



International Society for the New Identity Process

Daniel H. Casriel, M.D.
Founder

April 1986

Letter from the President

August is almost here! This will be our first International Meeting in Europe. It is both **business** and **training**, so all members in the U.S.A. are urged to make this your chance to experience the thrill of visiting Belgium, Holland, France, Switzerland, Germany, and perhaps Sweden or Italy. Members in those countries are urged to take the opportunity to be present. We are keeping the costs at a minimum to help make your trip possible. It is my purpose and goal in **urging all ISNIP members to attend** the Meeting, August 17-21, that you may experience the bonded people I have enjoyed on **both** sides of the Atlantic. There is truly no adequate way to express the **hope** for the human race we experience in our travels to NIP Centers. Invest in yourself — and others like you — **COME TO THE MEETING. GATHER IN GHENT.**

Love and Hugs,
George

Letter from the Editor

Greetings!

Please note the change of place for the international conference this summer! Also, . . . various questions from Society members arise periodically, ranging from membership requirements to ethics. What I've been aware of is that most of these questions have been answered in the newsletter — usually several times. Please take the time to read this edition. . . perhaps your question will be answered. If not, a listing of committees and their members can be found within, to help you.

Due to space constraints, associate members may not be listed in each newsletter. Only members who have joined the Society since the previous newsletter or those with address changes may be listed.

Remember — copies of previous newsletters are still available for \$1 per copy. If interested, please contact me, Pat Kissick, newsletter editor.

Thanks for your concerns.

Hugs.
Pat

ISNIP Treasurer's Report

Treasurer Tance Rynick reported ISNIP's financial status at the Board meeting in Bethesda, MD, on February 22, 1986. Here is a copy of her report:

Balance in July 1985	\$2553.48
Receipts	3439.02
Expenses:	
Detroit Annual Mtg.	\$3090.63
Newsletter	382.10
Postage	200.00
Secretarial Services	30.00
Telephone	82.29
Supplies	18.17
Board Expenses	442.82
Honorariums (2)	400.00
Total	4646.01
Balance on Hand:	\$1346.49

ISNIP Committee Listing

Here is a listing of ISNIP committees. If you have questions, information or comments, please contact one of the people on the committee.

ETHICS — Ron Kissick, Tracey Wolfson, Bill Wolfson, Jurgen Kremer.

LEADERSHIP — Ron Kissick, Jurgen Kremer.

STANDARDS — Jim Hughes, Bill Wolfson.

RESEARCH — Jurgen Kremer, Yetta Lautenschlauger.

JOURNAL — Jurgen Kremer, Pat Maybruck, Johan Maertens, Gunvor Gustafsson.

ANNUAL CONFERENCE — Janice Frand - coordinator, Betty Butler - assistant to coordinator, Jurgen Kremer - abstracts, Magda Baukeland - program coordinator (Europe), Tance Rynick - travel, Dianne Decker - registration.

MEMBERSHIP — Caroline Sperling.

This is the conclusion to the feature article of the January ISNIP Newsletter on . . .

The Problem With Certain Theoretical Assumptions in the NEW IDENTITY PROCESS

Two Examples: Catharsis and The Five Feelings

Jurgen W. Kremer, Society Teaching Fellow



Five Primary Emotions Or How Many?

I think it is important that the practitioners of the NIP exchange their experiences and ideas in order to discuss the status of the Process. Dan Casriel kept developing the Process as long as he was alive. And all the people using the Process have developed their own variations and emphases and styles using the same basic concepts. Dan made a final go to clarify his Process in a popular way in his last book manuscript which is unfortunately not generally available. It is on us to clarify the theory of the NIP based on our developing practice. I would think that the NIP as a practice is in fine shape, but when it comes to the clinical theory part a good bit of work is left to be done. The major concepts are defined; however, a lot of nitty gritty work and connecting up with the rest of the universe of clinical theories needs to be done.

One of the cornerstones of the New Identity Process theory is the assumption that there are five primary emotions, and that all other emotions are mixtures of these. Casriel has never provided much of an argument for this assumption, but it can be placed in the tradition of Walter B. Cannon, whose book **Bodily Changes in Pain, Hunger, Fear and Rage** (1929) is a classic in emotions theory. (I could not find a reference to Cannon in Casriel's published work, however, he seems to have orally acknowledged some indebtedness to him.) It is, of course, also to Sandor Rado that he is indebted; Rado talked about pleasure, pain, rage, and fear. Casriel discriminated between a feeling (as a localized sensation) and an emotion (involving a full bodied response), a distinction few other people make, and that is hard to maintain in everyday communication. In his writings he always presented a clear evolutionary perspective.

Obviously emotions have a number of aspects, such as biochemical, anatomical, facial-expressive, behavioral, cognitive, perceptual, etc. Different theorists stress different aspects, and deal with the interrelationship of these to very different degrees. A common problem most theories try to address is the question whether the common sense sequence from perception to emotional feeling to bodily changes is correct, or whether it is the sequence from perception to motor-reaction to visceral arousal to emotional feeling (the James-Lange viewpoint), or whether it is from perception to hypothalamic arousal to emotional feeling and bodily changes simultaneously (the Cannon viewpoint). Another problem along these lines that theorists are oftentimes concerned with is the question of the primacy of feelings versus the primacy of cognitions. These questions are very often answered differently depending on the definitions used. Most constructs in emotions theories lack clear definitions and a common understanding of their meaning. This makes the resolution of many issues so much the more complicated.

The list of emotions is, of course, pretty endless. Plutchik (1980) lists 136 in his preliminary dictionary of emotions. Examples: Aloof, awed, blase, capable, dignified, disdainful, elated, fascinated, haughty, humble, meek, nonchalant, repentant, reverent, subdued, wondering. It is from such a list that he has built the research for his theoretical model, which I will discuss below.

Robert Solomon, in his book **Passions** (1976) discusses 34 emotions in the following dimensions: Direction, scope/focus, object, criteria, status, evaluations, responsibility, intersubjectivity, distance, mythology, desire, power, and strategy. He provides this analysis for emotions such as: contempt, contentment, faith, guilt, indifference, innocence, pity, self-respect, vanity, worship. It is interesting to note that he uses the term 'passions' in the title of his book; this word, from the Latin 'to suffer', stresses the passive side of emotions.

In discussing anger Solomon describes it as usually outer-directed, sometimes inner-directed or bipolar; the scope/focus is seen as from pettily narrow as a person's ability to perceive details to as global as the universe itself, but usually about everyday incidents and events. It *always* requires a responsible agent as its object. It usually has a moral edge, but may be personal or interpersonal as well (criteria). The status of the other is seen as equal. It always implies a negative evaluation, an 'offense'. The responsibility goes to somebody who is *blameworthy*. On the intersubjective level it is described as always at least mildly counterfactual in reaction against the world not being what we judge it ought to be. The distance implied at the moment is "at arm's length", anger is never in itself intimate, although it may result in or result from intimacy. The courtroom or the Olympian myth are seen as associated with anger. The desire is to punish. The power is seen as variable, from capable of effective action to incapable. The strategy is to project one's values on the world and define the world in one's terms.

Solomon describes the feeling of innocence as inner-directed, and the scope/focus as oneself over-all. The criteria for this feeling are moral. It implies positive evaluations toward oneself and one's acts. On the dimension of responsibility absolute self-vindication and absolution are to be found. Intersubjectively it is seen as much more defensive than one would suspect. The mythology that connects to this feeling is the lamb among wolves. The desire is to remain flawless. No power is necessary, and the strategy is to *legislate* oneself as purified and ideal. These are just two examples from his extensive discussions of the 34 feelings.

Somebody who has recently dealt with the concept of primary emotions is Jaak Panksepp (1982). He suggest four primary emotions: Fear, rage, panic, and expectancy. However, he connects panic with social loss, and it could also be called pain. And expectancy deals with positive incentives, and can be seen as anticipation, hope, and desire. In essence this scheme does not appear to be very dissimilar from Casriel's suggested five primary emotions, the basic difference being that love is not mentioned.

Robert Plutchik contributed a major work to the evolving field of emotions theories with his (1980) **Emotion**; he is also the co-editor of an important series of readers on emotions with contributors from all strands of theoretical assumptions. His theory is particularly worthwhile to look at for practitioners and theorists of the NIP not only because it is well argued and fairly

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well researched, but also because a number of assumptions are similar and certain statements can easily be understood in terms of the NIP.

Plutchik has developed a 'psychoevolutionary' theory of emotions. Some of his basic assumptions are that the concept of emotion can be applied to all evolutionary levels, that emotions have an evolutionary history, and that they serve an adaptive role in helping organisms deal with key survival issues posed by the environment. He also assumes that there is a small number of primary emotions, and that all other emotions are compounds of these. Primary emotions are seen as hypothetical constructs whose characteristics can only be *inferred*, but not seen directly (which is notably different from the NIP). They are described in pairs of polar opposites, and vary in similarity and degrees of intensity.

The criteria an emotion needs to fulfill to be considered primary are as follows (p. 139): It needs to have relevance to basic biological adaptive processes, and it needs to occur at all evolutionary levels in some form or other. For their definition primary emotions should not depend on particular neural structures or body parts or on introspection alone; they should be primarily defined in terms of goal-directed behavioral data. "It is implicit in this view that emotions are adaptive devices in the struggle for individual survival at all evolutionary levels."

Plutchik describes eight basic adaptive behavior patterns: incorporation (e.g. of food, beneficial stimuli), rejection (riddance of something that is already incorporated), destruction (destroying a barrier in the way of satisfaction), protection, reproduction, reintegration (reaction to the loss of something possessed or enjoyed), orientation (a transient reaction, contacting new, strange objects; changes quickly to one of the other behaviors after evaluation), exploration (random activity, prototypic of curiosity and play). These eight behavior patterns have evolved in response to the following four universal problems of adaptation: hierarchy, territoriality, identity (physical and psychological), and temporality.

Plutchik then proceeds to outline eight emotional states which can be labelled in subjective, behavioral, and functional language: 1) Fear or terror with the behavior of withdrawing or escaping in order to protect; 2) Anger or rage with the behavior of attack in order to destruct; 3) Joy and ecstasy with the behavior of mating and possessing in order to reproduce; 4) Sadness and grief with the behavior of crying for help in order to reintegrate; 5) Acceptance or trust (love in the NIP) with the behavior of pair bonding and grooming in order to affiliate or incorporate; 6) Disgust or loathing with the behavior of vomiting and defecating in order to reject; 7) Expectancy or anticipation with the behavior of examining and mapping in order to explore; 8) Surprise or astonishment with the behavior of stopping and freezing in order to orient. The sequence of events in an emotional reaction that Plutchik suggests is as follows: From the stimulus event (e.g. loss of mother) to the cognitive appraisal (isolation) to the subjective reaction (grief) to the behavioral reaction (cry for help) to the function of reintegration.

Plutchik has scaled the synonyms and related words for each of the eight primary emotions he describes on a scale from 1 to 10. It is interesting to note that the dimension of the feeling of anticipation only gets up to an intensity of 7.3, however, disgust and surprise have high intensities of over 9. The four primary emotions that Casriel described have intensities up to around 10, except for grief (8.8). I am reporting this in the context of Casriel's definition of emotion as a full-bodied response and the accompanying potential intensity.

Plutchik suggests how the innumerable emotions that we are capable of labeling and distinguishing are mixtures of two (or more) primary emotions. He sees love as a mixture of joy and acceptance, alarm as a mixture of fear and surprise, misery as a mixture of sadness and disgust, curiosity as a mixture of acceptance and surprise. Not all of his mixtures are convincing (dominance = anger + acceptance; fatalism = anticipation + acceptance), and for some pairings he does not come up with a secondary emotion (e.g. surprise and disgust = ?).

Robert Plutchik has certainly made a major contribution to our understanding of emotions. In many ways a lot of his constructs seem to jibe very well with those of the NIP theory. At times he seems to get carried away with the elegance of his basic scheme which results into some statements which fill a pigeonhole rather than deal with anything in the experiential world. Also, his model is not clinically derived, which creates certain limitations for his theory. But all this notwithstanding, his model is something that the NIP theory needs to critically deal with. It could be used very productively in order to develop Casriel's model further, and also to evaluate and critically distinguish it from other models.

I initially posed the question whether there really are five primary emotions. Can we analyze all labeled feeling states with the help of combinations of these five emotions? Plutchik thinks he needs eight to do that, Panksepp thinks four will suffice. And others don't think that the concept of primary emotions is a useful one. I raised the issue of the definition of emotion and cognition above. Some of the feeling tones harder to analyze in terms of primary emotions may be more attitudes than emotions, and some may be successfully analyzed as combinations of attitudes and feelings. And among all these we just may find some candidates that seriously should be considered for the status as primary emotion. One of the criteria that could be used (in addition to Plutchik's) is that the emotion can be clinically observed in unique and distinct expressive behavior. That seems to be the way Casriel evolved his theory. Candidates for the status of primary emotion could be shame and disgust for example, which do appear to have a unique expression in catharsis, and are not easily dealt with by dissection into the five emotions. But then, of course, the basic question is: Are there five primary emotions, or are there five *clinically relevant* emotions. Or are there eight emotions, but three of them are not relevant in the genesis of pathology or unhappiness (i.e. surprise, disgust, and expectancy).

All these questions need further exploration, and that will help to develop our understanding of the New Identity Process. I shall pursue these issues myself by reviewing Casriel's statements on emotions in a presentation and/or article next summer. I will also conduct a small survey on this issue for which you will receive a letter shortly. Your response will be appreciated and will be helpful as one step to clarify these issues.

(References continued on page 4.)

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References

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Congratulations to ISNIP's New Board Members

As a result of the membership's voting, two new members were selected to participate on the Board. Congratulations to Caroline Sperling and Jim Hughes.

Goodbye. . .with regrets

Two Board resignations were accepted with regret at the Board meeting February 22. Lori Gordon and Mary Taylor submitted their resignations. The Board thanks them for their energy and work involved with the Society and wishes them the best.

ANNOUNCEMENT

Upon recommendation by the Ethics Committee, the Board of Directors has instructed that disciplinary action be taken in two cases.

In the first, Dr. Richard Fuller of Minneapolis, Minnesota, loses his status as a Society Fellow due to sexual misconduct. Dr. Fuller may reapply for fellowship in the Society upon supplying evidence that he has substantially completed his own psychotherapy, that his license to practice psychology has been reinstated, and that he has completed an additional year of training under direction of a Society Teaching Fellow.

In the second action, a reprimand was sent to Ms. Zoe Sharp of Easton, Maryland. Ms. Sharp represented herself as a New Identity therapist in a flier which she sent out to the public soliciting clients for a New Identity workshop. Ms. Sharp is not known to the Society Board, and has not been credentialed by the Society.

Ron Kissick, M.S.W., C.S.W.
Vice President and
Chairman of the Ethics Committee

Minutes of the Meeting

The ISNIP Corporation Meeting was held in Bethesda, MD, on February 22, 1986. The purpose of the meeting was to call for the votes on the issues raised during the July 1985 meeting in Livonia, MI.

— ISSUES —

#1 — Acting to change by-laws by making the quorum for the corporation and the Board of Directors meetings 1/10 of the voting membership rather than a majority of the membership in attendance.

#2 — Affirming the actions of the last annual meeting in Livonia, MI.

#3 — Election of two new members to the Board of Directors.

Fifty-eight votes were counted — more than needed for a quorum.

President George Rynick called for the count on each issue. The results were:

#1 — By-Laws — The quorum was changed to a minimum of 1/10 of the voting members.

#2 — July 1985 meeting actions were affirmed.

#3 — Caroline Sperling and Jim Hughes were elected to the Board.

NOTE: The Board of Directors voted to keep a **majority** of Board members as the quorum for Board meetings.

Society Calendar Notice

We're interested in what you're doing! If you're planning treatment/training events in the New Identity Process, let Society members know by listing the events in this calendar. Send along a paragraph of pertinent information. A charge of \$20 per event will be made, up to \$200 annually. Please send check along with listing to the newsletter editor.

(*Qualifies for Continuing Education Credit in the New Identity Process.)

April 5-6 – Johnson City, NY

Join us in our annual Spring Marathon, using this opportunity to rid yourself of the winter doldrums, and instead, experience the renewed growth and energy taught in the NIP. Emphasis will be on emotional openness and physical closeness, with plenty of time made available for individual work and teaching. Space is available to stay overnight.

*Led by: Ron Kissick, Teaching Fellow, and Pat Kissick, Fellow.

Contact: Ron or Pat Kissick
 Personal Resource Center
 NY-Penn Trade Center
 435 Main St., Johnson City, NY 13790
 (607) 798-8199

April 18-20 – Minneapolis, MN.

*Led by: Frankie Wiggins, Teaching Fellow, and Steve Thurik, Fellow.

Contact: Steve Thurik
 5753 Bloomington Ave. S.
 Minneapolis, MN 55417

April 20-27 – Paradise Island, The Bahamas

The time is drawing near for the NIP Bahamas Workshop, Part III! Come and experience the NIP in a tropical paradise where PLAYTIME is an important part of the schedule. The workshop runs Monday through Friday, 9 a.m. to 1 p.m. Then practice ENJOYING what you've learned during the afternoon and evening. Take part in this UNIQUE NIP week with us and make all your vacations more enjoyable.

*Led by: George Rynick, M.Div., Th.M., Teaching Fellow, Ron Kissick, M.S.W., C.S.W., Teaching Fellow, Pat Kissick, B.J., Fellow, Tance Rynick, B.S., Fellow.

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June 21 – Johnson City, NY – NIP Minithon

9 AM - 6 PM

*Led by: Ron Kissick, Teaching Fellow, and Pat Kissick, Fellow.

Contact: Ron or Pat Kissick
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 435 Main St., Johnson City, NY 13790
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June 27-29 – Minneapolis, MN

*Led by: Frankie Wiggins, Teaching Fellow, and Steve Thurik, Fellow.

Contact: Steve Thurik
 5753 Bloomington Ave. S.
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ISNIP Conference Location Changed

For a variety of reasons, the annual ISNIP Conference has been moved from Rome to The Cedars in Dienze, Belgium, about eight miles from Ghent.

The conference will begin at 6 p.m. on August 17, concluding on August 20 at 1 p.m. at The Cedars.

The cost for 3 nights in a two-person room plus board and conference fee will be about \$170, if 50 persons register. There are also a limited number of 4-person rooms with a cost of \$140 per person (board and conference fee included).

The Cedars is a conference and training center with an indoor swimming pool and gym. It also houses a sauna, cozy bar, recreation room and outdoor tennis court. (Included in this fee is a barbeque).

If you prefer to stay elsewhere, hotels are available nearby with prices ranging about \$20, \$35 and \$40 U.S. dollars per day. When you send in your registration, you must specify the price you wish to pay so arrangements can be made for you. If you stay at a hotel, conference registration will be \$60 U.S. dollars.

Also, for those interested, a workshop led by Teaching Fellows will precede the conference, beginning at 9 a.m. August 14 and ending at 6 p.m., August 16. Cost of the workshop will be about \$150 U.S. dollars. If 30 or more participants sign up, the cost will be reduced. You are asked to send \$50 with your registration.

A provisional program of the conference and registration will be sent to you shortly. If you wish to register now and reserve you place, fill out the form below:

Name _____

Address _____

Conference _____

Workshop _____

\$50.00 registration

Send to: Dianne Decker
 316 Magnolia Drive
 Vestal, NY 13850

If European and registering **or** a presenter needing to send abstracts (*IMMEDIATELY*) contact:

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