The 42nd Annual IPA Convention & Retreat will be held at the rural Linwood MacDonald YMCA Camp and Conference Center, 1 Flatbrook Road, Sandyston, NJ 07826. Please join us as we share, explore, experience, teach and learn, and deepen our primal processes. We will journey together during this week as we enjoy the comfortable lodges and delicious, homemade meals. Scenic Sandyston is in the northwest corner of New Jersey, just minutes from both the New York and Pennsylvania state lines and near many national and state parks — it’s always a great day at the Linwood MacDonald YMCA! Directions and more information can be found at: http://www.NewarkYMCA.org/Linwood.cfm

Welcome: We make every effort to make your Convention & Retreat experience productive and enjoyable. Miriam Greenberger will contact you prior to your arrival to answer any questions. Tom Rose and Jean Rashkind will register you onsite and introduce you to the community. IPA volunteers will be available to show you around the camp and offer support throughout the week.

The Linwood MacDonald: is a rustic, natural setting with bunk-house cabins and single style beds; so please bring your own bedding and toiletries, including linens, a pillow, blanket and towel/washcloth. A very limited supply of bedding will be available to attendees who travel by air.
At this year’s Convention & Retreat, we are pleased to offer Introduction to Primal Therapy. This training is open to anyone interested in learning about primal integration. The two-day, three-hour class meets during the Summer Convention on Tuesday and Wednesday, August 26-27. Leaders for the course are: Barbara Bryan, MA, MSW, IPA therapist with over 40 years experience as a Primal Center director and therapist, and Dianne Arman, LMSW, a therapist with over 35 years experience and a background in primal therapy, family therapy, and IMAGO Relationship Therapy. 6 CEUs are available for Social Workers. For more information call 1-877-PRIMALS.

**Course Offering:**

**Introduction to Primal Therapy**

**Presenters**

2014

Laurie Schwartz, MS, LMHC and Stuart Friedman, MS, LMHC will facilitate a day-long Hakomi workshop and morning drumming workshop. In an atmosphere of safety, they will teach participants how to listen to internal experiences that have been directing their lives in positive and negative ways.

Mickey Judkovics describes himself as a person who has moved from a survivor to a thriver, and will present two workshops: Opening to the Joy Within and Releasing the Inner Prisoner. He will help you begin the journey to find joy, peace, and love you have been seeking.

Due to the lack of trained Primal Therapists around the globe, there is a need for Primal Peer Groups. Barbara Bryan will discuss a comprehensive list of issues that need to be addressed when hosting a Primal Peer Group.

**Favorites**

- Early morning yoga, stretching, or hiking.
- Massage and acupuncture. Everyone is eligible for a free 1/2-hour massage this year!
- Women’s and Men’s Groups meet daily after breakfast. Often a Convention highlight: participants bond, share, and learn.
- Mat Track is a place where deep feelings can be expressed in a safe, supportive environment. An experienced facilitator will be available for guidance.
- At the Community Meeting, we gather to greet newcomers, discuss news, review the schedule, and introduce presenters.
- Small Peer Groups meet to discuss the day’s activities and to share feelings.
- The Friday Night Cabaret gives those with stage fright the opportunity to move out of their comfort zone and perform music, a song, poetry, a skit... You have the opportunity to perform in front of the most supportive audience anywhere.
- Saturday night Dance Party is a fun-filled opportunity to relax and dance in a group, on your own, or with a partner.
- Sandplay Therapy is available throughout the Conference, and a Wednesday afternoon workshop is offered to help people design a setting in sand that will reach deep into their psyche.
- Night Owl Jam Session meets every evening. Bring instruments or sing along in the audience.

**& there’s MORE!**

Thayer White will present Getting Better Results from Therapy and Mat Track.

Randy Goldberg will offer Family Constellations Therapy.

Julie Ellason provides the art supplies and will facilitate two expressive art therapy workshops.

Art Brown brings his successful Primal and the Craft of Acting back this year.

Marie Regis will facilitate a Sand Play Workshop, a Gemstone Workshop, and will offer, by appointment, Chinese Acupuncture.

Rick Benson will help you discover your Enneagram Personality.

Leonard Rosenbaum shares information about holistic health and alternative medicine.

Jim Cosby, attorney and composer, brings Primal Thanatos Therapy, a look at the connection between Primal and the music of Metallica.

Tricia Wassel will lead a brief version of a Shabom Retreat where you will be encouraged to remove blocks that prevent you from loving fully.

Diane Kohl will bring us to a new awareness about how tears play a role in our well-being.

Harriet Geller will lead a creative poetry workshop.

**Fees & Registration**

**2 ways to pay**

**$10/day extra for non-members. Day rate with no overnight stay is $60.**

**ONLINE:** http://www.primalis.org/pay.html

**PAYPAL membership not required**

**BY MAIL:** return this form to: Barbara Bryan 43100 Grand River, #204, Farmington, MI 48336

For more information call 1-877-PRIMALS.