

New team, new look, new direction

Some great people retired from the IPA's Board of Directors over the last couple of years: Bill Whitesell, IPA Treasurer and Board member for many years; Harriet Geller, former IPA President and Board member for most of the life of the organization; Marriage and Family Therapist and Primal facilitator Diane Kohl, multi-term IPA Secretary and Board member; Jean Rashkind, former IPA Treasurer and longtime Board member and organizer of our annual Spring Retreats; and Larry Schumer, veteran Board member and our most recent former President: huge thanks, all of you, for years of loyal service to this vital organization. And please, please, please, stay connected.

These changes have put in place essentially a new team leading the IPA. Here's the current line-up:

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|----------------------|-------------------|
| President | Sandy Weymouth |
| Vice President | Barbara Bryan |
| Secretary | Gary Bradley |
| Treasurer | Warren Davis |
| Board members | |
| | Art Brown |
| | Denise Kline |
| | Anna Puleo |
| | Philip Rivers |
| | Alice Rose |
| | Leonard Rosenbaum |
| | Thayer White |

(Continued on Page 7, **New Team**)

Janov associates lead 'Convention 41' lineup

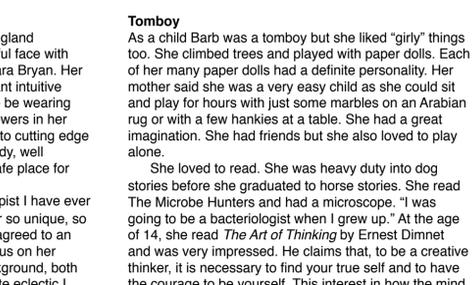
By Denise Kline

This is year Four One for us, so it's "All for one and one for all" as we welcome Arthur Janov Primal Center associates Morey French and Agustin Gurza to the IPA's 41st Annual Retreat and Convention Monday August 19 through Sunday August 25. For optimal scheduling, particularly with our Janov friends, we're meeting this year at the Pearstone Center, a lovely facility near Reisterstown, Maryland, northwest of Baltimore.

Psychologist, Primal facilitator and IPA Board member Alice Rose, PhD, worked hard this year to bring these two important segments of the Primal movement together. See her account of how this all played out on Page 7. Morey French is a veteran Primal therapist at The Janov Primal Center in Santa Monica, California. Mock primals will be the topic of her Convention presentation. This will be a practical rather than a didactic presentation, meaning there will be plenty of audience interaction and films illustrating her points. And veteran journalist with various southern California publications, including ten years at the Los Angeles Times, Agustin Gurza will discuss his biography-in-progress of Arthur Janov. Both presentations will be Saturday afternoon.

John Rowan, PhD, joins us again from the UK for a one-hour presentation entitled "The Terrible Twins - Primal and Transpersonal." Following this presentation—both presentations are scheduled for Thursday afternoon—John will offer a three-hour workshop, "Introducing the Transpersonal, the Spiritual Quadrant of Primal Integration." An associate of philosophy and psychology scholar Ken Wilber, John has been a practitioner

(Continued on Page 4, **Convention 41**)



Pearstone Center, Reisterstown, Maryland, just north of Baltimore.

Page 1

Our Barb

It's the end of an era as 7-term IPA President Barbara Bryan closes The Primal Integration Center of Michigan. Here's what long-time client and friend Julie Eliason has to say about Barb and her nearly 40 years of Primal Integration facilitation and Primal movement leadership.

Unique
 Picture the current Queen Elizabeth of England demurely dressed with a pleasant, peaceful face with soft, brown, intelligent eyes. That is Barbara Bryan. Her quiet modest appearance belies the brilliant intuitive therapist that she is. I would expect her to be wearing esoteric, new-age flowing dresses with flowers in her hair. Because underneath she is as open to cutting edge ideas to help people heal as she is a steady, well organized professional able to create a safe place for her clients.

Barb Bryan is the most effective therapist I have ever worked with. I was curious what made her so unique, so I asked her if I could write her story. She agreed to an interview which I taped. I asked her to focus on her personal history and her educational background, both academic and experiential. As Barb is quite eclectic I asked her to describe the different kinds of therapies she uses.

She was born in 1928 and is 85 years old. I first became acquainted with her at the Primal Farm in Big Rapids, Michigan where she was a facilitator. She was my facilitator in group therapy from 1972 to 1977. Recently I've started having private sessions with her every other week. I feel very fortunate that she is still available with her wealth of knowledge, experience, and highly developed intuition. Besides being a Primal Therapist with Jungian influences for the last 40 years, Barb established The Primal Integration Center in her home in Farmington Hills and was so successful she was able to travel all over the world for her own relaxation and enjoyment.

Tomboy
 As a child Barb was a tomboy but she liked "girly" things too. She climbed trees and played with paper dolls. Each of her many paper dolls had a definite personality. Her mother said she was a very easy child as she could sit and play for hours with just some marbles on an Arabian rug or with a few hankies at a table. She had a great imagination. She had friends but she also loved to play alone.

She loved to read. She was heavy duty into dog stories before she graduated to horse stories. She read *The Microbe Hunters* and had a microscope. "I was going to be a bacteriologist when I grew up." At the age of 14, she read *The Art of Thinking* by Ernest Dimmet and was very impressed. He claims that, to be a creative thinker, it is necessary to find your true self and to have the courage to be yourself. This interest in how the mind works got Barb into reading more about Psychology.

She was an excellent student. But when she was sixteen years old and in the 11th grade she became pregnant. She dropped out of school and married the boy she loved. He dropped out of school also and went to work for his father as a lithographer. He did very well financially. They had a beautiful Tudor home right on Orchard Lake. Barb was a dedicated wife and mother. She read everything she could find on raising children. She wanted to do a good job. Four of their five children went to Kingswood Cranbrook Academy. For twenty-six years Barb was a stay-at-home wife and mother living a very protected life.

Page 2

Investigation Into Identity

At age 42, she saw an ad in the paper for a program called "Investigation Into Identity" at the Continuum Center at Oakland University. "Oh my God! I didn't know who I was. I knew I was a wife and mother but I hadn't worked (outside the home) or done anything, so that sounded right on." Luckily for Barb her husband wasn't trying to keep her as close to home as he had in the past. She took advantage and went to the program. It was designed for women just like Barb—middle aged women who had been housewives and who needed to find out what they wanted to do with their lives.

She took several tests. "I didn't think I could go back to school—I never graduated from high school." She took an entrance exam for Oakland University and scored in the top 5%. "Oh my gosh! I got accepted into a new program at Oakland Community College to earn a Mental Health Associate degree. Nobody ever asked for my high school diploma."

Through the Continuum Center she got introduced to Norm Rhody, a well-thought-of Gestalt therapist who was starting to experiment with Primal Therapy. "That really intrigued me!" At an early workshop with him she got in touch with her anger. She had hidden all her anger from herself since she was six years old. She read the book *The Primal Scream* over Christmas 1971 and planned for her intensive with Rhody in April of 1972.

In the meantime she had been going to the Continuum Center to train as a group leader. She took every workshop they offered. She learned how to lead a group and was exposed to different techniques like Transactional Analysis and Gestalt Therapy. The training was very diverse. Later when she went for her Masters degree she made a list of all the workshops. It was a long, long list.

Barb didn't question why she was getting all this freedom from her husband. She was just going for it. He didn't even object when she went into a hotel for 5 days for her intensive. "It was soon after that I found out about his affair. Everyone else knew. But I couldn't let myself know. I even felt guilty because I doubted him. I was very naive. It was July 4, 1972 when I finally got it." He hit me like a knife in my stomach. But I finally got it." She tried to keep the marriage together. At the same time she was doing her own feeling work and spending time training with Norm Rhody at the Primal Farm in Big Rapids.

When her husband told her "I love her. I don't love you," Barb finally gave up on her marriage.

Barb's story will continue in the next newsletter with "Opening to the power within."

HELP!

We need help making this newsletter go. For example, it's currently the IPA Core. At least this first edition is. How do you like the name? Give us other suggestions.

We need help on content, too. What's your Primal experience? What's going on Primal-wise in your area? Where do you want to see the Primal movement going? Send us your writing, your photos, your videos. Yes, videos can go in this online newsletter. Send Letters to

the Editor. How do you feel about the look of the newsletter? Send stuff to primals.org/Core. Or contact me, **Sandy Weymouth**, at **302-530-1535**, or **SandyWeymouth@me.com**.

Help us build, not only this newsletter, but this organization, this movement. We need ideas and energy. Work. Do we believe in what we're offering the world? Let's use this modality to clean ourselves up and, at the same time, get the word out there. Help help help. And love love love.

—Sandy

Page 3

Convention 41 (continued from Page 1)

of humanistic psychology, a reaction to both Freudian Psychoanalysis and Skinner's behaviorism. Humanistic Psychology emphasizes a more holistic approach toward human experience, focusing on creativity, free will and human potential. His books include *Ordinary Ecstasy*, *The Reality Game*, *Subpersonalities: the People Inside Us*, and *Healing the Male Psyche*.



Wayne Carr at a recent Convention

Current president of the Biodynamic Craniosacral Therapy Association of North America David Paxson will give two presentations. The first on how cranial-sacral therapy, CST—also known as cranial osteopathy—helps clients access and deal with childhood patterns and issues. The second will review Dave's current writing project, *Healing and Prevention in the Primal Period*. Dave's presentations will also be Thursday afternoon.

Dave is a close collaborator with current APPPAH—Association for Prenatal and Perinatal Psychology and Health—president and originator of the shock concept in Primal therapy, William Emerson, a past presenter at our Convention. (See emersonbirthrx.com—Workshop Schedule, for William's powerful seminars in the U.S. and Europe.)

And speaking of William Emerson, IPA Board members, psychology PhD Alice Rose and clinical psychologist Philip Rivers, will review Emerson's shock concept and how Primal meditation can be used to deal with trauma levels so intense that classic Primal may not be able to reach them.

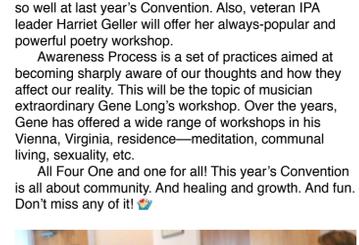
Some favorite therapists and Primal facilitators from days gone by are rejoining us this year with exciting messages of good energy and new life. Michigan therapist Dianne Arman, will offer an interactive, experiential workshop, "Experimenting with New Behaviors." We'll try out behaviors radically different

from our habitual ones to see what they can do to clear ourselves and increase our life power, says Dianne. Also, we're delighted to have IPA founding member Tom Rose back with "Two Life Savers, Primal Therapy and the Twelve Steps" on Tuesday afternoon. Both processes, Tom argues, help release us from the bondage of what others did to us—and what we did to ourselves—and how we responded to what was done.

And psychologist Wayne Carr, PhD, founder of the Seattle area's Center for Healing and Growth, rejoins us with "Becoming Superhuman" Wednesday afternoon. Wayne will show us how to see and feel ourselves in new ways through core expression, non-local consciousness and meditation.

Maryland-based marriage, family and child counselor and Primal facilitator Thayer White will open the Convention with, and repeat later in the week, exercises drawing us all more into a community. Thanks, Thayer, for the beautiful and informative Convention brochure and for the comprehensive Program attendees will receive, and also for improved attention to budgeting.

Thayer will share 40 years of observation of how people practicing Primal deceive themselves about their processes and their progress. "Primal Lies" is the workshop title.



Leonard Rosebaum, Gene Long and Walter Gambin in Gene's Contact Improv workshop some years back

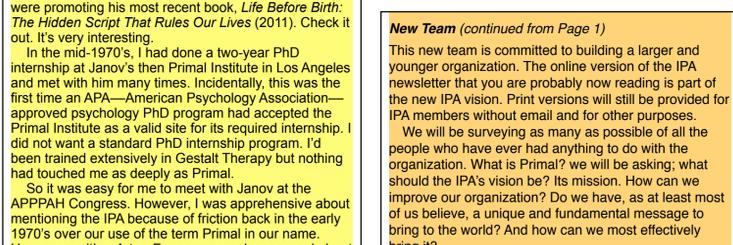
Here's a Thayer innovation: every night at the beginning of Community Meeting will be drawings for free half-hour massages. We're emphasizing being on time this year, to all presentations and meetings. So if you want a free massage be sure to get to Community Meeting on the dot. Let's be prompt anyway. Why not?

Itaca, New York therapist and Primal facilitator Diane Kohl will, as always, spice up the Convention with an interactive workshop involving tears and sexuality.

(Continued on Page 6, **Convention 41**)

Page 4

2012 Ruby Jubilee Convention: healing, growth, community, fun!



Keynoted with a soul-search Symposium on the where-IPA is and where it should be going, our Ruby Jubilee 40th Anniversary Convention and Retreat focused on community, that effort highlighted by therapist and Primal facilitator Thayer White's popular getting-to-know-you exercises, which opened the Convention.

It also emphasized opening up, releasing the beauty inside, as in Art Brown's theatre workshop—that's him and fellow Board member

Marie Regis, Leonard Rosenbaum, J.J. Jackson, Barbara Brown, Kasia Huzij, Claire Turner, Spiritt Taylor and Nancy Andrews at one of William Emerson's 2011 workshops

line up for more work after his demonstration last year. Randy is also on the Convention massage team.

"For its very rigidity in the physical body there is a corresponding rigidity in emotion," says Esalen- and Harbin-trained massage therapist Jan Owens, quoting Formative Psychology originator Stanley Kelementan. Jan's workshop will cover massage and human anatomy; actor and IPA Board member Art Brown will offer his fun and fanciful "Primal and the Craft of Acting," which went over so well at last year's Convention. Also, veteran IPA leader Harriet Geller will offer her always-popular and powerful poetry workshop.

Awareness Process is a set of practices aimed at becoming sharply aware of our thoughts and how they affect our reality. This will be the topic of musician extraordinary Gene Long's workshop. Over the years, Gene has offered a wide range of workshops in his Vienna, Virginia, residence—meditation, communal living, sexuality, etc.

All Four One and one for all! This year's Convention is all about community. And healing and growth. And fun. Don't miss any of it!

The Janovs and us, start of a (Casablanca, remember?) beautiful friendship?

by Alice Rose, PhD

Here's how it worked. The IPA Board authorized Denise Kline and me to represent the IPA at the 16th International Congress of the Association for Prenatal and Perinatal Psychology and Health, APPPAH, in San Francisco in November of 2011. Unfortunately, Denise, as it turned out, was unable to go.

I was delighted at the opportunity to see my teacher, mentor and friend, current APPPAH president William Emerson. But who else turned out to be there? Arthur Janov and his beautiful and brilliant wife, France. They were promoting his most recent book, *Life Before Birth: The Hidden Script That Rules Our Lives* (2011). Check it out. It's very interesting.

In the mid-1970's, I had done a two-year Ph.D. internship at Janov's then Primal Institute in Los Angeles and met with him many times. Incidentally, this was the first time an APA—American Psychology Association—approved psychology PhD program had required the Primal Institute as a valid site for its accepted internship. I did not want a standard PhD internship program. I'd been trained extensively in Gestalt Therapy but nothing had touched me as deeply as Primal.

So it was easy for me to meet with Janov at the APPPAH Congress. However, I was apprehensive about mentioning the IPA because of friction back in the early 1970's over our use of the term Primal in our name. However, neither Art or France seemed concerned about that anymore, which made me feel it might be possible to get one or both of them to present at an IPA convention.

I pursued this with them during the following year. Scheduling and health considerations were among the reasons they concluded they couldn't come this year. But it was Art who suggested, in the course of an extended email exchange, the two people who are coming: veteran primaler and therapist at Janov's center Morey French, and journalist and Janov biographer Agustin Gurza.

I'm delighted we'll see these two Janov associates this year and am hopeful we might get the Janovs themselves in another year, maybe even next.

I hope you'll all come to this exceptional Convention, not only to see Morey and Agustin's workshops but the wonderful other presentations Convention Co-chairperson Denise Kline and the rest of the Convention Committee—Gary Bradley, Sandy Weymouth and Co-chairperson Thayer White—have organized. Please see Denise's Convention 41 article starting on Page 1 and the current, therefore tentative, and abbreviated schedule on Page 8.

Spring Retreat 2013: new location, great old time

Not a very new location: Kirkridge Retreat Center near Stroudsburg, Pennsylvania, as so many years in the past, but this year down the Delaware River valley we've been used to, but in many ways a cozier nook with everything in one building. Everyone liked where we were and some even preferred it.

Jean Raskhkind, with help from Harriet Geller and Warren Davis, pulled it all together. As always, various workshops organized on the spot and given by various attendees.

Join us next year!

Page 6

2013 IPA Convention workshop schedule

We got complaints last year about shuffling the schedule too much which we're trying to avoid this year. But there's still some time before the Programs are printed, so take this all with a grain or two of salt. Changes might occur. P.M. here refers only to afternoons, two segments in each. Check your Program schedule carefully when you get it on arrival.

Tue am	Dianne Arman	New behaviors
Tue pm	Julie Eliason Barbara Bryan Tom Rose Thayer White	Art creativity Primal buddying 12 Steps and Primal Primal Lies
Wed am	Harriet Geller	Poetry
Wed pm	Wayne Carr Robert Johnson Wayne Carr Julie Eliason	Becoming superhuman Circumcision More on superhuman Art and PTSD
Thu am	Barbara Bryan	Primal joy
Thu pm	John Rowan Dave Paxson John Rowan Dave Paxson	Primal & transpersonal Cranial-sacral therapy Transpersonal workshop Healing & growth
Fri am	Jan Owens	Anatomy/massage
Fri pm	Laurie Schwartz, Stewart Friedman Alice Rose, Philip Rivers Shock, Primal meditation Schwartz/Friedman Diane Kohl	Hakomi support Hakomi support 2 Tears, sexuality
Sat am	Laurie Schwartz Art Brown	African drumming Primal & craft of acting
Sat pm	KEYNOTE MOREY FRENCH AGUSTIN GURZA	Mock Primal Janov bio project
Sun am	Gene Long Randy Goldberg	Awareness Process Family Constellations

Screaming...and quiet, Convention guidelines

Some of us, maybe newcomers particularly, have gotten the impression that we're a screaming and carrying on organization, so we can scream and carry on whenever and wherever at the Convention. Almost true in that we usually have a Primal Room that is available 24/7 where you can go totally berserk and shriek or bellow whatever you like. But not this year: the Primal Room will not be available from 11 pm until 7 am. We might find some alternative and will keep you posted. But if you need to howl at the Moon, find resident feelings-processing nut and IPA CEO Sandy Weymouth and he'll take you out in his car or van. Really. That's how strongly he feels about this stuff. I ought to know: I'm he.

BUT outside of the Primal Room and Sandy's vehicle, outside of the Men's or Women's Group *when it's your turn*, Peer Group *when it's your turn*, Mat *Track* when we're all processing, *the conventional standards of civil comportment apply*. Please honor these standards. And have a rich, growthful, radically life-expanding time at our Convention.

ALSO, as mentioned in the Denise's "Convention 41" article, let's be on time. For everything. Thayer White argues that when we really start cleaning up our act, as individuals and as an organization, is when we'll start attracting people to the IPA. Let's start with prompt.

Let's be careful about bashing other healing modalities, particularly the mainstream ones. Talk therapies of all kinds, for example. Most Primal professionals agree that it can take a mix of modalities to really clean our clocks.

Let's generally be careful about over-the-top kooky behavior, particularly while the Janov folks are with us. We're trying to build new bridges to this seminal core of the Primal world.

Generally, let's strike a healthy balance between real freedom, real fun, real healing and growth, on the one hand, and on the other, presenting ourselves reasonably in the real world.

GOOD NEWS! EARLY BIRD DEADLINE EXTENDED

To be sure you all got a chance to read here how great our upcoming Convention is going to be, we've extended the Early Bird deadline. It's now the end of the day, **Thursday August 8**. So get on the phone: **Warren Davis, 301-763-6080, 703-578-9216; Sandy Weymouth, 302-530-1535**. Our legions of operators are standing by.

Dave Gorsky and Marlene Schiller in 2011.

New Team (continued from Page 1)

This new team is committed to building a larger and younger organization. The online version of the IPA newsletter that you are probably now reading is part of the new IPA vision. Print versions will still be provided for IPA members without email and for other purposes.

We will be surveying as many as possible of all the people who have ever had anything to do with the organization. What is Primal? We will be asking; what should the IPA's vision be? Its mission. How can we improve our organization? Do we have, as at least most of us believe, a unique and fundamental message to bring to the world? And how can we most effectively bring it?

Out of this survey we intend to develop, likely with outside professional support, a strategic plan for our organization: an actionable plan with people assigned to tasks with due dates.

We've wanted to develop a testimonials project, all of us saying what Primal means to us, what our experience with it has been, and what it has accomplished for us. We're currently looking at doing video interviews for this project, as many of them as possible at this summer's Convention.

Ideas! We're looking for ideas. Help us out, members and friends. Every one of us has a different idea of what we're all about. But there's a core passion we all share, right? Let's focus on that passion and give it the central place in the world it deserves.

Page 7