Up

See me
how I sit tall
and scan the green mountains
for information on touching
the sky.

Taste of the Rock

City girl in love again with a ray
of grass precise as a humming bird's
tongue.

Pierced to the bone by blades of sun,
she finds abundant comfort on a slanted
rock

beside a scratchy tree trunk smudging
her shirt with yellow lichen.

Gnats blow past on a plume of air,
spiraling, as she does, up towards

the predestined hover spot
where renewal rewards their wandering.

Welcome New Members!

Elaine Diamond, Sedona, AZ
Patrick Draper, Toronto, ON
Heidi Garrett,
Upper Marlborough, MD
Miriam Greenberger,
New York, NY
Dan Holdgreiwe, Springfield, VA
Kelly Hopkins, Trumansburg, NY
Rene Johnson, Frederick, MD
Paul Leeuwen,
Rotterdam, Netherlands
J. Meischner, Pasadena MD
Ben Plows-Kolff,
Nelson 7010 New Zealand
Catherine Robinson, Laurel, MD
Rob Sherwood, Washington VA
Dani Zobin, Israel

Primal Groups

Bill Whitesell
McLean, Virginia

No charge to participate
wmwhitesell@yahoo.com
703-734-1405

Primal in New York City

Semi-monthly primal groups in
Manhattan. Peer-facilitated, non-
profit, nominal charge for space.

Inst. For Core Energetics
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

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

Introducing the IPA Council of Elders

Our Council of Elders has been rounded out this winter with the addition of two new members, Mary Dell and Alex Tadeskung, who join long-time Elders, Linda Marks and Larry Schumer (currently inactive). We are taking this occasion to let the Elders tell you a bit about themselves.

The purpose of the council is to arbitrate disputes or complaints that cannot be resolved by the IPA Board of Directors or by other means. All IPA members are welcome to contact the council whenever their assistance is needed. Email elders@primals.org or email webmaster@primals.org for contact info for specific elders.

Mary Dell

Port Dover, ON Canada

Mary Dell is honored to be on the Council of Elders, although she is surprised to find herself old enough. She is a retired therapist trained in bioenergetics, family systems (MA in 1975) and Primal.

Her latest passion, taken up at age 79, is welding rusty junk to create works of art. Her first sculpture was inspired by her finding a half-buried old tricycle in her back yard and using that as the starting point of "Way the Heck Up There," a tower leading to the moon. Her other two pieces, shown at an exhibit last spring, were "Pluto" and a Martian space ship made from parts of an engine. Mary finally understood where this all came from when she read a quote from D. H. Lawrence, "If you want to live at peace on this earth, then build your ship of death in readiness for the longest voyage over the last seas."

And so she is, while standing by to offer assistance to IPA members if needed.

Linda Marks

New York, NY, USA

I attended IPA functions for about 20 years until two years ago. I also wrote the Snail Wail column in the newsletter, which was a nice way to keep in touch. I miss seeing my IPA friends, but realize, with mixed feelings, that my life has changed, and going to IPA events is no longer a part of it. I am glad that I am able to continue as an Elder for now.

I got my Master of Social Work degree soon after graduating from college. In the early '70s, I was into encounter groups, Gestalt empty chair work and other types of humanistic/existential therapies. I stumbled onto Casriel/New Identity/Bonding Therapy after reading *The Primal Scream*. As talk therapy had not worked for me, I thought scream therapy was the only thing that really worked. It did feel good to get feelings out and it did make me feel much more entitled. Later, I was happy to join the IPA and made some good friends there. I enjoyed being accepted by a community of like-minded people.

About ten years ago, I discovered Susan Aaron's Psycho-dramatic Bodywork when she was the keynoter at an IPA con-

vention. I completed her training and continued in her "grad" group, finding it to be a terrific mix of Primal, Psychodrama, Shamanism, and new age spirituality. It led me to train in Psychodrama, which I think of as a gentler form of emotional release, and I have come to love it as much as I loved Bonding Therapy. Psychodrama led me to Internal Family System Therapy which I also trained in and learned to love. It deals with inner children and sub-personalities and is very spiritual. My other interests include Authentic Movement, Sandplay, which I practice at home with my small collection of objects, and creative arts therapies, which I used when I was a school social worker.

I have many great tools for self-expression and exploration, and learning about them has kept me busy. I am enjoying life, as I continue to learn and integrate.

Larry Schumer

Salt Lake City, UT, USA

Larry Schumer began his primal work in 1972. After several years of intense work, he started helping others and eventually became co-leader at Barbara Bryan's Primal Integration Center in Detroit, MI. He has been coming to IPA events since 1979, and in 1983 was elected to the Board of Directors. Since then, he has served almost continuously on the board and has held all the officer positions. Larry has also chaired several IPA summer conventions including the one coming up. In addition, Larry manages the IPA web site and database.

Alex Tadeskung

Framingham, MA, USA

I would like to thank the IPA for inviting me to sit on the Council of Elders and to tell you a little bit about myself.

I have been practicing my primal process for the past 15 years. During those years I have consistently worked with a primal therapist and attended the IPA conventions and retreats to create the balanced person I am today.

Prior to joining the IPA in 2001, where I have had the most profound transformation because of the love, space and respect given to me by IPA members, I was a member of the Algonquin Medicine Society, which taught the way of the spiritual warrior. I spent many hours dancing, drumming, and being in nature, as well as participating in sweat lodges, and accepting hands-on healing. It was an amazing and liberating experience and one that began my healing journey.

I have organized and co-facilitated several women's healing groups. Because of my own healing I was able to return to school and receive a degree as a Mental Health Counselor/School Adjustment Counselor.

Being an elder is a wonderful way for me to give back to the IPA community and I am grateful to be a part of the peace-making and healing that is our objective.

Michael Schlosser's Trauma Clearing

By Monroe "Mickey" Judkovic

Several weeks ago The New York Times published an article about the appalling treatment our current war veterans are receiving at VA trauma centers. It made me think about Dr. Michael Schlosser, the IPA's keynote presenter in 2002, who presented his Trauma Clearing Protocol. His methodology successfully healed many Vietnam War veterans at a VA hospital in Alabama in the 1990's.

Trauma Clearing Protocol is an update of the original Freud/Breuer hysteria healing technique, which they described in their book, "Studies in Hysteria," as follows:

For we found, to our great surprise at first, that each individual hysterical symptom immediately and permanently disappeared when we had succeeded in bringing clearly to light the memory of the event by which it was provoked and in arousing its accompanying affect, and when the patient had described that event in the greatest possible detail and had put the affect into words.

They later abandoned this method as ineffective in many cases. Dr. Schlosser has brilliantly modified the Freud/Breuer technique so that it works quickly and with unprecedented precision and effectiveness for veterans with PTSD.

To start, Dr. Schlosser emphasizes the Freud/Breuer criterion that the process is effective only "if trauma recollection is experienced with attendant emotions." To assure recollection with affect, Dr. Schlosser teaches a process he calls "surfing the feeling," where a client self-monitors the internal energy status of a particular emotion during and after the time he makes a feeling statement. Thus the client stays "within the body" and continues into silence after the feeling statement, bringing him to an associated state. This monitoring may per-

sist for a long time after the words have been spoken. The client moves into expression of the feeling or stays in silence for as long as the energy of the feeling continues to make itself noticeable within the body.

After learning to surf the feeling, the client is prepared to process his war trauma. The facilitator works gently to lead the client into feelings and memories around the trauma and supports the client in an associated state as he repeatedly remembers and describes his experience. The repetition continues with varying kinds of facilitator intervention until finally healing and resolution are achieved. (See the section on finding the trauma on the IPA website.)

The next concern Dr. Schlosser addresses is how we know the process has produced healing and resolution. Is the client now at peace and capable of functioning normally? This question can be answered by having the client self-monitor and report the amount of distress he feels after each traumatic-memory recollection. Healing is considered to have occurred when the client can think of the traumatic event with no experience of discomfort.

The final step in the Trauma Clearing Protocol is the encouragement of what Dr. Schlosser terms "healing urges." Towards the end of the process, the client may express healing urges in the form of wishes, such as "I wish I could have told my buddy..." or "I would like to pray..." or "I want to ask for help..." Healing urges might also come in the form of pleasant images or physical sensations of warmth and comfort. The facilitator acknowledges, embraces and enhances these expressions and supports the client in experiencing them, while being careful of "a premature flight to wellness."

Dr. Schlosser's widow, Cynthia, and I are currently editing his archived material with the intent of making it freely available for use. Our first efforts are on the IPA website at www.primals.org/trauma-clearing.

Spring Retreat Gratitudes

By Harriet Geller

As I was writing Roses for the people who made the spring retreat such a delightful event for me, I realized that there just wasn't enough space in that one little box on the last page. I wanted to express my gratitude to everyone.

The first Rose is to the IPA board for betting that we would meet Kirkridge's minimum attendance (six) for an extra day. That was an easy one. We had 16 on Wednesday and peaked at 22 (see group photo on p. 3 for names and faces).

Jean coordinated for the first time in several years (I missed you, Bob and Kim!), but it all came back to her, and four days flowed by without a hitch. She even brought dry warm weather from Arizona—well, except for one damp day, which we can hardly complain about, as we were graced with a spectacular rainbow originating in the valley below and arching up to our mountainside and beyond.

I am indebted to all the participants who led Mat Tracks, workshops, discussions, hikes, Cabarets, sing-alongs, parties, and Charades. Gene and David are standouts in this group because they made music, a foil for our most anguished feelings, and Gene inspired Leonard and Heidi to bring us delicious cakes for his 60th birthday.

Another special mention goes to two people who handled difficult administrative tasks with style: Dan, a newcomer, showed us how to plan the workshop schedule with minimum angst, and Bill W. guided us through the Painless Peer Group Process, eliciting barely a whimper. And what would a retreat be without Kleenex? Thanks, Mickey!

And now, as I am running out of space here too, my penultimate appreciation is for our photographers, Anna, JJ, Jean, and Kelly, whose skill and hard work brought sweet reminders of why I am grateful. Lastly, a hug and kiss to my roommate Alex who is a pleasure to retreat with.

Time Heals No Wounds

By Jan M

I have been asked to write an article for the IPA Newsletter on my experience in Primal Therapy by someone I admire and who has done much to help others. Below are some of my experiences.

My childhood was horrific. I was rejected by my mother, father, and two-years-older sister. My older sister became my main abuser. She teased me, tortured me, and physically beat me. As she admitted to me much later, "I made you afraid of me."

Sometime in the early 1970's when I was in my early 20's I saw Dr. Janov on the Mike Douglas Show. I instantly related to what he was saying. I went out and bought *The Primal Scream*. It affected me deeply, and I had to have the therapy. I got it at Dr. Janov's now-defunct New York City Primal Institute in 1977 or '78.

I had some primals at The Institute, but the therapy was difficult for me. I had been trained from an early age not to feel, and my body naturally defended against feeling the horrible rejection I experienced from my family. One huge primal for me that did occur at The Institute was, "I'm not a terrible person." That was the feeling. It was such a relief to feel it. My family had treated me horribly and had made me feel like I was a terrible person. Once I felt the feeling, I began to really understand what having a primal was. Primals have words, unless they are preverbal (in utero; birth). You must articulate the feeling or it remains buried continuing to exert stress.

I have had primals down to about the age of three and primals from pains inflicted more recently. Pain can occur at any age. Sometimes you may not realize you are in pain, but you know you didn't feel right after that last conversation or incident. So you go home and you lay down in your safe room or bedroom. You begin to talk about what happened out loud by yourself or with a buddy or with a buddy on the phone. You begin to talk about why it bothered you so much. When you hit upon the right words, the feeling will come rushing up out of you and you will explode with emotion and release.

I remember one time at my mother's one of my brothers-in-law had come to her house. He parked my car in; and, when I asked him to move it so that I could leave, he didn't do it. He made me wait. He ignored me, in fact. When he finally left and everyone went with him leaving me alone in the house, I lay down on the living room floor and suddenly became very angry at my brother-in-law for parking me in. I screamed at him and told him off. Afterward, I felt great. I hadn't even realized I was mad at him. I had just felt uncomfortable about it.

Primals are great. The biggest deterrent to them is fear. Fear of the feeling. Fear of feeling the feeling. When your mother abandons you at a stranger's house and that stranger

puts you in a completely dark room and tells you to go to sleep and leaves that room and you hold your little three-year-old hand up in front of your face and you cannot see it because the room is totally without light, that feels like death. Getting over the fear of feeling that feeling is extremely difficult; but, once you feel the feeling, you are no longer fearful of it. You didn't die. You only felt like you would die. This is what the child in you felt at that time. This is what I felt when it happened to me.

A huge primal I had last year was about my father. I just knew something was bothering me and that it was deep inside and I had to get it out. I called Sandy Weymouth, who stayed with me on the phone thus helping me get into the feeling. It was pressing to come up, and I wanted it to. I wanted it out of me, and I was exhausted from not feeling it, from defending against it. Finally, I knew I just had to go for it and let go and just let it happen. "Why do you hate me?!" came bubbling up out of my gut. I was talking to my father. I screamed it over and over and over till it stopped of its own accord. From about six to nine years of age, I would go down to the cellar to be with my father who was working at his work bench. I wanted to be with him. One time he yelled at me for something. I don't remember what, but he drove me away. That was what he wanted, for me to leave, and the feeling that created in me was, "Why do you hate me?" That was at least 50 years ago, and I

only felt this feeling last year. That was how my father always was with me, but that specific time was the crucial one. It was when I realized he didn't want to be with me, I felt that he hated me, and I never attempted to be with him again.

My parents are both dead now, but as a young adult, after I had moved out of the house, I did try to speak to them about how they treated me. I am so glad I did. I got nothing from them. And from that I know

that talking to them wouldn't have worked anyhow. I have no regrets about not asking them why they treated me the way they did. I did ask them, and I got no answers. I got rejected all over again. They just had nothing to give me. I was the one they picked to dump on. Their being dead changes nothing for me. They were never forthcoming. They never talked to me. They did not love me. I know that.

The biggest primal I had at The Primal Institute in NYC was, "It's not fair." I spoke at group, and the primal therapist, Jean Jackson, kept questioning me, pulling the feeling out of me. I do not remember the conversation, only the feeling. Finally, it boiled to the surface, and I fell over sobbing and screaming "It's not fair" about my life with my family. This primal went on for over 30 minutes with me repeating "It's not fair. It's not fair. It's not fair." the entire time. I became oblivious to all others around me in the group room as I was enveloped by this feeling. Finally—and wrongly—a male primal therapist came and told me I had to

*The biggest deterrent
to [primals] is fear.
Fear of the
feeling. Fear of
feeling the feeling.*

Continued on next page

leave. My body shook at this interruption. I looked around, and everyone had gone. I realized this therapist wanted to go home. He was supposed to have let me continue until I stopped. But he stopped the feeling, and I went home. I do not know how much longer it would have continued, but it did teach me that primal therapists are not infallible. I should have told him to f...ing wait. Today I would. Then I didn't know any better.

At one group therapy session, Dr. Janov himself came and worked with the group. He was absolutely brilliant. There was a young man in the group. I do not remember what he was saying, but Dr. Janov went up and gently applied pressure to the back of his head and shoulders with a pillow. This put the young man instantly into a birth primal. It was amazing to see. I wish you all could have seen Dr. Janov work. Dr. Janov said that night at group to "go with your body." I went home that night, lay down in bed, and just went with my body. I was unafraid as I didn't know what was coming, and I had just been so inspired by Dr. Janov. I felt a tingling. It started in my lower calves. It moved up my legs to my thighs. It continued moving up my body into my lower abdomen, then to my chest, then to my throat and, when it came to my face, I let out a

I went home that night, lay down in bed, and just went with my body.

horrific scream. This was my one and only nonverbal primal. My then boyfriend said to me later that he could see I was out of control. I don't think I screamed for very long; but, when I regained my present awareness, my hands were crisscrossed over my eyes. My legs were bent at the knees and ankles were crossed. It was like a fetal position. To this day I am too afraid of it to go back and feel it. Perhaps, my mother tried to abort me with some home remedy. I do not know, but I have never forgotten the terror of that feeling. I could probably only feel it again with Dr. Janov, who so inspired me that night and whom I totally trust when it comes to feelings. I only mention this as it was one of my experiences in the therapy. Perhaps, one day I will feel it again when my body and my mind are ready. I felt tremendous relief afterward. That I do remember. Perhaps, I don't need to feel it again.

This writing doesn't begin to scratch the surface of the pains that were inflicted upon me, but the important thing is to feel them. Time doesn't heal wounds. Our emotional wounds stay with us forever until we can release them by reliving them and integrating them as we couldn't do at the time they occurred. *And everyone's pain is individual.* I am not a doctor. I am a layperson. I speak from my own experience.

IPA Board Notices

Membership Directory Policy Change

The IPA Membership Directory is no longer being mailed. It is available to members on the website at primals.org/memlist/MembershipList and is kept up-to-date by our intrepid webmaster, Larry Schumer. Contact him at webmaster@primals.org for the userid and password. If you require a hard copy to be mailed to you, please contact Diane Kohl at 607-277-6440 or secretary@primals.org.

Nominations and Elections Update

The nominations and elections policies for officers and directors will remain the same for this year, except that the board is not proposing a slate of officers. All officer positions and four director positions are up for election, with Barbara Bryan, Denise Kline, Esta Powell, Anna Puleo, and Larry Schumer remaining for the second year of their terms. Nominations for the open positions will happen only at the general membership meeting.

Absentee ballots may be sent by email to elections@primals.org or as hard copy to Secretary Warren Davis (see p. 3) and must be received prior to the Convention. We recommend that they be sent at least one week prior to the Convention as we cannot guarantee that late ballots will be

counted. Ballots should be in the form, "I hereby vote for x for the position of y at the 2010 IPA elections," and paper ballots should be dated and contain the voter's printed name and signature.

For further information please go to www.primals.org/elections. We will discuss possible changes to these policies for next year at the membership meeting.

IPA Vice-President Resigns

We are sorry to report that Bob Holmes has resigned as IPA vice-president. After many years of service on the board and at our retreats and conventions, he will be sorely missed, not just for his competence and dependability, but for his sweetness and generosity of spirit.

The board, in keeping with the IPA by-laws, has decided to leave the position vacant until the elections in August. The secretary, Warren Davis, will take over the duties of the president if that becomes necessary.



The labyrinth at Kirkridge

Book Review

Embracing the Beyond Within: Birth and Transcendence in the New Psychology

Holotropic Breathwork: A New Approach to Therapy and Self-Exploration by Stanislav Grof, M.D., Ph.D. and Christina Grof, Ph.D.

Review by Renn Butler, writer and health care worker in Victoria, B.C.

The long-awaited volume by Stanislav and Christina Grof is the first comprehensive text on the theory and practice of their new strategy of psychotherapy and self-exploration. Co-written by this remarkable husband-wife partnership and supported by over eighty combined years of research into non-ordinary or holotropic states of consciousness—from holos (wholeness) and trepein (moving toward)—this is sure to be a cherished addition to the libraries of intelligent seekers around the world and one of the most influential books of the decade.

Grof and Grof begin by reviewing the history of Western depth psychology through the evolution of the humanistic school, the birth of transpersonal psychology in 1969, and the development of Holotropic Breathwork in the late 1970s. For readers unfamiliar with the Holotropic Breathwork, it is a powerful technique of deeper and faster breathing with evocative music that enables participants to enter non-ordinary or holotropic states of consciousness. A special type of releasing bodywork and mandala drawing help resolve unfinished tensions and integrate the experiences into everyday life. Supportive and nourishing physical contact can also be used in an appropriate way to heal unmet needs for human contact during infancy and childhood.

Employing the intrinsic healing power of the breath, Holotropic Breathwork follows in the tradition of the various “technologies of the sacred” developed over millennia for entering holotropic states. The Grofs describe how Western civilization “encountered holotropic states on a mass scale during the psychedelic revolution of the 1960s but, unfortunately, the irresponsible and chaotic nature of this movement obscured the enormous positive value” of these experiences.

When people enter holotropic states of consciousness of whatever origin, they encounter three broad territories of the psyche. The first layer is referred to as the biographical. This layer contains leftover energies and emotions from unresolved experiences in the lifetime, from infancy to the present. As well as the traumas known from traditional psychotherapy, the Grofs observed that their clients automatically worked through leftover traces from serious illnesses, accidents, and injuries, especially those that posed a threat to life or breathing.

When self-exploration continues, the next layer of the psyche that individuals encounter is called the perinatal. Perinatal experiences include specific detailed experiences from the various stages of birth, from the amniotic unity between mother and fetus, to the agonizing suffering inside the contracting uterine walls and birth canal, to the explosive liberation of birth and the beginning of separate biological existence.

The Grofs observed interestingly that, as people relive their birth, they are at the same time facing and consuming their fear of death, essentially dying as a separate entity and reconnecting with the divine source. It is no accident that “birth” and “rebirth” are similarly named, as they are so deeply connected in the psyche.

The deepest layers of experiences that people encounter are termed transpersonal. These include vivid ancestral, racial, collective, karmic, and phylogenetic memories or experience of the consciousness of specific animals, plants, or inorganic materials and processes. They can also have spontaneous contact with archetypal and mythological sequences from any culture in the world, even those of which they have no prior knowledge. The ultimate experiences seem to be confrontation or identification with the cosmic creative principle.

What distinguishes the new psychology from its predecessors are two important additions: one is

the movement from exclusively verbal strategies of “talking therapy” to the direct expression of emotions. The other is the reintegration of the spiritual dimensions of the psyche. Building on the work of C. G. Jung—considered the first transpersonal psychologist—this new approach recognizes the existence of a higher cosmic consciousness (Jung’s anima mundi) and the meta-

healing value of reopening the psyche toward it. The spiritual quest is recognized as a legitimate and important aspect of life. At the same time, modern consciousness research emphasizes a clear distinction between genuine spirituality based on personal experience, which has a universal, non-denominational and all-inclusive character, and the dogmas of organized religions which all too often seem to foster sectarian chauvinism, extremism, and fundamentalism.

In contrast with the astonishing diversity of competing psychological theories and schools, with their widely different strategies and approaches, holotropic breathing seems to function as an integral approach to self-exploration and therapy. In these states, something like the psyche’s own “inner healer” selects the most relevant material and brings it into consciousness for processing. The facilitators function as trained “co-adventurers” who intelligently support what is already trying to happen. The basic allopathic strategies of traditional psychotherapy routinely suppress symptoms without treating their underlying causes, which resembles a mechanic disconnecting the warning light in a person’s car and then telling them to get back on the road. In contrast, holotropic states of consciousness function as a kind of “universal homeopathic remedy.” Symptoms are recognized as the partial emergence of a sponta-

...as people relive their birth, they are at the same time facing and consuming their fear of death...

Continued on next page

neous healing process. Facilitators support the direction that the psyche itself is already trying to move, which is observed over time to be intrinsically healing.

The Grofs make a special appeal to service providers, writing that, although the changes in theory and practice introduced into psychiatry by the research of holotropic states are radical and challenging, “those who are able to accept and apply them...will be able to benefit greatly from this far-reaching conceptual reorientation. They will gain a deeper understanding of the nature and dynamics of emotional and psychosomatic disorders—phobias, depression, suicidal tendencies, sexual dysfunctions and deviations, psychogenic asthma, and many others—by recognizing their perinatal and transpersonal roots.” (Grof 1985, 2000).

At the heart of the book are six or seven vivid case studies of individuals who participated in the breathwork, successfully working through traumatic repressed events in their childhoods. These include life in the shadow of an authoritarian controlling father, unresolved pain from serious accidents and an undiagnosed fracture, and torturous physical and sexual abuse. Several of the most poignant are accounts by two First Nations women—one in America, the other Australia—who relived previously unknown episodes in the lives of specific ancestors, which they verified by consulting historical

Symptoms are recognized as the partial emergence of a spontaneous healing process.

records.

In a special section, the Grofs review the biochemical and physiological changes in the body during deep and rapid breathing. Decades of clinical research with therapeutic breathing have clearly dispelled the erroneous view in psychiatry regarding what was called the “hyperventilation syndrome.” Rather than causing a standard physiological reaction, the experiences in Holotropic Breathwork sessions “are highly individual and cover a very wide range. They do not represent a stereotypical reaction to faster breathing as one reads in the handbooks of respiratory physiology, but reflect the psychosomatic history of the breathe.”

The Grofs complete their exceptionally rich and thorough volume with a discussion of the current global crisis, key elements of which, such as insatiable greed and aggression, have deep roots in the human psyche. The Grofs suggest that if the observed healing and transformations in basic values could occur on a large enough scale, they might increase the chances of humanity to survive its serious escalating challenges.

This book represents the distilled life work of two of the most pioneering and hard-working visionaries on the planet. and is a testament to the enduring creative potency of loving partnership.

Proposed Amendment to the IPA By-Laws

By Steve Austill

The purpose of this amendment is to establish and maintain equality among all members of the IPA.

In the event of a dispute between any members of the IPA, all parties must make an effort on their own to find an amicable resolution. In case this effort fails and the dispute continues, all parties must voluntarily relinquish any and all claims to confidentiality protection, and consult the Council of Elders. The Council of Elders shall conduct a thorough investigation and attempt a resolution of the dispute. If the efforts of the Council of Elders fail, the Council of Elders shall make a complete report and recommendation to the Board of the International Primal Association. The Board of the International Primal Association shall make the final judgment and take appropriate action.

If any member of the International Primal Association refuses to abide by this policy, after due notice, their name shall be removed from the membership rolls.

All applicants for membership in The International Primal Association must read and accept the conditions of this By-Law by signing and dating a copy of this by-law for the permanent IPA records.

If this by-law had been established years ago, a great deal of pain, suffering and expenditure of funds would have been avoided.

In a letter to Steve Austill on April 13, 2010 Harriet Geller, IPA president, noted; “...even if the client agrees to waive confidentiality, it may not be legally tenable.” In this country it is generally agreed that organizations have the right to self government. This is true for the U.S. Senate, The National Football League, The Ford Motor Company, The Fraternity of Masons, Phi Beta Kappa, The Episcopal Church of the United States of America, the Amish Community, The Harvard Club, The American Little League of Saugus, Massachusetts, and all other organizations in the land. The only way we will ever know for sure whether or not our by-laws are “legally tenable,” is if one of our members takes us to court on the matter.

The basic healing modality of The International Primal Association is the safe expression of thought and feeling. This includes everyone: rich or poor, black or white, smart or challenged, male or female, straight or gay, lay or professional. We must protect our truth for all people at all costs as we did in the 1970’s with Arthur Janov.

The International Primal Association cannot thrive half free and half muzzled!

Notes from the Visioning Committee

By Jean Rashkind

Each autumn the IPA Board of Directors gathers for the first full meeting of the new Board. We like to include some visioning exercises as we are setting goals and beginning projects for the year. I was inspired by a conversation with Reinhold Rausch in which he suggested that in order to envision where we are going, it's important to know where we are.

I put out a handful of questions to the Board, hoping that our answers would inspire us and help us identify our uniqueness, which could also serve our promotional efforts:

1) *Who are we as the IPA? What makes us unique?*

We are healers on the deepest heart-healing levels (Diane). We process feelings in a physical way—in a deep-core way (Sandy). We are a leaderless group, which makes us different from other organizations (Harriet). Anyone can participate and be involved (Warren). We are a community supporting growth and healing through deep feeling process (Esta). We are an open, warm, accepting organization. We have our flaws, but we keep coming together (Bob). What makes us unique is having therapists, peer primalers and clients in one

organization. We need to move away from the medical model. We are in the forefront of breaking down barriers to people seeking recovery (Bill).

2) *How have you benefitted the most from the IPA?*

The IPA took me out of an isolated space to be with others who share my vision of growth (Larry). The IPA has been vital to my growth process (Harriet). Life is easier than it was 25 years ago. I see that others have a fearful child in them, which helps me to see them and not react in a fearful way (Warren). I learned I could be the top guy and not die (Bob). The IPA has advanced my ability to love (Diane). The IPA has given grounding for my life (Sandy).

3) *What do you see as the most important role or function of the IPA?*

Learning from other people (Warren). Community and group (Larry). Providing an alternative to talk therapy (Denise). To bring acceptance (Barbara). To promote primal integration (Harriet). To promote healing (Diane). To promote growth and change (Anna). To promote cathartic processing of feelings (Sandy).

IPA ROSES to . . .

- ◆ Bob Holmes for his forthright and comprehensive response to the election petition of Aug. 29, 2009.
- ◆ Members of the Nominations and Elections Task Force for laboring to achieve a fair and workable procedure: Art Brown, Warren Davis, Harriet Geller, Leonard Rosenbaum, Thayer White.
- ◆ JJ Jackson for her careful professional review of our accounting books and IRS submissions.
- ◆ Barbara Bryan for opening her home to the IPA board for the meeting in March. Her hospitality is legendary.
- ◆ Kathy Flegg and Brian Stark for sitting in at the March board meeting and providing us with useful newcomer perspectives and old-timer insights.
- ◆ All the Spring Retreat movers and shakers (see p. 7).
- ◆ Newsletter contributors Steve Austill, Susanne Bersbach, Renn Butler, Mary Dell, Mickey Judkovics, Jan M, Linda Marks, Anna Puleo, Jean Rashkind, Larry Schumer, Alex Tadeskung, Sandy Weymouth, Bill Whitesell.

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