At this year’s convention on The Primal Mind—Valuing Intellect and Emotion, we invite you to explore the interplay, the balance, the connections and the disconnections between our minds and our feelings. We will offer a full schedule of events that work with feelings, but we will also be looking for ways to appreciate that aspect of our psyche that excels at analysis, common sense, discrimination, productivity, understanding, and bringing the bloom of creative imagination to fruition.

Please join us for a week of community where we encourage all sides of ourselves to be expressed!

Harriet Geller and Jane Lewis
IPA Convention 2004 Co-Chairs

WHO WE ARE

The International Primal Association, founded in 1973, is an organization and community of professionals and lay persons dedicated to the experience, exploration, education, research and promotion of deep feeling therapies, personal expression and growth. IPA business is conducted by an elected Board of Directors as well as the welcome input and involvement of all members. We are a fully volunteer, community-driven organization.

APPHEL FARM ARTS & MUSIC CENTER

Situated in rural southern New Jersey, Appel Farm is a multi-disciplinary arts and conference center for education and creative self-exploration. For over 20 years, this unique, rustic setting has been the perfect home for the IPA Annual Convention.

The center has a variety of buildings with spaces equipped for workshops of all kinds—dance, drama, art, music, discussion, and emotional expression—including a professional 500-seat theatre. Enjoy swimming, ping-pong and pool, softball, tennis, basketball, volleyball, and explore the expansive grounds and surrounding woods.

Dormitory-style accommodations are informal and sleep 6 to 10 guests. Some private and wheelchair accessible rooms are also available. Excellent farm-fresh meals provide generous servings with vegetarian options.

For more about Appel Farm, visit <www.appelfarm.com>
Wake up to early morning Yoga,
Get on stage and express yourself
Games to challenge your
Second session.
Use the body’s vital sexual
Effective buddying and overcoming problems—some
Have
Barbara Bryan,
Connect and express your deep feelings in a safe,
Healing our political communities is as
Karuna O’Donnell curates a gallery
Mind-Bodywork includes
with Dan Miller, Ph.D.
Linda Ellinor and Lucas Plumb
Yvonne Parma,
“structures,” Al will elucidate
The entire community meets daily to greet
Barbara Bryan, M.A., and Sam Turton

Daily Activities

Program is subject to change without notice. All IPA workshops and events are educational and are not a practice of therapy.

WORKSHOPS

TUESDAY

Arrival 5:00 p.m.
Dinner and Opening Circle.

WEDNESDAY

Holotropic Breathwork. Orientation and first session.
What Is Primal? Larry King, an IPA Eider from NYC, gives an introduction to the theory and practice of primal psychotherapy.
Introduction to Jungian Sandplay. Mary Thompson, M.S., will guide you into the profound and limitless world of sandplay.
Political Forum. Healing our political communities is as important as healing our emotions and feelings. Join Steve Austill for a lively discussion with pure consciousness. Promote transformation and self-healing through pleasure! With Laurie Handler, M.A.

THURSDAY

Holotropic Breathwork. Second session.
Storytelling. Storytelling can facilitate transformation, both within and outside sessions. Explore the therapeutic use of stories and how they can support healing processes with Patricia Poxin.
Keynote Presentation: Holes in Roles. Al Peso will focus on his work with clients who have unwittingly filled the holes in the roles that left deficits in their parents’ maturational processes. As children, they distorted their own personalities in a compensatory attempt to care for the parent, leading to dysfunctional patterns in their adult lives. Using Psychomotor “structures,” Al will elucidate this phenomenon and teach how to release clients from those burdensome roles enabling them to lead more satisfying lives.

FRIDAY

Making Sense Unwittingly. Yvonne Parma, Primal and Expressive Arts Therapist and international trainer in expressive therapies says: Let spontaneity guide your hands in making art—and realize how intelligently you portray your emotional landscape.

Thoughts About Spirituality and the “I Love” Feeling. Have you ever wondered why many say “oh god,” or cry at orgasm? Dumea Kohl, R.N., M.A., will lead a discussion and exercises. If possible, please bring a picture of yourself in an early age.
Graham Farrant—in His Own Words. Enjoy a reading by Terry Larimore of 15 pages of Graham Farrant’s personal story from his unpublished book, “From Soul to Cell.” Sharing as time allows.
Psychomotor Therapy Applied. Gus Kaufman, Jr., Ph. D. will demonstrate PBSP, a powerful, gentle, body-based method of emotional re-education/therapy that promotes mindful healing. Exercises, theory and personal work.
Primal Integration Training. Barbara Bryan, M.A., and Sam Turton discuss their seven-day training program for those who wish to develop facilitation skills for primal-style or deep-feeling work.
The IPA Fundraising Draw. Bring your unwanted treasures: household goods, white elephants, handmade items, creative services, session time. Whatever you give is too deductible!

SUNDAY

Heart Math: The Heart/Brain Connection. Lynn Turner, Ph.D., gives a cognitive rendering of the strong connection between the heart and emotional brain using recent groundbreaking research from the Heartmath Institute.
Buddying. Effective buddying and overcoming problems—sometimes problems you don’t even know about. Larry King started primal budding in 1950 under the direction of L. Ron Hubbard. Conflict in Relationships with Barbara Bryan and Diane Araman. Learn how to resolve conflicts in relationships using Imago and Primal therapies.
Do’s and Don’ts for Sexual Healing. Things to do and things to avoid when dealing with sexual trauma, with Steve Austill.
Softball: Valuing Mind and Body. Join Larry Schummer as we renew our sports experiences through our annual softball game, where we open ourselves to the possibilities of enlightenment and fun through sports.
IPA Dance Party. Another chance to enjoy and express yourself in a fun-filled evening of music and dance.

MONDAY

Regular Daily Activities.
IPA Annual General Meeting. An opportunity for all members to discuss ongoing issues and elect Officers and Board of Directors.
Departure 3:00.

Getting There

From the north: New Jersey Turnpike South to Exit 42; Rt. 322 east to Rt. 45; south on 45 to Rt. 77 at Mullica Hill; Rt. 77 south past US 40 East for 3.3 miles to the flashing light at Shirley Road. Turn left, 2 miles to Appel Farm. 457 Shirley Road.
From the south: US 295 over the Delaware Memorial Bridge to Rt. 40 East, then Rt. 77 south for 3.3 miles to the flashing light at Shirley Road. Turn left, 2 miles to Appel Farm. 457 Shirley Road.
Web Map: www.appelfarm.com/appelfarm/directions_map.htm
Transportation Arrangements: Contact Leonard Rosenbaum (1-800-Leonard or 202-393-2885; leonardleonard1@earthlink.net) for info on lamo service or local/NJ bus service from PA or NYC. For pick-up, please let us know your estimated time of arrival before Aug. 20.

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