



International Society for the New Identity Process

Daniel H. Casriel, M.A.
Founder

October 1986

Letter from the President

From Deinze, Belgium, it is hard to communicate the spirit of love to all centers of N.I.P.

We have been working hard, building bridges and sharing our experience.

But from the time we began the conference with "FU I'm your equal," there has been something special in our fellowship.

I believe that God is bringing ISNIP into being in spite of our personal ambitions and jealousies, and that He will rule and over-rule in our councils and decisions. What we are doing is bringing life to our world.

Love and Hugs,
George M. Rynick, President

Letter from the Editor

Greetings!

I apologize for the lateness of the newsletter this time, but collecting information took longer than anticipated.

I was sorely disappointed in the 'non-response' to the request of stories or 'lessons' we learned from Dan over the years. Realizing, however, summer is a time for relaxing and vacations, we will make another attempt to solicit your meaningful experiences or stories and incorporate them into our January newsletter. Please send your 'gems' to me so they can be published and used for the benefit of the entire membership. Let's make this successful!

Also, when sending in any Society listings, please add a few lines or paragraph about what your workshop entails, who would benefit, fee (if you choose), leaders, etc. and mail to me. Please enclose a check for \$20 per **each** listing. These listings are read and have been utilized by members.

Congratulations to all on the success of the ISNIP '86 conference.

Hugs,
Pat

NEWSLETTER DEADLINE

The deadline for the next (January) ISNIP newsletter is December 1, 1986. If you have any announcements, articles or information, please have it in to the newsletter editor by that date. Pat Kissick, Personal Resource Center, 435 Main St., Johnson City, NY 13790.

Affect in the New Identity Process

Five Facets of "FEELING"

— observable aspects of human emotion —

by James Richard Hughes, S.T.B., M.S.M., N.I.P. Fellow

"Feelings" are facts. The NEW IDENTITY PROCESS recognizes that human emotion and the display of affect is more than an indicator of a person's mental state. Each aspect of "the way you feel" generates particular biochemical activity within the physiology of a person and stimulates their own unique behavioral response. So that "the way you feel" about whatever happens conditions the particular behavior that results:

IN ORDER TO SURVIVE -

—When a person has a sense of THREAT (either from external stimulus or internal imagination) it is appropriate to "feel" FEAR;

BEHAVIOR = The pupils of the eyes dilate and the person either "freezes" or "flees".

—When a person is HURT (either physically, emotionally or spiritually) it is appropriate to "feel" PAIN;

BEHAVIOR = The tear ducts excrete and one "clings" and "clutches" seeking contact.

(continued on page 2)



ISNIP President George Rynick and wife, Tance Rynick (Fellow) during the "socializing" at the ISNIP Conference in Belgium.

Five Facets of "Feelings"*(continued from page 1)*

- When a person is **CONTRADICTED** (whether the situation is perceived accurately or not) it is appropriate to "feel" **ANGER**;

BEHAVIOR = The breathing becomes rapid, musculature constricts and the system becomes action-ready, or, if the response is turned in on the self, the system shuts down and depression results.

IN ORDER TO BE CREATIVE -

- When a person is **ATTRACTED** (by being intrigued, or lured or even seduced) it is appropriate to "feel" **PLEASURE**:

BEHAVIOR = The breathing deepens, system opens, temperature rises, focus is on the object of attraction (can become obsessive) touching contact and **BONDING**.

- When a person is **EXHILERATED** (and events require a celebration) it is appropriate to "feel" **JOY**;

BEHAVIOR = The breathing tends to hyperventilate, a sense of ecstasy and open, expansiveness results. Hearing becomes more acute, peripheral vision expands and the smell, taste and touch perceptions intensify.

The same stimulus may engender a different "feeling" or emotional response in different people at the same time. A similar stimulus may even prompt a different "feeling" in the same person on some other occasion. How a person **chooses** to "feel" at a given moment is provoked by their **ATTITUDES AND BELIEFS** about reality. **Experience** is as if "filtered" through **understanding** and characteristic "feeling" response is prompted. Since emotion or affect is usually experienced as involuntary, the idea of **choosing** one's "feeling" is considered by many to be impossible. The **NEW IDENTITY PROCESS** demonstrates that "by having the presenting feeling" (in fact by exaggerating that apparent emotional state) it is possible to move through those "feelings" into a new state — one that is even more energizing for the desired **BEHAVIORAL GOALS** which the person has.

A metaphor for this phenomenon can be that of a finely cut and polished diamond which is generally faceted in five glistening, reflective surfaces and under these apparent "faces" are other, more subtle — twinkling — facets that make the dazzling effect of each, unique gem. As the faceted, polished stone is turned in "the light of experience", the unique qualities of this gem are displayed in full radiance. Depending on how artfully the gem is set and how brilliant the light, flaws can be discerned or not. Size and quality and finish all play a part in the value of the gem. Some of the most beautiful and treasured cut-diamonds are mere chips of a larger stone, which, if left in tact, would be seriously flawed. The setting or "community" in which a particular gem is placed can enhance or diminish its value as well as its beauty. Some gems become part of a crowning glory; others are lost in the dust of the mine. The **NEW IDENTITY PROCESS** is not unlike mining for diamonds. It is, for many, the artful process of making the magnificent out of a "chunk of rock". Actually all that is **NEW** is the shape and form and setting. The basic quality is merely

allowed and encouraged to shine in "the light of experience".

The **FIVE FACETS OF FEELING**, which "glisten" as those aspects of human personality we call **EMOTION**, can cause **BEHAVIORAL** change and move the person to a whole new identity and set of **ATTITUDINAL** values. When **EMOTIONAL**, **BEHAVIORAL** and **ATTITUDINAL** aspects of a personality are faceted, finished and set in appropriate and artful ways — given "the light of experience" — a **NEW IDENTITY** is in **PROCESS**.

James "Jim" Richard Hughes is a Presbyterian Minister and Psychotherapist as Executive Director of the CHRYSLIS FOUNDATION in Pittsford, New York, USA.

New Board Director, Research Coordinator

Dear Friends,

I wanted to take the opportunity to let you know that **YOU MISSED IT**. The Conference in Belgium was wonderful! I left the U.S.A. with some fear about communicating with the Europeans due to language barrier and concern over how we would be able to connect. I was pleasantly surprised. Everyone spoke excellent English, and communication definitely also took place through the language of feelings. It was so helpful to learn such useful information through the presentations, and to hear how people are using the process in such places as Holland, Italy, Germany, Belgium, Sweden, Switzerland, etc. We may be moving into Ireland shortly. I came home feeling truly bonded to my colleagues across the Atlantic.

I was also pleased and honored to be elected to the board of directors, and to be the Coordinator of Research in America. It is important that everyone using the New Identity Process become part of a research project so we can begin to collect data and produce some valid research documenting the changes possible using the techniques of this process. At this time the research committee is perfecting a standard intake form for all therapists to use. It is not in place of what you are using now, but another tool to collect data. You will be hearing from the committee as soon as that is in place.

Also, if you are doing any research at this time, it is important that you contact me by letter or phone so that the committee is kept aware of what is happening amongst our colleagues. Please send information, questions, etc. to:

Yetta Lautenschlager, MSW
Personal Growth Center
3074 Whitney Ave., Bldg. 1
Hamden, Conn. 06518
U.S.A.
Telephone (203) 281-5922

Hugs,
Yetta

Let the Qualities Speak for Themselves

By Tom Rook

So many times as I've wondered here,
thinking man, what a loser I am
Driving myself to a pitiful state
where I don't have the strength of a lamb
Quick to point out all the reasons why
I never could be any good
Displaying all the weaknesses
that a fine man never would

I felt I had come to the end of the line
I'd punish myself for so long
Success, I believed was a criminal thing
to be happy with life is wrong
But chance provided a circle of friends
who whistled a different tune
Instead of the bad, they reflected the good
brought me out of my lonely cocoon

Stranger, don't you turn your head to the ground
Take pride in the manner you are
Too much humility robs you of life
Each of us has our own star
Don't keep all your attributes hidden away
In the corners of dusty, old shelves
Bring out the light that inside of you shines
Let the qualities speak for themselves

I've looked upon the skies up above
so downhearted, departed and gray
I've thought to myself so many a time
can it be there is no better way
But as soon as I found my head turning down
the brethren reached out with their hearts
They gave me a boost and a sample of pride,
showed the beauty each person imparts

It's a ponderous chore to believe in yourself
when you're knocking your spirit down
It's so very hard to belong in this world
if you won't take the chance and be found
Away with the mask, bring your essence alive
yourself, you should rarely condemn
Keep it in mind, when rejected by one
the loss may lie only with them

Stranger, don't you turn your head to the ground
Take pride in the manner you are
Too much humility robs you of life
Each of us has our own star
Don't keep all your attributes hidden away
In the corners of dusty, old shelves
Bring out the light that inside of you shines
Let the qualities speak for themselves

The pride of a soul is a most sacred thing
it involves self-respect 'til the end
It needn't make you ostensibly cold
but rather, a well-rounded friend

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.)

Oct. 11 – Binghamton, NY

– Couples Workshop (\$80/couple)

*Led by: George Rynick, Teaching Fellow and Tance Rynick, Fellow

Contact: George Rynick
Human Resources Unlimited
21 Mitchell Ave., Binghamton, NY 13903
(607) 722-8900

Oct. 17-19 – Falls Church, VA.

– Intensive N.I.P. Weekend Workshop

*Led by: Frankie Wiggins, Teaching Fellow, R.N., B.A.
For those who have had one or more workshops in the New Identity Process.

Friday, 6 p.m.-11 p.m., Saturday, 9 a.m.-9 p.m., and Sunday, 9 a.m.-5 p.m.
Cost: \$225.00

Required deposit - \$75 (non-refundable)

Contact: Lori Gordon
The Family Relations Institute
3705 S. George Mason Drive, Suite C35
Falls Church, VA. 22041

Oct. 24 – Livonia, MI

– Couples Workshop

*Led by: George Rynick, Teaching Fellow and Tance Rynick, Fellow

Contact: William Wolfson
Director, Metrotag
29200 Vassar Suite 600
Livonia, MI 48152
(313) 478-8960

Oct. 24-26 – Fayetteville, NY

– NIP Workshop

*Led by: Janice Frank, Teaching Fellow

Friday - lecture and demonstration, 7 p.m.-10 p.m. (\$30)

Saturday - Experiential group, 10 a.m.-5 p.m. (\$60)

Sunday - Experiential group, 10 a.m.-4 p.m. (\$60)

Workshop Fee \$150

Contact: Janice Frank
Short Road, Fayetteville, NY 13066
(315) 446-0654

Oct. 25-26 – Livonia MI

– NIP Workshop

*Led by: George Rynick, Teaching Fellow and Tance Rynick, Fellow

Contact: William Wolfson
Director, Metrotag
29200 Vassar Suite 600
Livonia, MI 48152
(313) 478-8960

Nov. 1-2 – New Haven, Conn.

– NIP "Everyone is Special"

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

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Society Calendar*(continued from page 3)*

Fellow, Tom Campbell, Fellow and Yetta Lautenschlager,
Fellow

This workshop will focus on identifying and developing
your uniqueness and maintaining your identity in relating
to others.

Contact: Tom Campbell
385 Orange St., New Haven, Conn 06511

Nov. 6 - Dec. 6 - Johnson City, NY
- "Growing Up and Liking Me"

Led by: Pat Kissick, Fellow

These Saturday workshops are geared for younger
adolescent girls, focusing on self-esteem, coping with peer
pressures and relationships. There will be strong emphasis
on the use of emotions to get what is needed.

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

Nov. 6 - Dec. 6 - Johnson City, NY
- NIP Kids' Group

Led by: Pat Kissick, Fellow

These Saturday groups are geared for children 6-10
years old. The groups introduce and reinforce attitudes of
self esteem and behaviors reflecting positive self-concept.
Kids learn to use the NIP tools in a **fun** and **positive**
way. (1½ hours each).

Contact: Pat Kissick (Address above)

Nov. 14-16 - Falls Church, VA.

- NIP Intensive Weekend Workshop for Pairs class

*Led by: Lori Gordon, Teaching Fellow, Frankie Wiggins,
Teaching Fellow, Spencer Ward, Fellow and Frank
Roberts, LCSW

This workshop focuses on accelerated re-education of
emotions, behavior and attitudes, especially as they effect
your ability to love, to sustain intimate relationships, to be
creative and to find pleasure in living. Open to selected
clients upon referral and mental health professionals.

Friday - 6 p.m.-10:30 p.m.

Saturday 10 a.m.-6:30 p.m.

Sunday 10 a.m.-6:30 p.m.

Cost: \$225

Required deposit of \$75 (non-refundable)

Contact: Lori Gordon
The Family Relations Institute
3705 S. George Mason Drive, Suite C35
Falls Church, VA. 22041

Dec. 5-7 - Falls Church, VA.

- NIP Intensive Weekend Workshop

(Same information listed for Nov. 14-16 above)

Dec. 6-7 - Johnson City, NY

- Holiday Cheer

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

Because the holidays sometimes create stress in our
lives, we don't always enjoy as much as we could. Join
us as we share and practice the tools to handle stress and
make these times fulfilling.

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

Dec. 7-12 - Falls Church, VA.

- NIP Intensive Group Week

*Led by: Frankie Wiggins, Teaching Fellow

This intensive group week uses the principles and
techniques of the NIP to: learn to distinguish feelings that
are valid for the present as distinct from those that are
stored from past life situations; reassess self-defeating
belief systems or attitudes that no longer contribute to pre-
sent happiness; and learn those behaviors that lead us to
new levels of creativity.

Emphasis is on taking responsibility for the important
changes needed and the tools for making these changes.
Members of extended families, attending at the same time
(couples, siblings, parents) have renewed communica-
tions, as well as clarified and found solutions to old
problems.

It is necessary that registration/deposit is received
no later than two weeks prior to the workshop so
arrangements can be made for people coming from out-
of-town. (Starts Sunday, 9 a.m., ending Friday 5 p.m.)
Cost: \$540

Required deposit - \$150 (non-refundable)

Contact: Lori Gordon
The Family Relations Institute
3705 S. George Mason Drive, Suite C35
Falls Church, VA. 22041

European Workshops

Oct. 24-26 - Geneva, Switzerland

(Residential)

*Led by: Nimet Salem, Fellow and Thomas Renz

Contact: Nimet Salem

Selon le Dr., Daniel Casriel

3 rue Louis Curval, Geneva Switzerland

Dec. 5-6 - Geneva, Switzerland

- NIP Workshop (Non residential)

*Led by: Nimet Salem, Fellow

Contact: Nimet Salem

Selon le Dr. Daniel Casriel

3 rue Louis Curval, Geneva, Switzerland



Johan Maertens, organizer of the ISNIP Conference, and son
during the conference in August.

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*Re-elected to the Board of Directors was
Ron Kissick (vice president) for a 3-year term,
and William Wolfson for a 2-year term.*

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