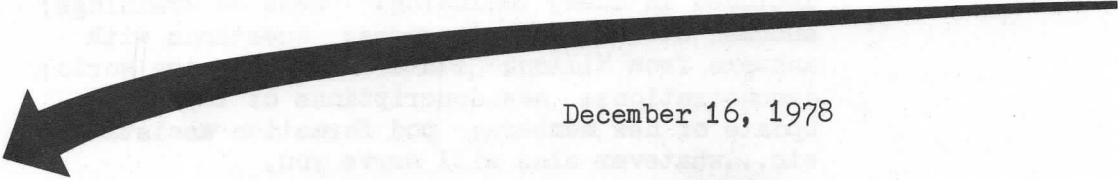


# \* TRAGER FAMILY NEWSLETTER \*

The time has come, the Walrus said, to talk of many things...

Of Rocks 'n' rolls, of Training Paths, of Organization-ing....



December 16, 1978

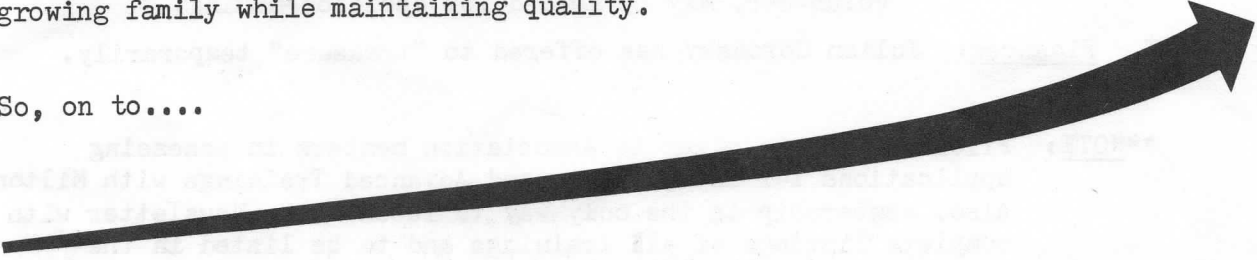
Well, Tragerers, we have grown - My God, how we've grown!!! From a small group of crazy adventurers who risked time and money a few years ago to find out about this "new" technique to a family of some 200 trained by Milton, Betty and Carol, scattered over countries and continents, practicing (or not practicing) various and sundry things. This growth, assisted greatly by many of you and by the efforts of the folks at Getting In Touch, has created the need for a professional support system and quality control to insure the continued development of Trager work in the world.

Freak not, ye who fear institutionalization. This is not designed to shut out anyone or to bog down our growing energy in bureaucratic structure. The purpose of this move is to channel our energy collectively, to formalize a professional network and training track and to involve more of us in the development of Trager work.

The form of the Professional Training Track and the Association described below evolved through several meetings. An Organization Committee was formed at the October '78 Playday with Milton. Its membership is fluid: whoever comes to the meetings. It met once in November with nine Tragerers present and came up with many recommendations. Several other meetings with Milton, Emily, Betty and Carol and one to three Tragerers served to hammer out the following form.

Any structuring of a training track with steps, requirements, and labels may create some complications in the processing of those of you who have been out in the field a while, especially ones who trained before the beginning and intermediate trainings were standardized. Know that there will be a lot of flexibility initially in determining training equivalencies and in dealing with other potential anomalies in satisfying requirements. Our intent is to support and solidify our growing family while maintaining quality.

So, on to....





# THE ORGANIZATION:

- A. Name: THE ASSOCIATION FOR TRAGER PSYCHOPHYSICAL INTEGRATION
- B. Form: Nothing legal for now; Not-for-Profit Corporation down the road.
- C. Functions: Group Support and professional network generally, specifically:
1. NEWSLETTER: published quarterly for members (subscription included in dues) including: news of trainings; success stories; photographs; questions with answers from Milton; state of work in the world; demonstrations; new descriptions of the work; update of new members; pod formation assistance; etc...whatever else will serve you.
  2. Circulate to all members a membership list with updates in Newsletter for trading, pod formation, etc. \*Note: a list of all trained will not be mailed out as talked about at October workshop. The list of Association members will be available early in the year.
  3. Create and publish an informational brochure for the general public.
  4. Publish a directory of Practitioners with regular update for public distribution.
  5. Generate events - continuing education for Practitioners, demonstrators, etc.
  6. P.R. Work.
  7. Journal (down the pike)
  8. Whatever else will serve
- D. Membership: There will be two levels. Each includes subscription to Newsletter. Membership runs Jan 1 - Jan 1. Dues will be pro-rated quarterly.
1. Supporting Member: \$12.00 year for those who want to support and know about the work, those trained who are not on the Professional Training Track and those of Trainee status (see below)
  2. Practitioner: \$24.00 year for those who have Practitioner certificates (see below). Includes listing in Directory.
- E. Governance: At present volunteer Tragerers and the Instructors, including Milton. A steering committee, elected or volunteer, may be needed for decision-making.
- F. Finances: Julian Gorodsky has offered to "treasure" temporarily.

**\*\*NOTE**: Priority will be given to Association members in assessing applications for Intermediate and Advanced Trainings with Milton. Also, membership is the only way to receive the Newsletter with complete listings of all trainings and to be listed in the Practitioner Directory.

**\*\*Address**: 110 Tiburon Blvd, Suite 5, Mill Valley, Ca, 94941. Message phone, 8a.m.-5p.m.: (415) 383-7074

# PROFESSIONAL TRAINING TRACK:

In the past we have said that anyone completing a beginning training is a practitioner. Emerging from our experience as teachers and seasoned Tragerers, with feedback from scores of concerned students and Milton's strong feelings, is our realization that 5 days of training is insufficient to produce a practitioner.

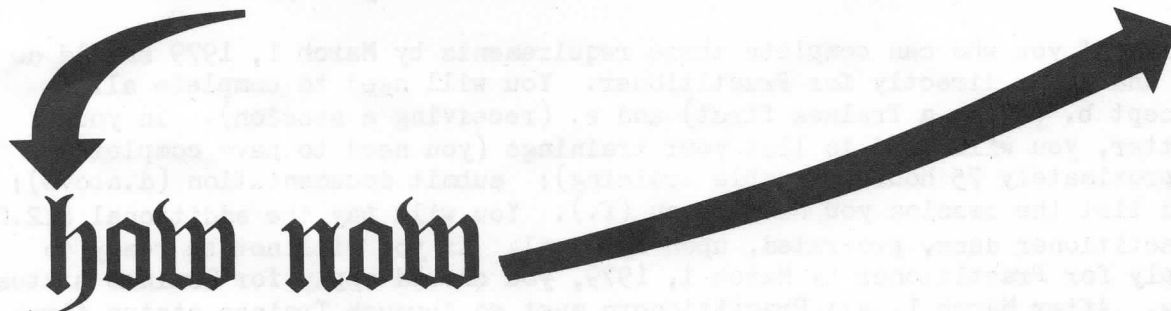
All of us who were in at the beginning and have remained active needed time to realize the depths and possibilities of Milton's work. We only discovered through our own experience and our own intermediate and advanced training with Milt that he was absolutely right when he reiterated that we all needed more training and practice.

We now realize that a carefully thought out and tested training track is necessary to give Tragerers the appropriate background to work in the world as practitioners.

The track described below emerged experientially and has been tested over 3 years. It allows time for organic development, upgrading of ability and skills, and protects Milton's work and Tragerers practicing and the public.

The following steps in doing Trager work now apply to all who have been trained in Trager, however recent or long ago. This means some change for almost all of you in what you call yourselves until there is some agreement from the Instructors that you have completed the steps listed below for a given level of practice. The term Practitioner is now reserved for those who have completed the prerequisites listed below, have made their application and have been approved. A Trainee is someone accepted on the Professional Training Track by the Instructors and is working towards becoming a Practitioner. All of you who have been trained and who use or want to use Trager work in some professional way will need to assess where you fit on the track described below and make an application.

Many people have trained not to work professionally but for purposes of personal growth. Such persons won't apply for the training track but are most welcome to join the Association as a supporting member. We are essentially a family - related by our love for Milton Trager and each other, our admiration and respect for the work and our desire to see it made available in the world at the highest level of competency. Hereafter no one can call themselves a Trager Practitioner or Trager Trainee without being officially approved for that level by the Instructors.

  
**how now**

## 1. TRAINEE

- a. Has taken Beginning Training and Review Day.
- b. Applies at review day where self/Instructor evaluation takes place. If not yet ready, recommendations will be made about more practice or review days.

These requirements will easily work for those trained henceforward. All those trained before this who are not ready to apply right now for Practitioner will need to apply for Trainee status. That means sending a letter of application stating your intention and describing the training you have had.

## 2. PRACTITIONER

- a. Training: Complete 75 hours of training, at least 25 with Milton. For recent and future people, that would normally mean the Beginning Training with Betty and Carol including the review day and one Intermediate with Milton. For people who have done other sorts of Trager tablework trainings with Milton or Betty, equivalency of hours will be assessed upon application.
- b. Has been a trainee.
- c. Do 75 sessions in minimum six months, maximum one year.
- d. Documentation:
  - 1) List 75 sessions with names and dates.
  - 2) Prepare some form of personal statement regarding the state of Trager work for you — how you have changed through the work; how the work has changed for you; what questions have emerged; what you have learned; experience with Mentastics; case presentations; anecdotes, etc. - These are some options. It should be typed, with a copy to be kept by the Association.
- e. Receive a full Trager session from an Instructor or a Practitioner (for fee or trade.)
- f. Give a session to an Instructor or a Practitioner designated by the Instructors (no fee). Evaluation will be made and if not ready recommendations for further practice or training will be given.
- g. Approval by Milton upon recommendation by the Instructors.
- h. Practitioners will be issued a Certificate upon approval.

Those of you who can complete these requirements by March 1, 1979 should do so and apply directly for Practitioner. You will need to complete all except b. (being a Trainee first) and e. (receiving a session). In your letter, you will need to list your trainings (you need to have completed approximately 75 hours of table training); submit documentation (d.above); and list the session you have given (f.). You will pay the additional \$12.00 Practitioner dues, pro-rated, upon approval. If you will not be ready to apply for Practitioner by March 1, 1979, you should apply for Trainee status now. After March 1, all Practitioners must go through Trainee status first, and document e. above (receiving a session).

So.....**here** you are **now**.....and what do you **do?**

**STEP 1:** ALL are urged to join the Association, whether you wish to support the work or practice it professionally. Just fill out the form on the last page and send it in with your \$12.

**STEP 2:** If you wish to be on the PROFESSIONAL TRAINING TRACK, you should assess the following:

**a.** If you have....

1. had around 75 hours of training, approximately 25 with Milton (Average hours: B & C's 5 day Beginning-50. Milton's 2 day-20, 3 day-25, 4 day-30, 5 day-35)...and...
2. have been in the field at least 6 months....

You should, by MARCH 1, 1979 (the earlier, the better!)....

1. Complete your documentation (d. under Practitioner) and
2. Submit your letter of application to be a PRACTITIONER, listing your trainings and including your documentation.

Then....

1. Either....
  - a. you will be notified that you need more of something, or
  - b. you will receive an acknowledgement that all is in order ...and then...
2. you will call the person designated in your acknowledgement to make an appointment to give them a session...Then
3. your certification as a PRACTITIONER will be decided by the Instructors &, if accepted, you will be able to
4. upgrade your Association membership to PRACTITIONER...and
5. call yourself a TRAGER PRACTITIONER and (eventually) receive a certificate.

**b.**

If you have NOT completed the training hours and field experience listed above, but have had some training...

...you should by MARCH 1, 1979:

1. Submit a letter of application to be a TRAINEE, listing your trainings...

Then you will...

1. Either...
  - a. be asked to come to a Review Day...or...
  - b. be approved...and then...
2. you will call yourself a TRAGER TRAINEE until you have completed the requirements for PRACTITIONER status.....

# TRAININGS OFFERED:

1. BEGINNING TRAINING: Will normally be five days and one review day. Some will be offered over several evenings or two weekends in the future. Other forms are being evolved. Suggestions welcomed. It is primarily for professional training, but some may come for personal growth only. There are no formal prerequisites yet. Some background in people helping/bodywork and a strong sense of commitment are the back-bone of assessment currently. Taking beginning training is not an automatic path to Practitioner. In the future there will be no label assigned at the end of the five days. Assessment will take place at review day six weeks later to see if person becomes Trainee.
  2. REVIEW DAYS: Regular review days will be set up away from Getting In Touch for those who need more experience before becoming Trainee and for continuing education. Review days are for exchanging work with correction and for mentastics.
  3. INTERMEDIATE TRAINING: Normally a three-day table work experience with Milton; limited to 16 participants. At future Intermediate trainings, a certain number of places will be reserved for people of Trainee status who have not yet been with Milton and who need the experience to move on to Practitioner status.
  4. ADVANCED TRAINING: Some three or four-day advanced trainings will be set up on the West Coast with Milton in the future. They will be for Practitioners who have taken at least two three-day Intermediates and will be limited to six participants.
- 
- \*\*NOTE:** The Intermediate and Advanced Trainings with Milton will be by invitation. Participants will be selected from applicants by the Instructors and priority will be given to Association members.
- 
5. PLAYDAYS: Mentastics and Be-With Milton experiences. Usually one-day. For people who have had some training.
  6. INSTRUCTOR TRAINING: This has not been set yet, but will undoubtedly include Advanced Training, Assisting at Betty and Carol's Beginning Trainings and possibly some additional work in group process.
  7. ASSISTING: After January 1, 1979, assisting at Beginning Trainings will be by invitation from Betty and Carol selecting from among those who have applied to do so, with some priority given to Instructor Trainees, but spaces for those who want the experience for professional growth as well.
  8. OTHER: Other sorts of trainings — clinical work for those who have taken the Advanced, more Be-Withs or table workshops with Milton, Review Days, etc. — will be set up as needed.  
LET US KNOW YOUR NEEDS!!!

# TRAGER SCHEDULE :

## BEGINNING TRAINING:

In MARIN: With Betty Fuller. January 26,27,28 & February 2,3,4. \$350.  
6 days: 10 a.m. - 5 p.m. Includes lunches. Send \$50 deposit to Betty, c/o the Association for Trager Psychophysical Integration, 110 Tiburon Blvd, Suite 5, Mill Valley, Ca. 94941.

At GETTING IN TOUCH: With Betty and Carol Campbell. 3 five-day trainings: February 11-16; May 6-11; July 8-13. \$350 each. Includes room (sleeping bag) & board and Review Day. Send \$50 deposit to GIT, Box 1225, Los Gatos, 95030.

## REVIEW DAYS:

In MARIN: With Betty. Saturday, January 13; Sunday, February 25. \$15 each (free to those who missed their scheduled day). B.Y.O. lunch. For all in the Trager family who want to touch bases again and those who need further contact to move to Trainee status. Send \$15 to Betty, c/o the Association.

At GIT: Contact Carol if you want to join in on one of those scheduled subsequent to Beginning Trainings. (408) 353-3770 -

## INTERMEDIATES with MILTON TRAGER, M.D.:

In MARIN: April 12,13,14. \$250. Includes lunches. 10 a.m. - 5 p.m. Send \$50 deposit to Milton Trager, M.D. c/o the Association.

At GIT: April 27-29; April 30-May 2. \$250. Includes room (sleeping bag) & board. Send \$50 deposit to GIT (see above). *check to getting in Touch*

## ADVANCED with MILTON:

In MARIN: April 21-24. 10 a.m. - 5 p.m. \$425. Includes lunches. Limit: 6. For people of PRACTITIONER status who have had approximately 50 hours of table training with Milt. Send \$100 deposit to Milton Trager, M.D. c/o the Association. Participants will be selected from applicants. Upon acceptance, deposit non-refundable.

## PLAYDAY with MILTON:

At WESTERBEKE RANCH: Sonoma County. Sunday, April 15. Happy Easter! \$25. 10 a.m. - 4 p.m. B.Y.O. lunch, drinks, towel & bathing suit. For all who have trained. Mentastics and Be-with Milton. Send \$25 to Milton Trager, M.D. c/o the Association.

## SPECIAL:

At WESTERBEKE RANCH: April 15 (eve.) - 20. An Esalen week with Milton, Betty and Janet Zuckerman covering Mentastics, Feldenkrais, group process and Trager demo. (not table training). A wonderful chance to play with Milt and Betty. Contact Esalen Institute, Big Sur, 93920. (408) 667-2335 for information.

NOTE: Write separate checks for each training. Be sure each reservation is made to the appropriate sponsor.

# HELP!!!

1. CERTIFICATES: We need samples of other sorts of certificates: Rolfers, Massage, Physical Therapists, M.D., s, etc. to help shape our own.
2. LOGO: We need a Trager Logo (symbol) for our certificates, stationery, brochures, etc. Any who have any ideas, please make a sketch (however rough) or description and send it in soon.
3. LEGAL: We may need some legal questions answered down the road. Any of you who are lawyers or know someone who might volunteer some assistance for free or trade, please let us know.
4. NEWSLETTER: For the time being Sheila Merle Johnson is working with Betty doing editing, graphics, layout, etc. Any other skill/assistance in this area will be appreciated and 'specially we want CONTRIBUTIONS of Trager success stories, questions for Milton, pictures, etc. for future editions. Deadline for the next issue is February 15, 1979.
5. BROCHURE: Any copy you have created to describe Trager work may be useful in writing the brochure. Please send samples to the Association.
6. WHOLE EARTH EXPO: March 15-18, San Francisco. We will have a Trager booth and will need help setting up, staffing and taking down the booth. Contact Betty c/o the Association if you'd like to be there.
7. INPUT AND ENERGY: This Association will be as effective a family as we all make it. We welcome input from all of you about the processes being instituted — their value, efficiency, etc. — and any new ideas and any energy in bringing all this into being.

## OTHER NEWS:

1. FEES: None of the above is designed to regulate fees charged for sessions. We recommend strongly that people not charge until they are of Trainee status; after that the market range seems currently to be \$15-\$30. Perhaps after a time, Trainees will tend to hang out at the lower end of the range and Practitioners at the upper end.
2. ORGANIZATION COMMITTEE: The next meeting will be sometime in January. We are planning to work on generating copy for the brochure and talk about expanding the work in the world. Future meetings will be open to any Association members who wish to come. Call Sheila Merle, 652-5506 or Duncan Bennett, *East Bay* 527-3794 for information. *East Bay*

SPECIAL THANKS to Mimi Small, Don Schwartz, Bill Crawford, Duncan Bennett, Julian Gorodsky, Roseann Gould, Gail Stewart, Sheila Merle Johnson, and Laura Thorne-Smith, who worked with Betty, Carol, Milton and Emily to evolve the form of the Association and the Training Track.



Membership form for

The ASSOCIATION for TRAGER PSYCHOPHYSICAL INTEGRATION

Even if you sent the form in the last newsletter to Betty, you need to fill this one out to join the Association. The other was for Instructors' use.

Please send this form in with your \$12 yearly dues to

The ASSOCIATION for  
TRAGER PSYCHOPHYSICAL INTEGRATION

110 Tiburon Blvd., Suite 5  
Mill Valley, Ca., 94941

NOTE: Dues will be pro-rated quarterly. If you join in the second quarter (after April 1), you will pay \$9; in the third quarter, \$6, etc.

PLEASE!!!!

All correspondence concerning the Training Track or the organization & all questions for Betty or Milton should be addressed to the Association. This address is not correct for all reservations for trainings, however; see training achedule for appropriate addresses. Also, the Association now has a message phone: (415) 383-7074 on business hours, Monday - Friday. Your call will be returned by the appropriate person.

The  
TRAGER PSYC

110 Tiburon Blvd., Suite 5  
Mill Valley, Ca., 94941



FIRST CLASS

Please Forward