

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

PRIMAL

A S S O C I A T I O N

Supporting Growth and Healing Through Deep Feeling Process

SPRING NEWSLETTER • MARCH 2005

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Spring Retreat 2005

Kirkridge
Retreat Center
Bangor
Pennsylvania



Thursday, May 12 - Sunday, May 15, 2005

By Bob Holmes
2005 Spring Retreat Co-ordinator
Email: link.2.holmes@sympatico.ca
Toll-free: 1-877-258-9315

Greetings IPAers! After a long autumn and winter, many of us are looking forward to the renewal of our surroundings that springtime brings. This year, the IPA Spring Retreat may be the perfect opportunity for us to kick back and begin some personal renewal of our own.

Here is our chance to gather together in a quiet and intimate group setting, let go of the hustle and bustle of daily living for a few days—and just be. For those of us who haven't been to Kirkridge before, plugging back into nature and getting to ground is relatively easy to do in this mountain retreat center in the Poconos. This venue presents

us with scenic vistas, mountainside trails, spring wildflowers and quiet woods. Walking the labyrinth can give us pause to reflect, while neighboring Columcille, with its fields of standing megaliths and forest pathways, can take our meditative mindfulness to uncharted depths.

Our weekend experience is further enhanced by the clean facilities and the catered food we share, while we explore ourselves through primal "mat track," men's and women's group, peer groups and workshops. The cabaret and the dance party (we hope for the return of the "leader of the pack" this year!) underscore our propensity for primal fun.

So, please mark your calendars, register right away, and join us in the 2005 version of the IPA Spring Retreat. If you have any questions please call or email me.

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The International Primal Association, Inc. publishes the IPA Newsletter. Opinions expressed by the authors are their own and not necessarily those of the IPA Board, the Editor reserves the right to make final judgment as to the publication of all materials received. Unless specifically requested otherwise, the Editor reserves the right to edit contributions.

Next deadline: June 1, 2005

Change of address?

Contact info@primals.org

First IPA Winter Retreat

By Patricia Anik Poulin and
Karuna O'Donnell

Many thousands of waves have broken onto the shore of Playa del Carmen's beaches since 14 primallers left their snow-covered countries, flew into Mexico for the first IPA Winter Retreat, held onto warmer land—and came back! The seven-day retreat was held at Daniel Miller's La Casa del Coqui Cantando, a beautiful three-story house located in Playa del Carmen, Playacar, Mexico. The daily men's and women's groups and mat tracks provided everyone with an opportunity to share and process feelings. There were visits to archeological sites, wild drumming sessions and a stand-up improvisation show that was in a class of its own.

It was a week full of deep work, fun, connection, rest, AFGOs (growth opportunities!) and healing. It is not easy for me to put into words all these experiences just now . . . so I called on Karuna and she gracefully accepted to share her thoughts and feelings, which follow.



Shelly at the . . . Beach.



The exhilaration of escaping the winter, just as the heart of the deep freeze approached, was enough to make me smile and rub my hands together with pleasure. Even better than that was the loving acceptance of people that I also love and

trust, as well as some wonderful people who were new to our community. This is the nourishment that I most value in my life.

As I sat in the women's group I could feel myself shift into another way of being and "that stuff" was there, thankfully. "That stuff" is something I smelled, felt, and tasted at my first IPA event. I wasn't sure what it was, but I knew it was essential to being, and that I was willing to go to any length to get some of "that stuff." Now I know that it is the love and acceptance that is present in feeling community. During the mat tracks, once again, I got lots of "that stuff," thanks to buddies with whom I had established trust and safety. I was able to work deeply and in a way that felt beneficial—which is a new experience for me in a mat track.

After primalling, I made a conscious effort to "follow my air bubbles to the surface," take a deep breath and open to what was waiting for me to enjoy and experience in the present. These included the sunshine, swimming in the aqua-turquoise-green-indigo Caribbean ocean, taking in the pyramids at Tulum, playing charades, shopping adventures, snuggling, heartfelt talks—and parasailing! I returned home with "that stuff" all over me and in me, feeling deeply nourished, loved, and loving.

IPA Email Resource

President: president@primals.org

Vice President: vicepresident@primals.org

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Member Advocate: advocate@primals.org

Convention: convention@primals.org

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Letter to the Editor

Dear Sam:

I loved your article in the Fall IPA Newsletter on the need for primal community. Since beginning my primal work in the mid-70s, I have longed for primal community wherever I happened to be living. This I was never able to find (by "community," I mean fellowship *outside* of the therapy room).

During the 1970s I did my primal work with a consortium of therapists at Astor Place in New York City. We did wonderful healing work with each other but had no contact when not at our primal center. On the surface, the reason seemed to be that we all lived in different parts of the city, and suburbs making travel difficult. Beneath the surface, however, I believe we were all in so much pain that we needed to avoid being reminded of our pain between sessions. Socializing with each other would just add to the pain.

I had the same experience in Boston during the 1980s and 1990s. Steve Austill organized a great primal group that met once a month in a local church. This brought people together from the Boston suburbs and offered fellowship. In between groups, there was little contact. Here again, it is tempting to blame this on the scattered geography and congestion of the Boston suburbs, which made travel difficult. However, I believe there may have been other factors at work.

Primalling in Detroit in the 1990s presented a similar dynamic. We had great weekly primal groups at Barbara Bryan's

Center. Once we left the therapy room, there was little contact among us.

In a similar vein, I can remember making new friends at Appel Farm, exchanging addresses, contacting them afterwards and getting no response.

Why is this?

My guess is that we may still be in so much pain that we lose touch with our emotional and spiritual need for community. We forget how good it feels to share—intimately—with a friend and to be cared for unconditionally. We confine our primal experience to the therapy room and ignore how we can enjoy and *love* each other outside the therapy room. We may be primalling, but we may also be isolating.

During those early years there was no email to dispel our loneliness. Now that we have the IPA E-mail group and can be in touch with each other on a daily basis, isolation is a matter of choice *not* necessity. This is a great, great blessing.

Again, I love your call for more community. If we do not let our pain get in the way, we can help each other more than we know.

Love,

Taff Welch

Nashua, New Hampshire, USA

*Digging in the dirt
Stay with me, I need support
I'm digging in the dirt
To find the places I got hurt
Open up
The places I got hurt*

– Peter Gabriel

New Members

Welcome to the new members of our growing IPA community!

Michele G. Festa
Rome, Italy

Odd Reiersol
Oslo, Norway

Sheila Turner
Bathgate, Scotland

IPA Member Advocate

There are many resources for IPA members, if we wish to get involved, support the community, or resolve a variety of issues. Officers and members of the Board of Directors are available individually, or as a group, to respond to the requests of IPA members. The Council of Elders are also available, and can deal with issues separately from the IPA Board of Directors. Since May 2004, there is a new resource available—the IPA Member Advocate.

The Member Advocate is an individual appointed by the Board to act as an initial contact to assist IPA members who are unsure of the proper channels for their issues.

IPA Member Advocate
Jim Pullaro
413-448-2719
jimpullaro@msn.com

International Scholarship

Reinhold Rausch, a member from Heidelberg, Germany, has accepted the IPA International Scholarship to attend the IPA Convention, August 22-28, 2005, at Wisdom House Retreat Centre in Connecticut. This scholarship is awarded to a primal person from overseas whose efforts support the worldwide IPA community.

Congratulations Reinhold, we look forward to meeting you!

IPA Gift Certificates

Having a generous feeling?
Would you like to share primal with friends and family?
Buy an IPA Gift Certificate.

IPA Gift Certificates can be created for any denomination, to cover the full or partial costs of:

- an IPA membership (see p. 12)
- IPA Conventions and Retreats
- Facilitator Referral List membership
 - IPA Certification

Contact Jean Rashkind at:
treasurer@primals.org
718-609-1941

Member News

Primal Integration Center of Michigan Intensives

\$150.00 fee includes food, lodging, and airport pick-up. Friday 7:30 p.m.–Sat. 5:00 pm. Led by Barbara Bryan and staff.

April 1-2, 2005 (\$150)

May 27-30, 2005 (\$360)

Friday 7:30 pm through Monday 4:00 pm. Led by Barbara Bryan, Sam Turton, Bob Holmes, and Bill Russell.

June 24-25, 2005 (\$150)

July 22-23, 2005 (\$150)

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: October 2-8, 2005

Call 248-478-5559 or visit primalworks.com/events.html

John Rowan

Masterclass in Causal Relating
March 26, 2005
London Art House
Britannia Row, Islington
London N1, UK

John Rowan's masterclasses give practitioners a unique opportunity to explore the transpersonal realms in a practical way. John demonstrates working at each of the three levels of consciousness, before encouraging participants to explore this way of working for themselves. Each masterclass is a full day.

For more information, click the "Workshops" link at the website.

Contact: John Rowan
020-8524-7381
inforowan@aol.com
www.johnrowan.org.uk

Wisdom House Profiles: Grounds & Buildings

Wisdom House is a not-for-profit retreat and conference center located on 54 beautiful, secluded acres in the Northwest Hills of Connecticut. The lovely grounds feature; a 7-circuit labyrinth—one of the first in Connecticut—walking paths, meditation gardens, the Peace Garden and 2 shrine areas. An in-ground swimming pool, smaller than Appel Farm's, is available for swimming. Nudity is not permitted.

The colonial style main building is where we will be housed. The 3-floor building contains our bedrooms and meeting rooms, as well as two dining rooms, the auditorium, a chapel and art gallery. The Marie Louise Trichet Gallery opened in 1994 and features works by local, national and international artists.

Visit Wisdom House at
www.wisdomhouse.org



The Mat Campaign!!

At Appel Farm, we were able to use the little plastic-covered mattresses for primal work. Wisdom House, like most convention centers, has real full-size mattresses (see above photo—yay!) which are too bulky to lug to workshops and primal rooms. In order to provide safety for deep feeling process at our events, the IPA must now create it's own collection of mats.

The IPA Mat Campaign has been launched and we have received \$50 from Daniel Miller and \$20 from Bob Holmes. Thanks Dan and Bob! That makes \$70—and we need about \$1000 for a collection of quality mats. We have a long way to go, and we all need to pitch in.

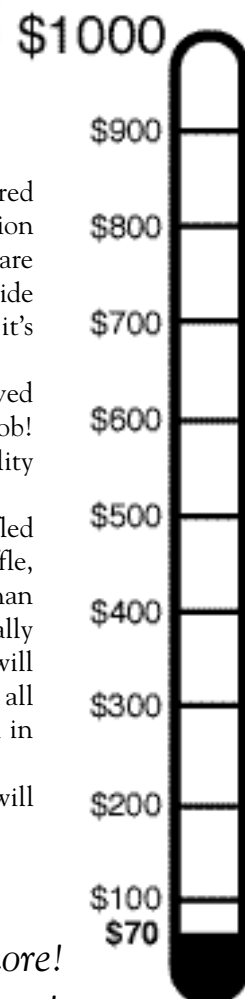
Patricia Poulin has generously donated a shiatsu session to be raffled at the Convention in support of the mat campaign. To enter the raffle, all you have to do is donate \$40—the cost of one mat! So rather than blow \$40 on a dinner, a parking ticket, or something you don't really need, donate your dollars to a worthy cause. The mat your money will buy may be the mat that someone has a breakthrough primal on—and all because of your donation! The mind boggles at the healing potential in one little mat.

Of course, any donation is more than welcome, and all donors will have their names published in the newsletter. To donate, notify:

Jean Rashkind (Treasurer)
treasurer@primals.org

Bob Holmes (Fundraising Chair)
1-877-258-9315
link.2.holmes@sympatico.ca

*We need more!
Please donate!*



Resourcing, Marathon-style

By Terry Larimore

David Braje runs in a lot of marathons; he wore this T-shirt in the 1987 Houston-Tenneco Marathon. The spectators, seeing his shirt, cheered him on with resounding chants of "Go Dave! Go Dave!" for the whole race, and he finished 731st, in 3 hours, 23 minutes and 50 seconds!

Resourcing (getting your needs met) is an important part of the healing process. Dave is showing us an excellent example!



Thanks to Dave for permission to share this photo.

IPA Primal Trivia

1) Where was the first IPA convention?

- a) Montreal b) New York City
c) Los Angeles d) Toronto

2) In what year was Ewail first created?

- a) 2002 b) 2001 c) 2000 d) 1999

3) Where was the first IPA spring retreat?

- a) Deer Hill b) Grow II Lodge
c) Kirkridge Centre d) Appel Farm

4) When did the IPA win in court against Janov over the use of the term "primal"?

- a) 1978 b) 1987 c) 2001 d) 1997

5) Who championed the *Cellular Consciousness* approach?

- a) Stanislov Grof b) William Emerson
c) Graham Farrant d) Fritz Perls

6) Who originated *Primal Integration*?

- a) Bill Swartley b) Frank Lake
c) John Rowan d) Barbara Bryan

7) Who developed massed-time therapy, and the 40-day retreat, *The Ark*?

- a) Bill Smukler b) Mary Thompson
c) Noah Rubin d) John Rowan

8) What was the name of the last (now-defunct) IPA journal?

- a) Anathema b) Aesthema
c) Asthmatic d) Aesthetic

9) What was the first year the Summer Convention was at Appel Farm?

- a) 1975 b) 1978 c) 1981 d) 2002

10) Who was the first president of the IPA?

- a) Barbara Bryan b) Hy Weiner
c) Alec Rubin d) Arthur Janov

11) Outside of Canada and the US, which country has the most members?

- a) Germany b) Australia
c) Sweden d) England

12) How many countries boast membership in the IPA?

- a) 5 b) 12 c) 9 d) 15

Answers will appear in the Summer News!

Corrections

The 2005 IPA Referral list was printed with an error. Norm Lowery's address is:

Norm Lowery
1853 26th Street, #204
Boulder, CO 80302 USA
Phone: 303-665-9468
E-mail: ndlowery@yahoo.com

Steve Austill was not correctly identified in the 2004 Convention portrait.



Member News

Sam Turton - primal

Sam Turton's Primal Integration practice, primal history, theory, book reviews, events and training, questions, and an extensive archive of over 100 articles.

www.primalworks.com
sam@primalworks.com
519-763-5881

Sam Turton - music

Sam Turton's music website includes sound clips, lyrics, commentary, photos, performance dates, ordering info and much more. Feeling music to support a feeling world.

www.samturton.com
music@samturton.com

Terry Larimore, MSW

Terry has opened her private practice again after relocating from California back to Houston TX. She specializes in adults working on preverbal emotional wounds (including events of infancy, birth, pregnancy, conception and before); infants who've had pre- or perinatal trauma; and parents who are, or will be pregnant. Her work is a combination of deep-feeling emotional release and shock resolution. Available for private sessions, experiential workshops, talks and trainings.

Contact: 832-242-6618
terry@terrylarimore.com
www.terrylarimore.com

Terry Larimore Audiotape Set

An Introduction to the Long-Term Effects of Prenatal Trauma and an Overview of the Vital Differences Between Trauma and Shock. A package of three audio tapes recorded live at the 1999 IPA Convention. This album contains an information-packed 3 3/4 hour presentation for professionals and parents. For detailed information go to www.terrylarimore.com/Tapes.html

\$27.00 (US funds only). S&H \$4.50; international S&H \$9.

To order, contact Terry at:
832-242-6618
terry@terrylarimore.com

Member News

Michele G. Festa

Licensed Psychologist and certified Psychotherapist, trained with Bill Swartley, R.D. Laing and Rollo May. Offering intensives and couples therapy in English, Italian, French, Spanish and German (with co-therapist). Our Center has comfortable accommodations, including single and double rooms with showers, and we also have a Samadhi Tank (isolation tank). The center is near the sea, and we can arrange visits to the “primal” places where Western Civilization was given “birth.”

Contact: Michele G. Festa
C.P. 10200
I-00142
Rome, Italy
Tel: 39-335-30-62-82
m.festa@gmx.net
www.loveteca.it

Esta Powell

Peer primal group in Columbus, Ohio. We meet weekly for 2 1/2 to 3 hours. Commitment to attend weekly sessions and some deep feeling experience are required in order to participate. For more information, contact:

Esta Powell
estule@yahoo.com
614-893-3527

Patricia Anik Poulin

Patricia Anik is a doctoral student in psychology, a community activist, and a shiatsu practitioner. She recently joined Dr. Lisa Berger's practice and offers deep emotional processing sessions in Newmarket (close to Toronto, Ontario, Canada). Lisa is a registered psychologist in the province of Ontario, which allows Patricia Anik to offer services that are covered by extended health care plans requiring a registered psychologist.

For more information
905-836-4555
www.janiceberger.com

Kangaroo Mother Care: The Primal Parenting Style That Every Baby Needs

Review of Dr. Nils Bergman's video,
“Kangaroo Mother Care: Restoring the Original
Paradigm for Infant Care and Breastfeeding.”

By Pat Törngren

I have been waiting for this tape for years! Like so many other people in Primal Therapy, I have spent many years recovering from my traumatic birth followed by many hours of “routine” separation from my mother (abandonment trauma). In addition to that I was made to lie alone in a crib, night and day, except for “five minutes on each side” breastfeeding every four hours for the first months of life. A friend of mine, also going through similar baby trauma, described it as his *Heaven or Hell Syndrome*—“I am alone and in hell. Mommy comes and holds and feeds me and I am in heaven. Mommy goes away again and I am in hell once more.”

In the 1970s when many of us began reliving these traumas in Primal Therapy, we were dismissed as cranks. We were told that there was no way babies could have that much awareness. Apparently, a baby's place was in the newborn nursery, while a new mother needed to be alone to get her sleep after the hard work of labour. Still there were those of us spending hours curled up in the foetal position, crying like newborns, and feeling that if someone didn't come and love us soon, we wanted to die. We knew that what we were being told was wrong.

It always puzzled me how we were going to convince people that what we were experiencing was real. At the Primal Institute, Arthur Janov and Michael Holden were studying patients undergoing these primals, while the clients were connected to

monitors measuring vital signs. Janov and Holden found huge changes in heart rate, blood pressure, core body temperature and brainwave patterns before, during and after these primals. It struck me then, that if we had these measurable changes decades after undergoing these traumas, surely babies must show some measurable signs of stress during the experience itself. But what were they, and how could they be measured so that healthcare professionals would be convinced of the need to change the treatment that babies receive? Now—at last—we have the tape to convince them!

Dr. Bergman, who previously worked at a mission hospital in Zimbabwe, has been studying Kangaroo Mother Care (KMC) for more than twelve years. There were no incubators or other technical apparatus at the hospital, and the only resources that they had in the mission hospital were the mothers. Here they found that premature babies placed on their mother's chest—who would have died in our modern hospital incubators—survived and even thrived. On the tape Dr. Bergman brings together not only his own observations and theory, but also a summary of much of the related research over the last decade or more.

The tape has impact in two areas: live filming of mothers and babies; charts and diagrams showing the adverse effects on heart rate, breathing, oxygenation and body temperature when babies are separated from their rightful habitat—skin to skin on the mother's chest. Bergman also cites studies that found that when a mother and baby are separated, the baby experiences an outpouring of stress hormones that can reach dangerous levels—sufficient to cause brain damage in some cases.



Seeing the live footage is moving. I was entranced to watch a newborn baby placed on its mother's body arch its back, push with its feet and finally find (using smell) its own way to the mother's breast—then successfully latch on and nurse. Of great interest was the fact that the baby grasped the nipple in its hand and put it into its own mouth. (So that's what the "grasp reflex" is for! Why did it take us so long to figure it out?)

It was disturbing to watch a baby that had been lying contentedly on its mother's chest taken away and put in a crib. The baby began crying desperately, in an attempt to regain its mother. Dr. Bergman describes this as the "protest/despair" response (the despair seems very familiar to my own baby primals!). The purpose of this crying is to bring the mother back, but when that fails, the baby will stop crying out of exhaustion (I've primalled that one too). He also says that the baby stops crying to conserve energy—the body literally starts "shutting down" in order to survive. This is of interest, as in Primal Therapy, we refer to a person who has a lot of repressed pain as being "shut down."

Dr Bergman refers to the baby's location as its "habitat." In whatever habitat it is, the baby will show habitat-specific behaviour. He says that there are only two possible habitats—"mother" and "other." When the baby is skin-to-skin with the mother, it is in the growth mode and will feed and thrive. When it is away from her it will show the protest/despair reaction, crying at first and then giving up. At the same time it releases large amounts of stress hormones and the body (including the digestive tract) shuts down as the baby tries to survive. Babies, he says, can be in only one of these two modes at a time—thriving, or barely surviving. For those of us who have been through Primal Therapy, we know subjectively what the latter feels like to the baby. Separation anxiety, loneliness and depression are some of the ways this is carried over into adulthood. All this can be avoided if we come to understand and meet the needs of newborn and young babies (premature and full term), which is Kangaroo Mother Care for the first months of life.

But why is Kangaroo Mother Care needed for full-term and healthy infants as well as premature babies? Dr. Bergman points out the evolutionary significance of the shift (made by our early ancestors) from walking on four legs to walking upright. This alteration meant that due to gravity, the pelvis had to undergo significant physical changes. In order to contain the contents of the abdomen, the pelvic outlet had to become much more narrow.

As our early ancestors began to perfect the use of hand-tools, their survival abilities, intelligence and brain size

increased too. With a larger head to contain the growing brain size, the smaller pelvic birth opening meant that the human foetus had to be born before it was fully developed. Human babies are born more immature and helpless than any other mammals—except the marsupials of Australia, who are born even more immature than human babies, but are cared for in the mother's pouch till they reach maturity.

Why is this particular tape so important? As a childbirth educator, over the years I discovered that in spite of teaching and lecturing endlessly about my own experience, it was very hard, if not impossible, to get hospitals to change their procedures. I believe there is a reason for this. Most people go into denial when it comes to this subject. If they are parents or professionals, acknowledging these facts

will mean they have to face the possibility that they unknowingly traumatized their own children or patients. Even more threatening than that, they will be faced with opening up the repressed trauma of their own infancy. For most people, this is simply too painful to contemplate. It's easier to say that the old ways are fine—and to go on doing them.

To counter the problem, the KMC tape is non-condemning and the research is shown in an unemotional way. The fact that mother/baby separation may cause life-long problems is acknowledged, but mentioned only once at the end. As a contrast, there are pictures of mothers with contented newborns nursing at the breast, and smiles on the mother's faces—and the faces of staff too! The tone of the tape is enthusiastic and encouraging, which makes it possible for professionals to see this as a new and better way of doing things rather than an opening of old wounds, and a laying of guilt and blame for what was done in the past.

Our experience here in South Africa is that professionals who have seen the tape are eager to share it with others, and even use it to advocate for change in the policy of their hospitals. If you want to really do something to make the world a better place, buying a copy of this tape as a gift for your local maternity hospital is a very good way to start!

You will find ordering instructions for the tape at the KMC site: www.kangaroomothercare.com, or you can write to Dr. Nils Bergman at 8 Francis Road, Pinelands, 7441 South Africa, or phone his wife Jill at South Africa 21 531 5918.

Pat Törngren lives in Cape Town, South Africa. She knows Dr. Bergman and Marianne Littlejohn personally. Marianne, whose article "Parenting for Peace" was printed in a previous IPA Newsletter, is part of the KMC research team in Cape Town. As a result of Dr. Bergman's research, KMC is now official policy in all state run hospitals in the Western Cape Province.

"Our experience here in South Africa is that professionals who have seen the tape are eager to share it with others."



Poetry and Song

First Day of School

By Belden Johnson

You seem to take it all in stride, son,
while I'm both excited and holding a species of pain
here in my heart. To what am I giving you over?
You are so beautiful in your clear-eyed

view, your bright curiosity, your love
of learning. Today you enter The System.
The left side of your face is still puffy
from the angry yellowjacket at Carr Lake.

You look like an old prizefighter who can take
the punches. I'm your anxious trainer, waiting
in your corner. Keep your chin tucked under
your shoulder, son, and your jab up.

I peek in the window. Already you have learned
the Most Important Skills: (1) to sit still at your
desk, & (2) to raise your hand before speaking.
I want to cry, for you, for me, for acculturation.

Neither Mommy nor I kissed you goodbye.
We succumbed to the It Isn't Done.
Perhaps, with us in your corner,
You'll do a bit better than we.

After the First Day of School

By Belden Johnson

When I asked you, at first you said it was
fine. You told me the Rules:
Don't walk on the grass or you'll have
to do 50 push-ups.

"I can't even do one push-up,"
you tell me, frightened." I don't want
to hurt the grass. Why don't they just
tell us to be nice to the grass?"

That night, just before you went to
sleep in my arms, you turned to me
dreamily and said, "I would hate
to go back there tomorrow."

Primal Integration

Anonymous

I came to Barb's, on one Friday night
On my face, you could read the fright
What would happen, if I enter in?
What would I find, lying within?

Down to the basement, we chose our mat
I found a safe corner, and there I sat
Going around, we spoke of our hurt
My pain was hidden, but my body alert.

And so we began our process of feeling
Crying and sharing, longing for healing
Together and alone, we wept and we screamed
In the sand, we explored our past and our dreams.

Vic brought the touch, the kindness we sought
Our bodies received the great love his hands taught
Who can explain, how he erases the pain
He gave all he had, he had little to gain.

Barb's realness and calmness opened our need
Her comforting presence allowed us to feed
On this life-giving substance I can't really name
But it gave us permission to enter our shame.

Confident and gentle, Bill was our coach
No judgement or obstacle blocked his approach
His maleness was tender, no fear to allay
So freely and purely, he knew what to say.

Hurt people hurt people, Bill taught me and then
I learned I can't hide it or only pretend
Relive it, release it, and you will arrive
At a place to transcend it and be fully alive.

The bat found my hand, as I let it all go
The rage and the anger—I hit high and low
I sobbed what was buried, I yelled what was true
Until I was weary, and ready to move

To a level of living, in the depth of my soul
Where joy is abundant, and I can be whole
What return can I make for the life I have found?
But to teach what I live and to love from the Ground . . .
Of my Being

Thoughts After Being Alone in the Hot Tub At Night

By Daniel Miller

The full moon rode alone in the sky
in an empty firmament, and I,
in the cooling heat of the beginning, afloat,
fear the careening silent asteroid spinning
events from the unknown dispassionately passing

Descending from the inevitable-unknowable and not finite
Whence and how did they become the reality of light?
Clouds of the inscrutable hide their luminous entrance
into the world through the darkness seeking to join
with time, space, mind and feeling in my tub's home.

When here this space hosted a thunderstorm of beings
penetrating each nook and subtle cranny of inchoate meanings
each was lifted into an existence that mocked death's porn,
screaming at the asteroids and challenging their deadly paths
creating events and changing the expanding universe

And continuing their flight into time in a finite space
into nooks and crannies of familiar welcoming places,
finite beings seek grounding in green earth and white mountains
beckoning, lingering for another moment of licentious solace,
while I float in the firmament awaiting another asteroid.

We Want Peace

A song by Sam Turton © February 2005

For the baby, the mother, and the family
We want peace
For the sick, the lonely, and the suffering
We want peace

We want love, we want freedom, we want peace

For the abused, neglected, and the homeless
We want peace
For the refugee, the native, and the landless
We want peace

We want love, we want freedom, we want peace

For the underpaid worker, and the addicted consumer
We want peace
For the debt-ridden tenant, and the bombed-out civilian
We want peace

We want love, we want freedom, we want peace

IPA Member Publications

Many IPA members are authors. In order to support them and make the general membership aware of their publications, a new IPA Member Publications list is in development. This list will appear on the IPA Website and on a printed hand-out available to members.

Publications are not restricted to primal subjects and will be arranged in thematic sections. We are aware of some of our member's publications, but not all. If you are an IPA member and wish to have a publication of yours included, please send me the title, author name, publisher name, date, and city of publication.

Sam Turton
Publications Chair
sam@primalworks.com

Member Links

The Primal Links page of the IPA website contains a section called "Member Links." The IPA offers a free listing in this section for the websites of IPA members. If you want your website listed on this page, www.primals.org/links.html please contact the webmaster at:

webmaster@primals.org

Primal Voice

Primal Voice, the IPA Member e-News, is a great success with a monthly offering of announcements and events in the IPA world community.

To post an announcement about upcoming intensives, workshops, retreats, gatherings or any other primal-related news, send your information to the editor before the end-of-month deadline. If you aren't receiving Primal Voice and would like to start, contact the editor with your email address.

Carol Holmes, Editor:
enews@primals.org

Birth Primals: Sooner or Later?

By Pat Törngren

One of the most important things I have been taught by experience is that though I would never, ever “push” someone into birth feelings early in their therapy (or at any time for that matter), I would not stop them or block the feelings in any way when their body wants to go back there—no matter how early in therapy it might be.

Recently on the internet Primal Support Group, someone brought up the issue of birth primals and suggested that a number of IPA therapists put too much emphasis on the reliving of birth, to the exclusion of other issues. A discussion ensued between this person and a practicing therapist who is a member of the IPA who denied this allegation. I replied as follows:

During my time in the IPA (which has been several years now), nobody has tried to steer me in the direction of birth, and I would feel most upset if they did. I don't like being “pushed” in any direction—and that is a birth feeling! So if anyone had attempted to do it to me, I most certainly would have been aware of it, and would have reacted very strongly and very negatively.

The debate, it seems, is not limited to the IPA, and this issue about how early to go with birth feelings does seem to be a contentious point, even between the Janovs and various therapists trained by them. Art's patients seem to be encouraged to go back to birth (though I don't know at what stage in their therapy) while at the Primal Institute I have been told that they are now recommending that people like me, who died during their birth process, should try not to go back there at all, if possible.

In contrast, my present therapist says, “Listen to your body and follow your process—if you want to truly get well, you don't have the choice of going a little way into the pain and then calling a halt to further inner exploration. If you try to, your therapy will stop at that point, and you will remain ‘stuck’ forever.”

I confess that I understand any concerns expressed (from hearsay only) by the Primal Institute. Suicidal impulses are a very real hazard, if and when dying in the birth canal actually brought relief from the pain which seemed endless (as happened to me), and resulted in a series of “Please let me die” primals.

However, I have found that with the containment that my present therapist provides, reliving my birth (and especially my death in the birth canal) has proved to be very helpful and resolving, in spite of being very difficult at times. I must admit though, that the “one-on-one” care my therapist has provided weekly over a 10-year period has been the factor which has made it safe for me to go “back there.” It is not

something I would recommend to anyone who has inadequate support in the present, when “keeping it together” may be undesirable, but a temporary necessity.

To put my feelings on the situation into context, it might help if I share my history and experience of birth primals. I had my first birth primal in 1975, the year after I started self-primalling here in Cape Town. I wasn't sure what to make of it, since there was no crying involved. I just went through a lengthy body memory of the final sequence of my head coming out. The pressure was unbelievable, and I remember lying there thinking, “This could be dangerous and I hope I don't have a stroke.”

The buddy who sat with me told me afterwards that I first went red in the face and then blue. He said that in the final part of the sequence (when I was feeling the most pressure) the veins on my forehead stood up clearly and he was also a bit scared of what might happen, as I also held my breath. But all was well and I felt great relief afterwards. I remember that I slept very well that night, and awoke refreshed the next morning.

Two years later I got to LA and asked my three-week therapist (a trainee) what I should do about the headaches I was getting, which I knew were birth-related. She suggested that I should not go with them but rather take an aspirin, so I dutifully did that. After what my therapist said, I was surprised later to see Patti Nicholas facilitate a birth primal in “big group.” But I decided to follow my own therapist's suggestion, and as a result I didn't have any

more birth feelings for several years.

The headaches continued, however, and eventually in desperation I got up the courage to lie down and “go with them” as an experiment. Doing this didn't result in primals in the normal sense of the word—rather it produced “body memories” only. But they went on for hours, cleared the headaches, and started me having regular connected birth primals at other times, with baby crying, as a result. I regretted then that I had followed the instructions of the therapist in LA, as I think my process would have moved along faster if I had just followed my body.

I had an interesting insight related to this when my best friend started to primal twenty one years ago. She was trying to feel on her own, but when she couldn't make it, she asked if she could come down to Cape Town for two weeks and have me do an intensive for her, as she couldn't afford formal therapy. Since she had become interested in primal therapy by buddying for me some years earlier, I felt it would be right (though I had never done anything like it before), so I agreed.

The understanding was that I would give her a “buddy type” session in the primal box every afternoon, but from the

“Someone suggested that a number of IPA therapists put too much emphasis on the reliving of birth, to the exclusion of other issues.”

first day, she said she needed at least three sessions a day and was crying through the night, so I had to call for reinforcements. We ended up with me doing the morning shift, a friend (one of Cecil Osborne's previous patients, and a certified therapist of his) doing the afternoon shift. My husband took the evening sessions.

From the beginning, my friend started having birth feelings "intruding." I thought it was "too early" in her therapy and I dutifully steered her away from that and into later stuff (which she did well). Then one evening in her second week she had a breakthrough when working alone with my husband.

Perhaps I should say a little about my husband first. He is a very passive buddy (which has advantages and disadvantages). He never interrupts, but he frequently falls asleep. When I hear him start to snore, it's not very helpful to me. But his style of buddying was helpful to my friend, as she spontaneously went into birth—and he didn't try to stop her. She came out of the primal box after her session, fully connected and mind blown!

What had happened was a birth primal in which she felt how hard she was "pushing" herself in order to "get out." She said her three sessions per day were an act-out of that old feeling—that if she didn't push herself she would probably die. Well, the next day when she arrived for her session with me, she said, "I don't need to feel today, let's go and see a movie." So we went into Cape Town and saw Barbara Streisand in *Yentl* instead of going into the primal box!

From then on my friend needed only one session per day, and with the "birth urgency" out of the way, started accessing her later feelings really easily. It taught me some very important things. I think the most important was that though I would never, ever *push* someone into birth feelings early in their therapy (or at any time for that matter), when the body wants to go there, no matter how early in therapy it might be, I would not stop them or attempt to block the feelings again.

I now understand that there is wisdom in our bodies, and our healthy defenses (if not interfered with) prevent us from getting into old feelings that have so great a valence of pain that they might endanger us in any way.

This is a learning process for all of us, and I am still learning all the time, mostly by listening to what my buddies and other people have to say based on their experiences. I trust this clarifies where I am at, and other people's comments would be most welcome.

*I cry the way that babies cry
The way they can't deny
The way they feel*

– Peter Gabriel

IPA Events

Spring Retreat 2005 - register now!

Thursday, May 12 - Sunday, May 15
Kirkridge Retreat Center
Bangor, Pennsylvania, USA
www.primals.org/activities.html#retreat
Bob Holmes: 1-877-258-9315
link.2.holmes@sympatico.ca

Spring Board Meeting

Saturday, April 30 - Sunday, May 1
Pittsfield, Massachusetts, USA
Jim Pullaro: 413-448-2719
vicepresident@primals.org

Summer Convention 2005

Monday, August 22 - Sunday, August 28
Holding and Integrating: Keeping the Primal Process Within the Healing Zone
Wisdom House Retreat Center
Litchfield, Connecticut, USA
Details announced at www.primals.org/convention.html
Keynote: Dr. Michael Irving at www.irvingstudios.com
Co-chairs: Jim Pullaro & Patricia Poulin
convention@primals.org
Mark your calendars - we'd like the whole community to initiate our new location!

Website—Top Pages

The following are the most visited pages on the IPA website. Each link is preceded by <http://www.primals.org>, the IPA homepage URL.

1. **IPA homepage** <http://www.primals.org>
2. **Borderline Personality Disorder: Profile and Process of Therapy**, by Paul J. Hannig, Ph.D. [articles/hannig03.html](http://www.primals.org/articles/hannig03.html)
3. **Referral List** [referral.html](http://www.primals.org/referral.html)
4. **Primal Links** [links.html](http://www.primals.org/links.html)
5. **IPA Summer Convention 2002** [conv2002.html](http://www.primals.org/conv2002.html)
6. **What Is Primal?** [whatisprimal.html](http://www.primals.org/whatisprimal.html)
7. **Summer Convention 2005** [convention.html](http://www.primals.org/convention.html)
8. **IPA Activities & Events** [activities.html](http://www.primals.org/activities.html)
9. **Membership** [membership.html](http://www.primals.org/membership.html)
10. **Index of Articles, by subject** [articlesub.html](http://www.primals.org/articlesub.html)

Holding and Integrating: Keeping the Primal Process within the Healing Zone

33rd IPA Convention, August 22nd to August 28th, 2005

By Patricia Anik Poulin and Jim Pullaro
Convention Co-chairs

We know that primalling, being witnessed, being supported and accepted can help us grow and heal from our past wounds. But how do we ensure that the primal process that we engage in or facilitate with others is truly integrative? What can we do when process difficulties emerge, such as deep shock, dissociation and emotional overloads?

This year at the convention, in addition to the fun-filled and feeling-focused activities that are the hallmark of IPA gatherings, we are cooking up a balanced program of workshops and presentations that will focus on refining our knowledge of the primal process. A three-day facilitation stream will be of particular interest to Primal Integration Educators, Buddies, Psychotherapists, Witnesses, Body Workers and Counsellors who specifically wish to take part in activities to reflect on, share and deepen their understanding of the primal process.

Dr. Michael Irving, a long-time primal practitioner, psychotherapist, sculptor, and art therapist, will be our keynote presenter. In his keynote address, Michael will be



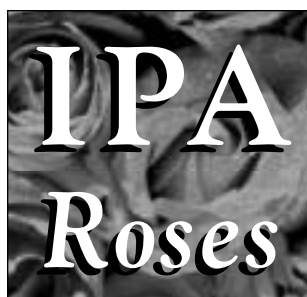
Michael Irving

addressing dissociation and safe containment in survivors of severe abuse. In a second workshop, he will present a moving and breath-taking slideshow of the Childhood Abuse Survivor's Monument, an art-based social action and community healing project that he directed and that involved hundreds of survivors. You can read his writing and see the work of the survivors who took part at his website www.irvingstudios.com.

We will be gathering at Wisdom House, a beautiful retreat center located in Northwestern Connecticut, where convention attendees will have the opportunity to enjoy private or semi-private accommodations, walk through the labyrinths and enjoy the sun by the pool. Be sure to check the IPA website (www.primals.org), the Wisdom House website (www.wisdomhouse.org) and our monthly e-newsletter *Primal Voice* for program updates and details. Also, keep an eye out for the brochure that will be mailed in May!

Feel free to contact us with any questions or concerns you may have. We look forward to connecting with all of you in August!

Contact Jim Pullaro & Patricia Anik Poulin at:
convention@primals.org



- to Bob Holmes and Daniel Miller for the first two donations to the Mat Campaign. Who's next?
- to Denise Kline for getting the IPA another \$500 from Citigroup for her volunteer work. Thank you!
- to Barbara Bryan for hosting the Winter Board meeting—the most laid-back in recent history!
- to Daniel Miller, Alex Tadeskung, Jean Rashkind, Esta Powell—and everyone at the IPA Winter Retreat in Mexico for making it happen. Did anyone hear the frog sing?
- to this issue's contributors—Bob Holmes, Belden Johnson, Terry Larimore, Daniel Miller, Karuna O'Donnell, Patricia Anik Poulin, Jim Pullaro, Pat Törngren, Sam Turton, and Taff Welch.

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, 213 Kent St., #3R, Brooklyn, NY, 11222, USA