

PRIMAL

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MUSIC



HEART



31st Annual
IPA Convention

August 26 to September 1, 2003

Appel Farm, Elmer, New Jersey, USA

By Larry Schumer and Jean Rashkind

Music, the universal language of sound and movement, transcends the barriers of normal communication. Music can connect us to our own hidden feelings—and to others and our community. This year’s summer convention, Music of the Heart, is a unique opportunity to do just that.

Last year’s successful event with internationally renowned musician and teacher Michael DiMartino inspired us to bring him back as our keynote presenter. DiMartino’s work fosters human growth and development through musical expression. Joined by Felicia Rose, and JourneyDance™ instructor Toni Bergins, Michael’s World Beat Music and Dance Ensemble will offer a number of workshops that use sound and movement to encourage emotional healing.

Michael has performed hundreds of venues, including the New Millennium Festival at the Great Pyramids of Egypt, UN Earth Summit in Rio de Janeiro, the Parliament of World Religions in Chicago, and the Whole Life Expos in Los Angeles and San Francisco. Don’t miss the Friday Night Concert with all original music based

on traditional rhythms and instruments from around the world.

In addition to music-related presentations, there will be a wide variety of workshops that explore primal process, theory, practice, and training, as well as couples work, commitment, ethics, health, PrimaLogue, poetry, outreach, transpersonal exploration, and primal softball!

Regular daily activities will include Movement & Yoga, Massage & Mind-Bodywork, Women’s Group & Men’s Group, “Mat Track” primal group, Community Meeting, Evening Peer Groups, and the always extraordinary Jungian Sandplay Room. This year’s community events also include the inimitable Saturday Night Cabaret, Sunday Night Primal Dance Party, The IPA Art Gallery, and our IPA Annual General Meeting.

Convention details are on the website page <www.primals.org/conv2003.html>. For a brochure, contact Jane Lewis at 519-763-5881 or info@primals.org. To register, contact Sharon Kane at 508-881-5678 or at <treasurer@primals.org>.

Come share your Music of the Heart and join us at this summer’s convention.

International Primal Association

Mailing address:
18 Cedar Hill Road
Ashland, MA 01721, USA

Toll-Free: 1-877-PRIMALS
(US & Canada only)

Telephone: 248-478-5559

Email: info@primals.org

Website: www.primals.org

OFFICERS

President

Barbara Bryan
23011 Middlebelt Road
Farmington Hills, MI 48336
babryan@twmi.rr.com

Vice President

Larry Schumer
759 Roberta Street
Salt Lake City, UT 84111
larry@larryschumer.com

Secretary/Treasurer

Sharon Kane
18 Cedar Hill Road
Ashland, MA 01721
treasurer@primals.org

BOARD OF DIRECTORS

Linda Ellinor	Harriet Geller
Bob Holmes	Denise Kline
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Leonard Rosenbaum	

COUNCIL OF ELDERS

Larry King	Linda Marks
Alec Rubin	Larry Schumer

IPA Newsletter Editor

Sam Turton
238 Kathleen Street
Guelph, Ontario
CANADA N1H 4Y5
Tel/Fax: 519-763-5881
sam@primalworks.com

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Next deadline: October 1, 2003

Change of address?

Contact info@primals.org

IPA Spring Retreat 2003

Kirkridge "Turning Point" Center

photo by Sam Turton



By Sam Turton
and Bob Holmes

Once again, the Spring Retreat has successfully filled the IPA's need for a personal, small-scale gathering. Kirkridge Retreat Center, in the Pocono mountains of north-eastern Pennsylvania, is professional with a very warm and comfortable character. It looks like we have found a new home.

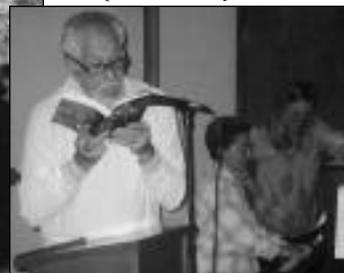
Bob Holmes did a great job as the Retreat Chair—and there is a rumor that he might do it again next year! After getting back home, Bob sent a post to Ewail that I thought summed up the feeling of the retreat. The following words are from that message. See you next time!! - Sam

Hi Ev,

It's been over a week since I returned from spending an amazing weekend with nineteen of my fellow IPAers. You all know who you are, and every one of you helped make it special. It was certainly special for me—since it was the first IPA function I have taken responsibility for.

It was a test of faith to me—a guy from Canada working with a place hundreds of miles away that I'd never been to—and with a caterer I'd never experienced. Well, my faith was well placed. The view was awesome, the accommodations comfortable, and the food astounding (oh yes, a little piece of leftover Tiramisu was gobbled up on the last day—even after the latecomers got some!). And that field and forest of Standing Stones . . . well, I just didn't spend enough time there. It was magical!

photos below by Terri Mueller



Above: Daniel Miller reads a poem, with improvised piano by Sharon Kane and page turning by Karuna. Left: "Leader of the Pack." Below: Poet Harriet Geller basks in the limelight.



Another magical moment for me was the cabaret piece with Daniel reading a poem from his book and Sharon accompanying him on the piano—the music unrehearsed and unknown until the moment of the reading. It was an amazing, almost unitive experience. I'm glad I was there, glad to be a part of it.

I won't even mention the party animals that "came out" at the dance party. Well, not by name, anyway. Right, Warren? And then there was the fish bone incident. Apparently popcorn does the trick. Sam can tell you about that!

It had been almost nine months since I had seen many of you at the summer convention, yet it seemed just like yesterday. Such is the bond of friendship that exists in the IPA community. I hope everyone makes the trip to Appel Farm so I can reconnect with those of you who I know—and connect with those I have yet to meet.

Love & Hugs,

Bob

The next IPA Spring Retreat is April 29 to May 2, 2004. Mark it in your calendars!

News from the IPA Infomaven

By Harriet Geller

The IPA Board of Directors has been working exceptionally well over the last couple of meetings. In February we were cocooned at Bill Whitesell's lovely home outside D.C., and in May we welcomed spring at Barbara Bryan's home and primal center near Detroit. At the May meeting, we must have broken some sort of record by completing the agenda more than a half day ahead of our usual adjournment time. This allowed some Boarders to get an early start on their long drives home, while the rest of us, who had evening flights, rewarded ourselves with an escapist movie.

We are eagerly anticipating the Summer Convention, which is rapidly approaching. Arrangements are running smoothly, and, if the weather cooperates this year, we will soon be dancing on the Appel Farm lawn to "Music of the Heart." Read all the details in co-chairs Larry Schumer and Jean Rashkind's article on the first page.

Meanwhile the Board has gotten a good jump on future events with Jane Lewis and I organizing the Convention in 2004. We are still scouring the countryside, like Arthurian knights in search of the holy grail, for the ideal Convention location. Mary Thompson is leading this quest and invites suggestions.

I am completing this article with the warmth of the 2003 Spring Retreat still flowing through me, the warmth of wonderful friends, not of the weather, which expressed its sad feelings in tears and a gray demeanor for the whole three days. We had our feelings, too, and then felt empowered to shine (in Cabaret) and dance (oy! did we dance) and sing, giggle, discuss, eat, and hug, hug, hug. Bob Holmes, in his first term on the Board, did a splendid job with the difficult task of creating an event in a new location, Kirkridge Retreat Center in Pennsylvania. The turnout, however, was not as robust as we had anticipated, so Bob has compiled a questionnaire from the membership that will help us plan better for 2004.

We are also interested in co-producing or at least promoting other local gatherings. Please let us know well in advance if you would like our help in organizing your own regional conferences or retreats.

We are looking forward to meeting Jan Armitage, a primal therapist in the UK, who is coming to her first IPA Convention this year as part of our new scholarship program. Don't miss her article on page 11. As our financial condition remains healthy, we are planning to spend more of our largesse for these projects.

Our Worldwide Contact Network is currently on hold while we develop protocols for the smooth functioning of this important program. We want to ensure that all the regional

volunteers are up-to-date on the IPA's services and can respond to local people inquiring about the IPA or primal therapy in the best possible way. We also intend to institute a feedback system so that the IPA Secretary has all the information she needs for her records.

The Council of Elders was established in 1997 to "act as an appeals board to consider issues that the IPA is not able to resolve within itself." In other words, the Council is available to mediate conflicts involving the Board of Directors or to handle disputes, grievances, or ethical matters that the Board cannot because of conflict of interest or other circumstances. The Council has the power to advise the Board of Directors and make recommendations, but not to make decisions for the IPA.

The original Council was chartered for only a year, but most members have served for the last six years. Therefore, the Board approved a proposal to appoint a new Council for a five-year term starting January 2004. Happily, four of the original Elders are all willing to continue, with Steve Austill, primal therapist, long-time IPA member, and past President, Convention Chair, and Board Member, filling out the quintet. The other Elders are Alec Rubin, Larry King, and Larry Schumer, who all hold sterling credentials similar to Steve's, and Linda Marks, who has been in the IPA for several years and has compassion, good sense, and superior facilitating skills to offer.

If you ever need to initiate mediation, please contact a Board Member or Elder to set it up.

We are launching a new fund-raising endeavor, drawing on Bob Holmes' background in the retail book business. Bob and his team have been authorized to market primal-related books at the Convention and on our web site. We are still working out the details, and we thank Phil Banco for volunteering his services for this project.

We are very pleased that Tony Daggett will be the chef at the Summer Convention again this year. He is planning to simplify his menu and serve fewer entrees in the service of ending up with fewer leftovers. Tony is unable to be as obliging as he has been in the past about individual requests. Since there will be an augmented salad bar, and most dishes will have "sauces on the side," we expect that almost everything will be acceptable to almost everybody. If you still think that your special needs will not be accommodated, you may bring your own food and prepare it in a separate kitchen. Please discuss this with the Convention Chairs.

After keeping body-worker rates at the Convention fixed for the last several years, the Board has approved an increase to \$50 per hour or \$30 per half-hour.

"We have changed our fiscal year from August through July to a normal calendar year (January through December) as of January 2003."

Continued on next page

Member News

Primal Integration Center of Michigan Intensives

Fee includes food, lodging, and airport pick-up. Friday 7:30 p.m.–Sat. 5:00 pm. Led by Barbara Bryan and staff.

Oct. 10–11, 2003 (\$150.00)

Nov. 14–16, 2003 (\$270.00)
Full weekend from Friday 7:30 pm through Sunday 4:00 pm. Led by Barbara Bryan, Sam Turton, and center staff.

Dec. 12–13, 2003 (\$150.00)

January 9–10, 2004 (\$150.00)

Reservations and info, contact
Barbara Bryan
248-478-5559
babryan@twmi.rr.com

Training in Primal Integration

Sponsored by the Primal Integration Center of Michigan. Intensive training to develop facilitation skills for primal-style or deep feeling work.

Leaders: Barbara Bryan, MA, CSW, Sam Turton, BA, B.Ed.

Initial: Oct. 25–Nov. 1, 2003
Guelph, Ontario, Canada

For reservations and info, call
248-478-5559 or visit
primalworks.com/events.html

Sharon Kane

Sharon Kane's Energy Healing Practice in the Boston area includes Spirit Guided and Intuitive Energetic Healing to assist in Clearing, Balancing, Deep Relaxation, Inner Vision Work, Shamanic Journeying, and Cathartic Release Work.

For information contact Sharon:
508-881-5678
gpath2003@yahoo.com

Sam Turton

www.primalworks.com

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

"Infomaven" continued from previous page

In creating this two-tier structure, we hope to keep this service accessible to most attendees while making the returns attractive to top practitioners.

As I mentioned in November, we have changed our fiscal year from August through July to a normal calendar year (January through December) as of January 2003. This will generate a minor windfall for current members (and Referral List participants) as we are extending your memberships through December. When you register for the Convention this summer, you will not have to renew first. For individuals joining the IPA for the first time during the year, memberships received after July 1 will be extended through the following year. So if you are planning to become a member for the first time this year to receive the Convention discount, your membership will be in effect through December 2004.

Just to give you an idea of the broad range of the Board's concerns (some of which may be on your mind too), here are a few items that we have been discussing, but have not yet finalized: weighing the cost of liability insurance versus the possible damages, addressing the deeper ethical issues of primal practice, developing an IPA-certified training program, and finding ways to improve two venerable Convention institutions: Peer Group selection and Community Meetings (including choosing the right song book).

The next Board meeting will be at the Summer Convention. The annual membership meeting will also be at the Convention, on Monday morning. We will report on the status of the IPA and on our various activities, give you the opportunity to bring up your own issues, and elect Officers and Board Members (see the slate in this issue). I hope you will make it a priority to attend and let your voice be heard. Leonard Rosenbaum, after many years on the Board, will take a break and not run for re-election this year. We thank you, Leonard, for all you have done.

I sadly note the death of Barbara Kay Cope on May 12, 2003. Barbara devoted more than a decade of service to the IPA as Secretary, Convention Chair, and Board Member. She was a committed mainstay of the community and a special loving friend. I will miss you, Barbara.

Four Memories

By John Rowan

The controversies about memory in therapy might be eased if we accepted that there were four memories, not one.

1. Intellectual memory, or cognitive memory, is located somehow in the brain, mostly in the cerebral cortex. The details are not yet all worked out, but nearly all of the work on memory in psychology has to do with this type. See any good textbook for this.

2. Emotional memory also has a great deal to do with the brain, but here it is mainly in the limbic system, and takes the form of images rather than words. This type of memory is difficult to reach other than by actually re-experiencing the events concerned. This also applies to memories held in the muscles, as Reich and other body therapists have discovered. See Babette Rothschild (2000).

3. Bodily memory is held all over the body, and has also been called cellular memory. Again it has to be re-experienced or relived, rather than called up verbally. Graham Farrant (1990) wrote a good deal about it. Much primal work depends upon this level of memory.

4. Subtle memory, or soul memory, is not located in the body or brain, but in the subtle body. It holds memories of previous lives and of lives lived at other levels of the transpersonal realm. It is not difficult to tap into once one makes the effort, as Roger Woolger (1990) has argued.

Each of these four has its own rules and its own mode of investigation. But types 2, 3, and 4 are hardly studied in academic psychology. Therapists interested in these types of memory (because of their appearance in session work with clients) will find reading material scarce. For this reason, the word gets passed down from therapist to therapist in informal ways. It would be better, in my opinion, for all four types to be addressed properly in academia. If these things exist, they should be studied in all their complexity, and not left to the few therapists who have taken the trouble to write up their findings.

Early Primalling: A Natural Process

By Cassandra Teurfs; intro by Ray Teurfs

In January of this year, Sam Turton came out to our home in Santa Rosa, California, to lead a weekend workshop called "Introduction to Primal Integration." My daughter Cassandra and her husband Patrick attended part of it.

Cassandra is very much into the whole continuum concept, and their son Ryan—my amazing grandson—was born at home in a midwife-assisted delivery. Cassandra is a very intuitive young woman, is the astrologer for a women's website <www.spiralmuse.com>, and raises Ryan naturally in ways we primalers would mostly laud.

What I find fascinating is that Cassandra and Patrick have been allowing Ryan to experience what appear to be spontaneous primals. The following is her email to me about this.

Dad;

I didn't know the word "primal" after giving birth to Ryan, so I termed some of the things he did as "rebirthing himself."

Ryan was born at home at 1:51 a.m. This was after twenty-nine hours of labor that had ended with one complete hour of pushing him through the birth canal. After that, we were able to just roll up onto the bed and stay there together, breastfeeding and bonding for a couple of weeks. We got up minimally and left the house hardly at all.

As a new mom, it took me a week to realize that Ryan had a pattern of always waking and squirming and doing this uncomfortable crying and moaning between 1 and 2 a.m. Breastfeeding did not soothe him like it did at other times. After becoming aware of this pattern and observing him, I wondered if he was processing his birth experience. Realizing this possibility, I started to wake up more fully so that I could give him my conscious attention. In addition to that, I also began to acknowledge his process. I would say things like, "Yes, I know that must have been a very hard experience. What a tight passage you had to go through. You are safe now. We are going to take very good care of you. Your mom and dad love you very much." After two or three nights of that type of support, he stopped the pattern. The whole thing lasted for about two weeks after his birth.

Ryan is now two-and-a-half years old and the most recent primal experience we are aware of was when he would wake up in the middle of the night and cry inconsolably. He would also yell like he was mad. After going to the introduction to Primal and then having my partner Patrick have a primal therapy session, Patrick initiated the idea that we "sit" for Ryan during these experiences. We stopped trying to get him to stop crying by soothing him or trying to fix whatever problem he was mad at.

At these times, Ryan would yell things like, "Daddy get off the bed! Turn the moon light off! Mommy lay down!" His demands were endless, so we just sat there and gave him constant attention. We would say very little, maybe words like "Yes" or "Okay." Even if we said "It's okay," he would emphatically reply, "No, it's not okay!"

Basically, at these times, we just witnessed him. He eventually would come to completion, regain his senses/sensibility, and very sweetly request that I read him a book. I'd read to him and he'd turn out his own light and go back to sleep. This happened two or three (non-consecutive) nights. My sense is that he was possibly working through one or both of two things. The first being emotional energy from a big day in which he interacted with a lot of people, was away from home, and had no nap. Secondly, I think it's also possible that he had some residual emotional energy from nights in the recent past when we didn't take such an enlightened approach. At these times of exhaustion and frustration we made demands to go back to sleep in ways that made him feel less safe and supported.

Whatever the reasons behind Ryan's intense emotional experiences, Patrick and I both see them as primal-like processes. In fact, it is Patrick's opinion, and I agree with him, that small children are pretty much in a state of an almost continuous primal!

Cassandra

Ed's note: Ryan may still be processing remnants of his birth trauma or using a prototypical "time window" through which to express painful emotions. Whatever it is, Cassandra and Patrick are allowing him the freedom and support to express his feelings. Bravo!

New Members

The following members have joined since the Fall newsletter. Welcome to our growing IPA community!

Andy Bernay-Roman
Florida, USA

Jim Gallup
New Mexico, USA

Paul Hannig
California, USA

Neilson Jacobs
Louisiana, USA

Dianea Kohl
New York, USA

Anne Marquez
California, USA

Patricia Poulin
Ontario, Canada

Gary Robinson
California, USA

Shoshannah Sarah
New York, USA

Maja Zilih
Athens, Greece

To the Editor

Thank you Sam for your article "Shocking and Awful." I was deeply moved by it and I share your sentiments completely on the horrors of war, especially when war is being held up as a benevolent act of freedom. When we are surrounded by people who support this violence and even enjoy it, it is encouraging to know that there are also many all over the world who roar "Peace! Now!" and do it persistently.

I join my tears with yours, and as you say, "if we all feel together, a monsoon of tears will put out the fires of war."

Loving Regards,

Renate Marek
Woolgoolga, Australia
June 1, 2003



Convention Portrait 2002

Photo by Marshall "Groucho" Zidel

The "bottom line," left to right: Larry King, Sam Addington, Marlene Schiller, Mary Thompson, Jerry Lucrezia, Judy Lucrezia, Shelly Beach, Noah Zidel, Larry Schumer, Bob Holmes, Michele DelGesso, Mandi Cope, Colin Teurfs, Mike Ehmann, Henner Treulieb.

Sitting pretty: Jane Lewis, Marshall Zidel (in trademark "Groucho" crouch), Sam Turton, Shoshannah Sarah, Kathleen Scheg, Joe Sanders, Fern Weiland, Barbara Bryan, Alice Rose, Michael Schlosser, Ray Teurfs, Lucas Plumb, Karl Reis, Jacob Ehmann, Alex Tadeskung, Lisa Gayle, Tony Dagget, Denise Kline.

Standing on solid ground: Wing Chow, Briseis Gatto, Ellen Badnin, Bernie Rielly, Rex Osbourne, Harriet Geller, Joe Dunn, Mark Lipman, Lynn Vaughn, Warren Davis, Walter Gambin, Terry Larimore, Carol Holmes, Bill Whitesell, Devan, Lynn Turner, Olivia.

Floating in the air: Steve Austill, Kate Buckley, Rick Benson, Pauliann Lister, Albert Lee, Taff Welch, Jim Wright, Mickey Judkovics, Dan Miller, John Quick, Sharon Kane, Sarah Houston, Jim Pullaro, Karuna O'Donnell.

The Big Draw!

Please help make our annual fundraising draw a success. Bring all your valuable cast-offs to the 2003 Convention to raise money for important IPA initiatives.

Bring along household goods, books, CDs, jewelry, appliances, artwork, "white elephants," clothing items, gift certificates for services, and anything else you think might be interesting.

Donations to the IPA are tax-deductible. We will have receipts available for those who wish to keep a record.

Tickets for the draw sell at \$5 for five. A limited number of the more valuable items will be auctioned. There'll be lots of prizes, lots of winners, and lots of fun!



IPA Convention 2003 Buddy Program

By Carol Holmes

The Buddy Program was introduced at last summer's IPA Convention to help first-time attendees feel welcomed and comfortable in our primal community. For many, including myself, it is a considerable transition from life in the outside world to the love, openness, and opportunities for learning, expression, connection, integration, and growth that are part of the convention week.

An IPA regular, or buddy, matched with a first timer, is a one-person contact who can quickly become a familiar face in a sea of new faces and experiences. A buddy can: answer questions; help with orientation to Appel Farm; discuss convention format; make introductions to others; offer warm, caring support; talk about primal process; address emotional needs; share meals; and basically monitor how the new person is doing.

Some IPA newcomers will not ask for a buddy. Some may request one and then find they don't need him/her very much.

Others will gain greatly from having one. A buddy can be a positive influence in the first timer's decision to attend another convention and even become, or remain, an IPA member. It is an opportunity to help our primal community grow.

We would like this year's Buddy Program to be a success. We have compiled the results of questionnaires sent to last summer's buddies and first timers. The suggestions will be used to make improvements in the program structure. We will prepare guidelines for buddies, that will help them with the process.

Please consider being a buddy at the 2003 IPA Convention and contact <carol.holmes@yahoo.ca> to submit your name. You will be given the name of the person you have been matched with, along with some basic information about him/her either prior to, or as soon as you arrive at the Convention. If you are a past attendee, who would like your own buddy, contact me as well.

I'm looking forward to participating in this important program and hope you are too. See you at Appel Farm!

Board Guidelines

Early in 2000, the IPA Board of Directors began to define the responsibilities, requirements, and personal qualities preferred for members of the board. The document passed in February of this year, "Board Member Responsibilities & Guidelines" is the result of that effort.

To view this document on the IPA website, go to www.primals.org/boardreq.html.

A copy of this document can be obtained by contacting:

Jane Lewis
238 Kathleen Street
Guelph, Ontario, Canada
N1H 4Y5
519-763-5881

Tree-free mail

If you would prefer to receive your IPA mailings electronically (emailed PDF files) rather than by snail mail, this option is now available. For more information, please contact:

info@primals.org

IPA Elections

The IPA Annual General Meeting and Election of Officers and the Board of Directors is held on Monday, September 1, 2003, on the last day of the annual convention.

The IPA Board of Directors, serving as the nominating committee, is happy to present the following slate for 2003–2004:

President: **Barbara Bryan**
Vice President: **Sam Turton**
Secretary: **Jane Lewis**
Treasurer: **Sharon Kane**

Distance Discount

Do you live in the USA, 1000 miles or more away from our Convention location in Elmer, New Jersey? You will now be eligible for the same 15% discount on your Convention 2003 fees as attendees from outside the Continental US!

Parenting For Peace

By Marianne Littlejohn

More than ever, at this time, we need a new philosophy that embraces all practical aspects of our lives. The year 2002 was a year of horror, tragedy, and mourning as we watched the aftermath of the suicide bombings in New York and wars in Afghanistan and Israel. The war in Iraq and its terrible consequences for Iraqi children were not far behind. In 2003, global terrorism is becoming a daily reality and the future of the globe is at stake as environmental disasters continue to wreak havoc on our precious earth. Can we create a future in which our children live peacefully and in harmony with each other and with the earth?

Peaceful Beginnings

How many of us can remember fighting with siblings, being shouted at and hit by parents, or feeling bad, jealous, angry, and hurt in our primary families? Often what we learned was that temporary peace was achieved with threats or violence while underneath, our feelings smouldered, only to resurface at another opportunity.

It is my view that we start spreading peace with our unborn babies, our growing children, and ourselves. It is from each other that we learn how to have mutually enhancing relationships rather than conflict-ridden ones. Children learn from the example of their parents (and often parents learn from their children) that there are differences between needs and wants, and that the meaning of what is enough changes as we feel the childhood pain that drives our needs.

It is from the adults around them that children learn what it means to be a man or a woman, and how to be parents themselves one day. It is in the family that children are guided in a tradition, learn spiritual values and concepts, and are taught to either hate—or love—and accept others by being loved and accepted themselves.

Peace Within

First of all, we need to begin with our relationships with ourselves. Who are we, where do we come from, and where are we going? What repressed pain do we carry, handed down from the previous generations,

our family ancestry, and our childhood experiences? We need to be able to resolve our own pain before we are able to truly love ourselves as well as those who share our world with us.

As co-creators with the Divine, we bear within us the potential for harmonious and peaceful living; for compassion and loving acts toward each other. Part of our journey on earth is to reconnect with this potential, this capacity to love and be loved and to live together in social harmony. To do this we need to reconnect with all our experiences and the full range of our feelings. When we hold our feelings in and are unable to express anger, hurt, or fear as children, we may later act out these feelings in non-peaceful ways, which may hurt others and ourselves.

When hurtful memories are remembered and relived, and anger, hurt, and loss are expressed, our feelings become integrated. We are then able to connect with the parts of ourselves we had hidden away. For this we need a listener, a shaman, a therapist—someone who provides a safe space and can mirror to us the love that we should have been given, but never received.

From this darkest nights of our souls (revisiting our childhoods and resolving the pain) can shine the brightest illuminations, as this process of finding and recreating ourselves brings us to compassion and self-love.

Peaceful Children

Second, we need to be reverent toward the power we bear to create new life and bring in new souls consciously. Every baby deserves to be a planned and wanted child. An unwanted baby is imprinted with the trauma of rejection, and healing this trauma is difficult, though not impossible.

Where pregnancy is unplanned, every effort needs to be made to understand why this child has come at this time. Feelings of being overwhelmed, of having to cope with the demands that a small baby will bring, need to be felt and resolved. We need to explore these issues with someone caring enough to listen and facilitate our pain.

Elizabeth Hallett has written a book about souls who communicate with their parents before they are born (*Soul Trek: Meeting our Children on the Way to Birth*,

1995, Light Hearts Publishing, Hamilton, MT). More and more couples are having experiences where their future children contact them prior to conception or birth, sometimes through dreams, visions, or inner voices.

This phenomenon is not new. The Bushmen peoples of Southern Africa as well as the Aboriginal peoples of Australia were aware of their coming children, sometimes years before conception. Future babies have brought reassurance, conveyed love, announced, persuaded, offered guidance, and sought to prepare mothers for their arrival.

A friend of mine, whose second pregnancy was unplanned, felt her baby move and respond strongly to her touch at eighteen weeks of pregnancy. She distinctly “felt” him say, “It’s okay mom, I understand and love you, and we’ll get through this together.” This mother was able to feel a deep love and acceptance for her unborn son after that.

Peaceful Parenting

As parents we need to commit ourselves to resolving and transforming conflicts within, so as not to act out our own pain on our children through physical or verbal violence. We need to understand from where our own unresolved childhood feelings of frustration and despair arise, and to relive and resolve them.

We can also help prevent violence by educating ourselves about our children’s stages of development so that we will be able to understand what behaviours are appropriate at various ages. We need to be able to touch our children in age-appropriate ways that promote peace and teach them to touch other living beings, including animals, in the same way.

Children also need to be taught appropriate ways to express anger without hurting other people, plants, or animals. Whether we are mothers, fathers, co-parents, step-parents, married parents, or single parents, our task is to lay the foundations for building a culture of peace, based on non-violence, tolerance, and respect.

How do we do this when our baby won’t stop crying, or our toddler is screaming for chocolate in the supermarket, or our two-year-old is blatantly saying “no” to a simple request, or our ten-year-old gets sassy and our teenager lives in a bedroom that looks like a slum? There are no easy answers, but I have started a list below of ways to begin promoting a culture of peace. Please share with us your views or suggestions and add to this list.

Parenting For Peace

1) Know thyself. Seek help, therapy, or counselling when you are struggling, when you feel violent toward your children, or when you are depressed, in pain, or in despair.

2) Love each other. If you are in an intimate relationship with a partner or the parent of your child, be kind toward each other, and work through any unresolved feelings between you. Destructive relationships are also destructive for the children involved. Children grow better in an atmosphere of love rather than discord.

3) Connect with your baby while pregnant. Sing, touch, and talk to your unborn child. Massage your unborn baby while listening to soothing music, breathe clean air, and eat good food to nurture your unborn baby’s body.

4) Create a peaceful environment. Stay calm and relaxed during the pregnancy by dealing with your own painful childhood feelings as they emerge. This will mean that your body does not become stressed during the pregnancy, and will be a peaceful environment for your unborn child.

5) Provide touch and closeness. Touch infants frequently in the first days and months of life by using Kangaroo Mother Care (skin-to-skin-contact and unrestricted access to breastfeeding). Hug your children warmly and often, even when they are bigger.

6) Talk to your children. Tell them about your world and let them tell you about theirs. Dance with them, sing with them, laugh with them, and play games with them. Hum and sing to them too, and rock them when they are babies. When they are older, read them stories.

7) Listen to and watch your children. Really listen to their body language and cues when they are babies, and their verbal communication when they are older. They may need to tell you what they are feeling, and not know how.

8) Never hit, slap, beat, or shout at young children (or anyone for that matter). This only frightens them and teaches them that violence is acceptable and that they are victims.

9) Help and allow children to express their feelings. This is very important. They need to be allowed to cry when sad and to rage when upset or angry. Provide a safe environment for them to do this.

10) Provide age-appropriate activities and games for them to play. Play with your children, too. They need to be allowed to have fun, enjoy themselves, and be happy.

“Promoting peace is a journey and demands that we respect all forms of life, especially human life, and that love, compassion, human dignity and justice are preserved.”

– Threshold 2000, Gerald O. Barney, with Jane Blewett and Kristen R. Barney, 2000, Conexus Press, USA

Marianne Littlejohn is a long-term primaller from Cape Town, South Africa, who began primalling after reading The Feeling Child by Arthur Janov. She is a midwife involved in Kangaroo-Mother-Care research and also attends home and hospital births. Most importantly, she does “inner work” with parents-to-be, where they can explore their feelings about the coming baby, and hopefully resolve any unaddressed issues before the baby is born. She herself has three sons, all born at home.

“Our task is to lay the foundations for building a culture of peace.”

The Practice of Therapy and the Knowledge of Neuroscience

By Gary Wareham

One of my passions is in the area of neurobiology and the neurosciences (I know I'm a little weird, but it's me!). My light reading when I curl up on the couch to relax consists of such "popular favorites" as *The Emotional Brain* by Joseph LeDoux, *The Body Remembers* by Babette Rothschild, and *The Developing Mind* by Daniel Siegel. This keen interest in areas that tend to put many people to sleep originated while I was a therapist trainee under the tutelage of primal therapy pioneers Jules and Helen Roth. The Roths were not only phenomenally gifted as therapists, but were way ahead of their time.

Originally the Roths were affiliated with Arthur Janov at the initial Primal Institute in LA, but eventually left to start their own center in Denver, CO. Helen was one of the first patients and therapists at the LA Institute to recognize and honor the reexperiencing of preverbal trauma, including birth and in-utero history.

The Roths were a dynamic and talented therapeutic team. Jules was the original director of therapist training at Janov's Institute and Helen was renowned in primal circles for her expertise when working with birth and preverbal trauma. In fact, her skills and knowledge in these areas were legendary. Helen's gifted ability to work with preverbal trauma occurred during the period of time when Janov still did not believe that the re-experiencing of birth trauma in patients was real. I believe that the Roths' belief in biology as the "ground zero" of all feelings was a major reason that Helen could recognize and "name" emerging birth traumas in her clients while others dismissed these feelings and memories as fantasy. When the Roths left LA to come to Denver and open their own Center, people literally came from all over the world to undergo primal therapy there. So when I was able to go to their Denver Center, first as a client and then as a therapist trainee, I hit the proverbial "jackpot!"

Jules and Helen's influence and insistence that biology was the foundation of all feelings first sparked my interest in the neurosciences. I was incredibly fortunate to have had such exceptional mentors. To this day I am eternally grateful for this grounding in neurobiology as it keeps me centered while working with clients.

Over the years I have constantly sought to remain updated on what other researchers and scientists are discovering. When compelling, I integrate these new neurobiological pieces into my previous primal background. By keeping abreast of the latest in brain research when it comes to trauma and attachment (as well as other "psychological" domains, including sexuality, addictions, and anxiety and

mood disorders) my clients benefit tremendously. And I also find myself continuously growing and evolving as a therapist.

As more and more research validates what we, in the primal community, have known (from our "insides") for years to be true, it is an incredibly exciting time to be alive. In the past five years in particular, research in neurobiology and developmental psychology continues to focus on earlier and earlier periods in the lifespan and the lifelong effects of trauma and neglect on the brain—and an individual's eventual adult life. In my experience as a primal therapist, birth can many times be the original PTSD event in a person's life (or in Janovian terms the "prototype"). Therefore, being familiar with and understanding the latest science on the effects of

adult and childhood PTSD on the nervous system (as well as what neuroscientists now call "implicit memory") is invaluable when working with my clients. Recognizing how the specific trauma "signature" encodes in the autonomic nervous system from birth and in-utero events, and how catastrophic sensory overload skews the fetus or infant's fragile nervous system, is paramount when working with early trauma. Comprehending and integrating recent brain research on how the fear-conditioning response operates helps me recognize even more clearly where

a client is "at" when re-experiencing preverbal material. Awareness and knowledge of how the brain and nervous system function normally as well as under duress, I have found, is essential in helping clients cognitively integrate implicit or what some people call "body memories."

Having plumbed the deepest depths of my being, one of the tremendous and unique advantages that I have is the ability to integrate and synthesize the newest scientific information from a primal feeling perspective. My experiential growth and learning over the years as client and therapist is invaluable as I am able to "internally" reflect on the scientific postulates and hypotheses emerging from the burgeoning research. When I read about some new piece of information, I am able to sort through and connect on emotional, physiological, and cognitive levels; a rare ability indeed which in many ways is unprecedented. This internal radar allows me to simultaneously separate the "wheat from the chaff" while also enabling me to be more open to new information that benefits my clients.

This new information helps me as a primal therapist to practice ever more effective therapy and to provide invaluable cognitive "pieces" to help clients integrate their preverbal and early attachment experiences. Proper timing, of course, is everything—so as to not overload the client with verbiage and ideas when they are just emerging from a deep experiential state. That said, the newest brain scanning and

"Research validates what we, in the primal community, have known (from our 'insides') for years."

developmental studies are a powerful adjunct in therapy and also provide an opportunity to “fine tune” the therapeutic process.

I will be forever indebted to Helen and Jules Roth. Along with being remarkable therapists, they knew and appreciated that biology underpins everything else. They knew that access to body memories must be centered in these scientific principles or therapists can do great damage to clients. The Roths courageously “blazed a trail,” providing a solid base of information on how to best work with birth and in-utero memories while the client is re-experiencing them “on the floor.” Helen was a master of sensing where the client was at and how to safely facilitate where they needed to go. Her knowledge of the birth process and the myriad potential problems that routinely occur during labor and delivery was unsurpassed in my and many others experience. It is due to their talents and encouragement that I developed this keen interest in the neurosciences and now am able to add to their knowledge base while working with my clients. To me, awareness of the latest breakthroughs in brain research is not a luxury, rather it is absolutely essential to provide the very best therapy to my clients.

A few years back, while in my graduate counseling program, I remember a professor asking the class, “What courses would students like to add to the program?” The administrators were seeking to increase the credits required for graduation from 52 to 60. When I replied that a class specific to neurobiology and counseling would be a terrific addition, the professor looked at me as if I was from Mars. She then added, “I don’t see how this would possibly benefit our clients” and proceeded to blithely dismiss my suggestion. Needless to say, I was speechless. Her ignorance, while very revealing, is not an excuse to remain uninformed, for it is only our clients who will suffer. I predict the day will come, in the not too distant future, when a class or curriculum in the neurosciences will be mandated in all counseling programs. It will be accepted as fundamental information to know and comprehend in order to best help our clients. Thank you Helen and Jules for inspiring my interest in neurobiology. I will continue to strive to add to the knowledge base that is your legacy.

Gary Wareham is a psychotherapist in private practice with over 25 years of experience as a client, therapist-trainee, and therapist in the primal tradition. Gary practices both primal therapy as well as other forms of more conventional counseling. He has an MA and BS in counseling, is a Nationally Certified Counselor, and resides and practices in the Denver/Boulder area of Colorado. His website address is:
<www.primaltherapydenver.com>

Coming to the Convention

By Jan Armitage

Practically on my birthday last year, completely out of the blue, I was invited by Sam Turton (on behalf of the IPA Board of Directors) to take up the offer of the International Scholarship to attend the IPA Convention this August. As can be imagined, I was happy to accept, and chattered blithely to him about writing something to publicize the IPA, thinking of the house journal of the counselling organization I am accredited to in my country (the UK). I ignored my own chatter, and daydreamed happily about the upcoming convention.

Fast forward to April of this year. An email from Sam turns up with a much more ominous invitation: write something for the IPA Newsletter that’s going to go out before the Convention, so people know something about you. Oops. Now, practically all of my life I have, indeed, thought—and talked—about being a writer. I’ve attended day schools, I have half a dozen plotlines on the computer, a dozen unfinished travel articles, and one rough draft of a novel of about 15,000 words. The only things I’ve ever finished have been articles in house journals when I was an office worker, and reviews in small science fiction journals of plays, conventions, and the like.

Sam’s invite has spurred me to write and hopefully complete this article in a totally different area. And it’s made me think long and hard about where I fit in this movement, which seems to be a big primal community. Sure, I’ve worked primally for a long time, since 1988 in fact, but have had very little contact with anyone in the primal field outside of Brighton. And so the question that Sam’s request spurred me to try to answer remains relevant: where on earth do I fit into an international community of primal enthusiasts?

Plus, it’s America. Primal Therapy is definitely American. English people are repressed. What the hell kind of Primal Therapy can English people do anyway? It’s really fascinating how stereotypes that I thought were vanquished forever trot themselves out at the least opportunity. Horrifying too, of course.

So, here’s my plan. I’m going to just be me. I can only fit into a primal movement, of whatever size, as myself, whether people like me or not, approve of me or not. I’m not particularly academic in this sphere of my life; I think about things, I feel things, and I follow my intuition, and then I think about that too. I’m going to go to seminars and workshops, and if feelings come up I’m going to feel them—I have a habit of first line feelings in happy groups—I’m going to dance, I’m going to go into a women’s group for the first time in years, and I’m going to do some yoga or t’ai chi first thing in the morning.

And, since Larry Schumer is apparently well known for hanging out at the pool, I’m going to make sure I know where Larry is so I can hang out at the pool with him sometimes. And I’m going to buy Sam Turton a drink for suggesting I write this article.

Jan Armitage underwent therapy and therapist training at the Primal Therapy Centre in Brighton, England. She was later responsible for the theoretical component of the Centre’s training programme whilst completing postgraduate work in counselling and therapy. In 1991, Jan began a partnership with Franklin Wenham, offering therapy in London and Brighton. They are both registered practitioners of the British Association for Counselling and Psychotherapy. <<http://www.primalengland.co.uk>>

IPA Therapists: Are You on the List?

By Jane Lewis

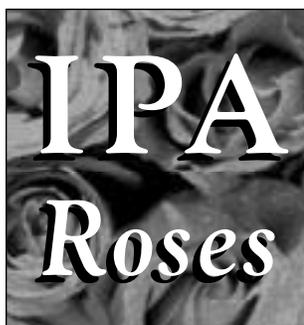
For the past eight months, I have been looking after the <info@primals.org> email address. In that short time, the IPA has had several inquiries from people looking for a therapist. We've had emails from Australia, Canada (Alberta, British Columbia, Ontario), England, Hungary, Japan, Puerto Rico, South Africa, Spain, Yugoslavia, and the USA (California, Iowa, Nebraska, Pennsylvania, Vermont). This does not include anyone who looked at the referral list on our website and contacted a therapist directly. The referral list at <http://www.primals.org/referral.html> is the most viewed page on our website, after the home page.

Being on the IPA Referral List ensures that your name will be given to anyone who contacts the IPA looking for a therapist. The referral list is also mailed out to members every year, and it is included in IPA information packages mailed to people who are interested in, or inquire about, our organization.

A listing is relatively inexpensive, at \$30 US per year. If you are looking to maintain and expand your practice, this could certainly be a worthwhile investment.

The list is maintained by Barbara Bryan. An application form is available online at:

<http://www.primals.org/referral_appl.html> or you can contact Barbara directly at 248-478-5559.



- to Barbara Bryan for hosting the Board with love. All conflicts dissolved and we finished in record time!
- to Convention Co-chairs Jean Rashkind and Larry Schumer for creating another great primal gathering.
- to Spring Retreat Chair Bob Holmes for leading us through the misty Poconos.
- to Dan Miller for publishing another great book, "The Web and the Cloth."
- to Sam Turton for designing and producing this newsletter. Who writes these "roses" anyway?
- to all the newsletter contributors—Jan Armitage, Harriet Geller, Bob Holmes, Carol Holmes, Jane Lewis, Marianne Littlejohn, Renate Marek, Terri Mueller, Jean Rashkind, John Rowan, Larry Schumer, Cassandra Teurfs, Ray Teurfs, Sam Turton, Gary Wareham, and Marshall Zidel.

Bylaws Amendments

At the IPA Annual General Meeting on Monday, September 1, 2003, at Appel Farm, New Jersey, USA, the IPA Board of Directors will propose two amendments to the existing Bylaws.

The present bylaws do not specifically include the officers (President, Vice President, Secretary, and Treasurer) as members of the Board. Legally, they have no power to manage the IPA. The purpose of the proposed amendment is to formally include the officers as members of the Board of Directors.

At the AGM, the Board of Directors will propose the following amendments to the IPA Bylaws:

1) At the end of the first sentence of article one, add the words: "plus the officers of the corporation." The amended sentence will read "The affairs of the corporation shall be administered by a board of directors ('the directors') which shall be composed of from three to twelve members plus the officers of the corporation."

2) At the end of the first paragraph of article two, add the sentence: "The officers shall be ex officio members of the board of directors."

You may view the Bylaws on the IPA website:

<http://www.primals.org/Bylaws.html>

For a copy of the IPA Bylaws, contact Jane Lewis:
238 Kathleen Street, Guelph, Ontario, Canada N1H 4Y5
519-763-5881

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
Lifetime Membership (payable over five years)	\$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 fees are tax deductible.
- 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 January 1 to December 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