

IPA Newsletter

**SUMMER
CONVENTION &
RETREAT**



August 24 to 30

by Harriet Geller

The Summer Convention and Retreat is coming up very soon. In fact, August 7 is the deadline for the Early Bird rates, which offer considerable savings. Also, space at Virden is truly limited, and late registrants may have to be housed off-premises. So don't put off registering to much longer. Go to primals.org/convention.html.

Our keynoter, Susan Aaron, is a dynamic presenter who truly understands the primal process. Her psychodrama work, focusing on our early history, promises to bring us a deeper understanding of our subconscious selves. She is presenting on Thursday afternoon, August 27.

Please keep in mind that Leonard Rosenbaum is the new Travel Coordinator. If you need information or assistance, contact him at: leonardleonard1@earthlink.net or 202.393.2885.

Alex and I are tending to last minute details, and everything is going smoothly (so far, anyway!?!). We hope to see all of you very soon.

Editor's Notes

by Julie Eliason

A New Model for Infant Care

When I was born, my mother had post partum depression. I was left to cry for hours because she spent a lot of time sleeping. My Grandma, who didn't live with us, told me that I finally gave up and stopped crying at the age of four months. That imprint is why I've had a pattern of letting other people discourage me. Also, I was accidentally being starved. My mother didn't know she was supposed to increase my formula, plus, she was following the Germanic method of infant care which was popular in 1941. This method discouraged too much cuddling. The objective was to produce a strong independent infant. In primal therapy, I regressed back to this painful time. I felt the hunger pains in my stomach and my great need for my mother. When I told my mom about the hunger pains, which puzzled me, she told me what had happened. Because my history makes me realize how important infant care is, I choose to work with others to promote a model of infant care that meets a baby's needs. I am creating art work to promote this vision. You can see some examples of my graphic art on page eight.

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Message From the President

In March a group of IPA members met with Joy Wassel. She generously shared what she had learned during her years at the Janov Institute. After lengthy discussion, we agreed that the IPA does not provide formal therapy, but is a peer community with programs that encourage the expression of deep feelings. The community itself is therapeutic and encourages personal growth. Joy's description of the IPA is: A safe community designed to support the exploration of a wide range of feelings and emotions while providing educational opportunities. Thank you, Joy, for sharing your experience and wisdom with us.

We had another successful booth at The Psychotherapy Networker Symposium in Washington, DC this year. Hundreds of mental health professionals visited our booth. One hundred sixty people expressed an interest in the IPA and asked to be on our mailing list. There were a number of booths promoting "feeling therapies."

The IPA now offers ongoing peer support groups at The Woods Place (see Calendar). The groups are open to everyone. An experienced IPA member will be on site each weekend and will be available to help people new to the work.

This year's Convention and Retreat is going to be the best ever. I'm looking forward to seeing everyone.

Love to all, Dianne Arman



Play...
Ask your
Child Within
to Come Out
and Play ...
and You Will
Meet With
Your Genius.

Robert R. Toth

Calendar

August 24-30

Summer Convention
and Retreat

Seeing and Being Seen:
A Path to Authenticity

Virden Center, Lewes, DE

Keynoter Psychodramatist
Susan Aaron

Co-chairs Harriet Geller and
Alex Tadeskung

For Convention Information
Call 212-674-4278

IPA Peer Support
and Community

The Woods Place, Rising Sun, MD

The Following Weekends:

September 25-27

November 6-8

December 4-6

For IPA Peer Support Information
Call 877-PRIMALS

Emotional Work
Foundation

October 16-18

Saturday 1 PM

Open Meeting and Peer
Group Emotional Processing

For Information Contact
Denise Kline 240-707-7668



Poems

by Steve Austill

At 73 and 1/2

Brown leaf on the ground,
All curled up and dead;
Ready to be stepped on by
Children hiding.

You are damp and dark.
The stem may be strong,
But the veins are swollen and
Useless.

Are you done brown leaf?
Have you no more to say?

In time, are we brown leafs too?
Ready to be stepped on by children
Hiding.

Infant Sexual Abuse

She thought she could get away
with it,
But I knew better.

Dark was the proposition,
Silent was the execution.

Blood splattered my
coat. No matter.
Smashed the mirror,
For good measure.

Washed my hands,
Forever.

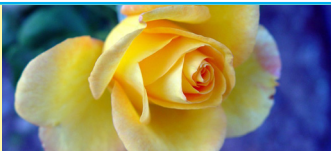
Barbara's Corner

There is a fourth feeling state following rage, terror and need—joy. Moments of joy need to be cherished when we are struggling and feeling our pain. They give us strength and help us to stay on course. Here is a special one of my

Moments of JOY.

It is a beautiful morning, clear blue sky, crisp 20 degrees. I ride the lift to the top of the mountain. It is early and there's fresh snow on the slopes. I get off the lift and stand a moment, breathing in the clean air and the mountain view. No one else is here. I am alone in this pristine, incredible beauty. I start down the wide slope with long traverses and large curved turns. It is the closest I have ever come to flying. Like a bird, I spread my arms wide and gracefully glide through my turns making virgin tracks in the snow. Then I look up to the sky and I am thrilled! There is a plane making large curved white trails in the blue sky. They are just like my ski trails in the snow. For a moment, we are one.

Love, Barbara Bryan babryan@mi.rr.com 248-478-5559



We Are Grateful For:

Harriet Geller & Alex Tadeskung, Co-Chairs, IPA Convention
Leonard Rosenbaum, Travel Coordinator, IPA Convention
Dianne Arman, The Psychotherapy Networker Symposium
Jean Rashkind, Chair, Spring Retreat
Bill Machold, Cooking & Filling Needs at the Spring Retreat
Maria Williams, Writing an Exciting Article About the Spring Retreat
Frances Rinaldo & Dr. John Rowan, Writing Articles on Primal Therapy in *The Sage Encyclopedia of Theory in Counseling and Psychotherapy*
Gary Bradley, Registration for Convention & a New Spreadsheet
Denise Kline & Randy Goldberg, International Society of Bonding Psychotherapy Conference
Bill Gronwald, Making the Booklet *Primal Stories* a Reality

Leaving the Outside Home to Find a Better Inside Home

by **Dianea Kohl**

After seeing the movie *The Imitation Game*, I was inspired to write the following.

He left his German home, a small village named Dreis, at seventeen, not knowing any English when he landed in America. It was during the rise of Hitler as Germany's leader.

He was one of seven children of a poor Catholic farming family. The only one to oppose Hitler; his three brothers died as soldiers in WWII.

My dad only knew an aunt and uncle when he arrived in America hoping for an education in medicine, but their relationship did not bode well. Soon, he was off on his own, learning English by taking menial jobs such as an elevator operator, saying "Going up, going down, please." Eventually he entered school at Cooper Union in New York City, became a United States Citizen, and then as an intelligence officer, was off to war to fight Hitler's tyranny, against his birth family's country.

I am continually in awe of my daddy's courage, his sacrifice, his love for truth and liberty, which always sparks my childhood mem-

ory of our American family. Dad and mom took us three children to the annual Cornell's Schelkoph field fire works, preceded by several marching bands playing in various formations, then marching down the path in front of the huge stadium where everyone stood up as the flag passed by.

My dad being a mild-mannered man surprised me by tapping the man's shoulder who stood in front of us, saying:

"Please remove your hat, in respect of the flag."

The freedom I, and most of us, take for granted, connects me to a memory of my mother, who served in WWII as a registered nurse. (My parents met on the ship returning home from the war, my dad being Mom's patient.)

As an adult, while looking at her photographs taken while serving in the war, I asked her, "Why did you choose to be in the war with bombs going off around you?"

With tears glazing her eyes, Mom replies, "Someone had to take care of those men."

Just this holiday week, I cried while watching *The Imitation Game*, sobbed really, while hearing the woman, once fiancée to Alan Turing, (the man who broke the Enigma code of the Nazis, which led the Allies to win the war against

Germany), say: "You cannot leave, you are the man who saved millions of lives, who persevered against tremendous odds, (he was homosexual which was then against the law) who gave so much more than anyone can imagine," or something close to that.

My dad was that kind of man, who adopted me when my mother wanted to put me up for adoption, me being a child of rape. Who loved me abundantly as he did his two biological children who were born after me. I am meant to be here, so I am not leaving my very grateful-for-freedom-ring-ing-homeland until I "Di," (die) the endearment my daddy called me.

To read more of Deanea Kohl's stories go to makereallove.com. Psychotherapy Therapy Services call 607-280-8326.



International Society of Bonding Psychotherapy Conference

by Randy Goldberg and Denise Kline

“Touch and Psychotherapy: Is it Worth the Risk?” was the title of the 20th International Conference of the International Society for Bonding Psychotherapy held in Washington, DC at the National Cathedral June 13-14, 2015. The therapists and trainees acting as registrars and hosts in every sense of the word made this a welcoming, safe and warm event. The many speakers from all over the world provided content and some experiences to further elaborate on the subtopic, “The Power of Touch: Facts, Fears, Myths and Misunderstandings.”

Barbara Goodrich-Dunn, the founder of the Body Psychotherapy organization which has held huge conferences as well as intermittent lectures and workshops, opened on the theme of “Touch and the Body in Psychotherapy.” She does a great deal of research giving access to a huge bibliography on touch-related therapy topics. She also led an exercise involving silently giving various kinds of touch within a diad, and it was very interesting to discover how much touch conveys in terms of ideas and intention without a single word spoken, until the discussion parts of the exercises. This also led to a warm feeling through this shared experience with people who had never met and who live in various countries and places.

Many workshops were given in

the many sessions throughout the day. These included Skip Ellis and Laurette Harvey on “Why Bonding Psychotherapy Matters: The Integration of Bonding, Touch, Intimacy and Relationship” which demonstrated a few of the holding techniques used by bonding psychotherapists. Dr. Domingos Neto of Portugal addressed applications of bonding, emotional psychotherapy and psychiatric disorders and levels of emotional expression, attitudes, and healing. Kuno Bachbauer, Core Energetics practitioner and doctor, presented on “Being in Touch-On the Neurobiology of Connectedness,” and included “experiential exercises to demonstrate how to integrate touch, perception and sensory awareness as central tools in just about any therapy.”

Ann Ladd’s introduction of the concept of the “negative velcro loop” especially useful in couples counseling was particularly exciting in her presentation entitled “Stroking the Fire in Relationship-Healing the Emotional Wounds That Bind.” In 2012 she published *Heart of Healing--A Therapist’s Journey with Clients--A Clinical Manual for An Integrated Eclectic Approach for Healing through the Body*. She now resides in Colorado. Conrad Strauss’ book was also available and offers a veritable lexicon of techniques, history and application of bonding psychotherapy in a useful manual format.

International presenters Dr. Martien Kooyman from the Netherlands reviewed the four stages of training including 1) self-therapy 2) co-therapy, 3) theory course and 4) supervision while leading a bonding group. Bonding

psychotherapists in DC area also offer similar trainings as does Paul Komatinsky with George Rynick in upstate NY. Paul reminisced about his enjoyable experiences at International Primal Association’s summer convention, and his trainee, Donald Sibley, joined the ranks of officially recognized bonding psychotherapists Saturday evening. Don was very enthusiastic and knowledgeable and both Randy and I were glad to have spent time with him discussing techniques and future growth of deep emotional work. Officers of the ISBP also talked to us about how we could supplement each groups activities.

Randy would like to see bonding psychotherapy techniques presented before every mat track. Or we might offer more specific bonding psychotherapy workshops, and then those using the skills in mat track will model them for others enhancing the range of effective and emotionally moving experience. A look at the Bonding Psychotherapy websites can provide access to therapists around the world, as well as to more extensive training for those with professional aspirations.

Many IPA therapists have had bonding psychotherapy experience and are often at our conventions. For example, another presenter at the ISBP International Conference was Lynn Turner on “Emotion and Energy in Bonding Psychotherapy” exploring developments since Dan Casriel’s New Identity Process (the old name for bonding psychotherapy in the 1960’s) to Polyvagal and Quantum Theory of the brain.

Susan Aaron presented on “Psy-continued on page 6

Bonding Psychotherapy Conference continued from page 5

chodramatic Bodywork and Safe Touch in the Therapeutic Context” and provided brief demonstrations of holding techniques and other bodywork with extended psychodrama and integration. She will be keynoting the IPA’s convention so you still have a chance to participate in this Canadians inspired style.

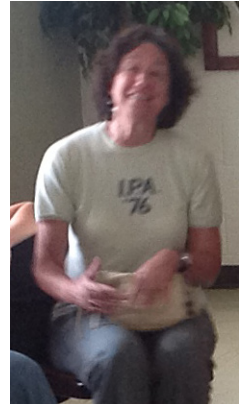
Sunday featured “What You Don’t Know Can Hurt You: Links Between Law, Ethics and Risk Management” presented by Gisele Ferretto. Therapists and others put forth earnest efforts to define bonding psychotherapy in a legally acceptable way, which was encouraged by the presenter with a breadth of legal understanding. It was telling that the leader thought touch by therapists may be safer, even though many therapists have opted for leading groups in which clients only hold and support each other under the therapist’s supervision. Therapist training and peer groups frequently of therapists offer other alternatives. The quest goes on to provide optimally supportive therapy, with the many elements of human touch, holding, and bonding that offers support for the deepest expressions of fear, pain, anger, sadness and ultimately of joy.

A highlight of the Washington conference was Argentinian Ramon Nestor Vega who offered “Together in Body and Emotion -- A Movement Oriented Closing.” As it turned out, he also offered a musical closing on Saturday afternoon and on both occasions everyone seemed thrilled to be somewhat following the leader into self-expression of a wide variety of gentle to loud, sad to

fanciful, and many more feelings and interactions. Everyone reached out to each other in a dance of exhilarating satisfaction. Randy said that he could lead it for us at the IPA! Let’s do it.

I Am Nothing

by Harriet Geller



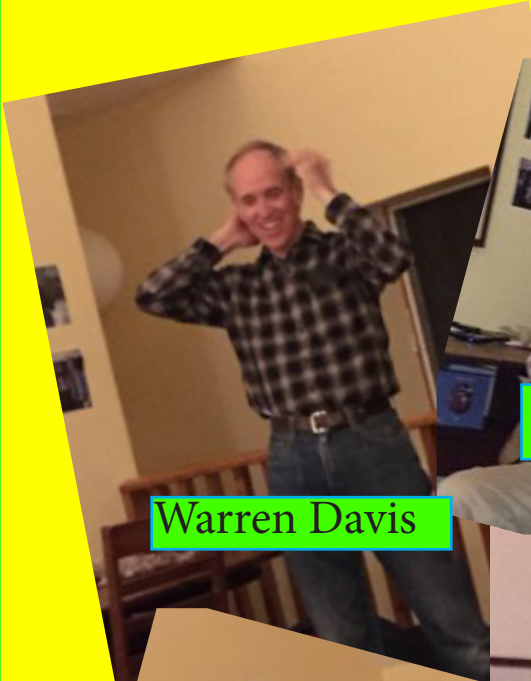
This morning I found out that I am nothing,
not emptiness waiting to be filled,
not an absence of human qualities,
not a state achieved by decades of meditation,

but a childhood choice in defense
of becoming someone else. I will strive
to embody the vacuum I have discovered,
to avoid pretending to be more

and filling it with endless facades.
After so many years of wanting to be
something, it is hard to stay nothing.
I don’t even know what it means.

As I sit before the best cherry tree in town,
blossoms in full burst on this April day,
must I feel nothing? When I take up my pen
to write a poem, must it say nothing?

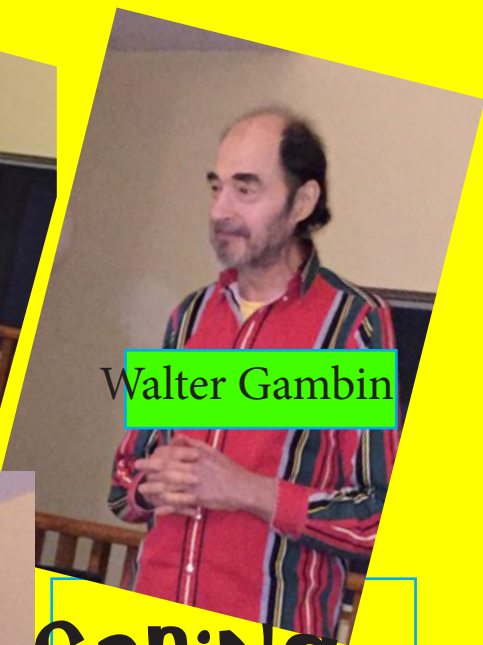
The answers are “no” and “yes.”



Warren Davis



Bill Machold



Walter Gambin



Leonard Rosenbaum



Jean Rashkind

SPRING Retreat



Maria Williams



Also...Charley Kelly, Don Eschbach,
Shannon Baker and Dianne Arman



Anne Bassen



🇸🇪 SCANDINAVIAN 🇸🇪
Baby Carriers

Your baby is happiest in your arms close to your heart. *He feels safe in your world.* You feel secure trusting the Swedish craftsmanship that designed and created his baby carrier. It's designed for comfort and endurance to meet the needs of mother and baby. Needs met are what love is all about.

NORDIC.ENTERPRISES Gotland, Sweden

SAVE
the
WORLD
One Baby



at a Time

Some of my work from my Graphic Design Classes. Julie Eliason



Happy
are the
Artists
for they
Shall not be Lonely.
by Winston Churchill