



# TRAGER FAMILY NEWS

Membership Newsletter of the Trager Institute

September, 1980

Vol. III No. 4

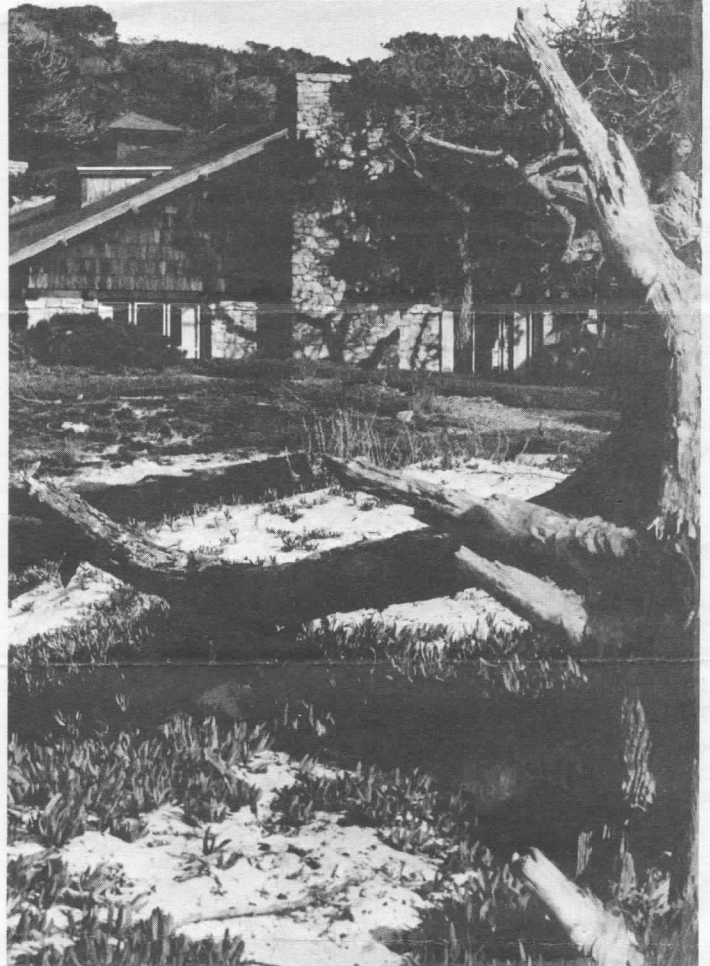
## TRAGER INSTITUTE CALENDAR

### 1980

- Sept. 7-12, Beginning training, Campbell & Johnson, Los Gatos
- Sept. 17, Mentastics Class, Betty Fuller, Oakland
- Sept. 20, Review day, Carol Campbell, Santa Cruz
- Sept. 23-Dec. 9, Beginning training, Sheila Merle Johnson, Oakland
- Sept. 26-28, Intermediate training, Carol Campbell, Santa Cruz
- Sept. 27, Review day, Cathy Guadagno, San Diego
- Sept. 30-Oct. 1, Advanced Practicum, Milton Trager, Santa Cruz
- Oct. 2, Public demonstration, Milton Trager, Santa Cruz
- Oct. 3-5, Intermediate training, Milton Trager, Los Gatos
- Oct. 5-10, "The Trager Approach", Trager & Fuller, Big Sur
- Oct. 11-13, Intermediate training, Milton Trager, San Diego
- Oct. 11-13, 17-19, Beginning training, Betty Fuller, Los Angeles
- Oct. 17-19, Intermediate training, Milton Trager, San Diego
- Oct. 21-22, Intermediate Level II, Milton Trager, Bay Area
- Oct. 21-26, Beginning training, Betty Fuller, Minneapolis
- Oct. 24-26, 31-Nov. 2, Beginning training, Stewart & Guadagno, San Diego
- Nov. 1, Review day, Sheila Merle Johnson, Oakland
- Nov. 30-Dec. 5, Beginning training, Campbell & Johnson, Los Gatos
- Dec. 14, Review day, Stewart, Berkeley

### 1981 (Partial List)

- Jan. 24 - Apr. 4, Beginning training, Stewart, Berkeley
- Feb. 1 - 6, Beginning training, Campbell & Johnson, Los Altos
- Sept. 4, 5, 6, First Annual Trager Conference, Pacific Grove



## A TRAINEE'S JOURNAL

### NOTES ALONG THE PRACTITIONER PATHWAY

Following her training with Betty Fuller, Lael Keen documented 75 Trager sessions between June 1979 and June 1980. In all she worked on 26 different people. One person had 22 sessions over the year, several had only 1 and many had between 3 and 5. Following each session, Lael made a few handwritten, conversational notes on what happened, how the person looked and felt, and how she felt, the questions that arose for her, and some of her clients' comments. Here are some excerpts which we feel illustrate the flowering of sensitivity and personal growth and development which is possible on this path. (Used with permission of Lael Keen.)

6/22/79 D.C. I'm getting a sense of the reverence with which I must approach someone. They are letting me into their body which is their sacred temple, and I must treat everything I find with the utmost of love and compassion.

8/3/79 J.D. Each body is so different, it's amazing. Different flesh, different composition. My hands are starting to get a real sense in them.

8/16/79 D.C. What a joy to Trager again! I've missed it . . . Two things come to my mind. First - hands again. Trager work touches people in a different way . . . Having ki in your hands is vital. Ki is what we call it in aikido. It's presence, warmth, knowledge, touching, and though the physical touch is light, in energy I attain to the core of their being and do reverence to it. It's an art, and like all arts, aikido, by violin, dancing or Jin Shin Jyutsu, it's the same quality I seek - to be a channel, to be moved by God to let my hands be His/Hers and through them to communicate the Holy Spirit.

(continued page 2)

## FIRST ANNUAL TRAGER CONFERENCE AT ASILOMAR, SEPT. 4 - 6, 1981

Asilomar, a beautiful conference center on the Pacific near Carmel, will be the scene of the first annual Trager conference, a social and educational get-together for Trager Institute members and their families.

The conference will feature music and dancing, Milton and Emily, workshops and demonstrations, sea lions and beaches. Leading the list of solemnly serious events will be ping pong and billiard tournaments, while lighter activities will include exchanging Trager sessions (bring your portable tables.)

Asilomar has a swimming pool (and the Pacific, for *hardy* surfers) horseshoes, volleyball and beautiful hiking trails. Bicycles may be rented nearby; the flat beach road is perfect for biking.

Our goal is to keep costs below \$100 per resident conferee for the weekend (Friday 3 p.m. through Sunday lunch) including room, board and all events (less for registrants who do not need overnight accommodations.) Openings exist for conference planners, artists, musicians and work addicts. Seekers of fame, order, and/or adventure should write Gail Stewart, 15 Alvarado Rd., Berkeley, CA with offers of help and advice and to apply for coveted committee positions.

We are presently in search of the ideal dance combo; a group which will play fine swing and dixieland one night and hard rock the next. All leads will be followed by our dedicated field music committee (membership open.)

## 1980 COURSE SCHEDULES

### BEGINNING TRAININGS

- September 7 - 12** Los Gatos Carol Campbell \$400.  
Residential, 6-day intensive Sheila Merle Johnson  
Contact: Getting In Touch, Box 1225, Los Gatos, CA 95030
- September 23 - December 9** Oakland \$350.  
Sheila Merle Johnson  
Non-residential, Tuesday afternoons, 1-5:30  
Contact: Sheila Merle Johnson, 5356 Locksley Ave.  
Oakland, CA 94618. 415-652-5506
- September 30 - November 8** Santa Cruz Carol Campbell \$350  
Non-residential  
Contact: Carol Campbell, 502 Poplar Ave.  
Santa Cruz, CA (408) 429-8216
- October 11 - 13, 17 - 19** Los Angeles Betty Fuller \$400  
Two three-day weekends  
Contact: Gary Brownlee (213) 530-6942
- October 21 - 26** Minneapolis Betty Fuller  
**October 24 - 26, 31 - November 2** San Diego Gail Stewart \$400  
Two three-day weekends Cathy Guadagno  
Contact: The Trager Center, San Diego Box 901  
Del Mar, CA 92014 (714) 481-6215
- November 30 - December 5** Los Gatos Carol Campbell \$400.  
Residential, 6-day intensive Sheila Merle Johnson  
Contact: Getting In Touch (see above)

### REVIEW DAYS

Review days are one-day continuing education workshops for trainee candidates, as well as trainees and practitioners who have not recently taken a training with Milton or assisted in a beginning training. Bring lunch, sheet, and in some cases, portable table. All Review days \$30.

- September 20** Santa Cruz Carol Campbell  
Contact: Carol Campbell, address above, (408) 429-8216
- September 27** San Diego Cathy Guadagno  
Contact: San Diego Trager Center, address above  
(714) 481-6215
- November 1** Oakland Sheila Merle Johnson  
Contact: Sheila Merle Johnson, address above  
(415) 652-5506
- December 14** Berkeley Gail Stewart  
Contact: Gail Stewart, 15 Alvarado Rd.  
Berkeley 94705 (415) 841-6500

### MENTASTICS CLASSES

Milton has always held that Mentastics hold the key to Tragering. And more and more of us are discovering that he is absolutely right. Thanks to Cathy Guadagno's enthusiasm, classes in Mentastics have begun to spring up in the San Diego Area and are now taking off in northern California as well. A dozen people attended a Mentastics Review Lab with Betty Fuller and several were cleared to set up and teach classes as well as their individual clients. Another Lab is set for

- September 17, 6-10 p.m.** Oakland Betty Fuller \$ 30.  
Contact: Betty Fuller, (415) 383-7074.

### INTERMEDIATE TRAININGS

Qualifications for enrollment in intermediate trainings: Completed beginning training, membership in the Institute, Completed 30 free Trager sessions.

- September 26 - 28** Los Gatos Milton Trager, M.D. \$300.  
Residential, 3-day intensive  
Contact: Getting In Touch, Box 1225, Los Gatos, 95030
- October 3 - 5** Los Gatos Milton Trager, M.D. \$300.  
(see above)
- October 11 - 13** San Diego Milton Trager \$300.  
Three-day intensive  
Contact: The Trager Center, San Diego (see above)
- October 17 - 19** San Diego Milton Trager \$300.  
(see above)

### INTERMEDIATE, LEVEL II TRAINING

For trainees and practitioners who have taken at least one intermediate training with Milton. Limited to 12 people.

- October 21 - 22** Bay Area Milton Trager \$200.  
Non-residential.  
Contact: Trager Institute (415) 838-7074

### ADVANCED PRACTICUM: SPECIAL NOTICE!

There will be a two-day Advanced Practicum with Dr. Milton Trager in the Santa Cruz Area on Tuesday and Wednesday, September 30 and October 1 from 10 a.m. to 6 p.m. Cynthia Ferris is coordinating the course and making appointments for the people with special learning problems (M.S., M.D., Paralysis, Arthritis, etc.) In a learning clinic setting, Milt will supervise the work of the participants. This class is open to all graduates of the Advanced Trainings. Space is limited. On a space available basis ONLY, some graduates who have had at least two (2) Intermediate Trainings with Milton will be accepted. Please contact Trager Institute to enroll and reserve space. Fee: \$200 each person, \$50 deposit required. You will not be working on each other. Under Milt's supervision you will work with and observe others working with people with learning problems. ALL INTERESTED GRADUATES SHOULD APPLY AND DISCUSS THEIR QUALIFICATIONS WITH BETTY AT THE INSTITUTE. Call 415-383-7074 and leave message or send deposit to the Insitute.

### PUBLIC DEMONSTRATION

- Thursday, October 2, 7 p.m. Santa Cruz Milton Trager, M.D.  
Louden-Nelson Community Center  
Contact: Cynthia Ferris (408) 423-6057

All phone calls to institute or instructors will be returned collect.

### A TRAINEE'S JOURNAL .....continued

8/20/79 S.G. I'm beginning to feel more familiar with the movements. They flow into a nice sequence, without so much effort.. It feels good.

11/18/79 D.C. Recently I'm seeing more and more parallels with Trager and aikido. To do an effortless technique in either you have to touch the rhythm of that particular person. If you can play that rhythm, it puts you both in an effortless state of bliss.

2/13/80 P.R. I am beginning to understand what is meant by the term "movement re-education". . . . Doing a demo at a healing arts festival a few weeks ago and giving tastes of Trager work, I came up against five of the stubbornest necks I have ever encountered. I'm realizing that many people don't have the concept of letting go, to say nothing of knowing how to do it. [P.R. was one of these. The session lasted 2½ hours and brought up a lot of emotional stuff for her. We made some progress - not a lot on the physical level but it started opening up many emotional channels for her. It was a powerful and educational session for both of us.]

2/29/80 P.R. Third Session. "and better still! All that dense tissue on her legs is getting fluffier. I could feel the air in it."

3/23/80 L.Y. (Fifty-ish) Body armored but really at a place in his life where he wants to learn to relax. . . . Another one of those who has no conception of letting go. . . Bringing him again and again to that subtle inner place where he lets go, only for a second, but as we work together more, he'll start to get the idea. I had to keep my own mind stilled to a thin quiet thread in his body - as soon as my mind moved abruptly, he would tighten. Very interesting. . .

3/26/80 "Such an easy body after all those willful ones I've been doing recently. It was possible to work on a much subtler level with her. Stillness of mind is imperative. I feel that this work is developing in me a stillness of mind and a patience that I didn't formerly have. Resistance doesn't irk me near as much as it used to. I'm learning to dance around the fringes of it and tease it out instead of trying to plough right into it.

3/30/80 I.Y. (Sixty-ish) "I was experimenting with feeling in my own body the lightness and ease that I wanted him to feel and that worked well. Until receiving the Trager Newsletter I'd almost forgotten about hook up. It was an idea in my head instead of an actuality in my body and the body of the person I was working on. It feels good to find it again. There's spirit in my work. Oh Hallelujah!

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## NOTES ALONG THE PRACTITIONER PATHWAY

.....continued

4/3/80 J.B. Age 86 "... His strongest complaint was his left ankle - he couldn't move it at all. I worked with it a lot. The most motion I could get from it was maybe a centimeter in each direction. But I sent my mind into the motion, bounced it back, played with it, concentrated on the motion and the softness of it. Two days later, he called to tell me that his foot was so well that it was almost back to normal... I was delighted."

4/9/80 A.E. "... I have been practicing recently putting my mind inside their body, and *feeling* softness, space, openness. When I do they start to feel it, too, the angles disappear and parts come together in one long loose wholeness."

4/16/80 A.E. "There's a dark place in the lower right hand corner of her belly. It feels no different to my hands, but my mind feels the difference. We got a ray of light in there today. For an instant it broke open and then closed up again. Realizing what level of the mind I'm working with, I was dealing with a part of A. I don't meet in our relationship. No matter how much she wants to let go, I have to contact her subconscious. In a moment of clumsiness, I violated her shoulder blade, tried to force my hand in behind it without a proper introduction. It locked tight against me - I could no longer send my mind into it, and its jiggling became guarded. Sub-conscious. Conscious A.- trusts me, would be happy to let me in. But clearly with bodies one encounters an ancient defense system. No one, no matter how beloved, is admitted unless they exhibit proper courtesy for the honor being shown them."

4/17/80 T.W. "I learned a lesson yesterday. You never try to force people's locked doors. Persuade them to open, yes, lunge in, no. It's respect. I felt that a lot of his letting go this time was a result of my respecting on all levels his locked doors. I was awed and honored that he let me into his body."

4/18/80 R.D. "I'm getting what I want from this month of doing sessions every day. I don't space out any more when I'm working and tiredness no longer seems to be a barrier. As long as I'm Tragering I seem to be in tune with something larger. ... Hook up feels good."

4/22/80 L.Y. (Fifty-ish) "... Trager work has affected this man's life permanently. Whether he knows it or not, his body is different - it will react differently to stress and live differently. I could really feel it working on him tonight. We paved the way in previous sessions. I got a good sense tonight of my job - which is to heal - to be a selfless channel - to live in hook up so that I may be healed myself and help others."

5/15/80 A.E. The Intermediate Training has changed my whole approach to Trager Work and showed me what to work on/play with for the next - however long. It's getting out of the way and feeling, feeling, always feeling. Having no preconception about the moves to do or the body I'm with. The tissue will tell me what to do. I feel like a beginner, on a whole new level. I've been stripped of what I thought I knew. The one thing I know right now is that I do not know (pretty profound, huh?) and moreover that I myself will never know. It's beyond me."

5/29/80 J.B. (86) He isn't experiencing great differences in his life yet, but he soon will. The iron rigidity that is in his body is softening and I feel that my time with him is well spent. It's going to creep up on him from the inside. He's being re-educated. His body knows, even if he doesn't yet - I can feel this as I work with him."

6/1/80 L.Y. (Fifty-ish) Boy has his body changed! I haven't worked on him for at least a month, but since our last session, everything that his body has learned has been manifest. In his neck which has been rigid and immobile, I discovered a place of lightness and movement and from that spot I worked outward... Throughout his body there's more space, more elongation... Today his back changed. His sacro-iliac area lengthened noticeably and he looked taller. Yipee! What fun! How exciting!"

6/19/80 M.Z. Lots of things go on within these sessions. I am finding it harder and harder to verbalize exactly what. The people I work on are starting to look really good; lots of length and lightness, and a whole new concept of their bodies when they stand up. My main focus is to stop *working* and get lighter. There's such a fine line between letting go of myself and spacing out. I crossed that line back and forth many times tonight."

The next issue of the Trager Family News will be published January, 1981.

Send copy to: Sheila Merle Johnson, 5356 Locksley Ave. Oakland, CA 94618.

## WHO ARE THE PRACTITIONERS?

### ● The History

Two years ago, a group of Trager people met to create a structure which would support our growing sense of family and professional collegueship. The Trager Institute evolved from this meeting assisted by input from Dr. Milton Trager, the Instructors and other concerned Trager folk. The Training Track and levels of attainment all evolved experientially and their structures are designed to foster credibility, to protect the public we serve and to support our own growth and development as professionals.

We as a group make the "rules." They emerge from within experientially just as does Milton's work. This report is intended to clarify the structure of Practitioner and certification as well as to announce those among us who have completed all our requirements to earn the rightful title of Trager Practitioner.

### ● The Steps

Trager Institute members who have completed the following requirements are designated Trager Practitioners and receive an Institute certificate *renewable annually* upon the completion of continuing education and other requirements.

- ✓ 1. Successful completion of a Beginning Trager Training of 50 - 60 hours and at least one Intermediate Trager Training of 25 - 30 hours with Milton Trager, M.D. and/or Betty Fuller or other Instructors designated by him.
- ✓ 2. Fulfillment of all Trainee Requirements, including 30 practice sessions.
- ✓ 3. Membership in good standing of the Trager Institute and acceptance on the Trager Professional Training Track.
4. Documentation of 75 professional Trager sessions completed within one year of the Beginning Training. (In addition to 30 practice sessions) *(August)*
5. Submission of a personal statement about Trager work in their lives, anecdotal reports of sessions, comments, etc.
6. Given a full Trager session to an Instructor or designated Trager Practitioner and passed successfully.
7. Received a full Trager session from an Instructor or designated Practitioner. (May be waived in special circumstances.)
8. Successfully met all requirements of The Trager Institute.
9. Approved by Milton Trager, M.D. on the recommendation of the Instructors.

Only Practitioners and Instructors are certified by The Trager Institute. Trainee Candidates and Trainees may request a letter acknowledging their participation in trainings.

### ● The Practitioners

The following individuals have earned the rightful title of Trager Practitioner as of September 1, 1980. Congratulations to all of you! Milton is eager to hear from you and to sign your certificates personally. They will be mailed to you with further instructions within this quarter.

BETTY FULLER, *Executive Director, Trager Institute*

Jim Armstrong	Diane Hoffman
Mark Bauman	Sheila Merle Johnson (Instructor)
Duncan Bennett	Milicent Yvette Kari
Maria Blue	Lael Keen
Rich Caldera (Instructor)	Dusk McAlister
Carol Campbell (Instructor)	Torsten A. Muehl
Mary Campisi	Mary Ann O'Connell
Vera Chotzen	Carol J. Rhodes
Ana Cooper	Ken Rogers
Gwen Crowell	Norma Ross
Tom Frankenburg	Don Schwartz
Betty Fuller (Instructor)	Mimi Small
Michael Lee Glicksohn	Gail Stewart (Instructor)
Adnan Gologlu	Lora Thorne-Smith
Roseann Gould	Megan Thurmond
Julie Greene	Cheryl Tracy
Cathy Guadagno	Veronica Weeks
Loren Hagar	Kenne Zugman
Outa Marie Hartman	



11 x 14 copies of this photograph of Milton and Emily Trager may be purchased directly from the artist photographer, Carla Anette of Honolulu for \$35. Members may order them through the institute at a discount, for \$25.

## INSTITUTE NOTES

### *ACKNOWLEDGMENT*

One person has hung in from the inception of the Trager Association through its metamorphosis into the Trager Institute putting the word out, handling the mail and phones, getting the job done. Don Schwartz comes in day in and day out to handle the millions of details that go to running an organization: accurate records on every graduate, correct addresses, supplies, last minute rushes to the printer, proofreading copy (whoops!) hauling equipment about, organizing volunteers, etc. More importantly, Don has been evolving structures for getting the job done and passing it on as he moves more and more into the development of his practice and organization of the New Age Music Network which he has midmidwifed. Thank you, Don.

### *New Age Music Network*

Don Schwartz announces the organization of a central information networking service for new age music. For membership information, please write him c/o: New Age Music Network, P. O. Box 9416, San Rafael, CA 94912.

### *ASSISTING*

Assisting at Trainings is one of the ways to gather more experience and learn to see with soft eyes and comprehensive vision - taking in the whole room. In addition to participating in demonstrations, encouraging students' learning, coaching, and supporting the Instructors, assistants' expand their own ability to do the work with feeling and effectiveness. Contact the Instructors and let them know of your interest and availability. There is no charge to assistants for their participation, and in addition to their time with the class, Instructors meet and clinic the training with assistants, taking them further in their own understanding of the work and the teaching process.

### *The Official Trager Brochure is Coming!*

Awaiting final approval of the wording by Milton Trager, the official Trager brochure is about to go to press. It is expected to be ready for distribution in Fall, 1980. The brochure will be made available to practitioners, and will have a space to attach an individual business card.

## The ASSOCIATION for TRAGER PSYCHOPHYSICAL INTEGRATION

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

PLEASE FORWARD

FIRST CLASS