

# American Society for the New Identity Process

Vol. 4 No. 1

January, 1983

# Letter From The President

Dear friends and colleagues,

We all enjoyed the meeting here at the Institute Nov. 20. The Society is on solid ground and growing fast.

Love, DAN

# **Letter From The Editor**

The Society meeting in November was a big boost toward communication among teaching fellows, fellows, members and associate members. . .as well as being lots of fun.

I appreciated and welcomed comments concerning the newsletter and have put many of the suggested changes in this edition.

Hope you had a wonderful holiday season

Love. PAT

# News From The November Meeting

The Society meeting held Nov. 20 in New York City attracted 21 people, coming from California, Michigan. Florida, Washington, D.C., Virginia, New Jersey, and New York.

Fourteen voting members were present and along with 22 proxy votes, changes in the bylaws were approved.

Also, the Society now has a new name -- The Daniel H. Casriel, M.D. International Society for the New Identity Process. Not only is the name change a way of honoring the NIP's founder, but because Society membership has expanded past American borders, encompassing members from abroad, it is truly an international Society.

Legalities involved with the Society's name change are in the works; however, until they are finalized, the original name will be used on the newsletter masthead as well as membership forms.

Dan was presented with a certificate of his own, and although it may look similar to the certificates many members have, it's truly one of a kind. Dan's has the title of Founding Fellow. George Rynick made the presentation to Dan on behalf of the Society.

# **Emotional Expression and** the Management of Stress

by Robert Quinn, Ph.D., Society Teaching Fellow

In training since 1975 with Dr. Daniel Casriel, I quickly came to realize through personal workshop experience the clear one-to-one relationship between emotional suppression in Western culture and the development of chronic stress. Primitive man was endowed with a natural ability to scream out his fear, anger or pain which we, behind our desks, tools or instruments, must ordinarily suppress. Instead, we may then or later pound our fist, smash a dish or kick a dog -- all of which are acting-out a feeling, but not expressing the emotion that our perception of danger sought to exercise through our adrenal glands.

Including the expression of an emotion such as fear or anger in full measure, results in some remarkable phenomena. Typically a client under stress moves from the emotion of fear through anger to pain. And when this person in gut level pain is then held protectively and lovingly and encouraged to scream out his or her pain -- in full measure, that person unfolds in imagery the painful scenes from childhood wherein previously unconscious maladaptive attitudes and beliefs were first locked into place by the conditional loving, disapproval or punishment of the powercarrying parent. The child invariably takes the blame for what is "not right" in the view of the primary love object. Thereafter, that child became "adapted" to that conditional loving and responds automatically in the same mode throughout life with these emotionally conditioned responses -- especially in intimate relationships.

Stress in our culture, as in all of Western culture, involves the chronic arousal and suppression of man's primary defense mechanism of adrenal activation, preparing us, with the perception of danger, for fight or flight. To experience the emotions of fear or anger and have no culturally sanctioned avenues for their open expression and release results in suppression or "swallowing" of these tension states and the consequent emergence over time of chronic depressive states of non-feeling plus all the varied psychosomatic ills or else the "acting out" of these emotional states through durgs and destructive acts.

Dr. Daniel Casriel, from his clinical observations of primitive Okinawan culture in contrast with eleven European cultures, states the following: "In all of Western culture

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# **EMOTIONAL EXPRESSION**

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there is an inbuilt suffering from deprivation of a basic biologic need -- a biologic need for bonding, which requires for its fulfillment not only physical closeness but also emotional openness. All other biological needs can be selffulfilled by adults. But all over the Western world I find this same biological need for closeness is unfulfilled. The fulfillment of bonding is overall pleasurable; the lack of it is pain, guilt or anger. We are so frightened of emotionality in our intimate relationships that we will use sex as an escape from the experiencing of our five basic emotions of fear, anger, pain, pleasure or love. A feeling is not an emotion; it is a general impression. Emotion is an exercising of the adrenal glands. Feelings are like a battery; emotions like a motor.." Indeed, we need that motor fully functional and synthesizing with our cognition in order to direct our lives as whole, integrated human beings

Relief from chronic stress through emotional openness and relief from deprivation through bonding, is only a beginning. This inward journey with our fellow humans as peers brings us back to our historical roots and demands that we reorient our attitudes, our earliest formative convictions about love, and self-worth and identity.

So in processing out the toxic conditioning of personal/cultural history, one moves into renewing and acknowledging one's natural way of being: from emotional catharsis, through belief and attitudinal restructuring to the redirecting of one's behavior into much more self-fulfilling and self-directing channels that are action oriented rather than reaction oriented. One moves from passive, "at the mercy of" behavior toward healthy self-affirming behavior that may then become strongly centered around personally defined purposes, principles and goals. However, formation of purposes, principles and goals requires an "outward journey" beyond the existential, toward spiritual growth.

Dr. A. David Feinstein states: "Western societies that have been committed to dominating nature and overcoming the irrational have tended to alienate themselves from their mythic roots. They are left with a mythology that is bereft of its spiritual sources. When such a materialistic mythology becomes embedded in social form and pushes on, having diminishing contact with universal values, it inevitably heads toward destruction. Where the flesh is disconnected from the spirit, it cannot long maintain a life-affirming course." I do not see this personal journey as setting just for neutral or wellness. Human beings are beautifully manicured expressions of an evolving nature.

In The Turning Point, Fritijof Capra emphasizes the implications from the "new physics," derived from Einstein's theory of relativity, that the centuries-long dominance of Cartesian and Newtonian analytic, mechanistic paradigms in Western culture must make way for a newly emerging synthesis of life, mind, consciousness and evolution as a holistic system where matter and energy are interchangeable forms. He calls for a restoration of balance of yin to yang and of re-integration of Eastern with Western world views --the Tao.

The qualities in yin, so depreciated in Western materialism, are the very qualities which we are hungering for: sensitivity, conservation, compassion, femininity, cooperation, syntheses, joy and pleasure.

To help clients gain this larger perspective on their mythical and spiritual roots. I have developed working associations with a wide spectrum of gifted healers whom I call the "rainbow people." They provide a wide range of energizing services and exercises which we in the core group then help clients to integrate with their personal life style. You, here in China might see this as linking up your modern medical practices with those of the traditional healing practitioners.

The above are excerpts of a paper Rob presented August 12, 1981 at the Neuro-Psychiatric Institute in Shanghai, China. Rob is director of Assoc. in Human Development in Reston. VA.

# The Book Is Done

Dan announced Nov. 20 at the annual meeting of the American Society for the New Identity Process in New York City that he has completed writing on his latest book. A big congratulations is in order for Dan as well as a big THANK YOU from all of us who will benefit from its contents, once published.

# ...And Another In The Works

Dan also announced that he has begun work on another book which deals with the techniques of the New Identity Process.

# Keep These Dates In Mind

JULY 29 - 31 will be the dates put aside for another general meeting of the Society. Plans are already being made to have this meeting in New York City at the Casriel Institute in order to promote communication within the Society and take care of Society business that affects all members. Also, persons who use the New Identity Process in their practices with an emphasis on specialty areas are requested to present to the group. More information on the agenda will appear in April's newsletter.

#### CORRECTION

The correct telephone number of the Casriel Institute is 212-247-4920. The address is 500 W. 57th St., New York, New York 10019.

# Society Calendar

The calendar is a listing of workshops being presented in the New Identity Process by Society Teaching Fellows. If you are planning on presenting workshops or marathons in the NIP, please notify the Newsletter and we will include it in this column. We hope this will be an additional service to persons wanting to utilize the NIP for their own growth.

## Jan. 14 - 17 - Falls Church, Virginia

Led by Lori (Eisenberg) Gordon, M.S.W., Society Teaching Fellow and Robert Quinn, Ph. D., Society Teaching Fellow (training will be available on Friday afternoon and all day Monday) Contact: Lori (Eisenberg) Gordon Family Relations Institute 3705 S. George Mason Drive, Suite C3s, Falls Church, VA 22041 Tel.: 703-998-5550

## Jan. 15 - 16 - Detroit, Michigan

Led by George Rynick, M.Div., Th.M., Society Teaching Fellow and Tance Rynick, B.S., Society Fellow Contact: William Wolfson, M.D., Director of Metrotag, 29200 Vassar Suite 600, Livonia, MI 48152 Tel.: 313-478-8960

# Jan. 29 - 30 — Detroit, Michigan Led by George Rynick, M.Div., Th.M., Society

Teaching Fellow and Tance Rynick, B.S., Society Fellow Contact: Charlotte Piliarick, B.SCI. N. Humanistic Psychotherapy Center 23425 Northwestern Highway Southfield, MI 48078

# Tel.: 313-646-5753

# Jan. 29 — Lathrup Village, Michigan

Led by Carol Damskey, Society Fellow Contact: Carol Damskey Human Potential Unlimited P.O. Box 274 Lathrup Village, MI 48076 Tel.: 313-552-1160 or 313-540-0212

## Jan. 30 - Syracuse, New York

Led by Janice Frank, M.S.W., A.C.S.W., Society Teaching Fellow

Contact: Janice Frank, The New Identity Process Center of Central New York, Short Road, Fayetteville, N.Y.

Tel: 315-446-0654

# Feb. 12 - 13 - Johnson City, New York

Led by George Rynick, M.Div., Th.M., Society Teaching Fellow and Tance Rynick, B.S., Society Fellow Contact: George Rynick

Human Resources Unlimited New Identity Center 21 Mitchell Avenue

Binghamton, NY 13903 Tel.: 607-722-8900

#### Feb. 12 - 13 - Johnson City, New York

Led by Ronald Kissick, M.S.S.W., Society Teaching Fellow and Pat Kissick, B.J., Society Fellow

Contact: Ronald Kissick, Personal Resource Center, NYPENN Trade Center, 435 Main St., Johnson City, NY 13790 Tel.: 607-798-8199

# Feb. 26 - Lathrup Village, Michigan

Led by Carol Damskey, Society Fellow Contact: Carol Damskey Human Potential Unlimited P.O. Box 274 Lathrup Village, MI 48076

Tel.: 313-552-1160 or 313-540-0212

## Feb. 27 - Syracuse, New York

Led by Janice Frank, M.S.W., A.C.S.W., Society Teaching Fellow Contact: Janice Frank, The New Identity Process Center of Central New York, Short Road Fayetteville, New York Tel: 315-446-0654

# Feb. 28-March 5 - Ft. Lauderdale, Florida

Led by Frankid Wiggins, R.N., B.A. in Health Education, Society Teaching Fellow Contact: Frankie Wiggins, New Identity Process Center, 4445 Stirling Road Ft. Lauderdale, Fl. 33314 Tel: 305-792-6500

# March 26 - Lathrup Village, Michigan

Led by Carol Damskey, Society Fellow Contact: Carol Damskey Human Potential Unlimited P.O. Box 274 Lathrup Village, MI 48076

Tel.: 313-552-1160 or 313-540-0212

# TAKE NOTE

CORRESPONDING SECRETARY – DIANNE DECKER 316 Magnolia Drive, Vestal, N.Y. 13850 Telephone – 607 - 754-7595

NEWSLETTER — PAT KISSICK Personal Resource Center NYPENN Trade Center 435 Main Street, Johnson City, N.Y. 13790 Telephone — 607 - 798-8199

Please note the above addresses and phone numbers. Any business regarding correspondence — certificates, membership, dues, etc., should be sent to Dianne.

Any article, news item or changes that will appear in the newsletter should be sent to Pat.

By sending your information or questions directly to Dianne or Pat you will be able to get the results you're wanting more quickly. Your cooperation is appreciated.

# American Society for the New Identity Process

#### MEMBERSHIP REQUIREMENTS

- ASSOCIATE SOCIETY MEMBER
  - A. Interest in New Identity Process.
  - B. Some group experience under a Society Fellow or two Society Members.
  - C. Associate Society Member is non-voting.
  - D. Receives Society Publications.
  - E. Annual Dues \$10.

# 2. SOCIETY MEMBER

- A. Two workshops with Daniel H. Casriel, M.D., or with a designated Society Teaching fellow.
- B. Society member votes in Society matters.
- C. Receives Society Publications.
- D. Annual Dues \$20.

## 3. MEMBER IN TRAINING

- A. Must have substantially completed his/her personal therapy.
- B. Must be well along in the training process toward recognition as Society fellow.
- C. Votes in Society matters.
- D. Receives Society Publications.
- E. Annual Dues \$20.

#### 4. SOCIETY FELLOW

- A. Complete training program with Dr. Daniel H. Casriel, M.D. or with designated Teaching fellow.
- B. Complete Peer Group honors.
- C. Pass Qualification Exam.
- Is recognized as qualified practitioner of the New Identity Process.
- E. All Society fellows must attend one workshop with Daniel H. Casriel, M.D. or Teaching Fellow annually in order to sustain their membership standing
- F. Receives Society Publications.
- G. Annual Dues \$35.

Certificate fee for any of the above designations is \$15. Certificates are available to those whose annual dues are up to date.

# **Seminars Slated For July Conference**

At the Society's November meeting, Program Director Patricia Maybruck polled members for topics they would like to present in seminars or experiential sessions at the upcoming ASNIP conference, July 29-31. The tentative line-up is as follows:

"Past Lives Work and the New Identity Process" --Theresa Wolfson, M.A. and William Wolfson, M.D.

- "The New Identity Process and Stress Management"
- Janice Frank, M.S.W., C.S.W.
- "Modeling the Couples Group" -- Frances Rynick, B.S. and George M. Rynick, M.Div., Th.M.
- "N.I.P. Curing Injunctions and Loving Permission"
- -- George M. Rynick and William Wolfson.
- "The Triume Brain and Bio-Energy in the New Identity Process" - Robert Quinn, Ph.D.
- "The Use of the New Identity Process with Couples"
- Lori Eisenberg Gordon, M.S.W.
- "Effectiveness of One Day Workshops" -- Carol Damskey, C.S.W., M.Ed. and Larry Glasser.
- "Alcoholism Vs. Feelings" -- Marjorie Thiel, and Patricia Maybruck, M.A.
- "Personal Transition and the New Identity Process"
- -- Betty J. Butler, B.S.
- "Teaching Children the New Identity Process" -- Patricia Maybruck, M.A.

Members who are not on the above list, who wish to make a presentation at the July Conference, should drop Pat a note as soon as possible. She would also like to hear from you about other ideas for this exciting weekend. Send your letters and suggestions to: Patricia Maybruck, 152 Lombard St., No. 102. San Francisco, CA 94111.

# **ANNOUNCEMENTS**

The following list includes names of Society Teaching Fellows. These people have been approved to teach and train others in the New Identity Process. So if you're planning a workshop where training or teaching is to be utilized, you can take advantage of this reference list. Addresses and telephone numbers of these people can be found with their names in the membership listing.

The Society Teaching Fellows are: George Rynick, Ron Kissick, Janice Frank, Peter Geerlings, Walter Lechler, Olivia Casriel, Patricia Maybruck, Robert Quinn, Caroline Sperling, Lori (Eisenberg) Gordon, Frankie Wiggins, Claire Colliard, Theresa Wolfson, and William Wolfson.

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