



AMERICAN SOCIETY FOR THE

NEW IDENTITY PROCESS

NEWSLETTER WINTER 1995

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"BONDING WITH THE SELF"
BY YETTA MODIFICA

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.

A Healing Group: Returning to the Family Crucible

By Marilyn Ellis, NIP Teaching Fellow

The purpose of psychotherapy is to provide a safe space for the client to explore and integrate his conflicting parts into a coherent, functioning whole person, capable of relating enjoyably and effectively to others. It also supports the client in becoming both aware of and resonant with the depths of their emotions and the heights of their being. One of my methods of achieving this goal is by creating a family-like context in a New Identity Process group. The way of entering this new "family" starts with a first appointment. When a new person comes to my office for this special occasion, we look each other over, see if we speak the same language, seeking a "fit." As we consider liking each other and deciding whether we can work together, I start explaining how I work.

My explanation might go like this: "Let me tell you a little bit about how I work. I use a combination of methods, designed to give you the opportunity to explore as many aspects of yourself as are helpful. I work primarily with a group process called the New Identity Process. This is an emotive and very physical way of exploring our emotional selves and our relationships with others. We do emotive work to release the emotions we hold in our bodies from every occasion we've had intense feelings and been unable to express them. We also explore the beliefs behind the emotions through 'attitude group' and relationships through a process of physical and emotional 'bonding.' I use this method because in our culture, these are the things we have the least opportunity to do, yet they are basic to our wellbeing. We discover together how your history is influencing your life, what beliefs you developed from your experiences, and whether or not those beliefs are still accurate, though they were accurate when you first developed them. Through the group process and bonding, we also explore how you connect with other people and create the opportunity to learn new

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FROM THE PRESIDENT...

By Ron Kissick, Teaching Fellow,
ASNIP President



Dear Friends and Colleagues,

When you read this, the 1995 ISNIP Conference will be a fond, distant memory for most of us. Throughout the Conference and for weeks after, I have heard only praise for the wonderful organization and the quality of the presentations. Thanks again to the Conference Committee and to all the presenters.

The Conferences are the primary way that NIP people come together. It is a time of renewing friendships, renewing our sense of mutual support, re-energizing ourselves for the unique work that we do, and bringing ourselves up to date on developments in NIP and related information. Equally important, though, is the recommitment we make to the work of the Society. The wonderful events of the Conference could not have happened without the ongoing work throughout the year of board members and committee people. So, I want to take this opportunity to encourage all who have specific tasks and commitments to follow through with the work in process. As a result of the work done in the past year in general and work on the Conference in particular, ASNIP has gained modestly in membership and enormously in professional recognition and stature. Let's build on those gains.

I am trying to improve my availability and responsiveness to the membership of ASNIP. In addition to my commitment to be generally available to take phone calls in person on Monday mornings between 9-10 a.m., I have added fax capabilities to my office system. To send a fax, simply dial my office number and any time during the greeting message press "0" and send your fax. It is my intent to also soon have E mail capability. I look forward to hearing from you.

Vice President of ASNIP Terry Cole is now in the process of developing an agenda for the next ASNIP board meeting, to be held in January in Philadelphia and Rachel Light, ASNIP Treasurer is in the process of developing a proposed budget for the coming year. If you have interests or concerns in either of these two areas, please contact them or any of the board members listed elsewhere in this newsletter. Please make sure your interests are represented at our meetings. The meeting is also a primary opportunity for Members-in-Training to take their oral exams. If you are a Member-in-Training and wish to complete your credentialing process at this meeting, please be in touch with your sponsoring Teaching

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The ASNIP Newsletter

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

Deadline for articles and advertising is thirty days prior to publication. We are interested in articles about theory and clinical techniques in the NIP, personal experience with the NIP, related training experience, book reviews, and items of general interest. Submissions must be typed and double spaced. Include a disc in clearly marked a DOS program if possible. Send to:

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Advertising in the calendar is limited to Teaching Fellows and Fellows. Send all advertising copy and fees directly to the Editor.

For membership in ASNIP, send applications with fees to:

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SOCIETY NEWS



■ **Post-Conference news:** The Conference was a big success. We increased the number of attendees by 50% from four years ago and increased profits by 70%. The additional funds will go to reimburse ASNIP budget expenses and into a fund used for future ISNIP conferences. The Conference Committee has met to de-brief and write up suggestions for future International conferences held in the U.S. Suggestions include ways to streamline the informational systems, improve the quality of presentations and restructure the way in which registrations were priced. The committee has also compiled a list of attendees, to be made available to all Teaching Fellows and Fellows for a small fee, that can be used as a mailing list for NIP-based events. For more info, call Yetta Modifica, ASNIP Corresponding Secretary and contact person.

At the ISNIP board meeting, the last event of the Conference weekend, Johan Maertens, ISNIP President, spoke of his appreciation for the work of ASNIP members and excitement about plans for the 1997 Conference, to be held in Amsterdam. Ideas are beginning to surface for a formalized, written manual to define the NIP and its current methodology.

■ **We are on the Internet!** We received a letter from John Speyrer in Louisiana, stating that a colleague gave him a copy of the September '95 Newsletter. He asked permission to reprint the article about Candace Pert on the World Wide Web, on the "Primal Psychotherapy Page." He also asked for an explanation of the NIP. Lynn Grodzki gave him permission to reprint her article and wrote a brief description of the NIP that Ron Kissick approved. So we are in cyberspace! To access the Primal Psychotherapy Page, the address is:

<http://www.net-connect.net/~jspeyrer>

John says we can access the interview and explanation in two ways -- from the homepage and also from the list of therapy centers and ads.

■ **The January Board Meeting** will be held in Philadelphia, exact date to be announced. This is a time when Members-in-Training may complete their Fellow certification exam.

■ **It's not too soon** to begin to plan for next year's ASNIP Conference, to be held in September 1996. The ASNIP Conference is always an occasion to network with other NIP members, while increasing our knowledge base. The location is under discussion. We need help to make this happen. To volunteer to work on this Conference, please call Ron Kissick.

■ **We are asking the APA** (American Psychological Association) to revise their code of ethics and recognize the validity of the use of touch in psychotherapy. Joe Saunders, TF, has composed a letter, being reviewed by the Board.

■ **The NIP gets en-tranced!** Sonia Stevens and Yetta Modifica gave a presentation of the NIP at the Annual National Guild of Hypnotists Convention in Nashua, New Hampshire, a gathering of 1500 hypnotists from all over the country. Sonia submitted this delightful account:

"Hundreds of seminars and workshops were given for the pleasure of all who attended. We [Sonia and Yetta] had the opportunity to introduce NIP concepts with: 'Bonding: The Lost Biological Need' and 'The Logic of Emotions.' Those who attended had never been exposed to this process and were very open and inquisitive. Even those in the hallways became involved when we had our group scream and were immediately told to lower the volume because others were taping! The walls were too thin in the hotel. The attendees were rapt with attention when Yetta

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Trusting the Process

by Lynn Grodzki, Fellow

*The NIP is a multi-faceted process--
if one facet is not reaching a client,
chances are another aspect will.*

Does this sound familiar? A new client comes to your workshop. This is someone who openly expresses doubt about attending an NIP workshop -- he/she doesn't like to hear loud noises, doesn't like groups, thinks the idea of bonding is weird. They agree to attend because you, the therapist, say it will help them. As the therapist, you are also full of doubt -- maybe the NIP is not right for this client. You begin the workshop with a sense of nervousness, and notice an increasing concern as this person reluctantly tries bonding without success, sits mutely in the attitude group and maybe tells you, midway, "This isn't working for me."

But by the end of the workshop, the client is smiling and grateful and you know the therapy has begun. Once again, the process works.

George Rynick, one of our most senior NIP trainers, shares that he often repeats to himself, like a mantra, "The process works, George. The process works, George," when the going gets especially tough during one of his large workshops. I now jokingly repeat to myself, "The process works, George. The process works, George," when I am in doubt. But what is this process that is working?

I have begun to think that what works is the fact that the NIP is a multi-faceted process-- if one facet is not reaching a client, chances are another aspect will. And I believe that the process now includes elements that were not fully integrated or explored in Dan Casriel's time, but have become a part of NIP therapy today.

The primary facet of the process, in my mind, is the group setting. It is rare for me to encounter a new client who does not profess to having fear or concern about being in a group. But the humanistic atmosphere of the group seems to work its own magic, offering a sense of connection and universality that softens even the toughest resistance. The group contains the most intense levels of emotion. The norm of intense emotional expression makes the individual member's work more comfortable and less "strange." The group also functions as an amplifier, to reinforce and hold the change an individual makes by offering an immediate feedback loop of more than just one other person. The group also presents a family setting, with the therapists representing the parents and the peers acting as siblings, so that a person can rework family issues while experiencing a sense of "re-familizing." For clients who do not bond or scream, being within the group holds them in the process. The senior group members model and demonstrate the behavior that the newer members might aspire to, allowing them to become a welcome "younger" sibling who can watch, learn and absorb the effects of others working, until such time as they are ready to try bonding or screaming.

The second facet of the process is the use of touch, via bonding. For those who are severely touch deprived, the bonding will hold them to the process even if they can't emote or relate to the larger group. They get tremendous benefit from just being held by a peer, or therapist, whether the

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BACK TO BASICS:

Understanding the New Identity Process

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

The Levels of Emotion

Two NIP Teaching Fellows, George Rynick and Ron Kissick, developed the concept of four levels of emotion, attitudes and behaviors, based on Dan Casriel's "four levels of anger." In order to progress from one level to another, a person needs to move through a barrier of belief that blocks expression. A person moves through the barriers through the use of full-body emoting, such as by screaming. This article focuses on the levels of emotion, utilizing the examples from the emotion of anger.

The first level is called the *Control* level. This is the level in which many people come to therapy. Rather than accept, express or even feel their

anger and has fear directly underneath the anger. The person will use his anger to push away a significant other, immediately becoming afraid that person will leave. The barrier that must be overcome to allow movement to the next level is the belief that "If I get to my total survival-based anger, I'll go crazy, die or kill someone." Once past this barrier, the person moves on to the *Letting Go* level, the third level of emotional expression.

At the Letting Go level, the emotional expression is deep and intense. With anger, this concerns the release of rage. This expression of rage is kept within the bonds of physical and

In order to progress from one level to another, a person needs to move through a barrier of belief that blocks expression.

emotion, they try to keep tight control of them. Instead of feeling anger, the person expresses or "leaks" hostility. The barrier to moving beyond this level is the attitude/belief that "I really don't have a problem" or "If I acknowledge my anger, I will have to admit that something is wrong with me." When a person can move beyond this belief, in effect accepting that they have a problem, they can move on to the *Holding On* level.

In the Holding On level, the person holds onto superficial feelings, and is not able to connect to deeper emotion. However, the person has progressed far enough to begin to express emotion. This level of anger is called *riddance*

emotional safety -- no hitting, verbal attacks, etc. The intensity of the anger is such that, if the person were confronted with a life-threatening situation, the anger would serve to protect and defend himself. This anger at level three is focused as being "against you." With practice, the individual starts to integrate the expression of his emotion with his thinking ability and other internal resources. The barrier to the final level of emotion is the attitude that says, "If I own and use my feelings for myself, I won't exist or I'll lose the love of my caretaker (the one who actually gave me my maladaptive programming)."

At the fourth level, the emotion is fully

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In Daniel Casriel's Words...

Daniel Casriel, M.D. developed the New Identity Process, a humanistic psychotherapy, in the late 1960's. He trained therapists in the United States, Canada and Europe in his methods before his untimely death in 1983. Casriel was classically trained as a psychiatrist and analyst, but was drawn from his experience with rehabilitation techniques for drug addicts and the use of encounter groups.

Today, the NIP incorporates the clinical advances of the last fifteen years, and incorporates the theoretical modifications of the Teaching Fellows who use and teach the process. The original ideas of Dan Casriel were captured in an interview conducted by Gunvor Gustafsson, a Swedish Teaching Fellow, in 1978 for the ISNIP Newsletter. Each month we include an excerpt from that interview.

GG: How do you see the difference between bonding and relationship?

DC: I don't think you can really have an emotional relationship without the [emotional] bonding. You can have utilitarian relationships: if you go to a restaurant, you can have a relationship with the waiter, he asks you what you want to eat. You don't need to be bonded with this type of relationship. But a relationship where you share feelings with each other, where you invest a long period of your time with each other, then there should be bonding.

Now tragically, western man, 20th century. Western man is frequently forced to be involved in relationships with people with whom he is not bonded. This causes alienation, isolation and tension.

I'm sure that primitive man who after all lived for about two million years -- except for the last ten thousand years -- their relationships were bonded. They went hunting and fishing together, they had emotional communication. They had to, to survive. They would have been destroyed or destroyed each other if they didn't.

I think this is part of the alienation we feel. We

use the word alienation: people feel alienated in a crowd, at work, at home, all over their lives. It's because they have no bonding. As soon as they have bonding, they have no more alienation.

GG: You concentrate totally on the bonding aspect here in the process -- do you mean that if people really learn how to get bonding, the relationship won't be a problem any longer?

DC: Yes. Their relationship with people in general won't be any problem.

GG: You call your process the New Identity Process. What does that concept mean to you?

DC: A sense of self, an awareness of oneself. You really become aware of a new self. You are not what you thought you were. You are lovable and good enough. You get a different sense of yourself.

It's your picture of yourself that changes. When you really experience that, you feel a change -- that's your new identity or perhaps it should be called your true identity. [That was] the person you were born to be. □

new, more satisfying ways to relate. I introduce people to the group process through workshops, where we (my husband co-therapist and I) introduce the New Identity Process to you, and help you learn how to utilize it well for yourself. Each person starts with different needs, and how you will best utilize NIP for yourself can only be discovered through your own exploration and experimentation. My job is to help you feel safe and secure enough to do your exploration.

"We do workshops about once a month. After your first workshop, we can meet and decide where to go from there. There are usually members of both groups at the workshop, and you meet some of your potential fellow group members. I have NIP groups that meet weekly on Monday nights and Wednesday nights, from 7:30 to 10 p.m. The format of the groups is basically similar to the workshop. The groups are long so that you can have enough time to get into deep emotional work and come out again, before you leave. The groups are also large, from 10-16 people. This gives you the opportunity to work with and relate to a wide variety of people and their different experiences and resources.

"Basic to NIP is working in pairs with other group members, learning how to "be there" for another person by being a witness to their work and supporting them, with appropriate physical contact and your presence. We teach you about this at the workshop. Witnessing another person's process creates awareness in you of your own process, your own issues, and your own emotions. It also bonds you with that person on a deeply personal level. In a way, group members are all therapists for each other, rather than focusing on me as your only source of help. We go back and forth from working as pairs, to being in "attitude group"--which is run like a Gestalt group, one person working at a time with others witnessing and learning from that person's work. It becomes like a dance-- relating individually, then relating through the group.

"The group is working at multiple levels all the time. A primary issue is always safety. Is it safe in this environment, so that I can go inside and explore myself, as I needed to do in my family as a child? Can I safely play with others and explore

relationships -- what they mean and how they work? My fundamental role is to provide you with a physically and emotionally safe space. For some people, their first step is becoming aware that this is how their families should have been. They're so accustomed to being unsafe that they take it for granted. The first group of every month focuses on *confrontations* which we define as an opportunity to explore the issues that get in the way of being closer to one another.

"We become safe to do our work by exploring and defusing whatever is making us feel unsafe. We can't do our work if we only feel safe when we

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are shut off from others for self-protection. To do our deepest personal work, we must first feel safe. A second important theme in group is taking responsibility. I tell people, "Who is responsible for whether or not you are happy?" Learning how to seek what you want requires first being safe enough to discover what you want, and then how to ask for or seek it.

"My husband co-leads both groups with me. We become like parents to the group members, which brings up parental and authority issues for processing. Group members are encouraged to relate to each other as siblings. All your family issues become available to you in the group, so that you can safely explore them. I get to see how relating to others works for you, and assist you in making whatever changes you would like.

"Group relationships can become very deep as we work through difficult emotional issues. As with other siblings, there can be supportive

contact outside of the group as it feels appropriate to you, but dating group members is highly discouraged. There are group rules--standard ones, like confidentiality--and ones unique to this type of group, such as "In doing your emotive work, be respectful of others in the group by not yelling in their faces, behaving in a threatening way, or otherwise interfering with their safety.

"We end group with *awareness work*. We sit facing across from each other in couples, threesomes or foursomes and practice being in touch with ourselves in the presence of another. We focus on bringing our energies to our hearts, in order to integrate our work and to hold onto what we have learned while we are connected to others. This is a calming, centering, closing time. And that's how I run a group.

"I also see people individually, to bring out themes in their work and give them privacy to discuss their more sensitive issues. It also speeds your process to see me for individual sessions as much as you can.

"We will meet once a month as a minimum so I can better track your work and assist you in your group process. I may also suggest at times that we do some specific techniques of individual psychotherapy work (such as EMDR or Self Relations) to work through a difficult issue.

Many clients enter this new family crucible believing that at last, they have found what they've always been looking for -- the perfect family.

Workshops of two three days length also give you an opportunity to do deep extended emotional work."

As in the real world, the client begins with their relationship with me, the "mother". In all this work, it is essential to continually explore the issue of my role as a parental figure versus my role as a therapist. The relationships need to feel "real" enough to the client to have a healing effect as we work in the relationship; it also needs to be not too "real" so that they can do their work without being retraumatized by another unworkable situation. For instance, if I become too "real" as "mother" for a client, and they start working with very early issues, they may experience abandonment over and over at the end of sessions, groups, and workshops.

The corrective shift required for this is that I become less "real" as mother and more a person playing a particular role. This can be a delicate dance requiring many adjustments through the course of the person's work.

Many clients enter this new family crucible believing that at last they have found what they've always been looking for -- the perfect family. Then they are repeatedly disappointed, as they find that this family is not the way they imagined it would be. We work with accepting the losses created by their childhood and how we all fantasize about how a "good" family (mother, father, siblings) would/should have been. Slowly, this incorrect, dearly-loved, sometimes grandiose fantasy lets go its hold on us. We gradually discover that, while we can't have what we always thought we wanted, there are some things we *can* have that we hadn't even considered. Settling for what we can have, then learning it's really a gift and better than we ever thought it could be, takes us from "neutral" (freedom from historic pain, fear, and anger) to living in anticipation of pleasure.

Each person has their own unique history, and their own belief about how things "should" be. One of the most common and most deadly patterns I encounter is the "victim" role. It is founded on a belief we developed in childhood, that we are damaged and/or helpless to act in our own behalf. Of course, in childhood, it's true.

Shifting this belief to accept that we are no longer children, that we are all damaged, and need to become our own loving parent to that insistent child inside, brings a wonderful freedom and self-integration. We can work with what we do have, creatively and playfully, to develop a good enough life.

One woman came to group after a workshop, and saw me individually every week. There was much grieving to be done, about a lonely childhood with little real love. After an appropriate period of time, her fantasy of "how it should be" came forward.

"You should be there whenever I need you," she indicated to me. With her husband, she insisted, "I am the needy one and you are here to be my good Daddy." In the group, she expressed, "My needs are more desperate than anyone's; I should always come first," and "If I can't work with you two (co-therapists), I can't get what I need -- no one else can help me."

One night in group, about midway through the session, she was sitting in attitude group, where she had been most of the evening. She kept her eyes down and slumped in her seat, a good technique to stop others from attempting to engage with you.

When her turn came, I said "Pat, tell me about your experience here this evening."

She related how she'd come in, feeling terrible. In the start of group she asked to have time to work with my husband and with me. She said it was urgent that she receive our help. I asked how she might allow someone else to be there for her.

She said "I did. Lisa asked me to spend time helping her in a peer process and I did."

I inquired whether she had also taken some time for herself. She replied that she had focused on expressing feelings about "how there's no time for me, and no one else can help me. This feels terrible. I've felt it many times."

This was my opening. "Would you like to have a different experience?"

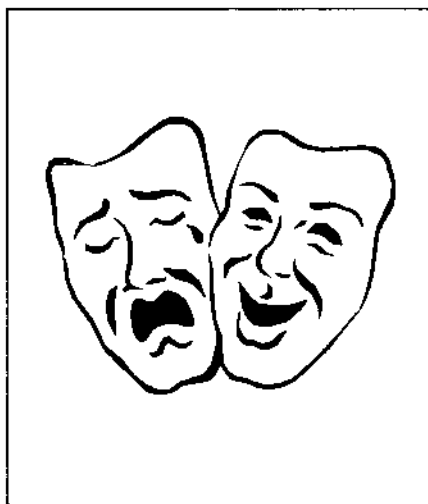
"Of course, but I know that's not going to happen; you have too many other people to take care of." She was not going to let this be easy for me. At this time, I had to go inside myself and remember how it felt to long for a loving mother and father, and have them not be there. I could connect with her through my own experience of longing.

I said, "You know, I remember being with my therapist and longing to be special to him, really loved by him. I had fantasies about what we could talk about together and how he would enjoy listening to what I had to say. It was painful that while he cared for me and did really good therapy with me, I was still only a client." She listened, and sighed. I continued, "It's really difficult to accept being loved, but differently from what you wanted."

"And needed," she said.

"Yes," I agreed. We sat silently a few minutes. The atmosphere in the room had shifted from one of separation to connection. From this, getting less than she wanted but more than she had ever gotten before, she could let me recede to the background for now and connect more with herself and the others in group. □

"It's really difficult to accept being loved, but differently from what you wanted."



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Fellow and with George Rynick, chair of the Credential Committee right away to make arrangements for your exam.

Finally, our Society continues to face new and different challenges all the time, but the spirit of the NIP has never been healthier. Thanks to all who have helped make it so.

Sincerely,

Ron

Ron Kissick, President
American Society for the New Identity Process



Rudi Bauer, Keynote Speaker, gave a riveting demonstration of the use of "subtle touch" at the ISNIP Conference.

In Memory of **William Q. Wolfson**

We dedicate this issue of the ASNIP Newsletter to the celebration of the life of William Q. Wolfson, M.D. who died Sunday, November 19, 1995. He was 77 years old. Bill was a charter member of the Board of Directors. His involvement with ASNIP spanned the history of the organization. He served continually on the ASNIP Board from 1978 until 1992, agreeing to another partial term during 1995. He was a Teaching Fellow of the International Society for the New Identity Process.

Bill received an S.B. and M.A. in Psychology from Harvard. He received his M.D. from Middlesex University School of Medicine in 1943 and Wayne State University College of Medicine in 1957. He maintained medical licensure in Maine, New York and Michigan. His credentials include board certification and society affiliation in Psychoanalysis, Pharmacology, Clinical Chemistry, Clinical Hypnosis, and Psychiatry. He was a Clinical Teaching Member of Transactional Analysis.

Bill was an exceptional man -- open, loving and generous with his time and ideas. He continually provided stability and guidance to our Society. His vast knowledge of medicine allowed him to become a source of medical authority for many of our clinicians, who often turned to him for help. He was always willing to share his wealth of knowledge with those who asked.

Bill enjoyed a long and loving marriage to Tracy, also a beloved member of the Society, who passed away several years ago. They both hold a special place in the hearts of our membership. We celebrate their lives and remember them with profound respect and love.

Bill will be greatly missed. We believe he graduated life Summa Cum Laude!



Ginny Hurney, Conference Committee Chair, began each Conference morning with announcements.

Emotions continued from page 5

with the thoughtful, constructive behavior. The body is relaxed and strong, fully mobilized with the emotion. With anger, the person focuses the anger "for me, not against you." This is called the "Taking Charge" level, because the energy that is mobilized at level four leads to behavior of taking charge of a situation in a powerful, appropriate way. The emotion is accepted for itself and has a healthy meaning associated with it. This is the level of emotion in which we achieve the goal of humanistic psychotherapy -- to become masters of our own fate.

Next Month: The difference between primal scream and the NIP.

Society News continued from page 3

showed them her video tape of a client working on the mat. It brought up a lot of feelings for them. We talked about the Roadmap of Happiness, and the logic of emotions and bonding. Yetta and I worked with them and some of their issues and since we had to keep the volume low, we worked on a different and very powerful level with them. All who attended were amazed at how quickly they were able to get to their feelings and they were extremely supportive of each other, some hugging or holding hands. They were surprised that they could 'know' each other at such a deep level in such a short time.

"Yetta and I felt like pioneers and came away with a feeling of accomplishment, in that we could share such an important modality with those who work primarily with the mind. There is much territory to explore to spread the word about the NIP. We feel like we have begun to blaze the trail. The next time, though, we will have to order a sound proof room."

[We love to hear your news! Send all copy to the Editor and it will be printed in the Newsletter for all to enjoy and learn from. Especially nice in this account is the experience of how welcomed

the NIP was at a convention of a very different model of therapy. Thanks, Sonia. Ed.]

■ **Membership of ASNIP** is revitalized by a new Membership Chair, Pat Kissick. The interest in the NIP generated from the Conference shows us the potential for adding many more members in our Society, simply by making a more organized effort. We welcome Pat's contribution to this important task.

■ **Finally, congratulations to our new Fellows!** We have a crop of Fellows to welcome -- these are the therapists who have complete 250 hours of training in the NIP, passed an exacting written exam and then defended their writing in an oral exam. Most Fellows find that this level of certification takes several years to complete, so the process of becoming a Fellow speaks to the commitment of the therapist to become certified to use the NIP. We are very excited and happy that this year such a large number of therapists to welcome to this position. They are: Ruth Swaney, Rita DiMaria, Robin Seiler, Skip Ellis, Linda Marks, Brenda Scribner and Ann Ladd. □

ASNIP MEMBERS

Those designated Teaching Fellows and Fellows are clinicians that have been trained and certified by ASNIP to use the New Identity Process.

TEACHING FELLOWS

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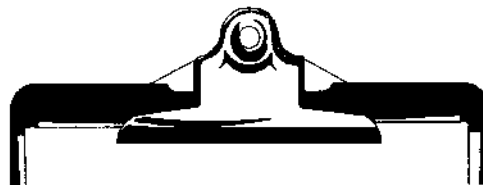
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CALENDAR OF EVENTS

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



NIP GROUPS:

■ Hamden, Connecticut

Led by Yetta Modifica, TF. Wednesday evenings 6:00-8:30 PM. Thursday evenings, 7:00-10:00 PM. Call (203) 580-0680.

■ Hamden, Connecticut

Led by Frankie Wiggins, TF. Tuesday evenings 6:30-9:30 PM. Call (203) 265-2662.

■ Silver Spring, Maryland:

Led by Lynn Grodzki, F (with Glen Keith, MIT) Monday evenings 7:00-9:00 PM; (with Linda Harter, MIT) Tuesday evenings 7:00-9:00 PM. Co-ed, adult groups. Call (301) 434-0766.

■ Greenbelt, Maryland:

Led by Ginny Hurney, F and Robin Seiler, F. Tuesdays, 7:30-9:30 PM, adults. Call (301) 595-5135 or (301) 799-0286. Adolescent group, Wednesdays (with Glen Keith, MIT); Women's group, call (301) 595-5135.

■ Binghamton, New York:

Led by George Rynick, TF. Tuesday evenings 7:00-10:00 PM; Wednesday evenings 7:00-10:00 PM; Thursday evenings 7:00-8:30 PM (parent-child group: 40-minute video of a parent-child group with intro and guide, \$35); Thursday afternoon 1:00-3:00 PM (sign-up group) Call 607-754-1523.

■ Binghamton, New York:

Led by Ron Kissick, TF and Pat Kissick, F. Tuesday and Wednesday evenings. Call (607) 754-4520.

■ Springhouse, Pennsylvania:

Led by Ron Kissick, TF and Rita DiMaria, F. Couples group, meets monthly. For dates call (215) 628-2450 or (607) 754-4520.

■ Springhouse, Pennsylvania:

Led by Ron Kissick, TF and Rita DiMaria, F. Men's group, meets monthly. For dates call (215) 628-2450 or (607) 754-4520.

■ Stafford, Virginia:

Led by Peter Schroeder, F (with Sonia Stevens, MIT) Monday evenings 7:30-9:30 PM. Adult group. Call (703) 659-2676.

■ Herndon, Virginia:

Led by Marilyn Ellis, TF and Skip Ellis, F. Monday evenings 7:30-10:00 PM; Wednesday evenings 7:30-10:00 PM. Adult groups. Call (703) 450-2752.

NIP WORKSHOPS:

■ December 1-3, 1995: New York

Human Resources / Family Counseling Center, Binghamton, NY. Led by George Rynick, TF. Friday (6-10) Sat (9 AM-11 PM) Sun (9 AM-11 PM) Registration \$25. Total fee \$200. Call (607) 754-1523.

■ December 2-3, 1995: New York

Holiday Workshop: Give yourself the gift of peace and joy by dealing with some of the stressful elements related to your history. Led by Ron Kissick, TF and Pat Kissick, F at the Personal Resource Center, 1040 Vestal Parkway E., Vestal, NY. Sat & Sun (10 AM- 6 PM) Fee \$200. Call (607) 754-4520.

■ **December 7-10, 1995: Minnesota**

4 Day NIP Workshop in Minneapolis, MN. Led by Frankie Wiggins, TF and Steve Thurik, F. Call (612) 861-1766 or (203) 265-2662.

■ **January 12-13, 1996: Virginia**

Led by Marilyn Ellis, TF and Skip Ellis, F. Call (703) 450-2752.

■ **January 26-27, 1996: Maryland**

"The Erotic Mind: Understanding Sexuality." A weekend workshop for couples and singles on issues of sex and intimacy. In Beltsville, Md. Led by Lynn Grodzki, F, Ginny Hurney, F, Robin Seiler, F (with Linda Harter, MIT and Glen Keith, MIT) Fri eve. (7-10PM) Sat (10 AM-5:00PM) Fee \$150. Call (301) 434-0766 or (301) 595-5135.

■ **February 16-18, 1996: Virginia**

Led by Marilyn Ellis, TF and Skip Ellis, F. Call (703) 450-2752.

■ **February 17, 1996: Connecticut**

Minithon in Hampden, CT, led by Frankie Wiggins, TF. (9 AM- 9 PM) Call (203) 580-0680.

■ **March 7-10, 1996: Minnesota**

Led by Frankie Wiggins, TF and Steve Thurik, F in Minneapolis, MN. Call (612) 861-1766.

■ **March 8-10, 1996: Connecticut**

3 day workshop at White Memorial Foundation in Litchfield, CT. Led by Yetta Modifica, LCSW, TF. Fee \$385, includes room and continental breakfast. Call (203) 580-0680.

■ **March 15-16, 1996: Virginia**

Led by Marilyn Ellis, TF and Skip Ellis, F. Call (703) 450-2752.

■ **March 16-17, 1996: New York**

"Enhancing Your Capacity For Pleasure." Led by Ron Kissick, TF and Pat Kissick, F at the Personal Resource Center, 1040 Vestal Parkway E., Vestal, NY. Sat & Sun (10 AM- 6 PM) Fee \$200. Call (607) 754-4520.

■ **March 23, 1996: Maryland**

"Closing the Exits: Committing to Yourself and Your Relationships." One-day couples workshop in Silver Spring, MD. Led by Lynn Grodzki, F (with Linda Harter, MIT and Glen Keith, MIT)

■ **April 14-21, 1996: Paradise Island, Bahamas**

Week long NIP workshop in the Bahamas. Led by Marilyn Ellis, TF George Rynick, TF, Kathryn Baine, F and Skip Ellis, F. This workshop focuses on pleasure, with NIP work in the morning and enjoying Paradise, Paradise in the afternoon. Call (703) 450-2752 or (607) 722-8900.

■ **April 21-28, 1996: Puerto Rico**

Week long NIP workshop in St. Thomas, U.S. Virgin Isle. Led by Yetta Modifica, TF and Peter Schroeder, F. Accommodations, flight, breakfast aprx \$900 per person, double occupancy. Fee: \$500 for five days of group workshop (9 AM- 1PM) Sign up now, space limited. Call (203) 580-0680. Can be used as training workshop for NIP trainees.

■ **April 29-May 3, 1996: France**

5 day training workshop at the International NIP Training Institute at Bogeve, France. Led by Ron Kissick, TF and Pat Kissick, F. Open to trainees, therapists and clients. Fee for workshop, room and board aprx. \$700. Call (607) 754-4520.

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 or fax a brief description of your groups, workshops, etc. to the Editor one month prior to the date of publication. Deadline for March 1 issue is Feb. 1, 1996. Rate for advertising is only \$10 per item or \$100 per year (unlimited listings). Send a check along with your copy.

touch is a hug, holding hands or full-body bonding.

The third facet of the process is the catharsis provided by the screaming. this element directly effects body chemistry, allowing healing to take place on the physical level. For some clients, the cathartic effects of the NIP carry the most importance. Many people use group to routinely "exercise" the process of emotional release, ridding themselves of tension and finding their way to a more restful, accepting state of mind. For others, the experience of catharsis as it relates to unprocessed memory is a way to retrieve and rework lost parts of self. The using of intensely expressed emotion helps them to reconnect, both mentally and behaviorally, with dissociated past experience.

The fourth facet of the NIP process is the cognitive processing that takes place as the therapist helps a client explore and shift old belief systems to reinforce newly found states of emotional health. The group plays an important role in this work, containing and mirroring the constructive changes each person achieves, and

providing honest feedback for the behaviors that create distance.

The socialization function of the group is routinely activated during this cognitive process. This part of the NIP has much in common with other methods of group therapy. The group process is focused on an individual's relationship skills, as evidenced within group interaction.

At the ISNIP Conference this pat fall, George Rynick spoke of the NIP as a full delivery system. To me, this means that the NIP, as described above, can offer a rich range of experience that will address the needs of most clients. I have clients who appreciate their NIP group, but rarely choose to bond; some who love to be held and emote, but are hesitant to explore their thoughts; and some who get the most from just "hanging out" with the large group, listening, socializing and learning. This rich environment supports clients in choosing the type of therapeutic work they need. It allows clients to pace their own work, much of the time, while stretching their capabilities further. In this way they are given maximum opportunity for personal growth. □



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, with 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.

name _____

degree _____

address (street, city, state) _____

(w) _____

(h) _____

zipcode _____

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:

Yetta Modica
3074 Whitney Ave. Bldg III
Hampden, CT 06518