

PRIMAL

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By Bob Holmes

The following is an excerpt from an email written to primal friends three days after the IPA Convention 2001.

I'm a week behind in reading messages, and still catching up on my sleep after experiencing what could probably be termed the most wonderful week of my life. The IPA convention far exceeded my wildest expectations. Picture this:

- The opportunity to primal in group every morning, and to primal alone or with a sitter anytime at all.
- The opportunity for sharing every evening in a small group of peers whatever might be on your mind or in your heart.
- The opportunity for sharing and bonding in a men's group (or women's group—for women, natch) every morning.
- The chance to experience a wide array of experiential workshops and presentations,

with so many offerings it would take three conventions to experience them all.

- The chance to enjoy some fun activities such as hanging around the pool, the primal baseball game (still have aching muscles from acting like a ten-year-old!!), the dance party, the Cabaret (I will be getting a videotape of this, it was so great—many performers doing all kinds of things from the serious to the ridiculous!! I just about pissed my pants in hysterics over Bill Whitesell's comedy routine!!)
- The opportunity for morning yoga/meditation and the chance to get a massage. As well, the opportunity to facilitate a couple of people, and give a massage too!

To top it all off, the food was out of this world, Chef Tony treating us to little "extras" at unexpected moments. Seven days of this primal playground for about \$500 US, less than the cost of a one week primal intensive.

Continued on page 6

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Next deadline: January 15, 2002

Change of address?

Contact the Secretary/Treasurer
info@primals.org

Look At What We've Done!

By Sam Turton

I believe the intention of the IPA is to support our feeling community, and to expand our boundaries to make primal life more available throughout the world. Last year we made some major steps forward:

- The 2nd Annual Spring Retreat, created as a prototype for other regional gatherings, is bigger and better
- Worldwide Contact Network is created, and continues to grow
- Website updated, redesigned, and further expanded with a new IPA Publications section, Worldwide Contact Network, Audio Recordings for sale, Technical (Computer) Help, and Member News
- Newsletter redesigned and expanded
- IPA image development follows new positive direction of primal therapy

- New \$30 Overseas mailing membership category created
- IPA initiative for therapy training started by Barbara Bryan and Sam Turton
- Nonprofit application filed and pending
- Credit card payment system instituted
- Taxes up to date and under control!
- Development Fund and Scholarship Fund created, and gathers donations
- Member renewal time shifted from September-December to July-September
- John Speyrer gives the IPA copies of his Primal Psychotherapy Page for safe-keeping and possible management
- New integrated business/process format for Board Meetings
- Therapist Referral List expanded
- Summer Convention 2001 success

IPA - A Big Enough Container?

By Mickey Judkovic

What is a container? Big enough for what?? Let me answer by starting with some ideas on containers, containment, and "holding" environments. Simply put, containers hold something. In treatment of shock, William Emerson has come up with a "containment" model. In explaining his model, Emerson makes such statements as, "Containment means that a practitioner silently holds and empathizes with the shocking experiences of a client." There are five functions in his containment model, and two are quoted below, from the audiotape booklet "Shock, A Universal Malady - Prenatal and Perinatal Origins of Suffering," copyright 1999, by William Emerson.

"The first function that practitioners are responsible for is the formation of a receptive container for the shock material of clients. Practitioners do this by: being present, interested and compassionate; listening carefully; remembering what they hear; cataloguing the events that they remember;

and letting the material 'into their hearts.' Forming a receptive container becomes an ongoing aspect of the treatment process."

"The third function of containment involves holding. This means that practitioners *suspend judgment and advice giving, contemplate the material, remain open to insight and understanding and hold the material close to their hearts* [italics MJ]. By contemplating the material and remaining open to insight and understanding,

practitioners develop intuitions, or experience insights on nonlinear levels. Protectiveness is an important aspect of holding and means that insights and other contained material may be inappropriate for

clients to have conscious access to and that verbal sharing of contained material by practitioners is irrelevant to healing. Sharing can be undertaken if the situation is appropriate and clients request it."

When I first encountered this model, my first response was, "Where is the client in this model? What does the client do? I don't get it."

"Ah," I said to myself, "now I understand."

Continued on next page

From the IPA Treasurer

Thanks to all who joined us at the 2001 Convention—Primal Circles, Primal Heart. A special thanks to the 15 new people who were courageous enough to check us out. You were a wonderful addition to the community.

Financially, this year's convention was very successful. We had a substantial turn-out despite the convention fee increase. The increase did, indeed, cover our expenses and the profit we earned will contribute to a much healthier budget for the coming year. The Board will continue to act conservatively this year, as we did last year.

Our raffle hosted by Barbara Kay Cope, Barbara Bryan, and Harriet Geller was a terrific success, and auctioneer Larry Schumer had us laughing all the way through. We raised \$450! We sold many copies of the Bill Smukler video, manufactured by Marshall Zidel. These will continue to be available on our website and by mail. The 2001 Ceremonial Mugs, designed by Harriet Geller and Sam Turton, were a big hit as well.

Our Development Fund (for public relations projects) and our Scholarship Fund have also received almost \$200 in donations. Thanks to all who were able to make contributions.

Our Nonprofit Application was submitted by Bill Whitesell at the start of our fiscal year, August 1, 2001. We should hear whether it's been accepted by the end of December 2001.

If you haven't renewed your membership, please consider doing it soon. Your membership dollars show your support of the IPA, help to produce conventions and retreats, and help build a network of people committed to emotional health.

After the convention, as I worked on IPA finances and settled into my new teaching schedule and routine, September 11 arrived. I watched the attacks on the Pentagon and The World Trade Center in horror. As the buildings collapsed, I started thinking about the IPAers in DC and NYC, especially in lower Manhattan. It took about 48 hours of emails and phone calls to determine that all our members were okay.

In the weeks following September 11, I started to gain a deeper understanding of how Primal Therapy facilitated healing in this awful situation. The IPAers on Ewail shared huge amounts of feelings and support for each other. Our Canadian Ewail members sent love and support to the US Ewailers. I received deep sympathy and support from one new member in England and another in Australia. We all keep talking, sharing, and expressing, whether it is outrage, grief, shock, or the simple need to meditate and pray.

And we brought our primal skills to all we came in contact with. After September 11, I'm sure many of us supported friends, children, neighbors, coworkers, and even strangers using the primal skills we continually hone: Compassionate Listening and Realness.

I think this is what IPAers have to offer the world at large. Out of our personal commitments to heal ourselves, we then move forward to help others heal. I send my love and support to everyone reading this newsletter. Let's stay connected in these challenging times.

Sharon Kane

"Container" continued from previous page

At this year's convention, I talked to Lisa Gayle, who has trained with Emerson, and she explained, "The reason why this works is that it allows the client to expand and be healed."

"Ah," I said to myself, "now I understand." And then I connected it to a question I have been asking myself the last few years, "Why do I keep coming back to the IPA Convention? I don't like the physical facilities. I don't feel safe in the wide open space. The food has been lousy. It is always the same old people, etc., etc., etc."

Now I had the answer. The commitment of 70 people willing to work on themselves and willing to let others work on themselves formed for me a safe container, a sanctuary, a place of refuge, a place of asylum, a place to be "held" in the arms of acceptance and love. And in this place I could be healed, have been healed, and will continue to be healed. For this, I thank you all.

Editor's Note: In response to Mickey's feelings about "the food," I think most attendees would agree that the food at this convention was great!

Member News

Primal Integration Center of Michigan Intensives

Fee of \$140 includes food, lodging, and airport pick-up. Friday 7:30pm - Sat. 4:00pm. Led by Barbara Bryan and Sam Turton.

December 14-15, 2001

January 11-12, 2002

248-478-5559

babryan@twmi.rr.com

Initial Training in Primal Integration

Primal Integration Center of Michigan **March 3-9, 2002**

Intensive training to develop facilitation skills for primal-style or deep-feeling work.

- 70 hours with Certificate
- Early Registration: \$800 US before Jan. 15, \$850 US after
- Leaders: Barbara Bryan, MA, CSW, and Sam Turton

Call 248-478-5559 or visit www.primalworks.com/training.html for brochure and info.

Yvonne Parma & Fred Zielke

Do you live in the Boston area? We hold free monthly meetings for primal people, with a sharing go-round, optional mat time, discussion and a potluck dinner. For more information, contact 781-395-7466 yturtle@aol.com

Primal Theatre Class

Harriet Geller is co-leading a primal theatre class, in the style of Alec Rubin, for actors, writers, dancers, and other seekers. The four-hour sessions include facilitated mat work, movement exercises, relaxation techniques, and improvisational or scripted performance.

Classes held in Manhattan every Friday, 2:00-6:00 pm. For further information, call 212-674-4278.

Primalworks.com

Sam Turton's primal integration practice, primal history, theory, book reviews, events, articles, questions, and a new "Thought of the Week" every Monday.

To U.S. Members

My dear primal friends;

I am deeply devastated to hear of the terrible tragedy you have all experienced. The shock and horror and pain of it all must be profoundly engraved on your bodies and souls.

My affectionate thoughts are with you all as you struggle to find your individual paths through survival and acceptance and, dare I say, some degree of healing.

It is my hope that as you discharge some of the anger and pain there can be room again in your big American hearts for other sentiments besides revenge and retribution.

I hope the love and support of the world can comfort you a little.

Renate Marek
Australia

More Retreats

A new location and dates for the Third Annual IPA Spring Retreat will be announced in the next newsletter or by separate mailing. If a location in the Northeast is finalized for May, a new Southeast Retreat may be scheduled for March. We are presently looking at the Sevenoaks Pathworks Center in Charlottesville, VA, operated by another like-minded group who would be an excellent host to the IPA.

A number of Northeast sites are being considered, but if one is not finalized soon, it is possible that the IPA Spring Retreat will be held at the Pathworks Center in May. This major retreat would then serve both the north and southeast primal communities.

A 2003 Retreat is also proposed for the Boulder, Colorado area. Members have also expressed some interest in gathering in Ontario, Quebec, and the Northwest. Let us know your retreat interests by contacting Denise Kline at:

301-791-9237
dkline43@aol.com

Wailing for Humanity on 9/11

The following messages by Bill Whitesell and Shelly Beach were posted on Ewail (the Convention internet group) after the tragic events of September 11, 2001.

Human beings! Damn. I had such dreams for you, for us. Destined, I thought, for the peaceful colonization of the galaxy. But are we worthy of any such potential? Can we be entrusted even with the powers we've already developed?

The human in us now seems like that man dangling from the 78th floor—courageously seeking escape from the fury of the plane's fire. He reminded me of that other man from some years ago, that lone Chinese dissident standing in front of the column of tanks. Each of them naked in their humanness, fragile, yet seeming for a moment to have a heroic triumph in hand.

The Chinese dissident was eventually imprisoned. And today, the man dangling from the 78th floor plummeted to his death when acres of steel collapsed around him.

Oh human beings, what suffering we bring upon each other! Are we forever doomed by the crazies among us? The monsters in human form? The over-empowered barbarians? Are we really destined only to destroy ourselves? And the chance for good within us?

I cry and I cry and I cry . . . and no god will save us, no god will spare us . . .

Oh, fellow healing-seekers, are we condemned to be nothing but a transitory island of emotional relief in a vast sea of human agony heading to self-destruction? How can we bring life and love to this warped world of vindictive hatreds? Are we tender shoots viable at all, amidst these dominant barbarisms?

Desperately, I groped for a fix. Brain chemicals seem too slow and uncertain. The fundamental moral structure is far too tenuous. Don't we need the ultimate—a DNA transplant? A new species to replace us?

Oh, dear friends, how can I maintain faith in the long, voluntary process of healing, when the world is aflame? How can our healing ever spread far enough and fast

enough to save humanity from itself? I cry and I cry . . .

And I am thankful at least and at last that I am not alone. I feel you here with me now, fellow healing-seekers. I know that I wail with you, dear friends, in our shared, wounded humanity. And as I reach for recovery within myself, I draw strength from your presence, strength that may yet sustain me in hope for the healing and goodness of the human heart.

Bill Whitesell

"I never knew you, but I'll never forget you."

On Monday, Sept. 17, I went to the Memorial site for those who were missing and dead in the September 11th catastrophes. It was in Union Square Park just a few blocks from my house. I was soooooo overwhelmed

with all the flowers, notes, candles, etc. The sun was shining that morning but I felt a dark cloud overhead. Not many people were there but the prayers and voices of all the people who wrote their feelings on American flags, large pieces of canvas, small notes scribbled and stuck in a fence, and the many, many, many photos of the missing, were loud and clear. The faces in the photos were happy—some on vacation, some in wedding gowns, some with children—and all full of life. I saw a note that struck me soooooo deeply and I feel it's imbedded in my brain: I NEVER KNEW YOU BUT I'LL NEVER FORGET YOU.

I then went to Washington Square Park where there was another Memorial site represented by a fence all around the Arch, covered with photos of the missing, candles and flowers on the fence and on the ground, and markers for people to write their feelings. With those words still swimming in my head, I wrote on several American Flags that hung on the fence: I NEVER KNEW YOU BUT I'LL NEVER FORGET YOU. I lit some of the candles that had gone out, as others were doing and felt my feelings, talked to strangers and looked up and saw a sign that said: FREE HUGS.

I need some now.

Shelly Beach

The British are Coming!

By Steve Austill

If you don't belong to the IPA Board, you don't get much chance to express yourself about the IPA as an organization. So I thought it would be a good idea to provide a type of IPA "town meeting" during the convention. Members could share their ideas, thoughts, concerns, and hopes for the IPA in a free and open forum. Being an old history buff and a special lover of Sam Adams, I thought it would be interesting to have as a model the atmosphere of Boston Common in 1774, hard by the Liberty Tree.

It was fun to prepare. Tony gave me a couple of kitchen crates to use as soapboxes. By the platform I spotted the perfect Liberty Tree. It was big. It was strong. It was beautiful. It was young.

Last but not least, I got the two essentials for any IPA workshop: tissue and mats. Fifteen minutes before the workshop, I played a bugle call on my trombone and shouted, "The British are coming! The British are coming!" I ran 100 paces and shouted again, "The British are coming! The British are coming!" All around the campus I ran and shouted. I thought of Paul Revere, Sam Adams, and John Hancock.

A good group arrived to see what was going on, but I was especially thrilled to see that almost all "the kids" came. I talked about the historical situation in 1774. Patriots were furious that they were being taxed by a Parliament in which they had no say. They resented being forced to host British soldiers and German mercenaries in their own private homes. They suffered from the British naval blockade of Boston harbor. They were enraged when the King's Governor adjourned the democratically elected assembly. Now there was no place to air grievances. It was a question of liberty or tyranny!

Today, in 2001, we are fighting a tyranny of a different kind . . . the tyranny of repressed feelings.

Then the floor was open and soapboxes ready for action. The response was immediate. The following is something like what I heard:

I'm really mad and I'm not going to take it anymore! Big business is taking over everything and corporations control our destiny! Television commercials are seducing our people! Our time is now, because in a few years 20% of the population will be depressed! We don't need to do anything because if we are a loving community, people will come to us naturally. I've tried to tell people about primal but they won't come. We should all support Sam's story project and get the message out! Let's get going! This is urgent! I'd like to get a group started, but I haven't been able to do so. 140,000 people die annually from prescription drugs! We must act! What are we to do? What are we to do? Sam Adams started the Committees of Correspondence. He contacted all the other states: New York, Georgia, Virginia, New Hampshire, Rhode Island, Maine, Connecticut, Vermont, Maryland, Delaware, North and South Carolina. They wrote to each other and started working together. We should join with other like-minded groups like NIP and others! What should we do?



After everyone had their say, the energy petered out. Individuals drifted away just like they would have done years ago. A few persons stayed around and said a little more. There was excitement in the air, but no conclusions. Perhaps Jonathan's startling message at Cabaret was inspired by the workshop. I don't know. In our laughter and fun, he confronted us with 20th century political terror.

My little idea for an IPA "town meeting" had blossomed into a consideration of the powers of evil in our world today. What a challenge!

Walking to the closing ceremony, I saw Freddie in the distance. She looked over and hollered, "The British are coming! The British are coming!"

That felt good to me.

The Latest News

By Harriet Geller

The Summer Convention, *Primal Circles, Primal Heart*, was a financial as well as a primal success. We are grateful to Chair Jean Rashkind for all her organizational work, but especially for guiding our week with her calm and caring presence. Plans for the 2002 Summer Convention at Appel Farm are taking shape with Bill Whitesell accepting the reins as chair of a very active committee. We will have much more to tell you about it in the next newsletter.

There has been profuse discussion and research about regional retreats for the coming Spring. Unfortunately, GROW II Lodge, where we have held our last two gatherings, is no longer available. We are on the trail of equally suitable venues for May 2002, so stay tuned.

Barbara Kay Cope, who stepped in to become Secretary in 2000 when the IPA was in dire need, has regrettably—and reluctantly—resigned. Barbara Kay has served the IPA on the Board and as Secretary for many of the past dozen years. Her competence, reliability, and wisdom will be sorely missed. Sharon Kane will assume the title of Secretary/Treasurer and share secretarial functions with Harriet Geller, Sam Turton, and newly elected Board member, Jane Lewis.

New Contacts

The IPA Worldwide Contact Network keeps expanding:

Southeast U.S.

Alice Rose
Roswell, GA
404-550-5626
edavidmorris@yahoo.com

Rick Benson
Anna Maria, FL
941-778-2496
algamus@aol.com

View the complete list on the web. To be a representative, contact Denise Kline at 301-791-9237 or dkline43@aol.com.

IPA 29th Annual Convention

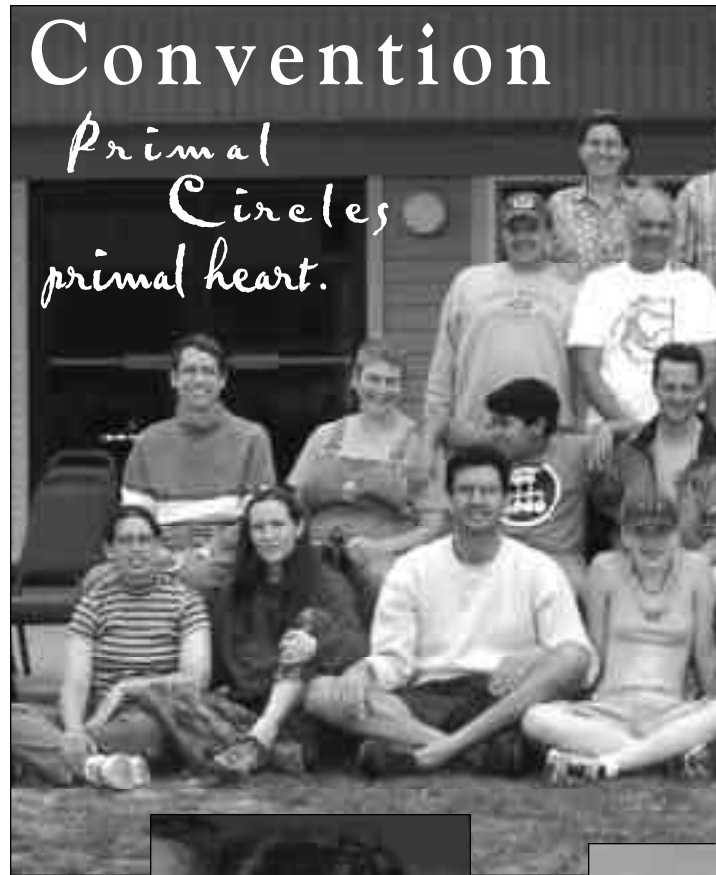
"A Week in the Life" continued from page 1

But what the foregoing can't describe is the feeling of "authentic community" that I came away with at the end of it all. In a week I had met virtually every one of the seventy or so attendees, and knew most of their first names. I was accepted and included without question or hesitation or judgement, and I went through a few important personal processes out of which I have emerged a changed and more humble person. A primal person sharing a primal community. I will definitely be back. Mickey, I loved your workshop on metaphoric healing. Sam, I loved your guitar playing, your singing and songwriting. Harriet, it was a pleasure being in your workshop and a delight to have had you choose my ticket. Leonard, it was great to meet you and to share the experience of Mary's workshop.

Must go now, talk later, love to you all,

Bob

Bob Holmes is a regression therapist from Barrie, Ontario, Canada. Bob's correct email address (slight error in the Membership List!) is link.2.holmes@sympatico.ca.



Bob Holmes in action.



Convention Chair Jean Rashkind enjoying her primal circles.

Bob Holmes and Yvonne Parma strategize their raffle picks.



Jacob Ehmann votes for Peace!



Another expressive Cabaret moment with Shelly Beach and Sam Turton.



Fred Zielke gets deep in the jazz.

Michele DelGesso and Karuna O'Donnell get their masks ready for the emotional fire.



2001: A Portrait

by Marshall Zidel

Left to right, grounded: Mandi Cope, Marie Regis, Karl Reis, Freddie Cope, Dave Easton, Jane Lewis, Warren Davis, Briseis Gatto, Karuna O'Donnell, Kevin Cope, Tess Smelser, Walter Gambin, David Cope, Anne Whittaker.



"F-Stop" Zidel himself.

On chairs: Bill Whitesell, Lisa Gayle, Jacob Ehmann, Noah Zidel, Larry Schumer, Sam Turton, Barbara Bryan, Marlene Schiller, Shelly Beach, Larry King, Alex Tadeskung, Johanne Hamel, Jay Zachar, Terri Mueller.

Standing: Joe Dunn, Steve Austill, Sam Addington, Carol Holmes, Vera Orlock, Denise Kline, Alice Rose, Bernard Rielly, Mark Lipman, Yvonne Parma, Cindy Ciancarelli, Deborah Delman, Jonathan Delman.

Airborne: Sharon Kane, Norm Lowery, Bob Holmes, John Quick, Harriet Geller, Jean Rashkind, Judy Lucrezia, Jerry Lucrezia, Lynn Turner, Rick Benson, Pauliann Lister, Linda Marks.



Harriet Geller and Yvonne Parma blend poetry and theatre.



Vera Orlock demonstrates physiological theory to Warren Davis and John Quick!



Chef Tony announces dessert.

Choosing a Mental Health Therapist

By Norm Lowery

In my own search I went through a number of psychologists, psychiatrists, and social workers over many years, with little progress. Then, I found a social worker whose skills and therapeutic techniques transformed my life. Finding the professional that offered this rich opportunity for change was just plain luck. In fact, when we are seeking direction and healing we are usually in the worst possible state to make a wise selection. The issues that propel us to seek help (depression, anxiety, failed relationships, etc.) are so overwhelming that little energy and clarity are available for the challenging task of choosing a therapist.

Recently three friends asked me for assistance in selecting a mental health professional. After some consideration I suggested character qualities that are important and drafted a list of questions to ask potential therapists. Later they told me the evaluation criteria guided them to vary capable professionals, and they encouraged me to write an article.

An Action List

Here is an action list to assist you in selecting a therapist:

1. Ask people close to you about their therapy experience. Would they recommend their mental health professional?
2. Attend public offerings where therapists present their approaches and skills. Ask questions about their success with your symptom(s).
3. Read professional journals, such as *Psychotherapy Networker*, where therapists report their work and therapeutic processes. Most libraries have professional journals. Look for success with your issue(s) and contact the author for advice about finding a therapist in your geographic location.
4. Key your symptoms into the internet and run a search. Look for therapists and modalities with a proven track record with your issues.
5. Ask a therapist you respect for recommendations.
6. Review books and articles focused on your mental health issues. When the author reports positive results, contact him or her for advice to find help in your area.
7. Become knowledgeable about therapists' credentials. Disciplines vary in their requirements for clinical training and supervision. Many professionals are licensed after completion of academic degrees, supervision in clinical sites, passing professional testing, and committing to ethical practices. Others practicing as psychotherapists/counselors may have limited training and experience.
8. Ask for a free introductory session to interview the therapist. Many therapists are skilled at keeping the focus of

discussion on the client's issues. This is very appropriate in therapy but the goal in the interview is to discover more about the therapist. At the onset I suggest the client state, "While I realize it will be necessary for me to tell you about the general nature of my concerns, I would like to use most of our time today asking questions to learn about your skills and training." Competent therapists will welcome this interview.

Questions for the therapist

1. "Have you worked with clients with similar issues as mine? What were the results? If successful, how long did the process take?"
2. "What modality(s) are you an expert in?"
It is desirable for a therapist to be an expert in at least one therapeutic process.
3. "What are the sources of your clients?" I believe the more referred clients by present or past clients, the more positively it reflects on the therapist.
4. "What trainings have you attended in the last six months and what do you have planned for the future?"
Enthusiastic, capable therapists love their work and seek to improve skills, interact with colleagues, and learn new techniques.
5. "What are your credentials and training? How much clinical experience have you had?" Clinical experience in a psychiatric hospital, mental health clinic, etc. is an asset.
6. "What motivated you to become a therapist?" Formerly wounded healers who have worked through their pathology bring the special gift of personal experience to therapy.
7. "Do you have a spiritual practice?" A spiritual grounding helps bring depth to therapy.
8. "Do you offer group therapy?" Groups offer a powerful therapeutic opportunity that is difficult to duplicate in individual sessions. Groups are also usually less expensive than one-on-one meetings and are of greatest value in concert with individual sessions, where group experiences can be processed.
9. "What is your goal for clients, and your philosophy about therapy?" I believe the therapist should be focused to meet the client's goals, not his or her own expectations or agenda.
10. "Are you experienced and comfortable with deep emotional work?" Brain research is confirming that emotionally charged material is stored in the early brains—the visceral brain and limbic system. These are formed before the neocortex, the thinking brain. These early brains know no time, are very reactive, and frequently are the unconscious forces that direct our lives. Deep emotional

"When we are seeking direction and healing we are usually in the worst possible state to make a wise selection."

work, accessing, processing and releasing early pain, is a critical and powerful form of healing for many clients.

11. "Are you supervised?" It is an advantage if a therapist is under supervision. Supervision offers an important second opinion and a healthy review of therapy progress.

12. "Are you trained in Eye Movement Desensitization and Reprocessing (EMDR), or energy therapies such as Emotional Freedom Techniques (EFT) and Thought Field Therapy (TFT)?" These modalities can be time efficient and frequently result in significant breakthroughs.

Be aware that therapists using insurance or HMOs may be pressured to refer you for medications before additional visits can be approved. Therapy sessions may be shortened to complete paperwork. Some therapists refuse to be burdened by the insurance industry, believing the most effective therapy is pay for service. Studies show the more clients pay for therapy out of pocket, the greater the progress. A smooth, polished, highly verbal therapist, well dressed, with a finely appointed office may not bring much to the therapeutic table. Another therapist may be less skilled in presentation but possess a strong capacity to heal. The initial impression of a therapist may be misleading. You cannot judge the book by the cover.

You may have to invest time and money to assess a mental health professional. The best test of the therapist is whether you are moving towards the results you desire. Sometimes symptoms will become more difficult as a necessary evolutionary process in improvement of conditions.

Qualities to look for

1. Healthy appearance. A sound body and mind go hand in hand.
2. Happiness, joy, enthusiasm, energy. These contribute to a strong, desirable role model.
3. Integrity. Does not cheat on insurance forms and will admit mistakes and inconsistencies. There are many clues as to one's integrity.
4. Attentive. A good listener who remembers what you said.
5. Open-hearted. You may feel this.
6. Trustworthy. You can rely on what he or she says or does. Does not promise the impossible.
7. Risk taker. Not afraid to confront you when it is in your best interest.

Continued on page 11

Book Review: *Emotional Fitness*

Emotional Fitness: Discovering Our Natural Healing Power

Janice Berger with Harry Hall
2000, Prentice Hall Canada

By Sam Turton

Janice Berger is a Canadian psychotherapist and IPA member practicing just north of Toronto. Her book is a very warm, well-written introduction to the vital importance of feelings and the primal process, which she calls Deep Emotional Processing Therapy.

Rather than using a cumbersome, pseudo-scientific writing style typical of psychology books, Berger simply *speaks* to you. And instead of the usual little symbols and footnotes, she has a suggested reading list of important authors such as Arthur Janov, Alice Miller, Jean Jenson, Aletha Solter, John Bradshaw, and Harville Hendrix. This is a book for people, although it will also give the academics and medical professionals something to think about.

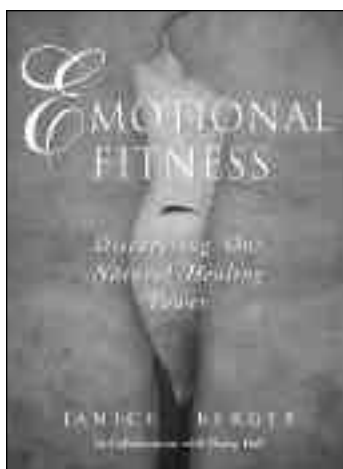
The first section deals with basic theory and practice, while the last portion is devoted to the trigger-happy domain of relationships. The body of the book, however, is a unique departure, and deals exclusively with feeling states. In fifteen

sections, with many client stories, Berger touches on need, worthlessness, shame, guilt, anxiety, fear, panic, anger, powerlessness, hurt, regret, grief, loneliness, numbness, deadness, and flatness. Everyone can find themselves in this book! And it is presented in such a non-intimidating, common-sense manner that it is ideal to give to friends and family so they can better understand the process you are undertaking.

Primal veterans will not find many surprises here, but it's always refreshing to see through a different author's eyes. Rather than nitty-gritty session reports by clients, the case histories are general overviews by the therapist where the actual process of the feeling work is only hinted at. No doubt this is because Berger seems to feel that therapeutic guidance

is necessary at the early stages, and I agree. Her main thesis, however, is that deep emotional work is a natural process that our biology needs to complete, and is not the sole domain of experts. It is a healing power we all possess.

Janice Berger has added a book to the primal library that belongs in our minds, on our shelves, and in the hands of everyone who can read.



Emotional Fitness is presently only available in Canada, but can be ordered on-line at <http://chapters.indigo.ca>

Speakers Bureau

The purpose of the IPA Speakers Bureau is to present speakers and workshop leaders who are experienced and knowledgeable in primal and related processes.

Speakers available include individuals with considerable knowledge and training in primal therapy, gestalt, peer process and NIP/Bonding Psychotherapy, such as Fred Zielke, Linda Marks, and Larry King. Workshops available include Primal Integration Training and intensives by Barbara Bryan and Sam Turton, Chris Wright's Emotional Healing systems, Susan Aaron's Psychodramatic Bodywork and Boundaries workshops, and Holotropic Breathwork sessions.

Let us know if you or your group would like to learn and experience something from these ambassadors of the primal community. Programs can be organized at some discount for the IPA and its members.

For more information, contact Denise Kline at dkline43@aol.com

Peer Groups

Metropolitan DC offers a monthly peer priming group open to anyone with some emotional process experience. Open primal therapy groups are available in Detroit and Boston and are in development elsewhere. If you need guidelines and assistance in developing a peer priming group, please contact Denise Kline at dkline43@aol.com

Winter Board

The next weekend meeting for the IPA Officers and Board of Directors is February 2 & 3, 2002, in Boston. Fred Zielke and Yvonne Parma will again be hosting the meeting at the Board's favorite home-away-from-home! Interested members are welcome to participate.

Poetry Erupts at Convention

by Harriet Geller

My workshop offering at the Summer Convention this year, "Poetry: Feelings to Words to Feelings," included an exercise in which we each wrote a ten-line poem in ten minutes. The poem was to incorporate a proverb, adage or familiar phrase altered in some way, plus at least four of the following words: cliff, needle, voice, whirl, blackberry, cloud, mother, lick. Here is a sampling of the wide range of responses to the guidelines—and some serendipitous similarities.

Back Seat

I am lying in the back seat
Of the family car.
All I hear
Is the whirring of the motor
And my mother's voice,
Low,
In the front seat
Talking to my father.
I watch the clouds
Go by.

Linda Marks

First Love

Someday my prince will
Rise like a blackberry cloud,
Float his seedy bulbous body
Into view, and I will needle
Him into deflation — Oh, no!
I mean he will gently descend
Onto my rooftop and lick
The milk from his lips
While I prepare the cream.

Harriet Geller

Somewhere
between the devil and the blue sea
must be that cloud
where my mother lives.

The cliff is high.
Down there, the waves smash in their own
rhythm.
I look, I listen, I smell, I lick,
waiting for her voice.

Yvonne Parma

Edges

There is a cliff on the edge of my life
I stand like a devil
between it and the sea
my voice
clouded in the rush
of water collapsing
against stone
salt
gathers on my tongue
I lick the air
I will get no closer
to the water

Jane Lewis

Nonsense

Blackberry, blueberry, strawberry clouds
Each tells a story
My voice will give shout (out)

Burberry, thistle, mother, I tout
Don't count your chickens
They're already out
Snapberry, pigberry, honey the cliff
Over you go
With a whirl and a whiff

Stout cloud cliff whiff lick

Marlene Schiller

Individual I

I hate having to use these hackneyed phrases.
They come to me
Like the needle voice of my mother,
Piercing through my stone-walled bulwark,
My will impaled like a fork-stabbed blackberry.

Give me rather my freedom
To write as I please,
Letting the pen flow over the page,
And I - individual I -
One foot out of the grave.

Bob Holmes

“Choosing” continued from page 9

Unfortunately, the rate of burnout in therapists is high. The frustrations dealing with managed care companies and other stresses in the profession exhausts many therapists. One out of every five private practicing therapists leaves the field each year. Some signs of burnout are fatigue, boredom, tardiness, and over-sensitivity. You want someone who is energized, enthusiastic, and upbeat. I support the position that therapist contact should be limited to the therapeutic setting. The therapist is most effective where personal relationships do not cloud objectivity.

In a quiet place, consider your impressions of the therapist. Did you sense openness, a closed attitude, a warm

heart, anxiety, competence, confidence, depth? Run through the list of your impressions. Close your eyes, quiet yourself, sense your heart, and ask your inner wisdom to help in your selection. Therapists are human and you do not have to find perfection to select one who is very capable. You have the right to expect progress in therapy. You should fire your therapist if you are not getting results. There are wonderful therapists available. Do not settle for less.

Norman D. Lowery is a Licensed Clinical Social Worker and psychotherapist practicing in Boulder, Colorado. He specializes in Men's issues, Bonding Psychotherapy groups for adults, and enjoys helping children and adolescents. Norman offers family therapy in the client's home. He can be reached at 303-938-9136.

30th Annual IPA Convention: Call to Presenters

Tuesday, August 27 to Monday, September 2, 2002 • Appel Farm, Elmer, New Jersey

The IPA Convention is always a fascinating mix of classic and novel presentations by an engaging group of newcomers and experienced members. The Convention Committee has not finalized this year's theme, but the inside scoop is that they are leaning toward approaches to shock, trauma, and peer work. Although any subject under the IPA umbrella of modalities and interests is more than welcome, you may want to consider this theme. If you need more information, feel free to contact Bill Whitesell, the Convention 2002 Chair.

right: Vera Orlock demonstrates embryonic development in 2001.



IPA Convention 2002 Workshop Proposal

Name (with credentials, if desired) _____

Address _____

City _____ State/Province _____

Country _____ Zip/Postal Code _____

Phone _____ Fax _____ E-mail _____

Workshop Title _____ Length: 1.5hrs ___ 3hrs ___

Format: Lecture/Discussion ___ Experiential ___ Panel/Debate ___ Recreational ___ Other ___

For scheduling, please circle the days you will be at the Convention: Tu We Th Fr Sa Su Mo

- Print or type on separate sheet: 1. Workshop Title 2. Workshop Length (1.5 or 3 hrs)
3. Two Workshop Descriptions (brochure version - 25 words, program version - 75 words)
4. Biography (50 words)

Your workshop description and biography may be used in promotional materials. The Convention committee reserves the right to edit your description, but will make an effort to contact you if significant changes are required. If you expect people will experience deep feelings in your workshop, please include provisions for unresolved feelings in your workshop description. All personal information shared by any member of a workshop or similar IPA activity is to be treated as confidential.

Presenters must register for the Convention. Submitting a workshop proposal does not constitute registration. A separate Convention brochure including registration form will be sent out to everyone on our mailing list.

All IPA members are invited to present workshop proposals. To allow for optimum scheduling and inclusion in promotional materials, please submit your proposal as soon as possible.

Deadline for submissions is February 1, 2002.

Send proposals to:

Bill Whitesell
Convention 2002 Chair
IPA Board of Directors
811 Whann Avenue
McLean VA
USA 22101
billwhitesell@hotmail.com
703-734-1405

If possible, send your submissions via e-mail.



Roses to:

- Jean Rashkind for creating an exceptional Convention—and doing it with such grace!
- Sharon Kane for continuing your firm but loving grip on the IPA treasury.
- Yvonne Parma and Fred Zielke for making the Board feel at home for the umpteenth time!
- Marshall “F-Stop” Zidel for shooting a brilliant and heartwarming collection of convention photos.
- Barbara Kay Cope for your dedication as Secretary and your many years on the Board.
- Mickey Judkovics for pulling together the new IPA Reading List - available soon!
- Alec Rubin - it wasn't the same this year without your workshop. We wish you a speedy recovery.
- Joe Sanders - we missed you at the Convention. Take care and see you next year.
- Daniel Falkoff (Sharon's friend) for translating the database into her computer's regional dialect.
- A multitude of newsletter contributors - Steve Austill, Shelly Beach, Harriet Geller, Bob Holmes, Mickey Judkovics, Sharon Kane, Denise Kline, Jane Lewis, Norm Lowery, Renate Marek, Linda Marks, Yvonne Parma, Marlene Schiller, Sam Turton, and Bill Whitesell.

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
Lifetime Membership	\$1000	\$1500
Annual Membership (based on income)		
\$100,000 or more	\$110	\$165
\$50,000–99,999	\$75	\$112
\$25,000–49,999	\$60	\$90
Less than \$25,000	\$50	\$75

- Membership for \$30 per year is available to overseas residents, full-time students, and individuals who support themselves exclusively with public assistance.
- All dues cover the fiscal year from August 1 to July 31. To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.
- Please make out your check to the IPA in US funds. Canadian checks (in US Funds) are accepted with an additional \$5 service fee. Send with your complete name and contact info (including email) to:
IPA, 18 Cedar Hill Road, Ashland, MA 01721, USA

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Address correction requested



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