



# American Society for the New Identity Process

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## Letter From The President

Dear friends and colleagues.

My illness has gotten me down, but not out. I hope to do a few more workshops in New York City while my strength holds up. My book is in the hands of an editor, and as I said in 1977, it should be out next year.

Love,  
DAN

## Letter From the Editor

In this newsletter Janice Frank, a Society Teaching Fellow, shares with us her use of NIP in alleviating individuals' stress.

Also, please take note of the inserted reply form concerning the ASNIP convention November 20 in New York City. Dan urges all of us to attend this special event, in order to keep the lines of communications open.

Love,  
PAT }

## The New Identity Process and Stress Management

by Janice Frank  
Society Teaching Fellow

You can teach people to manage their stress using the primary concepts of N.I.P. I have been conducting stress management workshops in Central N.Y. for the past five years. A variety of business, professional and medical organizations continually request workshops on stress. From the operating room staff of Community General Hospital to therapy aids in a State Psychiatric Center, to the American Management Association -everyone experiences stress and everyone is looking for new ways to cope with the problem.

I focus on the individuals' personal responsibility in managing the stress in their lives. The ability to cope is directly related to the ability to accept emotional responsibility for oneself.

My workshops begin with everyone putting on a name tag (first name only). I ask participants to attempt to be emotionally honest during the time we are together. To the degree we can be emotionally honest - we will be AT EASE and to the degree we are DIShonest - we will feel DISease. We will express our feelings in terms of pain, fear, anger, pleasure/love.

I explain that if we were in a traditional setting, ie, Syracuse University - the lecture would probably begin with my saying, authoritatively, "Good evening - my name is Mrs. Frank and I'm here to teach you French. Take notes because there will be an examination immediately following the lecture."

However, this is not a traditional setting, so I will say -"Hi Jim, I'm Janice" (Jim reaches to shake my hand as I proceed to give him a full body hug). I ask Jim to relate to the feeling in his gut when I hugged him. Jim's answer may be anything from - "Oh that feels good!" to "I can't hug you, my wife is sitting next to me." We begin to discuss the attitudes that get in the way of experiencing pleasure. I move on to the next person. "Hi Jane, I'm Janice" (with the same hug). Responses vary again, "that really feels good" or "I don't know you well enough to hug."

It doesn't matter if there are 10 people or 60 in the room, I hug each person, always asking for emotional honesty. The results are usually startling.

The two approaches dramatically demonstrate a significant difference in the emotional quality of the relationship between myself and the workshop participants.

Everyone is intrigued with the notion that it is ok to hug. For a few brief moments individuals begin to have some insight into their own emotional deprivation and how that deprivation precipitates stress, uncomforability - DIS-EASE, the inability to give and receive pleasure, or experience Bondedness.

The exercise leads into further discussion into the biological based need for bonding. To the degree we meet our basic biological needs, we can experience pleasure and to the degree those needs are not met, we experience pain. People begin to look at their lack of bondedness, and what impact that has on their right to pleasure.

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**Dan's Calendar**

**Dec. 17 - 19 - N.Y.C. Institute  
(for therapists only)  
ANNOUNCEMENT**

The formal open house to be held at the Casriel Institute has been postponed until January.

**ANNOUNCEMENT**

Remember the new address for the Casriel Institute is 500 W. 57th St., New York, New York 10019.  
Telephone 212-247-1920.

**The American Society  
for the  
New Identity Process  
ANNUAL CONVENTION**

The annual ASNIP convention to be held next month at the Casriel Institute in New York City is bound to be a rousing success. . .with your help.

The convention provides an opportunity for all Society teaching fellows, fellows, members, associate members as well as NIP friends from across the country and abroad, to meet, share, experience and learn more about the Process and the Society. . .from the Society president himself, Daniel H. Casriel.

In the past few years, membership in the Society has continued to increase as more and more of you have shown your regard and belief in the NIP. Now Dan encourages and welcomes your participation and enthusiasm at the upcoming convention. This participation assures the cohesion and growth of the NIP among its practitioners.

An afternoon discussion and group is planned from 1 p.m. Saturday at the Institute (located in its new building). There is no charge. Only your presence -- thoughts, feelings, and ideas -- is required. Discussion concerning aspects of the NIP interactions, opinions and feedback will be offered.

For those of you interested in staying at the Institute, accommodations will be available in A.R.E.B.A. on a first-come, first-serve basis. The special rate is \$25 a night, per person. This cost includes breakfast.

Dan and the Institute need to know as soon as possible who will be attending the 1982 convention in order to insure the proper arrangements. Please fill out the form below with appropriate information and mail to:

Dr. Daniel H. Casriel  
125 E. 72nd Street  
New York, New York 10021

I will be attending the 1982 ASNIP convention . . . . .

I want accommodations for ( ) nights at the Institute at \$25/nite . . . . .

**STRESS MANAGEMENT**

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Emotional honesty allows each individual to "exist" in his or her particular work environment. As you exhibit emotional honesty and/or openness, you invite others to do the same. Open discussion enhances problem solving skills. Feelings of trust rather than distrust (which is directly related to "stress") tend to develop and thrive in the work place.



Janice Frank is the director of the New Identity Process Center of Central New York, Short Road, Fayetteville, N.Y. She is also the clinical director of the Onondaga County Dept. of Mental Health in Syracuse, N.Y.