

Reconnect with Yourself



International Primal Association
77 E 12th St #14H
New York NY 10003

Daily Activities

Movement & Yoga. Wake up to early morning Yoga, stretching, and T'ai Chi.

Massage & Mind-Bodywork. Swedish massage, CranioSacral therapy, Shiatsu, Thai massage and Oriental restoration therapies are offered by an on-site team coordinated by Denise Kline.

Women's & Men's Groups. After breakfast, gather with others of your sex to share thoughts, feelings, contact, and ceremony.

Mat Track. Express your deep feelings in a safe, supportive, daily primal group led by experienced facilitators.

Community Meeting. The entire community meets daily to greet newcomers, discuss convention news, and review the program and schedule.

Peer Groups. Share the events and feelings of your day within a small group setting.

Special Events

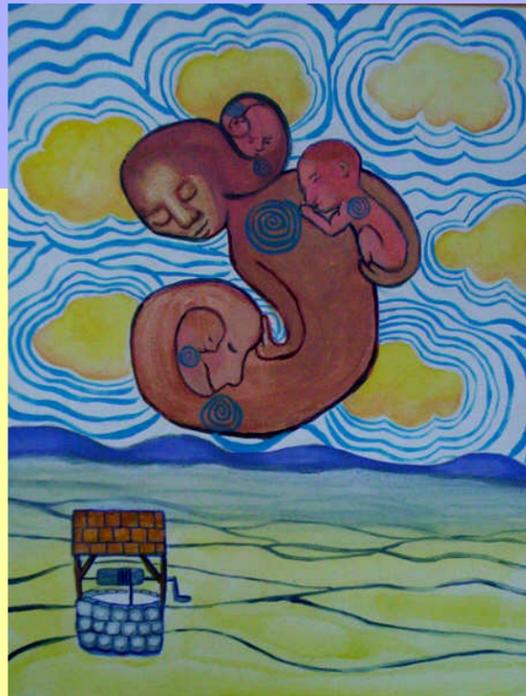
Fundraiser Raffle. Bring your "white elephants" or other items you want to donate—anything in reasonable condition is acceptable. Everyone wins at this event and has a great time.

Cabaret! Get on stage and express yourself with a song, a poem, a skit, improv or humor—to the most supportive audience around!

Dance Party. Another chance to enjoy and express yourself in a fun-filled evening of music and dance!



Finding the Authentic Self



35th Annual Convention August 6 to August 12, 2007

The Country Place Retreat and Conference Center

White Haven, Pennsylvania, USA

I N T E R N A T I O N A L

P R I M A L

A S S O C I A T I O N

Supporting Growth and Healing Through Deep Feeling Process

Welcome!

Dear Old and New Friends,

All of us yearn to reconnect to that sense of wonder and joy we once felt. This year's Convention, "Finding the Authentic Self," invites us to create that experience once again. As always, the IPA Summer Convention emphasizes deep, authentic expression of feeling as the keystone for self-reconnection.

Come to this convention and meet yourself and each other in your deepest yearnings and desires. Come, learn, heal, explore, express, and bond with like-minded people in a joyous celebration of the preciousness of who you are. We look forward to meeting old friends and making new ones.

Mickey Judkovics and Alice Rose, PhD
Convention 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.

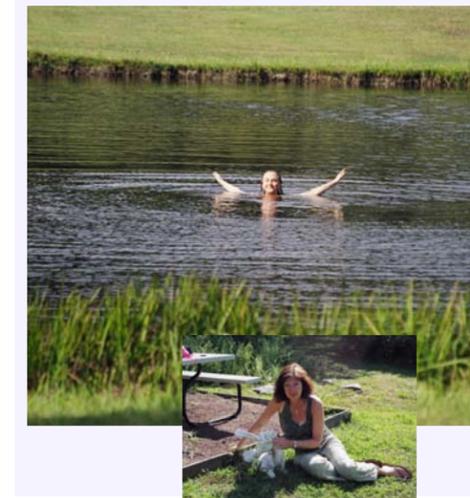
For general information visit our website: www.primals.org.

The Country Place Retreat and Conference Center

Located in the foothills of the Pocono Mountains and nestled into 450 acres of woodlands and meadows, **The Country Place Retreat and Conference Center** has been a sacred spot for families and guests for over 150 years. The original 1850 farmhouse features the best of old-world charm and modern convenience, creating an ideal living and learning environment.

The Country Place boasts miles of hiking trails and facilities for softball, badminton, volleyball, swimming and paddle boating. The Blue Heron Pavilion, overlooking the pond, offers one of the most scenic views in the Poconos. An infrared sauna and steam chamber are available to guests in the massage building. The kitchen provides healthy gourmet cuisine supplied by an organic vegetable garden.

For more information on The Country Place, visit www.retreatpa.com.



Getting There

The Country Place is located at 45 Country Place Lane, White Haven, Pennsylvania, USA. Telephone: 570-636-3858. It is situated 100 miles north of Philadelphia, 110 miles west of New York, and 30 miles south of the Wilkes-Barre/Scranton International Airport. For detailed directions go to the website: www.retreatpa.com/location.html.

For transportation information and assistance, call Leonard Rosenbaum: 202-393-2885.

Keynote Speaker

Alex MacMillan

Stepping into the River of Madness



A descent into that deeply raging river within the unconscious that some have referred to as madness has long been considered a necessary condition of the quest for healing. To allow the full expression of "strangled affect" we must first develop an awareness and understanding of both physical and psychological defenses against this type of material and descent. The client is then taken on a journey of development in which he acquires the capacity for containment and eventually for integration of all unresolved conflicts, unexpressed feelings and confusions.

This Keynote Address will explore a variety of concepts and techniques related to this process from body psychotherapies, shamanistic traditions and Existential Psychoanalysis. Questions and discussions during the talk will be encouraged.

Workshop/Demonstration. A demonstration of a body psychotherapy session, built on the principles discussed in the keynote address, will be followed by a short explanation. This will be followed by brief commentaries, questions and discussion with two senior Primal Therapists and then the whole group.

Alex MacMillan, M.S.W., Ed.D. is a Senior Lecturer in Counseling Psychology at **Lesley University**, Cambridge, Massachusetts, and the founding President of the **United States Association for Body Psychotherapy**. His practice at the **Center for Body Oriented Psychotherapy** includes bioenergetics and psychodrama. Additionally, in Mexico, he has studied extensively the impact our fear of death has upon our ability to live and love fully.

Featured Presenter

Skip Ellis

Bonding Psychotherapy: New Theory and Interventions

In this didactic, experiential workshop "Skip" Ellis presents the newest theory and practices of Bonding Psychotherapy with an emphasis on deep emotional work. Bonding Psychotherapy considers psychological disorders to result from a "deficiency syndrome" due to unmet basic biopsychosocial needs, especially bonding and attachment needs. The new theory and practice expands and refines this original understanding to include the concept of dysfunctional emotional schemas. Exploring these schemas serves to focus, extend, and deepen the "normal" Bonding Psychotherapy emotional processing and integration process. The workshop will include demonstrations of the use of this theory and as well as experiential work with new interventions.

Franklin W. "Skip" Ellis, LCSW-C, is the President of the **American and International Societies of Bonding Psychotherapy**. For the past several years he has assisted in the development of the new theory of Bonding Psychotherapy and in conducting trainings in new interventions based on this theory. Skip has led therapeutic groups and workshops for individuals and couples since 1983.



Workshops

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



Emotional Shock and Trauma. Terry Larimore, a leader in her field, presents **three** exciting workshops to develop facility in working with painful experiences from childhood, birth or prenatal development. Explore the vital differences between shock and trauma; discover the treatment protocols for emotional shock: containment, resourcing, regression and catharsis; and observe a demonstration of these techniques.

Primal Therapy, Mystical Experiences and the Practice of Asceticism. Come experience the mystery behind the pain. Alice Rose, PhD, a primal therapist for 30 years, provides a unique synthesis of primal therapy and spiritual practices.

Walking in Your Shoes™ with Dr. John Cogswell. Learn to listen to the impulses of your bodymind. Walk and be walked. Discover a deeper, more empathic approach to yourself and others.

Paint! Join Karuna O'Donnell, creator of our beautiful convention logo, in freeing our authentic selves through the medium of paint.

Open Therapist Discussion Group. Barbara Bryan, past President of the IPA, leads three discussion groups for therapists and facilitators. Client boundaries, therapist supervision, therapeutic presence and core beliefs are some possible topics.

Understanding and Healing Shadow. Shadow consists of the disowned parts of ourselves. In this workshop, Wayne Carr, PhD will help us increase awareness of our shadow and our ability to re-assimilate these disowned parts.



Cathartic Panel Discussion. Leonard Rosenbaum chairs a panel of primal therapists discussing the dimensions and distinctions that lead to effective deep feeling work, based on ideas from ancient antiquity to the present.

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

Healing Deeply, Touching Safely. Presented by Denise Kline, massage therapist, crisis and sexual assault counselor and legal advocate, this workshop teaches intentional touch techniques to facilitate healing.

The Theater Within. Bring your inner children, subpersonalities, animal selves and all your feelings to the stage with Jean Rashkind.

Grieving Our Losses. Bob Holmes, IPA President, leads this workshop on the impact of protracted grief and what we can do, as primal people, to get back on track.

Working With Feeling States. Barbara Bryan will introduce the four core feeling states in the primal process: need, terror, rage and joy, and will present ways to facilitate and deepen these four major feelings.

Jungian Sandplay. Marie Regis, mentored in Sandplay therapy by the late Bill Smukler on three Arks, will guide you into the profound and limitless world of Sandplay.

Accessing Feelings with Yoga. Cynthia McNellis leads us into a deeper connection to our feelings trapped in the body as tension. Using the yogic practices of breathing and stretching we will tune into our own inner universe and see what is inside us.

Primal 101. What is primal? What are the benefits? How do we get into a primal, and maintain safety before, during and after a primal? Learn what works for you.



What Developmental Stage are You in and What is Your Next One? Explore the various developmental stages of individuals and societies. Accelerate movement into your next developmental stage. Presented by Wayne Carr, PhD.

Nonviolent Communication. Learn empathy awareness skills that will enhance your own healing and enhance your relationships with those you care about.

Needs, A Healing Resource. In this experiential workshop we will explore our "core needs" as a healing resource and as a pathway to our authentic self. Mickey Judkovics presents.



Fees and Registration

| DAYS | REGULAR | EARLY* |
|------|---------|--------|
| 6 | \$800 | \$710 |
| 5 | 720 | 640 |
| 4 | 585 | 515 |
| 3 | 450 | 390 |
| 2 | 315 | 265 |
| 1 | 175 | 135 |

*Deadline: July 6, 2007

Listed prices are for dormitory accommodations for IPA members. **Non-members add \$10 per day to listed price** (visit website, www.primals.org, for info on membership.) One day runs from 5:00 pm to 5:00 pm the following day. Daily fee includes meals, lodging, all workshops and activities, and use of The Country Place facilities. Private room add \$40/day to listed price. Semi-private (2/room) add \$25/person/day to listed price. Tents (bring your own tent) deduct \$15/day from listed price. Bedding provided; please bring towels. Special: one day, no overnight for \$75. Distance discount: North American residents more than 1000 miles away and overseas residents deduct 15% from total. Child care: call for fees and info. Offsite lodging: deduct \$20/per/day. (Comfort Inn offers IPA discount rate until July 6 by calling 877-424-6423 or 570-443-8461.) Send no deposits. All fees payable in full upon registration, US funds only. Refunds minus cancellation fee with written request on or before July 6th.

Name _____

Address _____

State/Prov. _____ Country _____ Zip/Post.Code _____

Member Non Member Is this a change of address? _____

Where did you learn about the IPA? _____

Circle days attending: M T W Th F S

Circle arrival day first meal: B L D Circle departure day last meal: B L D

Special food needs (allergies, vegetarian, etc.) _____

Special accommodations: Private Semi-Private Share with _____

Discounts: Offsite Distance Tenting

Register me (us) for _____ days. The fee is \$ _____

Second person, name _____ If child, age _____ \$ _____

Third person, name _____ If child, age _____ \$ _____

Donation (optional) to IPA Scholarship Fund \$ _____

Donation (optional) to IPA Development Fund \$ _____

Personal and bank checks, money orders, and Visa or Mastercard accepted as payment (U.S. funds only) TOTAL: \$ _____

Credit Card # _____ Expiration _____ V-Code _____

Send form together with payment to: IPA, 811 Whann Ave., Mclean, VA 22101 USA. For more payment information, call: 703-734 1405 or email wmwhitesell@yahoo.com

For further information see our website: www.primalconference.com; or email: convention@primals.org

