



Daniel H. Casriel, M.D., International Society for the New Identity Process

October 1983

Letter From The President

Greetings! It was exciting and enjoyable getting together with so many of you at our annual meeting. We all shared our grief over Dan's illness and death, and we drew closer together than we had been before.

The Board thanked Pat Maybruck for planning such a great conference, and put her in charge, with Janice Frank, for a bigger conference next July 27-29 at the Family Relations Institute, Falls Church, VA. Mark your calendars!

Congratulations to Lori Gordon and the Standards Committee for getting things together so efficiently for the Board meeting Aug. 24.

Jergen Kremer's Research Committee is also in action, working on new intake interview forms used to gather data sufficient for good research in the New Identity Process.

Our Committee working conference will be May 6-8 at the Paradise Beach Inn, Nassau, Bahamas. Committee chairmen--get your people signed up and contact me. (We are checking on special hotel rates, and Bahamasair out of Newark is \$199 round trip at the present). People who attend the five-day workshop will be able to simply stay on.

A special reminder to you. Let us know what is happening where you work.

Love, GEORGE

Letter From The Editor

Just as summer is gradually coming to an end and autumn is smoothly introducing itself, so the Society is going through a state of transition--moving smoothly from the American Society for the New Identity Process to the Daniel H. Casriel, M.D., International Society for the New Identity Process.

Not only has the Society changed its name to encompass NIP practitioners and friends abroad, but the internal workings are coming together as well. I'm sure Dan would be proud.

Some changes within the Board of Directors include George Rynick - *President*, Ron Kissick - *Vice President*, Tance Rynick - *Treasurer* and Janice Frank - *Recording Secretary*.

The Standards Committee is headed by Lori Gordon, and Jurgen Kremer heads the newly-formed Research Committee. The Society's first appointed Historian is Alix Kremer.

The ISNIP conference held at the Casriel Institute this past July was a pleasure to attend and was a rousing success by those who attended.

It was a joy to meet you. . . and please stay in touch. I'm always in need of articles for the ISNIP journal. (By the by, it has graduated from newsletter status). Also, any workshops you may be leading or sponsoring in the NIP will be listed in our Society Calendar to help inform others. Enjoy.

Love, PAT

The Use of the New Identity Process in Marital Therapy

by Lori H. Gordon, M.S.W., A.C.S.W., Society Teaching Fellow

A most recent and exciting discovery in using the New Identity Process is that the dissolution of marriages, the disillusion with love, caring, closeness and trust that is prevalent in today's society, is something that can be prevented, and healthier, more fulfilling ways can be **taught**. As the New Identity Process teaches, within a caring, supportive group, the **reeducation** of emotions, behavior and attitudes in order to develop the capacity for empathy, love, caring, pleasure, and bonding, is particularly significant for troubled marital relationships.

In the New Identity Process, couples learn to experience the comfort and support of physical closeness, while expressing the full range of emotions that often have been long denied or suppressed. The capacity to experience and express basic emotions of fear, pain, anger, pleasure and love are an essential ingredient of the ability to understand and accept these feelings **IN OTHERS**. In developing and sustaining intimate relationships, the ability to express the entire range of emotions is basic to understanding and offering empathy, comfort and acceptance to significant others. It is the **INABILITY** to experience and accept these basic feelings in oneself that leads to the inability to sustain an intimate relationship with others.

In the workshops it has been found that many couples do not know and have never learned **HOW TO BOND**. They may have experienced sex with each other, but not comfort nor closeness nor empathy. They have found that sex without emotional closeness is empty. The many rules we have taught our children in order to help them reach maturity, often (and especially with males) includes a denial of pain, fear, anger, disappointment and the need for closeness or comfort. These are seen as weaknesses.

Unfortunately, for many in growing up, there was an absence of modeling behavior that allowed us to learn the acceptability of the need for bonding, as basic to happiness in human life. For others, leaving childhood meant the loss of the experience of bonding which had been with parent figures, and then was later actively discouraged. Males in our culture learn early not to express weakness, need, fear or pain. Females often are taught not to express anger or resentment, lest they be seen as "nagging" or "bitchy," and unappealing to the opposite sex. It is no wonder that the capacity for intimacy or bonding is missing in most marriages. Yet, it is this very capacity that has been found to be most predictive of marital happiness and success!

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The New Identity Process and Marital Therapy

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In the New Identity Process workshops, couples experience **how** to bond. They are taught how to hold each other for comfort, closeness and affection without a requirement for performance. They are encouraged to experience and express suppressed feelings, often historic, in the presence of the comforting empathic other and to take turns offering this to each other. They are encouraged to first practice with unfamiliar others in order to learn how and become comfortable enough to experience bonding with their often estranged yet significant other. In the process of learning **how** to bond and **how** to express and accept the full range of emotions with others, couples get in touch with their history of basic attitudes, beliefs and learnings that prevented them from fulfilling their need for emotional and physical closeness with each other. The lengthiest part of the process is spent on discovering these basic attitudes, and restructuring them with new, healthier beliefs, in order to accept one's own humanity and that of others. "I exist, I need, I am entitled to pursue getting my needs met, I am entitled to make mistakes," are the basic attitudes that are practiced and reinforced. The secret of many are the unexpressed attitudes of self-doubt and self-hatred that state: "I am not loveable. I am not good enough. I must pretend and hide in order to be accepted." IT IS THESE BASIC MISPROGRAMMED BELIEFS THAT GIVE RISE TO AN INABILITY TO LOVE AND ACCEPT ONESELF AND ULTIMATELY AN INABILITY TO LOVE AND ACCEPT OTHERS.

At the Family Relations Institute in Falls Church, Virginia, couples have learned through workshops with Dr. Daniel H. Casriel and participation in ongoing groups with Lori Eisenberg, ACSW, Director of the Family Relations Institute, how to deepen their understanding of themselves and others, how to heal long-standing psychic wounds and how to fill their current needs for bonding or intimacy with each other. They also learn to communicate in non-destructive ways. They learn to be in touch with and express the full range of their emotions. They learn that emotions are neither good nor bad, they are just emotions, but that repression or denial of basic emotions lead to a loss of the capacity for empathy or compassion for each other. They learn that emotions that are denied leak out in behavior that ultimately is more damaging to intimate relationships, than if directly shared. They learn to substitute open, honest non-blaming, non-denying communication styles for the dysfunctional styles of acceptor or rejector. They learn to acknowledge and express their own feelings and to be sensitive to these feelings in each other. They learn to communicate with honesty and sensitivity, to be aware of and express their desires and to be emotionally open to each other. Most important, they learn to identify misprogrammed attitudes from the past that interfere with present happiness, **and to change them.**

Our clinical experience has shown that a number of separated couples or couples contemplating separation, who have attended Dr. Casriel's intensive New Identity Process weekend workshops, chose to stay together, and report a far higher level of pleasure and satisfaction in their relationship.

In a recent follow-up study of 20 separated or planning to separate couples who participated in an intensive New Identity Process workshop, 17 chose to remain with their mar-

riages and reported a marked increase in the quality of their marital happiness. I quote from one couple who had been separated for several months prior to attending the workshop, and shortly thereafter, reconciled:

"J. and I spent several hours going back over the weekend, what it meant for us as individuals and as a couple. I noticed subtle changes in J. His touch was much more spontaneous and easy than before (when he used to grip me rather than hug me). He seemed more relaxed, more in tune with what I was saying and feeling. I considered it especially meaningful that J. was able to say that he had gained some understanding of the reasons behind my choice to leave the marriage.

"Over the next several days, I continued to feel the 'high' that the process gives. J. and I continued to talk a great deal about the things that had brought us to dissolution.

"What we had accomplished through the Process, was to rid ourselves of the pent-up negative emotions that we had about each other, enough to see where these feelings were coming from. My eyes were no longer clouded by pain when I looked at us. We could now begin to work constructively on building a workable marriage without all the 'junk' of the past getting in the way.

"Also, I learned to use bonding to work through negative feelings, whatever their source, as well as to take pleasure. In fact, we have since found this to be a very potent way to re-focus on enjoying each other when the old habits threaten to return."

Other couples have reported the use of bonding and screaming as an instrument in helping them break through impasses in their relationship. They have described deliberately using the process with each other in private, taking turns to express the intensity of their feelings, while bonding with each other. Still others have reported that just the validation of the need for bonding as necessary in a fulfilling relationship, has been enough to allow them to openly express their need for it and to give and receive pleasure in filling that need.

Some couples have contracted for daily bonding sessions of five minutes or more in length, and one husband added to this, two hours per week of bonding in recognition that this calms, soothes and stabilizes him. Even dysfunctional couples with many long standing differences between them have found that the acceptance of their mutual need for bonding and their willingness to offer this to each other, has brought them closer, and has diminished the differences between them.

For Your Information

An organization practitioners of the NIP may be interested in joining, as a way of enhancing group therapy techniques, is the American Group Psychotherapy Association.

AGPA runs workshops to teach group therapy skills, ranging from structures and research to starting an adolescent group or working with psychopaths.

Continuing education units are also available by attending workshops, said Frankie Wiggins, Society Teaching Fellow. The next AGPA conference is to be held Feb. 22-26 in Dallas, TX.

For further information concerning AGPA, membership, its state associations, write to:

American Group Psychotherapy Association
c/o Marsha Block, Executive Secretary
1995 Broadway
New York, N.Y. 10023

Concerning Dan's Book

Pat McNees, who had been collaborating with Dan on his book before his death, is still actively involved with organizing chapters, working with transcripts, listening to Dan's tapes and collecting case histories from clients and therapists.

Completed chapters were placed with an agent who was pleased with the work. At this time, no date for publication is set.

Pat encourages those involved with the Process to send case histories describing how the Process aided persons to function more fully in their daily lives, such as becoming more assertive, overcoming fears, etc. Especially needed are examples that would be helpful to persons not familiar with the Process. Written histories or tapes are acceptable. Please send to: Pat McNees, 5708 33rd St. N.W., Washington, D.C. 20015.

WELCOME, ALIX

Alix Kremer was appointed by the Board of Directors to be ISNIP's first historian. Alix will be responsible for all articles and video and cassette tapes concerning the New Identity Process. If you have written, audio or visual material you would like to contribute to the library, please send to Alix Kremer, 101 Mateo St., San Francisco, CA 94131

It's Not Too Soon. . .

. . . to mark your calendar for next year's international conference to be held July 27-29 at the Family Relations Institute, 3705 S. George Mason Drive, Suite C3s, Falls Church, Virginia.

A Grand Welcome

We would like to welcome Svenska Foreningen For Identitetsterapi (Swedish NIP Society) into ISNIP. Thank you for your support. It is helping our international society grow and strengthen.

'Huggers' Once Again Available

Gold and silver 'huggers', the NIP symbol, are obtainable through the Family Relations Institute. Also available are the NIP pins that state: I'm a pleasure, I'm entitled, I'm loveable, and I'm me. If interested, contact Lori H. Gordon, M.S.W., A.C.S.W., Family Relations Institute, 3705 S. George Mason Drive, Suite C3s, Falls Church, Virginia 22041.

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Please have your articles, corrections and information in to the ISNIP journal editor by December 1, in order to appear in the next (January) journal.

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Requirements for Fellows and Teaching Fellows

These are minimum requirements for Fellows and Teaching Fellows in the Daniel H. Casriel, M.D. International Society for the New Identity Process, as approved by the Board of Directors, August 24, 1983.

To become a Society Fellow:

1. You must have a minimum of a Bachelor Degree or advanced degree from college.
2. You must be sponsored by a Teaching Fellow.
3. You must attend an intensive weekend or a week with another Teaching Fellow during which time that Teaching Fellow observes you running two groups. You are evaluated then by that Teaching Fellow and your peers.
4. You must have led New Identity Groups for two years.
5. You must pass a written exam and an oral exam. The oral exam is to be administered by three Teaching Fellows, to be arranged with the Board.
6. You become a Fellow by action of the Board.

To become a Society Teaching Fellow:

1. You must have an advanced degree, at least a Masters, in one of the "helping professions", subject to interpretation by the Board as to what is a helping profession.
2. You must be sponsored by two Teaching Fellows who have observed your work. One will be your Supervisor and one will be your co-sponsor who has seen you run at least three groups.
3. You must have led N.I.P. Groups for five years.
4. You must have demonstrated an ability and competence to teach the New Identity Process.
5. You must pass a written exam and an oral exam with three Teaching Fellows, arranged with the Board.
6. You become a Teaching Fellow by action of the Board.

Special Society Events

The Family Relations Institute, directed by Lori H. Gordon, M.S.W., A.C.S.W., in Falls Church, VA. has begun its training program in the N.I.P. A listing of training seminars, workshops and minithons (through December) is listed in the Society Calendar. The weekends are open to all interested persons who wish to get therapy and/or training. Future dates for the seminars and workshops are:

- Jan. 13-15 Training Workshop and Seminar
- Feb. 11 Training Minithon
- March 9-11 Training Workshop and Seminar
- April 14 Training Minithon
- May 11-13 Training Workshop and Seminar

For further information, contact:

Lori H. Gordon, M.S.W., A.C.S.W.
Family Relations Institute
3705 S. George Mason Drive, Suite C3s
Falls Church Virginia 22041
(703) 998-5550

Society Calendar

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

Oct. 8-9 – Southfield, MI

*Led by George Rynick, M.Div., Th.M., Society President and Tance Rynick, B.S., Society Fellow
Contact: Charlotte Pilarick, B.S.C.N.,
Humanistic Psychotherapy Center
23425 Northwestern Highway
Southfield, MI 48078
(313) 646-5753

Oct. 14-16 – Charlotte, N.C.

*Led by Frankie Wiggins, R.N., B.A. Health Ed., Society Teaching Fellow
Contact: Raymond Maxwell
6745 Wheeler Drive, Charlotte, N.C.
(704) 372-6330

Oct. 15 – Falls Church, VA

*NIP Minithon
Led by Lori H. Gordon, M.S.W., A.C.S.W., Society Teaching Fellow
Director, Family Relations Institute
3705 S. George Mason Drive, Suite C3s
Falls Church, VA 22041
(703) 998-5550

Oct. 22-23 – Detroit MI

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

Nov. 5 – Lathrup Village, MI

Led by Carol Damskey, M.Ed., Society Fellow
Contact: Carol Damskey, M.Ed.
Human Potential Unlimited
P.O. Box 274, Lathrup Village, MI 48076
(313) 552-1160
or
Larry Glasser (313) 485-7393

Nov. 11-13 – Falls Church, VA

*NIP Training Weekend Workshop/Seminar
Led by Lori H. Gordon, M.S.W., A.C.S.W., Society Teaching Fellow
Director, Family Relations Institute
3705 S. George Mason Drive, Suite C3s
Falls Church, VA 22041
(703) 998-5550

Nov. 19 – Johnson City, NY

Women's Workshop
Led by Pat Kissick, B.J., Society Fellow
Contact: Pat Kissick, B.J. or Ron Kissick, M.S.W., C.S.W.
Personal Resource Center
NY-PENN Trade Center, 435 Main Street
Johnson City, NY 13790
(607) 798-8199

Dec. 3 – Lathrup Village, MI

Led by Carol Damskey, M.Ed., Society Fellow
Contact: Carol Damskey, M.Ed.
Human Potential Unlimited
P.O. Box 274, Lathrup Village, MI 48076
(313) 552-1160
or
Larry Glasser
(313) 485-7393

Dec. 10 – Falls Church, VA

*NIP Minithon
Led by Lori H. Gordon, M.S.W., A.C.S.W., Society Teaching Fellow
Director, Family Relations Institute
3705 S. George Mason Drive, Suite C3s
Falls Church, VA 22041
(703) 998-5550

Dec. 10-11 – Johnson City, NY

*Led by Ron Kissick, M.S.S.W., C.S.W., Society Teaching Fellow and Pat Kissick, B.J., Society Fellow, George Rynick, M.Div., Th.M., Society President and Tance Rynick, B.S., Society Fellow
Contact: Ron Kissick, M.S.S.W., C.S.W.,
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(607) 798-8199
or
George Rynick, M.Div., Th.M., Society President
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21 Mitchell Avenue
Binghamton, NY 13903
(607) 722-8900

*Qualifies for Continuing Education Credit in ISNIP

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Interested in experiencing the Process in Paradise? Paradise Island, The Bahamas, that is. A Therapy and Training Workshop will be held in the Bahamas April 29 - May 6, 1984 led by Society Teaching Fellows, George Rynick and Ron Kissick, and Society Fellows Tance Rynick and Pat Kissick. The workshop meets the training and continuing education requirements for membership standing (teaching fellow and fellow) in the Society. Included in the fee of \$550 are accommodations for eight days and seven nights at the Paradise Beach Inn, Paradise Islands, The Bahamas, and five days of therapy and training.

For further information, contact:

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21 Mitchell Ave., Binghamton, N.Y. 13903
(607) 722-8900

or

Ron Kissick
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Please be aware of the change of positions in the Society's Board of Directors.

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