Other Great Convention Activities

- Start the day with yoga or a walk before breakfast.
- Open yourself up to your gender in our Women’s and Men’s Groups.
- Mat Track every morning to get down into your feelings.
- Community Meeting after dinner. Sound off on issues and joys.
- Peer Groups, about 5 people each, every evening for talk, primal, whatever.
- Various forms of massage therapy will be available at $50/hour.
- Cabaret as usual on Friday night. Get on stage. Do it! Guaranteed we’ll love you!
- Saturday, Boogie! You could have danced all night? Well, tonight there’s no excuse!

If feelings come up and you want to process them, we always designate at least one Primal Room. If you want support, coaching or whatever, primalers love to support feelings work. If you’re looking for helpers with credentials, they’re around.

Concord Retreat

You’re going to like Concord: it’s huge, it’s beautiful and there’s plenty of interior space for workshops, discussion groups, and other gatherings. Concord has a paint ball course and a low ropes course, but they need to know in advance if we’re interested. The paintball charge is $20 per person; the ropes course is $15 per person. Please add the charges to your registration fees if you want this to happen.

Concord has a swimming pool, an obstacle course, volley ball and basketball courts, a campfire circle and a hillside amphitheatre. Learn more at ConcordRetreat.com.

To get there: Yellow Spring, WV, is about 20 miles due west of Winchester, VA, which is the northern sharp corner of Virginia. For detailed directions go to ConcordRetreat.com or call Concord at 866-833-2929 or 304-816-3790. Also you can call IPA Board member Leonard Rosenbaum at 877-PRIMALS (877-774-6537) or 202-393-2885.

Or how about this? Meet at The Woods Place, Board member Sandy Weymouth’s place in northeastern Maryland near Wilmington, Delaware, with easy access to BWI Airport. Spend a night or two before and after and journey together to and from the Convention. Contact him at 302-530-6355 or sandyw@iximd.com.

Thanks!

- J.J. Jackson & Anna Puleo, killer photos!
- Sandy Weymouth, brochure layout
- Board member Barbara Bryan and IPA V.P. Denise Kline, Convention Co-Chairs
- IPA President Bob Holmes, Secretary Warren Davis, Treasurer Bill Whitesell
- Indeed, to all the IPA Board of Directors, membership, guests and Friends, for keeping the dream alive!
Welcome!

The theme of this year’s International Primal Association convention is “Loving to Feel: The True Connection.” This refers to the passion, the love, that experienced primalers and others who process feelings have for the healing power of this kind of work. We believe it frees us not only from millennia of prohibitions against experiencing feelings, but also from the imposing effects of traumatic events occurring in early childhood and during and even before birth. The ultimate goal is the “true connection”—to all of what we are and can be.

Who Are We?

Founded in 1973, the International Primal Association is a unique organization of psychotherapy professionals and lay people who share the conviction that processing feelings, primaling, is the ultimate route to optimal mental health and a great life. For more about us, see www.primals.org.

Convention Keynoter

World-renowned author and seminar leader John Lee, Author of 17 books including Facing the Fire: Experiencing and Expressing Anger Appropriately (1992); Growing Yourself Back Up: Understanding Emotional Regression (2001); and most recently The Missing Peace: Solving the Anger Problem for Alcoholics/Addicts and Those Who Love Them (2006). John Lee will give this year’s keynote address, The Best Kept Secret of Psychology: Understanding Regression and Its Impact on Relationships. He will also lead a workshop entitled The Half-Lived Life: Becoming Compassionately Assertive, Overcoming Passivity, and Remembering Who You Wanted To Be. John has appeared on Oprah Winfrey three times, on 20/20 and on Barbara Walters’ The View.

Workshops

Workshops are 1½-3 hours, one slot in the morning and two in the afternoon. Let us know if you want to host a workshop or other event. More than likely, we’ll accommodate you. Visit our website, www.primals.org, and our summer Newsletter for expected additions!

Barbara Bryan, M.A., many-time IPA President, founder of the Primal Integration Center of Michigan near Detroit, and Convention Co-Chair, will host three workshops: The Mays Landing Pool Party explores cellular memory, anger release and joy, using the medium of water; The Four Feeling States will review ways to facilitate the expression of rage, terror, need and joy; and Discussion Group: Cellular Memory and Other Current Issues.

Quantum Light Breath, Reinhold Rausch. Reinhold comes from Heidelberg, Germany to bring a wealth of primal and other deep feeling experience to this guided dynamic-breathing meditation lasting one hour. QLB leads to purification and cleansing of body, soul and spirit.

Supporting the Hurt Child, Harriet Geller. An IPA veteran, Harriet will host an experiential workshop synthesizing Psychomotor and Primal modalities. Learn to support the inner child by empowering ideal figures from within your own psyche.

Letting Go: Bringing Relationships to Completion, Bob Holmes. Bob, a Toronto-based primal and past life regression therapist as well as our current President, will undertake to give participants with unresolved histories of loss the chance to let go and live free.

Diana Kohl, RN, MFT, primal therapist and author of YEARS ARE TRUSTING...Waiting To Be Felt (2008), will present two workshops: Creating a Feeling Poster: Integrating Art with Feeling Words will allow you to go beyond “bothered, upset or angry” to let your child play, pacey, have fun! And Crying at Orgasm teaches self-loving with more openness in welcoming our beauteous sexuality.

Primal Paint! Kim Mellor. A Pediatric Advance Practice Nurse, Kim has an interest in painting and play therapy. Do your feelings and needs have a shape or color? Let’s paint together and create our unique primal portraits.

Primal Theatre, Jean Rashkind. As a twelve-year veteran of Alec Rubin’s “Theatre Within”, Jean invites you to bring your feelings and imagination to the stage. In this workshop we will move from feelings to dialogue, connecting through to our authentic, uncensored selves.

Sandplay Therapy, Marie Regis, M.S. An acupuncture therapist and veteran of many forty-day primal “Arks”, Marie will guide us in arranging small figures in sandboxes to open us to the depths of our psyches.

Parallels of Primal and Christian Mysticism, Alice Rose, Ph.D. A primal therapist and author, Alice will explore primal practices in ancient Greece, in the early Christian era, in the monastic and mystical worlds of the Middle Ages, and in modern-day concepts of asceticism.

What IPA Can Offer War Veterans, Joe Sanders, Ph.D. Joe, a leader on many of Bill Smulder’s forty-day intensive primal “Arks”, will lead a discussion of how veterans denied proper treatment for Battle-Life PTSD can be helped by the IPA.

Primal Lies, Thayer White. Author of Be Your Own Therapist: Whoever You Hire Is Just Your Assistant (1995) and Finding Your Soul in the Spirituality Maze: God’s Love, Not Religion, Is Opium for the New Age Masses (2008), Thayer’s workshop will explore the lies we tell ourselves about our primal processes, our emotions, our bodies and our spiritualities.

Discussion Plus! Sandy Weymouth. This loose-cannon feelings work veteran will host discussion groups where cathartic processing is emphatically welcome. Join the mayhem!