

# IPA Newsletter

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## Winter Solstice

by Julie Eliason, Editor

I feel content,  
In the darkness of December.  
It feels safe and quiet,  
A time to rest and gestate.

Yes, I celebrate the Solstice,

But I'm glad the transition to the light  
is slow.

I need time to digest and  
ruminate.

Ideas like embryos and  
seedlings have their own  
schedule.

Yes, Summer's return will  
be exciting,

But, for now,

Let's rest in the Womb of Winter.

## Gary Bradley Lost Everything He Owned

Our friend, Gary Bradley, long-time IPA member and recent Treasurer, escaped with his life, the clothes he was wearing and his dog, Tyler. December 5, 2015 at 12:45 am a fire started in his ranch home in Bedford, Virginia. Tyler, who was outside, wouldn't stop barking.

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Participants at the 2015 IPA Summer Convention and Retreat.

Back row: Denise Kline, Walter Loeb, Harriet Geller, Leonard Rosenbaum, Dianea Kohl, Randy Goldberg, Tom Rose, Gary Bradley, Bill Whitesell, Maria Williams, Warren Davis, Otto von Wachter  
Front row: Julie Eliason, Don Eschbach, Barb Bryan, Dianne Arman, Walter Gambin, Rick Benson  
Floor: Jean Rashkind, Alex Tadeskung

## Message from the President by Dianne Arman

The goal of the IPA is to provide a safe, nurturing environment for everyone attending conferences and retreats. The IPA community is unique because the expression of deep emotional pain is accepted and encouraged. For the past two years I have focused on the importance of safety and security during our events. Maybe it's time to invest more in helping others. I read somewhere that "It's in helping others that we help ourselves." I know it is expensive to attend events and there is limited time for personal work but what if we used more of the time to help someone else?

It seems the people who make the community safe are the ones who are willing to reach out to others. The ones who are willing to set aside their personal work to be present and practice mindfulness with everyone. Could it be that we've become so focused on our own pain that we forget that connecting in love is also healing?

So instead of continuing to expound on the fact that the IPA will be of more value to people if we are a safe, nurturing community I am suggesting that we also become a community willing to love unconditionally. Carl Rogers taught that "unconditional positive regard" was what we needed to heal past wounds. Let's make the IPA the family we didn't have. A family that supports its members and encourages personal growth and sympathizes when there is pain.

Some IPA members believe we



"Unconditional positive regard"...needed to heal past wounds.

need better marketing, more rules or famous people presenting at our Conventions and Retreats. I believe the IPA will grow and flourish when we reach out in love.



## Calendar

February 27-28, 2016

IPA Board Meeting  
The Woods Place  
All IPA members are invited to attend.

March 4-6, 2016

Mini-Retreat  
The Woods Place

May 11-15, 2016

Spring Retreat  
Kirkridge Retreat Center  
Bangor, PA

Chairman Mickey Judkovics  
Assistant Denise Kline  
For Information call  
240-707-7668

August 24-30, 2016

IPA Summer Convention  
and Retreat

### Mindfulness and Feelings

Co-chairs Dianne Arman  
and Bill Machold

Viriden Center, Lewes, DE

For Information Call  
810-229-9679



## BARB'S CORNER

### When Memory is Gone

by Harriet Geller

A brain could be loved before  
the dementia doctors slice  
through  
tangles of amyloids and tan,  
while it is still buoyant and full

of firing synapses, each con-  
nection  
creating a world. Why worry  
that the story is not the one  
you were looking for? Any  
vignette

that involves a feeling is worth  
holding in both hands, to hell  
with  
the details lost in the past,  
I love, I hurt, I'm afraid, I  
smile

is enough.

Since 1972 when I had my first primal intensive, one of my major goals was to see primal therapy accepted as an important therapy modality. I kept thinking, "maybe in 20 years". Then 20 years passed with no progress in being accepted professionally. So I said again, "maybe in 20 more years". Well, that has passed too. Oh, we had a little recognition here and there. But, I realized that we are just not professional enough and we have lost almost all of our "professional" members. We need to reassess where we are as an organization.

Recently, I had a vision of what the IPA could be. I see it as being sort of "underground": A resource and support organization for people interested in deep-feeling work. 1. We could develop an extensive referral list of therapists and facilitators. 2. Help peer groups get started. 3. Do training workshops. 4. And generally be available for people who need help. Information about our services could be spread around on Facebook and the Internet. There is definitely a need for this and it makes sense for us to be the ones to do it.

#### WHAT IS YOUR VISION ?

Barbara Ann Bryan M A, LLMSW 248 478 5559 babryan@mi.rr.com

## Barb Bryan and John Lennon

by Julie Eliason

Barb Bryan, the Vice President of the IPA, was invited to speak December eighth about primal therapy to a class at The Frankel Jewish Academy. One of the boys had listened to the recording "Mother" in which John Lennon lets out several gripping primal screams. The singer was a client of Arthur Janov. Curious about primal therapy, the student contacted Barb.

Barb was nervous. There was a Rabbi present during her talk to the high

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## THANK YOU

Harriet Geller and Alex Tadeskung for a great convention.  
Tom Rose and Jean Rashkind for an uncomplicated registration.  
To the many wonderful workshop presenters.  
Bill Machold for providing food and transportation to those attending IPA board meetings and retreats.  
Denise Kline for outreach.  
Warren for his competence and willingness to see all sides of an issue.  
Everyone who helped set up and pack up the convention.  
Mickey Judkovics for chairing the Spring Retreat.  
Denise Kline for assisting Mickey with the Spring Retreat.  
Dianne for all your efforts to help us all work together  
Dianne Arman and Bill Machold for co-chairing the 2016 IPA Convention and Retreat

To the many others who are helping the IPA who have not been mentioned.

## How Do You Get Into Your Feelings?

Would you tell me what you do to get into your feelings? I would like to put these many approaches in the newsletter. These ideas shared with others could help beginners as well as more experienced primalers.

For example, while lying on my back on the mat, I do a lot of kicking and hitting to get my energy flowing. This automatically brings on deep breathing which helps too. Most of all I roll back and forth from left to right, which puts me in an altered state of mind making it easier to get to my subconscious. I then go into the feeling that I am having.

Please contact Julie Eliason with your methods.  
248.636.7988 julieeliason@sbcglobal.net

Barb and John Lennon continued school students. He kept asking the students, "What do you hear?" Barb told a little about her history, especially her experience at the first Ark.

She told them about a dream she had when she first got to the Ark about a dead bird and a yellow canary. The Rabbi kept referring to the dream symbols. ■

She told the students how primaling teaches you to trust your body. Most of the students had never even heard of repression.

Barb is hopeful that the younger generation will be more open to primal therapy.



# BOSSSES

by Diancea Kohl

When I was a girl, my mother called me bossy: “Francis the Talking Mule.” I must have learned to be bossy from her as she was the one who “wore the pants in our house” as far as I could see and feel. Especially when I was sixteen and she lost it by yelling at me, “He’s not your father!” Though this was the first time I had been told this truth, she convinced my dad not to talk about it. She told me when I was an adult, that she thought: “She’ll get over it.”

Well, my mother’s thought bossed my head around, making me afraid as an adult to ever talk to my dad about why he was not my biological father; I thought he was until that fateful day. My mother was mad that I often defended my dad whom I felt loved me! He even wrote to me in nursing school asking why I had held back my affection from him (since I was sixteen)...yet he was afraid to ask me in person as was I. Over the years, my tears have transformed from fears to tears of loss.

Mom was the strict one in our fundamental Christian home... making even dancing not okay. In elementary school dancing the Virginia Reel or the Jitterbug didn’t seem to be a problem, but when I entered junior high, I would dance slow with a boy and then return home feeling guilty. According to my mother, I was tempting the devil and becoming “worldly.” Of course sex was not explicitly spoken about except that you do not have sex until you are married. Though I knew people make love, I had no idea there was such a thing

as masturbation until I was married at 22.

Anyway, I couldn’t continue to dance with the guilty feeling bossing me around in my head until I began to loosen the grip of my mother’s religious beliefs that had impaled me. I became a hypocrite (according to my mother) in my twenties when I began to dance the Hustle during the week and then participate in a more liberal Living Hope church on Sundays.

At age 38 I finally jumped out of the chains of religion, birthing two beautiful daughters, divorcing my coming out gay husband whom I had married as a Virgin, and becoming a Marriage and Family Therapist. I began stretching my sexual wings and feeling free. Mostly. In my fifties, I was dancing four to five times a week and hearing a bossy voice saying, “You should be serving others more: not having so much fun for yourself.” After having become a primal therapist in addition to a MFT...I knew I had to have a session to rid myself of a burdensome guilt. By this time, I had healed a good deal of my childhood pain by becoming a surfboard of rage into my ocean of tears. In this particular session, I was transported into another lifetime: images of being a ballerina on stage; sensing I was in Paris, having lost my career from a broken ankle.

I cried out, “I AM A DANCER.” Since that sobbing session; my guilt is gone; and I dance with the boss of freedom; to be me!

Diancea Kohl RN MFT  
www.makereallove.com  
607.230.8326 Call.



## Fall Mini Retreat

by Dianne Arman

The November 6-8, 2015 Fall Mini Retreat was enlightening with deep feelings work at mat track and great workshops. Harriet presented her popular and spontaneous poetry workshop where participants were guided into their own creative abilities.

Anne Bassen took people on a nature walk where everyone gathered meaningful items to make a collage.

Charles Myer took us through a shamanic drum experience to help us find our animal totem.

Bill Whitesell guided us through exercises to help release body armor and free emotions.

Everyone responded well to practicing mindfulness as a way of creating a community that is accepting and nurturing.

## Winter Mini Retreat

by Dianne Arman

Mindfulness practice continued at the Dec. 4-6, 2015 Winter Mini Retreat. The weekend was an experience in being grounded and present with each other during deep feeling work. Mindfulness



Bill Whitesell preparing for his workshop on body armor.

practice provided a safe container for peer groups and mat work.

Each retreat has its own personality depending on who is participating. In this group the work was unusually intense and intimate because people were willing to be fully present with each other. Long naps, walks in the woods and nutritious meals made the entire weekend a healing experience.

The next IPA Mini Retreat is March 4-6, 2016 at The Woods Place. Please contact Dianne Arman to register. [diannearman@gmail.com](mailto:diannearman@gmail.com) 810-229-9679

## Praises from Charley Kelley for the Mini Retreats

I would like to share a little about my experience at The Woods Place, where the IPA held a mini-retreat in early December.

I have been there 3 times now and my experience just gets better and more grounded with good healing work each time.

The solitude and peacefulness of the setting for this beautiful light-filled center is a welcome relief for me coming from NYC.

The center itself is always immaculately clean, with the spacious and versatile layout lending itself to several types of activities and group work. And there is an in-house chef, Bill, he picked me up from the bus stop, who presents hearty and tasty food. Who could ask for anything more!

Though the facility is beyond compare the true gift of being in such a place is to be surrounded with like-minded, committed people who are doing feeling work that nourishes the soul. Dianne Arman is one such person and this last time there was a lot of healing work accomplished under her empathetic, nurturing and supportive facilitation.



## The 'Discovery' of Bonding Psychotherapy

by Mickey Judkovics

Dan Casriel, the founder of The New Identity Process, Bonding Psychotherapy, tells the following stories about his discovery of bonding psychotherapy.

"I started my career as a classically trained therapist. As part of this I had to undergo my own psychoanalysis. Many years later, looking over that experience, I realized that the most useful sessions for me were the first and last session of each year. The reason for this was that at the beginning of the yearly sessions in September my analyst would shake my hand and say, "Good to see Dr. Casriel. I hope you had a good summer. At the last session in June my analyst would shake my hand and say, "Have a good summer Dr. Casriel, I'll see you in September". Looking back over these sessions I realized that the reason they were so powerful for me is that I was being touched.

The next phase of the discovery of Bonding Psychotherapy came about as I evolved into doing therapy with hard core drug addicts. Following my experience, I founded Areba Casriel Institute for live-in drug addicts in New York. In addition based on my treatment of drug addicts I gave weekend intensives for my regular patients. At the conclusion of one such intensive a woman client came up to me and said, "Oh, Dr. Casriel, that was so wonderful I want to hug." No, I said and I backed away. She grabbed me and she held me we both fell onto

the mats. As I lay there in her embrace I had a flashback. I was two years old and I was in ecstasy as my uncle Louie was throwing me up in the air and catching me." And so Bonding Psychotherapy was born.

It is interesting to note that the core of Bonding Therapy is one of re-sourcing, finding a healing experience and then healing the traumatic experience. Primal therapy on the other hand is one of re-stimulating a traumatic experience and processing that experience. Also, it was created by Arthur Janov by observing the experience of one of his clients.



# Spring 2016 Retreat

## Opportunity to Confer With Bonding Psychotherapy.

by Denise Kline

The International Primal Association will be returning to one of our favorite venues, The Kirkridge Retreat Center in Bangor, PA for the 2016 Spring Retreat on Wednesday night, May 11, through Sunday afternoon, May 15. Kirkridge Retreat Center has also been used for New Identity Process workshops in the past, so it is an optimal location for a joint effort with the IPA and what is now known as Bonding Psychotherapy.

Mickey Judkovics, whose article herein gives more history, has given us the theme from Dan Casriel's work, of "Me First: Self-care, Self compassion and Self empathy." What an opportunity to learn techniques of caring for ourselves first, so we can better help others too. Mickey will also be offering his understanding of the body in emotional expression.

Additional offerings include the "safe expression of anger," a term from the trauma field.

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Bonding Psychotherapy uses the concept of identity anger. Non-violent communication calls this “screaming in giraffe.” In both modalities, the expression has the form, “I’m angry and I am wanting...” Nurturing physical touch is a resource in Bonding Psychotherapy, while NVC achieves resourcing through empathy, both of which assist a person in connecting with their deep underlying core needs.

There will also be time and space for the type of self organizing workshops that the IPA has featured in recent years, as well as the other regular events such as Mens’, Womens’ and peer groups. Bring your talent and your dancing shoes! Massage opportunities as well as experienced facilitators will be available.

In addition this spring will have special contributions from bonding psychotherapists with whom we’ve connected in upstate New York and elsewhere, which will emphasize helpful techniques such as “attitude group.” We’re pleased to be able to work with international teaching fellow, Paul Komatinsky (who has been featured at past IPA conventions along with George Rynick and Terry Cole) and Donald Sibley, one of bonding psychotherapy’s newest fellows, whom we met at the International Society of Bonding Psychotherapy Conference during the summer of 2015 in Washington, D.C.

There are more exciting connections from New York to Wash-

ington, DC and Virginia. For example, Leonard Orr’s school of re-birthing has been in both places and an associate who has been with Bonding Psychotherapy may also join us. Many IPA members have also been involved with Casriel work and New Identity Process. Which is now known as Bonding Psychotherapy, so we have high hopes of meeting some of them again. For example, IPA elder Linda Marks, who has completed advanced training in psychodramatic body work with Susan Aaron may team up with bonding psychotherapists who have had both trainings. There are so many dynamics possible

We are still working out the details and welcome your input. Please contact Denise Kline at: 240-707-7668 or at [denisemkline@aol.com](mailto:denisemkline@aol.com) with your suggestions for presentations or workshops. {Please put IPA SPRING in the title so I can find it among all the email. Thanks.}

One well known IPA therapist who has already volunteered a special program is Dr. Wayne Carr, who is also a gestalt therapist and remote viewer and trainer. He is now offering integral enlightenment training.

We are working on more surprises to make this a uniquely attractive event with experiences that may last a lifetime. We look forward to you joining us.

Gary continued from page 1

Going out to check on Tyler, Gary saw the fire coming from his basement. In ninety minutes his home and all his possessions were totally destroyed.

Gary’s insurance will help him rebuild or relocate, but he will never be able to replace all that he has lost. (“I lost everything that I have ever owned,” Gary moaned.) Besides the usual clothing, dishes, furniture, tools, etc., he has been an amateur photographer since he was fourteen years old and he lost all his photographs, including those of his loved ones. He also lost all his personal writings, including a novel.

Gary lost all of his collections, which he kept in pristine condition, including 10,000 books, 3,000 DVDs, and 1,600 CDs, many one-of-a-kind items including rare books and comics and other collectables that were of great value. When asked which of all his losses would he miss the most, he said “Being able to go home.” His home was his haven with everything he loved surrounding him.

Gary is going to therapy to help him work through the trauma of his tragic loss. You can support him emotionally by giving him a sympathetic call at 646-573-0255 or 989-307-9048 or email him at [grbradley01@earthlink.net](mailto:grbradley01@earthlink.net).

A friend set up a Facebook account where you can donate money to help pay for the therapy by friending Miriam Greenberger. Please pray for Gary.





Rick Benson   Jean Rashkind  
Anne Bassen   Walter Loeb



Denise Kline  
Going wild in the art room.



Don Eschbach   Julie Eliason



Gary Bradley

# IPA 2015 Convention and Retreat



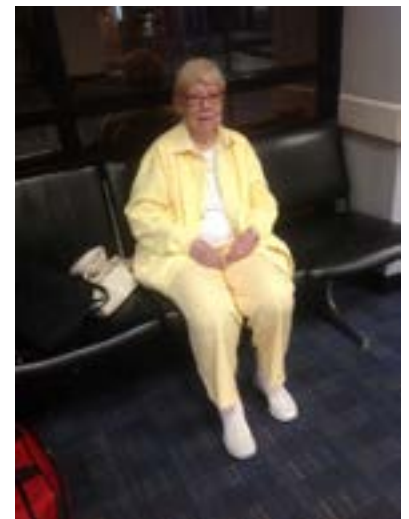
Dianne Arman   Tom Rose



Jean Rashkind   Anne Bassen



Jan Owens



Barb Bryan

# SEASON'S GREETINGS

May the peace and wholeness of primaling be yours this season and for the year to come. May your insights and transformations be life enriching. May your bonds with your primal family become deeper.

by Julie Eliason

