



AMERICAN SOCIETY FOR THE

NEW IDENTITY PROCESS

NEWSLETTER MARCH 1995

THIS ISSUE

- 1 TAKING OUR PLACE
- 2 FROM THE PRESIDENT
- 3 SOCIETY NEWS
- 4 NEUROLOGY
- 5 UNDERSTANDING THE NIP
- 8 MEMBERS LIST
- 10 CALENDAR

ABOUT ASNIP

The American Society for the New Identity Process (ASNIP) was established in the 1970's to maintain high ethical and professional standards for the NIP, a method of psychotherapy developed by psychiatrist Daniel Casriel, MD. ASNIP provides education, training, and certification programs as well as a forum for thinking and development in the NIP.

"Taking Our Place At The Banquet Table"

This is a edited transcript of a roundtable discussion that took place at the January 1995 Board meeting. The discussion focused on the visions and goals of the Board for the coming year. Participating in the discussion were: George Rynick, Ron Kissick, Marilyn Ellis, Yetta Lautenschlager, Frankie Wiggins, Skip Ellis, Terry Cole, Rachel Light, Brenda Scribner and Lynn Grodzki as moderator.

LG: What I'd like us to talk about are our visions for the coming year for ASNIP and the NIP in general. Where would you like to see us go? What can we offer to the rest of the membership about our thoughts and ideas for 1995?

RK: One of the things that seems to me to be relevant is that each time there is a new wave in psychotherapy of the "hot thing" or hot topic, every one of the new waves seems to be relevant to the NIP. It's so clear that we have something so unique to offer. It seems to me that dealing with presenting NIP to other therapists is our job as members of the Board and as Teaching Fellows. The somatic and emotional methods we use are unique as far as I can tell within the field of psychotherapy. My vision is that we begin to get our voices heard, by putting out a brochure and by speaking to the community more, to let other professionals know more about what we do. We have been here, doing this work, unnoticed for a long time; the analogy I think Dan might have used is that we are still beggars crawling around the table picking up crumbs. It's time for us to take our place at the banquet table.

GR: I've been concerned about the need to further the specific practice of the NIP. I want the Teaching Fellows get together more often, to talk about the leading edge of practice, in terms of how we are applying the methods of the NIP. I have been working with "temper tantrums," "formats" and "nurturing" with particularly effective results, and I am interested to share these. In these meetings I would see us hearing what is

cont. page 6

FROM THE PRESIDENT...

By Ron Kissick, Teaching Fellow, ASNIP President

Several weeks ago, a client reminded me of an important lesson. The client has been dealing with a history of severe abuse, and if anyone has a reason to regard the world with fear and rage, it is she. With enormous courage, she has dealt with the memories, the emotions and behavior changes. Then, in group, she announced the obvious, but forgotten, lesson: "I have realized that what I am doing here is not about my history and what was done to me; it is about me and my response to it."

In a broader perspective, I believe that ASNIP has taken a similar initiative to recognize that our history of being seen as a marginal participant in the development of psychotherapy need not dictate our future. While we can no more separate our history from our future than a river can be separated from the streams that feed it, we can indeed take responsibility for our future course. I want every ASNIP member to feel the support of this organization in continuing this initiative, knowing that this will take courage and energy.

An important statement of this initiative was made during the American Conference last September. I return to this theme because that event heralded another big advance in the professional quality of ASNIP presentations and participation. ASNIP is composed of a sophisticated group of people; all who I spoke to said they would be proud to have any of their non-NIP colleagues attend the presentations that took place.

The next step occurred at the Board meeting held in Vestal, NY on January 14 of this year. Board members traveled at their own expense for what turned out to be more than ten hours of meetings, to conduct the business of the Society. I want to thank all on the Board for the sacrifices they have made to make the Society a viable organization, and for their creativity and commitment. I can't itemize every decision made by the Board, but I do want to mention a few. A new Fellow and Teaching Fellow exam was approved, thanks to the work of Marilyn Ellis and the Standards committee, with the help of George Rynick and all the Teaching Fellows on the Credentials committee. This was the first major revision in years and was desperately needed. As a result of restructuring the responsibilities of the two committees, revisions will be an ongoing process, and the exam will remain current and appropriate.

cont. on page 7

The ASNIP Newsletter

is published quarterly the first of the month -- January, March, June and September.

Deadlines for articles and advertising are thirty days prior to publication. We are interested in articles about theory and clinical techniques using the NIP, personal experience with the NIP, related training experience, book reviews and general interest. Send all newsletter submissions to:

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Submissions must be typed and double spaced. Please include a 3.5 disc, in a DOS program if possible. Advertising for workshops and trainings is limited to Teaching Fellows and Fellows.

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SOCIETY NEWS



■ **WE HAVE A NEW LOOK!** The newsletter has been redesigned, with an eye towards being more readable for old and new members. As always, we need your articles, news items and suggestions for what you want to see in future issues. You do not need to be a Teaching Fellow or Fellow to contribute to the newsletter; We want to hear from all our members.

■ **At the January Board meeting**, lots of activity flying regarding the new brochure for our society which will be printed sometime in Feb. and made available to all members for distribution, to broaden our visibility into the wider professional and lay community. The brochure is our way to finally have a concise, unified answer to the question, "What is the NIP?" **Also at the meeting:** Bill Wolfson, MD will take over the vacated space of Board member Ginny Lott until the end of her term.

■ **Apologies and long delayed congratulations** to Ginny Hurney, who became a Fellow last year but was omitted from newsletter announcement. Lynn Grodzki was awarded Fellow status at the January Board meeting.

■ **Our Teaching Fellows and Fellows** are speaking out! George Rynick and Linda Marks will be presenting the NIP at the Primal Therapy Conference this winter. Yetta Lautenschlager and Sonia Stevens will be presenting the NIP at the Hypnotherapy Conference. Great to see our Teaching Fellows and Fellows present more to the professional community.

■ **ASNIP will sponsor Ron Kissick** and other

interested Teaching Fellows to travel to Bogeve, France in April to be present at the ISNIP Teaching Fellows meeting, to represent our concerns. Among the things up for discussion are whether to support a name change for the NIP. The ISNIP Board proposed a name change, thinking that the NIP did not meet the criteria of being descriptive enough of what we do, and added to our problem of lack of recognition. The ASNIP Board debated this for a year and arrived at a unanimous decision to keep the old name. Primarily, the ASNIP Board felt the name was not the problem: the lack of awareness and recognition of the NIP is the problem, and needs to be dealt with by outreach efforts. The Board believes that the name of the society will not help or hurt us in this endeavor.

■ **Planning begins now for the International Conference (ISNIP)** to be held in Reston, Va. , September 21-24, 1995. The planning committee will be coordinated by Robin Seiler and Ginny Hurney. Anyone in the Metro area that would like to help, please call them. See the **Call For Presentations** on page 12.

■ **Outreach efforts**--The Marketing Committee Chair, Lynn Grodzki, presented a marketing plan to the Board at the January meeting, for their review. It consists of three goals and a plan to achieve them: #1 - promote and formulate a clear statement of ASNIP and the NIP via the brochure and the newsletter ; #2 - increase our visibility within the community at large, with a focus on networking within the professional community; #3 - increase the membership of ASNIP by a target of 25% each year.

continued on page 7

Editor's Page

Thoughts from the editor by Lynn Grodzki, Fellow

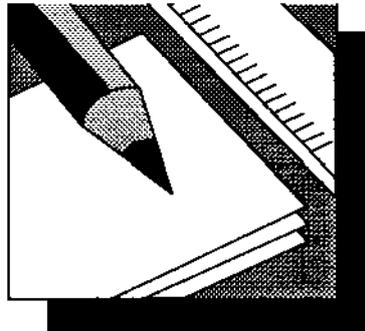
New Findings In The Neurology Of Touch and Emotion

It seems like the last frontier in medical research has to do with the workings of the brain. Every week new discoveries in neurology get published in major medical journals, and then news articles of the findings end up in the New York Times. I am eager to read the science section of the Times each Tuesday, always looking for more data to understand how emotion and touch play a part in healing. So much of the new data of the past ten years radically changes what we previously thought about the role of emotion in the body/mind and validates the methods of therapeutic healing we use in somatic therapy. Two articles published in the Times in '94 are worth noting:

"A Separate Pathway Slowly Carries A Caress To The Brain's Attention" (11/23/94) details the scientific basis for enjoying touch, and begins to explain why the same caress, at different times, can feel either wonderful or irritating. Two different pathways of nerves, present at birth, help infants distinguish painful touch from pleasurable touch. The pleasurable pathway is a "slow" moving nerve pathway. When this pathway is blocked for any reason, any gentle stroking or caress can feel like a burning or itching sensation.

I have been speculating about all the possible blocks to the slow, pleasure pathway, including the array of body chemistry produced along with the emotions of fear and anger. This helps me to understand why people take in holding and touch in different ways, and how important it is to respect when a person says "no" to any level of touch or

holding (even if the touch is well-intentioned or *should* feel good.) Until the emotions and thoughts creating the block have been worked through and the chemistry changed touch for that person won't feel pleasurable. In these situations, the emotional and attitudinal (cognitive) work needs to go first, before touch. One way to gauge the amount of emotional and cognitive change taking place in a person is the person's response to the same type of touch or holding, over time.



"New Kind Of Memory Found To Preserve Moments Of Emotion" (10/25/94) explains why emotional moments register in our memory so intensely; it suggests that the brain has two memory systems, one for ordinary information and one for emotionally charged information.

Emotional memories need to be retained separately in the brain because they aid survival; we need to remember vividly those events that are most threatening, to learn from them. Adrenaline is linked to this emotional memory storage. To mark important memories, the brain infuses their storage system with adrenaline. If you can mute this system and disrupt the amount of adrenaline flooding the body at the time of the trauma, *or at the time of remembering*, it will make traumatic memories less intrusive.

This is why having a safe, nurturing environment in which to do catharsis is an essential factor. It's important to remember that the body and brain communication moves back and forth in a loop; Activating adrenaline can also reactivate traumatic memories.

continued on page 7

BACK TO BASICS: Understanding The New Identity Process

A regular column examining the theory and history of the NIP by Paul Komatinsky, Fellow

The Roots Of The NIP - Humanistic Psychotherapy

Humanistic psychotherapy is a type of therapy that developed in the United States during the 1970's during what was called the Human Potential Movement. Dan Casriel described this movement as a collection of professional and nonprofessional people who were looking for a better way of living. Values held by these individuals may have descended from such different sources, such as the founding fathers of this country ("Life, Liberty and the Pursuit Of Happiness") or Judeo-Christianity ("We are all equal and created in the image of God.")

The beliefs of those in the Human Potential Movement included the following: We are born with innate worth and goodness; we are not "born dead" - we are not the victims of inborn instincts; we are in control of our own destinies - we have the resources within us to achieve these destinies. This implies that we are responsible for ourselves and our actions; there are experiences that we have yet to experience - experiences that can enrich our lives.

Because of the culture we and our predecessors have grown up in, many of us are not in touch with these values - we are not in touch with what makes us human. The New Identity Process is a re-humanizing process. It helps us to get back in touch with our true selves and our true needs as human beings. The NIP teaches us how to get back in touch with our emotions - that our emotions are acceptable "as is" and that is okay to express our emotions. When we express these emotions in a full-bodied way, we become aware of our individual power (a resource within us.) With this sense of power, we attack old attitudes

and affirm new ones through emotional expression. The new attitudes frequently have to do with the humanistic values mentioned above - we exist, have worth/rights, are "good enough" can be "in charge"/ responsible for ourselves, etc.

The NIP also teaches us about our biologically based needs and that these needs are okay. /These needs include the need for bonding - to be physically close and emotionally open. Through the generations, we have lost touch with our need for physical contact with other human beings. To be truly what we need, this contact should take place in an environment where we and our feelings are accepted. Thus, the need for bonding leads us to another need - the need to be connected to other human beings, to be part of a group of people. By helping us to get in touch with our emotions, attitudes and behaviors (needs), the NIP helps us to find that "better way of living" - a way of living our ancestors knew, a way of living that civilized humans have gradually lost touch with over thousands of years.

In the course of evolution, man and his hominid ancestors descended from the primates. Both man and the hominids lived in primate-style survival groups. According to Casriel, the roots of what man is, physically and emotionally, can be found in the characteristics of primate troops.

Primate troops are highly structured and have an established social hierarchy. The structure of the group has great survival value, allowing individual members a chance to survive a hostile environment. □

Next issue:

The biological need for bonding.

Taking *continued from page 1*

BS: One of the things I recall when I was brand new to the NIP was going to the New York Conference and getting a sense of how different therapists worked. It was so helpful. That's what I would like to see us return to at the next International Conference--to see and share each other's styles and techniques.

YL: My thought is that we need more standardization for training our therapists: developing a syllabus, making sure we use the same teaching materials, more sharing among Teaching Fellows, and using some of the readings collected in the ASNIP library. We must make sure that what we think is important in the NIP gets passed on. So when anyone comes up for Fellow, we feel sure they have been trained in a similar way.

RL: I think we are really talking about two issues at the same time: One is the internal functioning of the society: how we communicate with each other, how we standardize our training, how we get into sync with each other. The other piece is how we make connections with the outside world, with other groups who share some similarities, with the therapeutic community to get recognition and acceptance. To get this acceptance, we must go back to the lack of NIP research.

BS: That's really important. We can't just keep saying the NIP works. We aren't even doing anecdotal case studies.

ME: For me, the things this year that I am looking at are getting the Fellow exam standardized, reviewing it in a standardized way. Then there is the Conference. The Conference is important to me as a way of sharing information that will enrich the society members as well as help us be known. The Conference will help us know each other better, and help others know us.

RL: We have to build a sense of community with the International Society. There is a gap about how we fit in as a viable part of the International Society. I hope the conference helps to change that.

LG: If we were to think up a theme for this year's International Conference, what might it be?

SE: Building the international community. I think this year it is premature to focus externally too much; we have internal work to do, from an ISNIP viewpoint. We need to focus on the inside. At the conference, we need to know who is going to present from Europe, and work to bring the quality of the presentations to a new high. My goal is for Europe and the US to work better together, so that the International Conference feels like a team effort.

LG: Let's pretend we are sitting here in January of 1996, looking backwards. What would make your heart sing, really excite you, if we had accomplished it in 1995?

GR: If we got discovered by Americans, who found about the NIP movement in Europe and said, "Wow" and then found out there's a movement here in the States, too. I would be overjoyed.

BS: I'd be really happy if a case study had been published or accepted for publication in a reputable journal. I'd also like to look back and say, "Man, that dance party at the '95 Conference was so much *fun!*" □

Neurology continued from page 4

This may explain why, in therapy, we can start with a minor issue, and by consciously exaggerating the emotions surrounding the issue, we suddenly find we have activated our adrenaline-memory system. As the feelings intensify, we often find ourselves having access to earlier, more survival-laden memories. For example, a client begins a session expressing frustration with his boss. I might encourage him to feel the anger more, in his body and begin to release it; doing this, he recalls how similar this incident of anger is with an earlier one that happened thirty years ago, when he was a child. If I encourage him to continue to express and release the early anger, long stored in his body, he may find that the old memory, once so painful and embarrassing, feels different to him *now*. The body stores traumatic memory in such a way to preserve important information; as we release the emotional chemistry, the way we have held the memory also shifts. The memory becomes less traumatic, and more available for present contemplation, review and insight. The client can use this new insight as an aid for understanding his current frustration with his boss.

President continued from page 2

In the same meeting, Lynn Grodzki proposed a new format for the Newsletter, the results of which you are now seeing. Lynn also proposed a NIP brochure and the Board achieved an amazing piece of work by reviewing with her, on a word-by-word, line-by-line basis and approving an initial printing, funded by the Society. Plans were also advanced for the September 1995 ISNIP Conference.

The budget for the upcoming year was discussed in exhaustive detail and adopted by the Board. The Treasurer's report will be printed in the June Newsletter, and you will note a deficit budget funded by the small surplus accumulated in previous years. A major thrust of the additional spending is better public information about the NIP, through the brochure. It is our hope and belief that clearer public presentation of our work will result in increased membership and participation in the Society. Clearly, with the enormous increase in research about emotions and related areas of psychotherapy treatment, our time has come. Now is the time to get our word out.

I want to again thank the Board and the committee members for a level of participation unprecedented in our history. Finally, in keeping with the spirit of the work in progress, I ask every member to proudly display their association with ASNIP, to encourage new membership and to support attendance at the International Conference in September.

Hugs and best wishes,

Ron Kissick

Society continued from page 3

■ **The Research Committee** Chair, Robin Seiler, submitted a report that set three goals for the upcoming year: to assist members engaged in research to publish their research in a professional journal, to complete the process of collecting materials about the NIP (under the auspices of Linda Nilsen, the Library Committee Chair) and to help George Rynick recruit trainees to read and summarize psychotherapeutic writings for use in a review of the current literature, as preparation to writing a book on the NIP, and its relation to other methods of psychotherapy. Contact Robin to help on this project.

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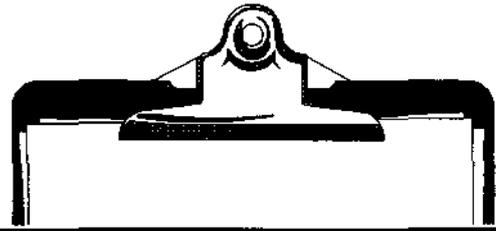
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CALENDAR OF EVENTS

A listing of groups, workshops,
trainings and other NIP events.



NIP GROUPS:

■ Binghamton, New York:

Led by George Rynick, TF. Thursday evenings 7-8:30 PM Parent-child group. Call 607-754-1523.
(40 minute video of a parent-child group with intro and guide, \$35)

■ Silver Spring, Maryland:

Led by Lynn Grodzki, F (with Linda Harter and Glen Keith, MIT.) Mon evenings 7-9 PM. Tuesday evenings 7-9 PM.
Adults. Call 301-434-0766.

■ Greenbelt, Maryland:

Led by Ginny Hurney, F (with Robin Seiler, MIT and Glen Keith, MIT.) Adolescent group, Wed 4-5:30 PM; Adult group,
7:30-9:30 PM; Women's group, 7-8:45 PM. Call 301-595-5135.

NIP WORKSHOPS:

■ March 2-5, 1995: Minnesota

4 day NIP workshop in Minneapolis, Mn. Led by Frankie Wiggins, TF and Steve Thurik, F. Call 203-265-2662 or
612-861-1766.

■ March 10-12, 1995: Michigan

Humanistic Psychotherapy Center, Southfield (Detroit), Michigan. Led by Bill Wolfson, TF and George Rynick, TF. Friday
(6:30-10:30 PM) Sat & Sun (10-6). Call 810-353-3350.

■ March 11-12, 1995: New York

Spring Renewal Workshop to attune and prepare ourselves for the renewal and joy of the Spring seasonal rhythm.
Personal Resource Center, Vestal, NY. Led by Ron Kissick, TF with Carol Cuomo Golden, MIT. Sat (10 AM- 6PM) Sun (9
AM- 5 PM). Fee: \$200. Call 607-754-4520.

■ March 17-19, 1995: Pennsylvania

Wilderness Lodge, Erie, Pa. Led by George Rynick, TF. Fri 7-10 PM; Sat 9-5; Sun 9-3. Room and breakfast \$25 per nite;
Workshop fee \$200. Limit of 20 persons. Call 607-754-1523.

■ March 18, April 9, 1995: Pennsylvania

A series of half-day workshops for men and issues of male emotionality, bonding, friendship and identity.
Center for Family Development, Spring House, Pa. Led by Ron Kissick, TF and Rita DeMaria, MIT. (12 noon- 5 PM each
day) Fee: \$100. Call 215-643-1011 or 607-754-4520.

■ March 24-26, 1995: Connecticut

3 Day NIP workshop in Litchfield, Conn. Led by Frankie Wiggins, TF. Call 203-580-0680.

■ **March 25, 1995: Maryland**

"Me and My Shadow..." A one day workshop on identifying, accepting and integrating the darker sides of our selves. Silver Spring, Md. Led by Lynn Grodzki, F (with Linda Harter and Glen Keith, MIT). Sat (10 AM- 5PM.) Workshop fee: \$100. Call 301-434-0766.

■ **April 8, 1995: Connecticut**

Hamden, Conn. One day bonding workshop. Led by Yetta Lautenschlager, TF. (9 AM- 5PM) Fee \$100. Call 203-580-0680.

■ **May 5,6,7, 1995: New York**

Watson Homestead, 9620 Dry Run Rd., Painted Post, New York. Led by George Rynick, TF. Fri 6-11PM; Sat 9 AM-11 PM; Sun 9 AM-2PM. (Room for two nights, 5 meals, bedding, etc. \$95.) Workshop fee \$200. Limit of 30 persons. Call 607-754-1523.

■ **May 8-11, 1995: New York**

Intensive week to follow Watson Workshop at Human Resources/Family Counseling Center, 21 Mitchell Avenue, Binghamton, NY. Led by George Rynick. Three individual sessions and four groups. Fee \$250. Call 607-754-1523.

■ **May 19-21, 1995: Connecticut**

Three day couples workshop. Senexet Retreat House in beautiful Woodstock, Ct. Led by Yetta Lautenschlager, TF (with Dwight Johnson and Denise Bowles, massage therapists) Fee: \$600 per couple includes food, lodging, lectures, water sports. Call 203-580-0680.

■ **May 27,1995: Maryland**

One day NIP workshop, theme to be announced. Silver Spring, Md. Led by Lunn Grodzki, F (with Linda Harter and Glen Keith MIT) Sat: (10 AM-5 PM) Fee: \$100. Call 301-434-0766.

■ **June 1-4, 1995: Minnesota**

4 day NIP workshop in Minneapolis, Mn. Led by Frankie Wiggins, TF and Steve Thurik, F. Call 203-265-2662 or 612-861-1766.

■ **June 3-4, 1995: New York**

Laughter And Play! Join Pat and Ron to enhance the fun and zest in your life. Personal Resource Center, Vestal, New York. Sat (10 AM-6PM) Sun (9 AM-5PM) Led by Ron and Pat Kissick. Fee: \$200. Call 607-754-4520.

■ **June 29-July 4, 1995: Connecticut**

6 Day NIP intensive workshop in Litchfield, Conn. Led by Frankie Wiggins, TF. Call 203-580-0680.

You can list your groups, workshops, trainings and products in the Newsletter, too!

Advertising in the Calendar is limited to Teaching Fellows and Fellows. Send a brief description of your groups, workshops, etc. to the Editor one month prior to the date of publication. Next deadline is May 1 for June 1, 1995 issue. Rate for advertising is \$10 per item or \$100 per year (unlimited listings.) Send a check for your listing to the Treasurer, Rachel Light (address in box on page 2).

CALL FOR PRESENTATIONS

for the 1995 Conference of the International Society for the New Identity Process (ISNIP)
September 21-42, 1995, in the Wash., D.C. Area. This year's theme is:

BEYOND WORDS **CATHARSIS AND THERAPEUTIC TOUCH IN PSYCHOTHERAPY**

Deadline for submission -- May 15th!

We are looking for presentations directed to both our membership and those non-society members who will be in attendance. Suggested topics: The ethics of using touch; Integrating other methods of therapy with the NIP; The limits of the NIP; The limits of talk therapy; The historical development of the NIP; The NIP and issues of sexuality/intimacy/boundaries; Strategies for individual vs. group therapy; Practical, clinical experiences with the NIP. Please send the following:

1. Title of the talk
2. An abstract or outline of the content, including estimated length of time. Also include the time allocated to lecture/discussion/experiential material (ex: 75% lecture, 25% experiential)
3. A bio of the presenter, with picture if possible
4. Audio/visual aids needed.

Send to Newsletter Editor, Lynn Grodzki, 910 La Grande Rd. Silver Spring, Md. 20903.

Become A Member Of ASNIP!

Membership in the American Society for the New Identity Process (ASNIP) is open to all who want to increase their understanding and experience of the New Identity Process and express support for the goals and purposes of ASNIP.

As a member you will:

- Receive the quarterly newsletter, full of articles and news related to the NIP.
- Be invited to NIP conferences in the US and Europe.
- Receive information on national and international trainings, workshops and certification programs.
- Be updated about all of the clinicians in your area certified to use the NIP.
- Automatically become a member of the International Society for the New Identity Process (ISNIP).

name _____ degree _____

address (street, city, state) _____

zipcode _____ (w) _____ (h) _____

phone # _____

I am interested in information about training and certification.

Check One: Member \$30 Member In Training \$50
Fellow \$75 Teaching Fellow \$110 (+ CF)

Mail this application and your check for the correct amount to:

Rachel Light, ASNIP Treasurer
400 West Hill Road, Vestal, NY 13850