



American Society for the New Identity Process

Vol. 1 No. 5

July, 1982

Letter From The President

I'm very pleased that with each month the Society continues to grow and become stronger. Also, by the time you read this, the Casriel Institute will have moved to a new location. The new address of the nine-story building that will house the Institute and A.R.E.B.A. is 500 W. 57th Street, New York, New York 10019. I would like to see you there this fall at our open house.

Love,
DAN

Letter From The Editor

Please take note that this newsletter contains information that effects all of us, ranging from the Institute's new address to changes in fees for membership in the Society.

I would like to thank Caroline Sperling for her article concerning her work with cancer patients that appears in this newsletter, and would encourage others to share their experiences in using the NIP in their practices and lives.

More and more of you are becoming involved with the newsletter, and your participation is appreciated...and needed.

Have a fantastic summer.

Love,
PAT

The New Identity Process

as used in

Cancer Counseling

by Caroline Sperling, Ed.D.
Society Fellow

Cancer patients are different from other patients in a clinical practice. Because they have a life-threatening disease frequently accompanied by pain, they are experiencing FEAR with a capital F. Because current medical treatment is so often ineffective and frequently bizarre in its side effects, cancer patients feel depression and despair which exacerbates the disease process itself. And, because the prognosis is always guarded, stakes are high and time is in short supply. It is against this dramatic backdrop that our cancer counseling is carried on.

The NIP in both theory and practice is laced throughout our therapeutic approach. We begin by creating a climate where it is safe to look at feelings and where acceptance of those feelings is guaranteed. Too often friends have asked "How are you?" wanting to hear only, "Fine, thank you", not the real agony behind those words. Therapists have said, "So you're going to die." Doctors have hedged and avoided straight answers to difficult questions. We cut through all this confusion with hope and anticipation of a better quality of life for however long that life lasts. Since we are all terminal, emphasis is not so much on prolonging life as on finding the pleasure and happiness that makes us a poor host to disease and allows the medical treatment to take hold. Here the NIP gives us a superb tool for changing fear, pain, and anger, through bonding, to life-giving pleasure and happiness.

Working in both individual and group sessions, we examine three main areas. First, we discover the patterns of coping with stress that have been adopted in early childhood. We know that the primary defenses of cancer patients are denial and repression. As patients scream out their buried feelings in the safety of bonding, their need to deny decreases and they become able to look at the early deprivation that is being repeated in some current loss. Permission is given to change those maladaptive old "tapes" and replace them with the affirmations of an entitled grown-up -- "I need and I'm taking"; "Not against you but for me", etc. Patients can then grieve for their losses, the dreams and expectations that can never be, and go on to make the changes in their lives that will insure their happiness and well-being.

Next, we explore the secondary gains -- what needs patients are meeting with their illness. These are usually legitimate needs for attention, touching, respect, love. The NIP helps patients to accept their feelings as valid parts of themselves, not selfishness as they have been taught. Once these needs are recognized and accepted, the trick becomes how to meet them without getting sick. This frequently means patients must change their entire life-styles. Perhaps a marriage must be ended, a job changed, new attitudes adopted.

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CANCER COUNSELING

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The bottom line here is the affirmation, "I will do whatever I need to do to live." Patients who succeed in getting well from cancer and other life-threatening illness usually have strong feelings of destiny. They are in this world for a purpose, some work they have yet to accomplish. Again, through the NIP groups, they receive the support that enables them to give up their pursuit of illness and death, and instead, fight for their lives.

The third major area we find important is goals -- why live anyway? Goals need to be both short and long range -- from three months to six months, to one year, two years, etc. There are two essential criteria for these goals. First, they must be only for the patient, never for anyone else, such as wanting to see a child graduating from college or a new grandchild. Second, patients must never outlive their goals -- because they won't. Even a walk in the sun is an acceptable goal as long as it gives them pleasure. The NIP, by making it possible for patients to experience a model of what happiness really is, makes it much easier for them to proceed in the necessary goal-setting tasks.

Another important area that is beginning to emerge from our work with diseased patients is that of body image. The havoc meted out to self-esteem by the surgical loss of body parts, especially sexual organs like breasts, uteruses, etc. is incalculable. Mutilating scars leave emotional scars even more embarrassing. Appliances like colostomy bags are foreign and often embarrassing. Facial distortions, swellings, tumors, weight changes, foul body odors all add to the feelings of self-loathing and self-rejection that patients all too often experience. Nowhere in our culture are these problems addressed in a systematic, loving way. The special closeness that exists in a NIP group is the beginning "medicine" we use to heal these painful wounds.

I remember that, during my own bout with terminal, metastasized breast cancer, my group was able to completely ignore my swollen belly and dreadful smell from the medication I was taking. I'll never stop being grateful to the men in the group who miraculously made me feel that I was still sexy and desirable -- and the physical closeness they continued to offer me made a life and death difference in my attitude toward getting well.

We are also working on body image in our residential workshops with a body-temperature swimming pool. At these events we learn together how to play and experience the happiness we believe is the most underrated weapon in the battle against disease. With their emphasis on pleasure, pool weekends offer an ideal opportunity to face the painful self-images that we carry around with us. Bonding, massaging, playing in the pool, jacuzzi and sauna -- all bring awareness of how much pleasure is available, no matter how disfigured the body. An optional nude segment has proved to be a sacramental experience where we learn that we are much more alike than we are different. Then it becomes possible to mourn for the lost wholeness and go on to self-acceptance and confidence that we are lovable -- unconditionally.

From Dr. Emanuel Revici, (the oncologist who

is Dan's friend and colleague -- and who successfully treated my cancer), we have learned that screaming mobilizes the adrenal glands in a way that is most beneficial to cancer patients. It also produces an undesirable anabolic charge which we counteract with catabolic food such as cold cuts, pepperoni, tuna fish, etc. It is safe for cancer patients to scream when these precautions are followed.

Our therapeutic treatment employs an eclectic array of methods. The imagery techniques pioneered by Carl and Stephanie Simonton are an essential daily routine that programs into the hypothalamus exactly the healing we want to take place. Meditation and progressive relaxation techniques are forms of self-hypnosis that we teach. Sex counseling is an important part of our work since cancer patients always present significant sexual dysfunction.

Because life-threatening disease is a family problem, we insist that spouses come into treatment also. Their support of the patient is crucial and they themselves need support. If death occurs, spouses are much more able to weather that vulnerable first year of widowhood, to mourn and to get their new lives firmly, healthily established. Working with the bereaved is becoming a very important part of our work.

As you can tell, our approach is not one of managing death and dying. The NIP is the keystone in helping patients with life-threatening illness to decide that life is worth living and that they can fight for it. We are witnessing changes in the lives of our patients that make us feel excited and optimistic about the future of this process in optimizing health and happiness for us all.

☆ ☆ ☆ ☆

Caroline Sperling, Ed.D., is a Clinical Psychologist in Washington, D.C. She is the founder and director of the Cancer Counseling Institute, a newly chartered, not-for-profit corporation, which will raise funds to support grants for patient care, to train therapists in this specialty, and to do research. She is available to lead workshops outside of D.C. for the treatment of patients with life-threatening disease and for therapists who want to learn the special skills involved.

New Membership Fees

At the Board of Directors meeting held June 18, 1982, in Binghamton, N.Y., it was decided to reduce the cost of membership fees in the Society. The new fees, effective immediately are:

Associate Members \$10
Society Members \$20
Society Fellow \$35
Society Teaching Fellow \$60

The cost for certificates remains \$15

American Society
for the
New Identity Process
MEMBERSHIP REQUIREMENTS.

ASSOCIATE SOCIETY MEMBER

- A. An interest in the New Identity Process
- B. Some group experience under a Society Fellow or two Society members.
- C. Associate Society Member is non-voting.
- D. Annual fee is \$10.
- E. Receives the ASNIP newsletter

SOCIETY MEMBER

- A. Must attend two workshops with Daniel H. Casriel, M.D., or two workshops with a designated Society Teaching Fellow.
- B. Eligible for further training in the New Identity Process toward Society Fellow.
- C. Receives the ASNIP newsletter.
- D. Has voting privileges.
- E. Are qualified to use the New Identity Process in their practice with the Society's approval.
- F. Annual fee is \$20.

SOCIETY FELLOW

- A. Complete training program (120 hours) with Daniel H. Casriel, M.D., or with a designated Society Teaching Fellow.
- B. Pass written qualifications exam with 75 per cent proficiency given by Daniel H. Casriel, M.D., or designated Society Teaching Fellow.
- C. Must be approved by Society Board of Directors.
- D. Must attend one workshop with Daniel H. Casriel, M.D., annually in order to sustain membership standing.
- E. Qualified to use the New Identity Process in their practice.
- F. Receives the ASNIP newsletter.
- G. Annual fee is \$35.

SOCIETY TEACHING FELLOW

- A. Must first be a certified Society Fellow.
- B. Must have five years experience as a group leader.
- C. Pass written and oral examination with 90 per cent proficiency given by Daniel H. Casriel, M.D., or a designated Society Teaching Fellow.
- D. Upon satisfactory completion of the examination, must be approved by the Society Board of Directors.
- E. May lead workshops and institute training programs and teach others the New Identity Process.
- F. Must attend at least one workshop annually with Daniel H. Casriel, M.D.
- G. Receives the ASNIP newsletter.
- H. Annual fee is \$60.

Society Listings**July 31 – Binghamton, New York**

Ron Kissick, M.S.W., C.S.W., Society Teaching Fellow and Pat Kissick, B.J., Society Fellow Tel: 607-798-8199

Aug. 6 - 8 – N.Y.C.

Frankie Wiggins, R.N., Society Fellow
Tel: 305-792-6500

Sept. 24 - 26 – Charlotte, N.C.

Frankie Wiggins, R.N., Society Fellow
Contact: Raymond Maxwell
Tel: 704-372-6330

Oct. 15 - 17 – Charlotte, N.C.

Frankie Wiggins, R.N., Society Fellow
Contact: Raymond Maxwell
Tel: 704-372-6330

SOCIETY LISTINGS

(Continued from page 3)

KNIGHT, THERESA, B.A.
602 Hill Avenue, Endicott, NY 13760
Endicott, NY 13760
P.O. Box 2047, Rockville, MMD 20852

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(Member A.A.P.C.)
461 Penn. Avenue, Waverly, NY
(607) 565-3720

MAYBRUCK, MILTON, E.
152 Lombard St., San Francisco, CA. 94111

MONGEAU, RICHARD, B.A., B.S.W., P.S.W. (MIT)
57 Churchill, Greenfield Park, Quebec, Canada J4V2L8
(514) 672-6941

SMITH, STAN (MIT)
1464 Oakdale Rd., Johnson City, N.Y. 13790

ROTH, KORNELIUS, M.D.
Klink Bad Herrenalb, Bernbacher Str: 33
7506 Bad Herrenald, Germany

THURIK, STEVE
Family Therapist, Family Renewal Center
3346 17th Avenue South, Minneapolis, Minnesota 55407
Adolescent Specialist at Fairdale Southdale Hospital

TROZZE, PETER, B.arch; M.arch
1 Bennett Avenue, Binghamton, NY 13905

Associate Members

CIARAMITARO, MARY, M.S.W.
1678 Ludgate Lane, Rochester, Minn. 48063

CREAN, ROSEMARIE
84 Ashcroft Road, Medford, MA 02155

JONBERGER, MATS
Studentgarton 16307
S-702 180 re bo, Sweden

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Rt. 2 Box 158-F Gonzales, TX. 78629

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(607) 625-4606

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2118 DeMilo, Houston, TX. 77018

OLSON, STANTON P.
1181 Packers Circle, Tustin, CA 92680

REIB, JOHN
49 Valley St., Glen Rock, PA. 17327

SCOTT, SUZANNE, B.S.W.
466 King St., Columbus, Ohio 43201

WARZESKI, ROBERT, M.S.
5042 Spring Forest Drive, Houston, Texas 77091

Open House/Annual ASNIP Meeting In The Big Apple

The time to celebrate AND fill up on lots of hugs is at hand! November 20 is the date set for the first annual ASNIP meeting to be held at the Institute...which just happens to be celebrating its open house that weekend. (And no one knows how to have fun and really enjoy like a NIP person. In the Big Apple to boot). It will be a time for bonding with new friends and reestablishing ties with those you haven't seen for awhile. Not to be discounted are all the sights and activities available at your doorstep in NYC, too.

The Institute, located approximately 10 blocks from its previous address, has 27,000 square feet of space, and rooms will be available at a much lower price than city hotels charge.

More information on the agenda, activities and costs will be coming to you within a few months, so by all means, keep that weekend open on your calendars.

Society Teaching Fellow Exams

For those of you who are qualified and interested in becoming a Society Teaching Fellow, the required written examination you take will be available in the fall. Further information on this is found under requirements for teaching fellow in the newsletter.

Dan's Calendar

July 16 – N.Y.C. Institute

August 13 - 16 – Ann Arbor, Michigan

Contact: Mike Brown, Ph.D.
Director of Spectrum
Tel. 313-484-3110

August 20 - 26 – N.Y.C. Institute

Training workshop

August 27 - 29 – N.Y.C. Institute

Training workshop for therapists only

Sept. 10 - 12 – Washington, D.C.

Contact: Lori Eisenberg, M.S.W., A.C.S.W.
Director, Family Relations Institute
Tel. 703-998-5550

Sept. 24 - 26 – Amsterdam, The Netherlands

Sept. 27 - 28 – Gent, Belgium

Sept. 30 - Oct. 5 – Germany

Oct. 6 - 7 – Zurich, Switzerland

Oct. 8 - 10 – Syracuse, N.Y.

Contact: Janice Frank, M.S.W., A.C.S.W.
Director, New Identity Process Center of
Central New York
Tel. 315-446-0654

Oct. 15 - 17 – Sioux Falls, S. Dakota

Contact: Dee Workman, M.S.W.
Therapist, Missouri-Sioux Consultants, LTD
Tel. 605-692-4345

*I am loving myself
into wholeness.
My hole
which was so big
so dark
so cold
is being filled with light.
My hole
is being made whole.*

*I am the gentle worker.
I am the carpenter
making repairs
lovingly tearing down walls
and replacing them
with gentle cloth
which can be opened
with a touch of love.*

*I am the rugged fighter
with the strong will
to survive.
I will fight to save myself.
I believe I am worth it.*

*I am the sculptor,
molding the clay
into new shapes,
shapes of joy
and laughter
and entitlement.*

*I am the singer,
voicing all the songs
of which I am composed.
I will sing of my pain
my fear
my anger,
and my voice will soar
with renewed strength
as I sing of my pleasure
and my love.*

*I am the giftbearer.
I bring to myself
the gift of my own love.
I embrace it to my heart.*

*I know that I am loving myself
into wholeness.
I know that I am loving.
I know
that
I am.*

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