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 joyful 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.

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.

Daily Activities

Movement & Yoga. Wake up to early morning Yoga, stretching, and Tai 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 Klime.

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!
**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 work and that of 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 Judovits presents.

### 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 Laramore, 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, resourceing, regression and catharsis; and observe a demonstration of these techniques.

**Primal Therapy, Mystical Experiences and the Practice of Ascenticism.** 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 Cogwell.** Learn to listen to the impuluses 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 a transactional analysis perspective on the primal process: need, terror, rage and joy, and will present ways to integrate these schemas into your work.

**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.

### Fees and Registration

Listed prices are for dormitory accommodations for IPA members. Non-members add $10 per day to listed price (visit website, www.primalconf.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. Tenants (bring your own tent) deduct $15/day from listed price. Bedding provided; please bring towels. Special: one day $575; overnight $655. International residents more than 1000 miles away and overseas residents deduct 15% from total. Child care: call for fees and info. Offsite lodging: deduct $20/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. Refund minus cancellation fee with written request on or before July 6th.

**Deadline:** July 6, 2007

### 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.

**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 process” by understanding the dimensional and distinctions that lead to effective deep feeling work.

**Training:** No previous experience or knowledge is needed. Knowledge of the basic primal psychotherapy process and understanding of the dimensions and distinctions that lead to effective deep feeling work is helpful but not necessary.

**Featured Presenter**

**Franklin W. “Skip” Ellis, LCST-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.