

IPA Newsletter

Spring Retreat and the Summer Convention and Retreat ~ 2014



By Dianne Arman,
2014 Convention Chair

The 42nd IPA Summer Convention is around the corner. If it follows the trend set at the 2014 Spring Retreat in May, it promises to be an awesome experience. The Spring Retreat was an example of what support, caring, contributing, and loving members can do. Everyone attending the retreat pitched in, invested energy and time, and supported the emotional work being done. This proved that our dear deceased Sandy Weymouth was correct when he said, “people will naturally do what they want and let others do what they want in an atmosphere of acceptance and safety.” What people wanted to do at the Spring Retreat was make the experience memorable and healing for all. And, they did, along with joy and humor. Thank you to everyone.

The Summer Convention will carry the same philosophy. With “random acts of kindness” and contributions that often go unrecognized, our week together will be an event of shared growth and enrichment. The positive energy alone will strengthen and heal all present.

We have several new presenters this year. We’ll have music and primal, a shalom retreat, acupuncture, holistic diet, just to mention a few. All presenters are passionate about their topics and invest hours of unpaid time preparing for their workshops.

Please register as soon as you can so the IPA board can have everything in place for your arrival at beautiful camp Linwood MacDonald.

With love, *Dianne Arman*

Early Bird Deadline Extended!

Now August 17

Summer Convention – Next Page



Cut Flowers

By Julie Eliason

Sunflowers
Cut at the Stem,
Will Die in a Few Days
Sandy Was Dying While He Was
Blooming.

Summer 2014 News

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Primal Slogans from Ewailers

*Tears Instead Of Fears So We Can Love More
... Diane Kohl*

*Primal Integration - Therapy for Real People!
...John Rowan*

Dumping is Ill Ego ...Judy Chidester

*Primal Power (((())) Feelings for Fun and
Fulfillment ... Denise Kline*

Be Real, Feel ... Mickey Judkovics



2014 Summer Convention

By Denise Kline

Come join us in Sandyston, NJ Aug. 25-31. The convention will feature educational experiences suited to therapists, those in support groups such as AA, and other individuals practicing emotional growth through various techniques from meditation to movement therapy. **All registered participants will receive a free half hour massage to help open deep feelings.**

Training for therapists is offered by Primal Integration Center of Michigan founder, Barb Bryan and social worker Dianne Arman on Tuesday and Wednesday afternoons.

Friday features a day long workshop called *Internal and External Support* featuring NY *Hakomi* therapists Stuart Friedman and Laurie Schwartz, which gently releases stored tensions and even deeper post-traumatic stress. Laurie will also lead a community dance event which includes tribal drumming from her experiences in Africa.

Jim Cosby, J.D., biographer for Metallica, is presenting a musical workshop on the influence of primal in the arts. Others will lead Primal Theater, poetry, and improv. There is a Cabaret open mic on Friday night and a dance Saturday night. Artist and editor, Julie Eliason, is presenting two art workshops: *Empowering Yourself By Envisioning in Paint* and *Creating Posters Using Original Primal Slogans and Sayings*. The art studio will be open almost all the time.



Another significant new feature this year is presented by Pennsylvanian Tricia Wassel, a massage therapist and Shalom Mountain facilitator, taking techniques from core energetics. Author, Thayer White, elaborates on *Improving Your Mat Track and Personal Growth Results*.

There are daily Men's and Women's Groups, Peer Groups, Mat Track feelings release groups, workshops, swimming, boating. And there is dormitory space available. Please contact the International Primal Association at PRIMALS.ORG or 877-PRIMALS. Register online, using PayPal is an option, or call 248-478-5559. Special needs registration arrangements, contact: 240-707-7668.

Denise Kline, 2014 Assistant Convention Chair



Union Square Park ~ April 23

Poem by Harriet Geller

I go to Union Square Park every day
to stand vigil over the cherry tree
at the south end. I do this so that
the tiny buds will grow into luminous lozenges

of red and green, and scarlet petals
will peel out of the tips. Finally they will
come full-frontal with their luscious
flowers so I can rest easy.

The other fruit trees don't need
my help. They have already burst into
a sexy dazzle of white or saffron.
The cherry blossoms are waiting

to make a grand entrance on a warm day—
raspberry custard for dessert.

President's Soap-Box

by Thayer White

I have publicly stated that I think it would be easier to market the Ku Klux Klan than it is to market the IPA, because people desperately want to avoid the early child work involved. How many of YOUR family members have rushed to get primal therapy since you started the work?

A common IPA idea is, "Just get them here via marketing and they will stay with us." I don't think so. We have attracted perhaps 150 new people to our events over the past decade; the vast majority of these newcomers did not stay with us. My opinion is that we need to be happier and healthier to attract and keep folks. IMO more of us wearing those genuine post-primal wide-open smiles more often would make us much more stickable-to.





To Denise Kline, Natoyi Lively, Gary Bradley and Thayer White for planning and executing a superb spring retreat.

To Dianne Arman and a host of willing cohorts for work on the coming convention: Barbara Bryan, Denise Kline, Jean Rashkind, David Gorsky, and more.

The Rejected Runt Who Became a Hero* *By Julie Eliason*

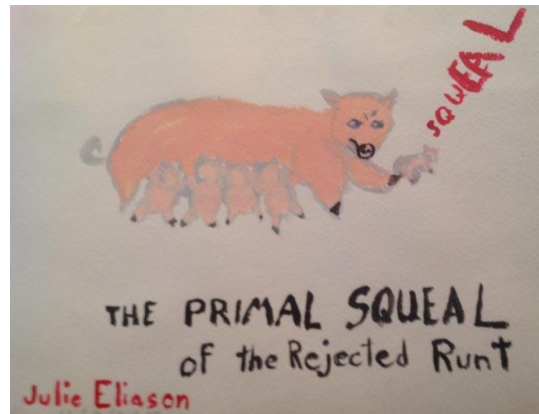
While doing primal therapy with Barb Bryan in the winter of 2013, I uncovered my birth trauma imprint. I felt like the rejected runt of the litter - unwanted, alone, and frightened. I felt judged and found to be innately inadequate. Later, my fear was added to by my stepfather's violent behavior, mostly in the form of frequent, angry yelling. On a rare occasion, he would threaten to beat us with his belt. He could not tolerate any opinions different from his own and would go into a rage if you disagreed with him. From 9 years old to 19, I spent the majority of my time in my room. I was safe there because Dad never came upstairs.

At the 2013 IPA Convention, I chose to begin therapy on my fear of Dad. From September to March, many memories of his raging emerged. I remember one incident, in particular, in which my three younger sisters and I were cowering at the top of the stairs, while he and my mom were fighting in the basement. We were crying and afraid. We could hear Dad yelling, things breaking and Mom screaming. In his rage he threw a broom at her and broke her ankle. This and other repressed memories of his violence, have made me timid and fearful. And yet, to my surprise, after focusing on Dad in therapy for several months, I discovered that under all my fear, I love and appreciate him very much for all the good things he did for me. I realize, that he too has a frightened, injured child inside.

Dad is now 92 and has level 1 dementia. My sister, Mary, who had the power of attorney, took over his life and treated him like a prisoner. Dad cried and complained that she was abusive and controlling. He told me he wanted me to be his guardian. I hesitated, because I was not used

to the boldness a legal battle would entail. I've done most of my fighting in the safety of my imagination, plus, I have a very busy life as an artist and an art teacher, with a partner, two sons, and friends. However - *out of love of him* - I chose to be Dad's Hero and rescue him from my sister's clutches. I wanted him to be happy in his final years.

Mary filed to be Dad's guardian. My lawyer filed an Objection and asked that I be named the guardian. I felt Mary would dredge up any reason she could to prove that I was unsuitable, such as the fact that I have been in Primal Scream Therapy for 42 years. I tried to think of all the possible wild things I had done in the past. I was dreading this confrontation, even though I was assured by my lawyer that all the reasons that I had thought of were irrelevant.



Fortunately, the hearing never got ugly. In the end, the judge gave Mary the guardianship, but with some limitations on her power. I was granted access to all the medical records, plus all the sisters are allowed to take Dad out, even out of town for a few days. The judge made it clear that we are to have reasonable visitation rights and phone contact with Dad.

I was told by several people that they applauded my effort to rescue my father. I am proud of myself for being so brave, in spite of my fears of criticism and rejection. I attribute my courage to the primal therapy I started at the IPA Convention last August when I decided to work on issues around my fear of Dad and to the regression work I did in the winter of 2013 with Barb Bryan in which I uncovered my birth trauma imprint as the rejected runt. Most of all, I believe my courage came from the love I have for my dad that I discovered below all the fear.

**In the folklore of various cultures there are many stories of the runt of the litter becoming a hero.*



Different Types of Primals

There are different opinions on what a "primal" is. David Freundlich,

M.D., one of the early primal therapists, defined it this way: "A primal experience is the reliving of those early life events during which the child turned off his primal needs and pains and developed a personality split and an unreal self." Dr. Freundlich developed a summary of the various types of primals. Quoted here are some of his basic primal types:

"Full Primal – A complete feeling-thought-body experience during which specific childhood traumas are relived and accompanied by such basic feelings as need, frustration, pain, fear, hurt, aloneness, sadness, helplessness, and anger. Even during birth primals, the observing ego may vary from alertness to minimal awareness. The therapeutic value is in releasing incompletely felt childhood scenes, and making connections between these traumas and neurotic symptoms, compulsive behavior, and acting out.

Partial Primal – Pure feelings such as anger, fear, need, hurt, and pain are experienced and expressed unaccompanied by memories, scenes, or images. These feelings, sometimes stemming from pre-verbal sources,

are often frustrating for the adult to tolerate because they are disconnected from visual or verbal memories. The reverse, the reliving and acting out of memories devoid of much feeling also occurs. Nevertheless, they help to strengthen the cognitive understanding of repetitive life patterns.

Incomplete Primal - A primal that has not been worked through fully, and results in residual tension and confusion rather than a feeling of relief. Sometimes one primal activates others which are incompletely experienced.

Positive Primal – Although most primals are painful, positive primals are also important; feeling love for and from one's parents, recapturing "good" or happy aspects about oneself as a child. These experiences help us to re-own positive parts of one's history and real self.

Present Primal – while primals traditionally are the reliving of the past, primal-type experiences, they also involve the expression of basic emotions related to more current situations where the person allows himself to lose control and be overwhelmed by feelings. Sometimes these occurrences trip off primals from the past."

I am sure we could all add to this list, and our definitions of a primal may vary, also. This could start up an interesting discussion on Email. Here is my brief definition: "A primal is a letting go of conscious controls of the body and emotions which opens up the unconscious to awareness. This allows memories and insights to emerge which have a healing value."

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VACATIONS OF FAMILY LOVE *by Dianea Kohl RN MFT*

My mother planned the vacations. My dad made them fun - even writing a letter several years later describing one. I saved it and now can I find it? like my memories?

So, I ask my younger daughter Megan what was her favorite family vacation while growing up. "The trip across the USA." (We camped and hiked for a month in twenty plus national parks.) I was hoping she would say that.

continued at Dianea's blog.... <http://makereallove.com/blog/>