



TRAGER FAMILY NEWS

Membership Newsletter of the Trager Institute

January, 1981

Vol. IV No. 1

NOTES FROM BETTY

For the past two years, I've been "on the road" for Trager. It's been a fabulous - sometimes overwhelming - adventure. Across the USA, in Canada and in Western Europe I've been privileged to talk about, demonstrate, discuss, defend, do and teach Trager (even in French!). When I first began my "advance person" number, I heard a lot of "Trager?????...What's that?????". Now, everywhere I go, it's "Oh, yeah! Trager! I was Tragered by _____ and I love it!!!" You can write *your* name in the blank. Thank you - all of you - for your dedication, enthusiasm, high energy and excellent work. You've generated a lot of talk and interest and this leads to more interest, more clients and more trainings, all of which benefits everyone. For example, Gary Brownlee trained at Esalen with Sheila Merle and me in the summer of 1979. When he got back to L.A., he was literally the ONLY person actively practicing Trager there. In the development of his practice he turned on a lot of people and realized that a training could further boost interest in the work. He organized the first training and assisted me. Gayle Steuart, a member of that class, got so excited about the work that she joined forces with Gary to create a second training at which she could also assist, along with Tom Frankenberg. All are doing trades with each other, building their practices, and will assist at the third L.A. training the end of February! Congratulations to all of you and thanks.

Meanwhile, on the other side of the continent, Amanda Hartsong (AKA Mimi Small) singlehandedly created a center of love and light in overcast, chilly Kingston, Ontario, through her demos, private counseling practice and massage workshops. However, there was no one near who could give *her* a Trager session! So she materialized a training at which she assisted me in November. Karen Walton flew in from Vancouver to assist also and has since moved on to Hawaii to set up another training there with Milton's blessings. Now Amanda - after two years of going *without* - has practice podners to trade with and she is setting in motion the possibility for another training this year! Go for it, Amanda!

It becomes obvious when you look at the current schedule that a lot of "lonely" Trager people are busy generating trainings in their areas. They not only gain Trager podners to play with, they extend their effectiveness in informing the public, develop more credibility, develop in their own work as they assist the Instructors, and benefit from the enthusiasm and energy of their local Trager support group. Jerry Teplitz is going for it in Virginia; in Texas, Barbara Hewitt Chapin, and Lynette Brannon are teaming up to bring Trager to the Big "D"; Bob Braun is looking forward to the training in Portland and trades with me; and Osha Reader is bringing Trager sixty-six hundred feet up into the Sierra foothills in June. I'd appreciate your support for these folks by telling your friends in their areas about the trainings.

I especially want to thank all of you who assisted in trainings last year. Your participation makes our intensive training format possible and effective. Your being there more than quadruples the students' practice time and you make it possible for the Instructors to do more un-interrupted individual work in class. Something really magical happens in a room with some "golden oldies" mixing it with the new students. I assisted in all Milton's trainings for many years, so I realize the benefits to you who assist. Seeing the whole room is validating and the overall picture brings the work into sharper focus, not to mention the refinement of technique and purpose that comes from giving correction to others. So, contact the Instructors or the person listed in the schedule if you are interested in assisting. It's a valuable way to learn.

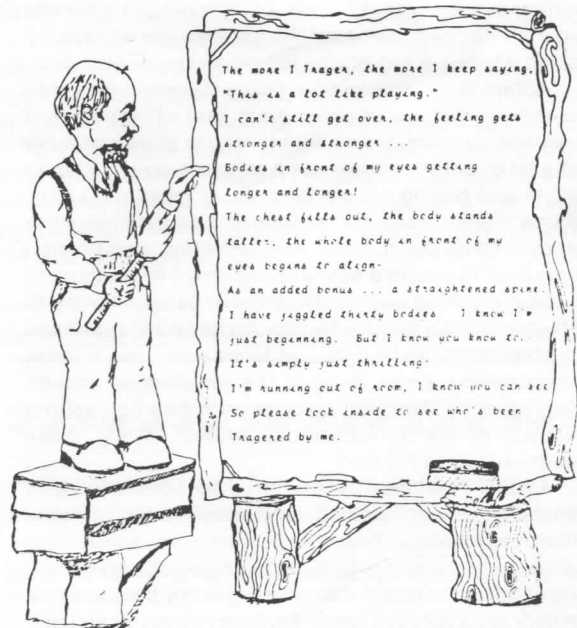
Finally, I want to acknowledge Milton and Emily Trager for their enormous demonstration of confidence and trust in *all* of us. In a true leap of faith, Milton signed over to the Institute all his "copy-rights" to his life work (in this case they are servicemarks). While he retains them for his *own* use, ONLY The Trager Institute may confer that right on others. Milton's action has given The Institute the leverage to begin a process of quality control so that Milt's own high standards can prevail throughout our membership. Thank you, Milton and Emily.

1981 is already off to a running start and heralds a tremendous expansion for all of us. Don Schwartz and I at the office welcome all the help we can get. Milton makes his solo presentation for 3 - 5,000 health practitioners from all over the world at The Mandala Society Holistic Health conference in San Diego in August. We'll back him up with a Trager booth where people can get "samples" and literature, including our Public Roster of qualified Trager Practitioners. Early in September we have our first annual Trager Family Reunion and Conference at Asilomar. This is the great year of *cleaning up our act* in The Trager Family in every way. Please stay in touch. Write often. Call. Send us copies of your stuff. We love you. Happy New Year.

Love,
Betty

THE PRACTITIONER PATHWAY SPECIAL CONTRIBUTIONS

The following were included in these students Practitioner Certification packets and seemed worthy of sharing with you.



Joe Caffiero - Self-portrait and Poem

Joe trained with Carol at Getting In Touch in June, 1980

(continued next page)

THE PRACTITIONER PATHWAY (continued)

Lin Boucher trained with Sheila Merle and Carol in February, 1980 and sent this as her personal statement:

How light can it be?
What's here?
How can I get out of the way of what's here?

These are questions I hold before myself during a session. I love the feeling of having questions that can be answered now, and then again, and then still again. The questions are always fresh; there is no *one* answer. Every session has new answers.

My development in the art of Trager has been interesting and exciting. For the first few months of practice I felt very mechanical. I was doing what I thought was the form; even in hook-up, and yet was feeling only moderately satisfied with the work. Then, after 50 sessions or so, I noticed a shift in the quality of work I was doing. These are three of my insights about that shift:

First, I had a realization that hook-up was not something just for Trager sessions. I started looking at how many other activities could be that way too, and that is now another question that has many answers. At one level I've found that my awareness has expanded during my job at the library and while driving. I know more about what is going on around me and I feel easy in the rhythm of these activities. At a more significant level I've found that cooking and eating are more enjoyable. I am able to really taste the food; I feel nourished and satisfied when I'm done. Finally, I've discovered new levels of practicing Aikido by going into hook-up. This is an important area of my life and I've found many parallels in the two. In both arts I find that the best practice of them is when I'm not really there, but can act almost as a mirror to show the other person where his or her energy is. Aikido done badly is a power-trip; Trager done poorly is a violation of the body's integrity. Both are magnificent opportunities to step outside of personalities.

Second, I realized that my hands had developed enormously as sense organs, and that I could feel/sense much more about the person as I worked. I can sense smaller and smaller amounts of tightness. I can feel better and more surely how their bodies are capable of moving. My touch has gotten lighter and more confident.

A third shift came in my attitude towards the clients themselves. I've developed a great deal of respect and reverence for them. I think that for those of us who have had a lot of body-work, we get a bit blase about lying on a table and having someone touch or move us. I have realized that for many of my clients it is an act of courage and trust to lie down, relax, and feel what is going on. I do my best to create a safe atmosphere. I invite them to tell me if anything is uncomfortable or painful. I bring to all the sessions a respect for their bodies without treating them hesitantly; to be light and loose with them without being careless. I also bring to the sessions an acceptance of any of their particular sensitivities (i.e. getting erections or feeling vulnerable) without letting those create barriers to the work.

Finally, I continue to be excited and impressed with the whole Trager process. I am challenged by the many paradoxes involved. That it is powerful, yet subtle, and that it conveys expansion *and* connectedness-of-the-body at the same time. I feel, when I give my best sessions I actually *get* a great session; for, I too feel expanded and looser. This process is truly a "path with heart"* for me and I delight in being able to make a living at something which also makes me feel good.

*This is a phrase from one of the books by Carlos Castaneda.



Fabienne Hirsch trained with Milton at his first French course in May, 1979 and has since studied with and assisted Betty and Sheila Merle in their French trainings. She heads an active practice group in Paris and has been our warm friend and supporter in croissant land. Her certification packet included a beautiful book of drawings and poems.

PROSPECTIVE PRACTITIONERS — TAKE NOTE!

a) You have a maximum of 18 months from the time you are assessed a Trainee to complete your Practitioner requirements.

b) Your Practitioner assessment session is the last thing you do before sending in your packet. In most areas, you need to give an Instructor a session for your evaluation. Be sure to get an approval statement in writing from the Instructor to send with your packet. There is no charge for this session.

c) Do not send in your packet to the Institute *unless it is complete*. It needs to include:

- 1) Documentation of your 75 sessions
- 2) Documentation of the session you received
- 3) Documentation of your assessment session
- 4) Your personal statement
- 5) \$10. additional dues for your certificate (one time only)

d) The Trager Institute Roster for distribution to the general public will list geographically *only* members who are fully qualified Practitioners. Deadline for inclusion this year is July 1, 1981. Several thousand will be distributed at the Mandala Society Holistic Health Conference in August. Get your material in fast!

e) Pre-Institute Trager folk, call Betty or Don if you have any questions regarding your status.



CURRENT PRACTITIONERS:

Jim Armstrong	Lael Keen
Mark Bauman	Maura Kelsea
Duncan Bennett	Frank Lanou
Lin Boucher	Sandy Lanou
Gary Brownlee	Arthur Levy
Maria Blue	Sage Madrone
Rich Caldera	Dusk McAlister
Carol Campbell (Instructor)	Emmett Miller
Mary Campisi	Torsten A. Muehl
Vera Chotzen	Jerry Neuman
Ana Cooper	Mary Ann O'Connell
Gwen Crowell	Peter Pauley
Tom Frankenberg	Carol J. Rhodes
Betty Fuller (Instructor)	Ken Rogers
Michael Lee Ghicksohn	Norma Ross
Roseann Gould	Joan Schade
Julie Green	Don Schwartz
Cathy Guadagno (Instructor)	Mimi Small (Amanda Hartsong)
Loren Hagar	Gail Stewart (Instructor)
Outa Marie Hartman	Danie Thocaven
Fabienne Hirsch	Lora Thorne-Smith
Diane Hoffman	Megan Thurmond
Philip Holsworth	Cheryl Tracy
Gregory Johnson	Karen Walton
Sheila Merle Johnson (Instructor)	Veronica Weeks
Milicent Yvette Kari	Kenne Zugman

MESSAGES FROM MILTON

ON MENTASTICS AND HOOK—UP.

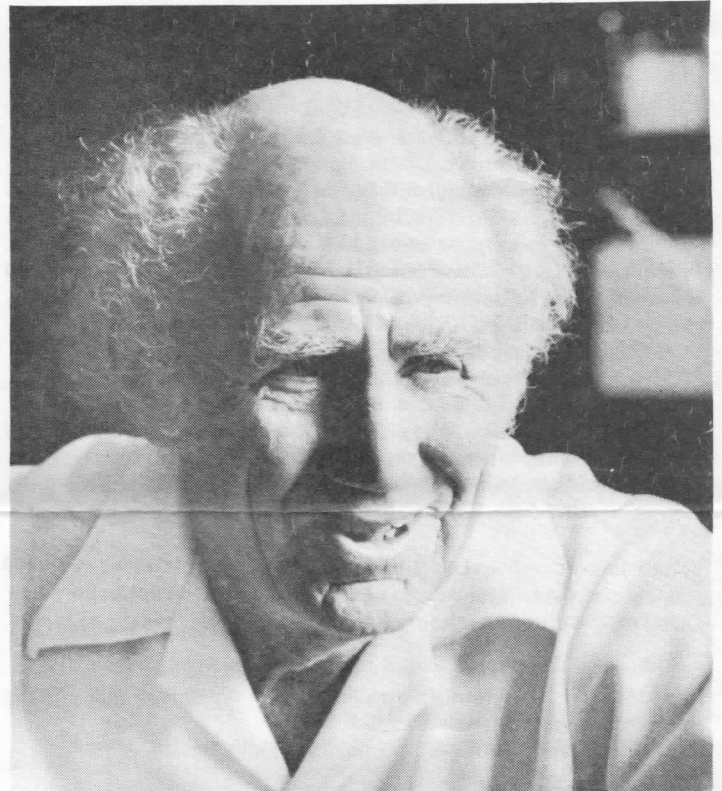
There must be something better than man's changeable externalities. If one searches deeper one can find the essence of function, the kernel, the seed where hook-up starts and influences the body-mind perfectly and harmoniously. Hook-up can be a constant useable state and Mentastics is an organic way in. There is no limit to the mental, emotional, social, sexual development that can come to the one who becomes proficient in the simple principles and practice of Mentastics.

Mentastics is not the customary or usual manner of doing exercise such as jogging, dynamic tension, sports against time, endurance or strength trials. These have not always brought a complete sense of well being to the body-mind. Mentastics is for those who are seeking a deeper meaning of health, peace and happiness. It seems strange that I have never heard or even see written, the words, "a comfortable body". In Mentastics it is never how much, how many, how fast, how hard, how high, how low, how far or how powerfully one works to move the body. Instead, in our approach, it is always how free, how light, how beautiful, how complete and how pleasurable the movements can be.

This approach to Mentastics can bring one to the experience of hook-up with the vital life-giving, life regulating force in the universe. When I reach this perfect spot, I feel as if I am basking in a vast ocean of pleasantness. This is not a passive state, but a very alive, completely functional condition that will exert its influence on all body systems.

When you experience and develop Mentastics to this point, you will be rewarded in many areas of your life. Many of you may have engaged in other forms of movement in the past, and many of those you have given up. You found them boring, time consuming, monotonous and not commensurate with enough lasting benefits for the time and effort expended. I'm sure you will not find that to be true of Mentastics. You will continue to do Mentastics because it feels so right. It does for you. It is pleasurable. Its benefits are so many, so simple and so easy to obtain that they can become permanently yours. Developmental growth can come to you in so many ways through the regular practice of Mentastics. You will be able to move beyond the much needed state of relaxation into the active state of peace.

Once you have achieved this state, many wonderful things can happen. Those around you will pick up your vibrations without your having to do anything about it. They will unconsciously feel your open state of relaxation and peace and will react favorably. Your projection of this inner state of relaxation and peace and openness can only influence for the good all others that have the good fortune to come in contact with you. You can appreciate the great value this would have in families and how it will influence their harmony and development as individuals. In your personal life this perfect state takes on much meaning. How wonderful and fruitful if a couple can develop together this openness and hook up. Every word, every gesture, every thought can be taken at its full value, without question. How loving, how close, how free, how trusting people can be, who have come together in this perfect state of peace. May these words I write stimulate in you a desire to experience at deeper levels of consciousness through Mentastics and through Psychophysical Integration.



Milton Trager, M.D.
Founder

Photo: Courtesy of Duncan Bennett

ABOUT BACKS

At a recent training, Milton talked about backs:

"Drop the word "bad" backs. I prefer to refer to them as "problem" backs. Once you have had real trouble, you have a "problem" back. It can give you trouble for the least little cause. That is not something that you can just go in and "fix". No. In our work, we get that "problem" back into the feeling of perfect condition and position...one where the person feels the back as it was meant to be before the "trouble". It feels *right* again. So the manner in which we get them off the table and up on their feet - up on that sky-hook, Betty calls it - is really important. We must get them up there with the same, wonderful feeling they had on the table...the feeling of a back that is free and right, and Mentastics will help them keep it that way. You are to teach your people Mentastics...to walk with a light kick and that little jiggle up in the lower back so it can't set up again. Once a problem back/always a problem back, but you can learn to live with it and manage it without trouble. Mentastics, lightness, consciousness...there's the key." Betty adds, "Since my hospitalization 2½ years ago, I've followed Milt's advice and I now use my *mind* to carry my back".

1981 COURSE SCHEDULE

BEGINNING TRAININGS:

Northern California

January 24-April 4 Berkeley Gail Stewart \$400
Non residential
CONTACT: Gail Stewart, 15 Alvarado Rd., Berkeley, CA 94705, (415)841-6500

February 1-6 Los Gatos Carol Campbell \$400
Residential: 6-day intensive** Sheila Merle Johnson
CONTACT: Getting In Touch, Box 1225, Los Gatos, CA 95030 (408)353-1138

February 12-16 Sonoma Betty Fuller *\$500
Residential: 5-day intensive
CONTACT: The Trager Institute, 110 Tiburon Blvd., Suite 5, Mill Valley, CA 94941, (415)383-7074

February 17-March 28 Santa Cruz Carol Campbell \$400
Non-residential: Tues. & Thurs. eves., 6-10 p.m. & last Saturday, 10 a.m.-5 p.m.
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, (408)429-8216

February 20-23 & 27 San Francisco Sheila Merle Johnson \$400
Non-residential: Friday-Monday, 9 a.m.-6 p.m. & Friday, 9 a.m.-10 p.m.**
CONTACT: Holistic Life Institute, 1627 10th Ave., San Francisco, CA 94122, (415)665-3200, 664-4900

May 10-15 Lake Tahoe Sheila Merle Johnson \$450
Residential: 6-day intensive
CONTACT: Sheila Merle Johnson, 85 Cypress Pl., Sausalito, CA 94965, (415)652-5506 or 332-7559

June 7-12 Los Gatos Carol Campbell \$400
Residential: 6-day intensive** Sheila Merle Johnson
CONTACT: Getting in Touch (see above)

June 24-29 California Sierra Foothills Betty Fuller *\$450
Residential: 6-day intensive
CONTACT: Osha Reader, c/o Origin, Star Route, Satley, CA 96124, (916)862-1225

July 10-13 & 17 San Francisco Sheila Merle Johnson \$400
Non-residential: Friday-Monday, 9 a.m.-6 p.m. & Friday, 9 a.m.-10 p.m.**
CONTACT: Holistic Life Institute (see above)

July 19-24 Los Gatos Carol Campbell \$450
Residential: 6-day intensive** Sheila Merle Johnson
CONTACT: Getting In Touch (see above)

August 30-September 4 Los Gatos Carol Campbell \$450
Residential 6-day intensive** Sheila Merle Johnson
CONTACT: Getting In Touch (see above)

Southern California

February 6-8, 13-15 San Diego Cathy Guadagno \$450
Residential: Two three-day weekends
CONTACT: Cathy Guadagno, Box 901, Del Mar CA 92014, (714)481-6215

February 20-22, 27-March 1 Los Angeles Betty Fuller \$400
Non-residential: Two three-day weekends
CONTACT: Gary Brownlee, 3600 McLaughlin Ave., L.A., CA 90066, (213)397-0783

April 10-12, 17-19 San Diego Cathy Guadagno \$450
Residential: Two three-day weekends
CONTACT: Cathy Guadagno (see above)

United States

January 28 - February 1 Hawaii Betty Fuller \$450
Non-residential: 5-day intensive
CONTACT: Karen Walton c/o Rice, 6630 Kalopa St., Honolulu, HI 96825, (808)395-5833

February 4-8 Virginia Betty Fuller *\$500
Non-residential: 5-day intensive
CONTACT: Jerry Teplitz, 122 The Maine, Williamsburg, VA 23185, (804)220-3378

March 10-15 Dallas, Texas Betty Fuller *\$500
Non-residential: 6-day intensive
CONTACT: Lynette Brannon or Barbara HewittChapin, 3803 Seedway, Austin, TX 78751, (512)453-8994 or 454-9768

March 18-22 Portland, Oregon Betty Fuller *\$450
Non-residential: 5-day intensive
CONTACT: Bob Braun, 3574 N.E. Stanton, Portland, OR 97212, (503)281-9828 or 249-8140

April 5-9 Chicago, Illinois Betty Fuller *\$500
Non-residential: 5-day intensive
CONTACT: Jim Hackett, c/o Body Mind Center, 2920 No. Lincoln, Chicago, IL 60657, (312)935-8228

April 13-17 New York City Betty Fuller *\$500
Non-residential: 5-day intensive
CONTACT: The Trager Institute (see above).

Europe

April 27-May 1 Paris, France Sheila Merle Johnson
Residential: 5-day intensive
CONTACT: Docteur Michel MEIGNANT, 1, rue de l'Etang, 78430 Louveciennes, FRANCE, Tel: 918 33 25 or 45 93

NOTE: The following trainings are open **only** to 1981 members of the Trager Institute:

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.

February 21 Santa Cruz Carol Campbell
CONTACT: Carol Campbell (see above)

February 26 Los Angeles Betty Fuller
CONTACT: Gary Brownlee (see above)

April 17 Bay Area Sheila Merle Johnson
CONTACT: Sheila Merle Johnson, 85 Cypress Place, Sausalito, CA 94965, (415)652-5506 or 332-7559

INTERMEDIATE TRAININGS:

Qualifications for enrollment in intermediate trainings: Completed beginning training, membership in the Institute, and Trainee Status (completed 30 free Trager sessions).

Hawaii

January 16-18 (Full) Milton Trager, M.D. \$320
Non-residential: 3-day intensive
CONTACT: The Trager Institute (see above)

March 13-15 (Full) Milton Trager, M.D. \$320
Non-residential: 3-day intensive
CONTACT: The Trager Institute (see above)

July 3-5 (Tentative) Milton Trager, M.D. \$320
Non-residential: 3-day intensive
CONTACT: The Trager Institute (see above)

INTERMEDIATE TRAININGS (continued)

Southern California

- January 23-25** **San Diego** **Betty Fuller** \$300
Non-residential: 3-day intensive
CONTACT: Cathy Guadagno (see above)
- May 1-3** **San Diego** **Milton Trager, M.D.** \$350
Non-residential: 3-day intensive
CONTACT: Cathy Guadagno (see above)
- May 8-10** **San Diego** **Milton Trager, M.D.** \$350
Non-residential: 3-day intensive
CONTACT: Cathy Guadagno (see above)

Northern California

- May 22-24** **Los Gatos** **Milton Trager, M.D.** \$300
Residential: 3-day intensive
CONTACT: Getting In Touch (see above)
- May 26-28** **Los Gatos** **Milton Trager, M.D.** \$300
(see directly above)

Europe

- May 4-6** **Paris, France** **Sheila Merle Johnson**
Residential: 3-day intensive
CONTACT: Docteur Michel Meignant (see above)

INTERMEDIATE LEVEL II TRAINING:

For trainees and practitioners who have taken at least two prior intermediate trainings. Limited to 12 people.

- May 30-31** **San Francisco** **Milton Trager, M.D.** \$200
Non-residential: Saturday & Sunday, 10 a.m.-5 p.m.
CONTACT: The Trager Institute (see above)

ADVANCED TRAINING:

- May 14-18 or 19** **Bay Area** **Milton Trager, M.D.** \$700
Non-residential
CONTACT: The Trager Institute (see above)
Limited to 6 participants. Includes a full session from Milton and a clinical practicum. Qualifications: at least two intermediates and Practitioner status. Send \$100 deposit to Institute. Participants will be selected from applicants and deposit becomes non-refundable upon acceptance into training.

PLAYDAYS WITH MILTON:

Open *only* to Institute members, both professional and non-professional.

- April 29, daytime** **Los Angeles** **Milton Trager, M.D.** \$30
CONTACT: Gary Brownlee (see above)
- May 7** **San Diego** **Milton Trager, M.D.** \$35
10 a.m.-5 p.m., includes lunch
CONTACT: Cathy Guadagno (see above)
- May 29** **Los Gatos** **Milton Trager, M.D.** \$30
9:30 a.m.-1:30 p.m.; fee includes lunch
CONTACT: Getting In Touch (see above)

PUBLIC DEMONSTRATIONS:

- April 29, evening** **Los Angeles** **Milton Trager, M.D.**
CONTACT: Gary Brownlee (see above)
- May 12 or 13 (Tentative)** **San Francisco** **Milton Trager, M.D.**
CONTACT: The Trager Institute (see above)

* = These training fees reduced for advanced paid enrollment.

** = Continuing education credit for nurses available.

Training fees vary depending on sponsoring center and accommodations.

LIFE IS A CIRCLE

THIRD GENERATION TRAGEROIDS:

Milton and Emily often refer to all of us as their grown up children. And, of course, anything can happen when the children play! In 1980 the Tragers were presented with their first Trager grandchildren. Both were Tragered in utero and have been happily wiggling and jiggling ever since.

On May 28, Jessamyn Eliza McMurray Keen appeared on the scene. Her Daddy Sam, Mommy Jan, and Big Sister, Lael are all Trager trained so it will come as no great surprise to have Jess show up in class before long. Milt and Emily got to cuddle Jess in October. She looks just like Buddha.

September 16 was the birthdate of Jonas David Waters Levy. Mommy Danae, trained at Getting in Touch. She and Daddy Larry, drove from Wisconsin to Minnesota for a welcome wiggle and visit with Betty while she was doing the first Minneapolis training. (The Keens frequently work there - Small World!)

Congratulations to all of you from all your Trager aunts and uncles. Welcome to The Family, Kids!

BON VOYAGE DEAR FRIEND

At noon on Independence Day, Gregory Bateson declared his personal independence from this life and moved on to the next. Gregory was a very special friend of Trager and of Milt and Emily. They met when Milt first worked on Lois Bateson after a fall. Lois subsequently trained with Betty and Gail at Esalen and has done a number of Intermediates with Milton. At their last meeting, Gregory volunteered to be the subject at a demo Milt did at Esalen for physicians and others who were attending a conference on stress. The two had a wonderful time as did the audience of a hundred or so - and when all 6'4 or 5" of Gregory arose from the table, he looked down and declared, "Why Dr. Trager, you've grown shorter!" The demo was audio taped and the Tragers have often enjoyed the replay of that wonderful moment. We are blessed to have Lois in our Trager Family and we send our heartfelt love and appreciation to her and to their daughter, Nora. Goodby, Gregory, we love you.

EXTRA GOODIES

HOOK—UP IS GETTING AROUND

This article appeared in the Sept. 8, 1980 issue of LEADING EDGE, A Bulletin of Social Transformation.

The Spirit of Health

"Nearly 70 per cent of health educators polled recently said that the study of the 'spiritual' dimension of health should be included in professional preparation programs.

The survey sought the opinions of health education experts, both active and retired, and doctoral candidates from 23 universities.

The spiritual dimension was defined as a unifying force within an individual that gives meaning to life and provides a common bond. There was consensus that it integrates all other dimensions (physical, mental, emotional, social) and therefore plays a vital role in determining well-being.

Rebecca Banks of University of Minnesota, Duluth, who conducted the survey, reported her findings in the Journal of School Health 50/4: 195-202" (Used by permission of Interface Press, Los Angeles).

PUBLIC RELATIONS

Milton is available for interviews, radio and TV appearances and public demonstrations to support all of us in our work and to inform the public. If you have contacts with media, and want a demo, can suggest ways to get the word out, please contact the Institute. We will follow up all leads and work out schedules for Milton at his convenience, as well as for other Instructors.

VISITING MILT & EM

Milton and Emily enjoy hearing from Trager folk who visit Hawaii. Please write them in advance of your visit and call them on your arrival. If you want a session from Milton, it must be arranged ahead of time.

INSTITUTE NEWS

1981 MEMBERSHIP

The last page of your 1980 Member Roster is the 1981 Membership form. Please complete it neatly and return it with your check as soon as possible. Only professional members in good standing may use the Trager logo and servicemarks (which include the name Trager).

You'll notice there is a new dues structure for 1981, one which reflects the increased needs and services of the Institute. The Trainee Candidate and Trainee dues are now \$30 per calendar year. If you upgrade to Practitioner status in the middle of the year, send an additional \$10 dues with your certification packet. Practitioner dues are \$40 plus a one time only certificate fee of \$10.

SERVICE MARKS

Service marks are a form of copyright. Their purpose is to preserve the integrity of Trager Work and to provide a basis for quality control. Our service marks include the following: Trager Psychophysical Integration, Mentastics, Trager, Tragering, The Trager Approach. These are Milton's gift to The Institute. ONLY The Institute may confer use of these service marks which are reserved only for members and only for appropriate business use (cards, stationery, etc.). Please inform The Institute of unauthorized or inappropriate use of these service marks.

LOGO

The logo, "Cloud" or "Dancing Cloud", calligraphy by Al Chung-liang Huang, is his gift to The Trager Institute. Al holds the copyright. Your use of the logo is based on your current membership and must be appropriate. It may not be used to decorate personal stationery, etc., nor may it be used on items for sale unless authorized in writing by The Institute. Please send one copy of everything you print relative to Trager, the service marks and logo to the Institute to be filed. Call Betty if you have any questions about any of this.

ADVERTISING

During 1980, the Institute did some national advertising -- in New Realities, the New Age Journal, the East-West Journal, etc. In fact, one student came from Holland, by boat and thumb, to Getting In Touch for a beginning training, drawn solely by the ad in New Age Journal! Our next big project is a full-page ad in the Body Work Resource Directory, which is about to be published by Unity Press in Santa Cruz for distribution to colleges, schools, libraries and bookstores. Keep your eye out for it.

BROCHURE

I know. This is the "you've heard it before" department, but it's true. The copy has been creatively synthesized by all of the Instructors, it has been typeset, and only has minor corrections before going to the printer. You should get a copy in early February along with an order form to get more, if you wish, directly from the printer at cost. There is space on the cover to staple your own business card.

HELP!

The Institute desires and would welcome your assistance with projects, some concrete, here/now, some exploratory....

Clerical: we need someone to take over the processing of Practitioner certification packets--about 2 hours a week.

Research:

- a) We are looking for a new headquarters. We need office space in a central area of Marin, near Highway 101. We are also looking for good rental locations in which to conduct trainings, play days with Milt and review days in Sonoma, Marin, San Francisco, the East Bay and the Peninsula. Please let Don know of any such locations. If we could find workshop AND office space under one roof, that would be a dream come true! Please let us know!
- b) We want to expand our effectiveness in the world and want people who would look into grants, gifts and donations; state approval of our courses, continuing education credit for nurses and doctors; schools that would offer the Trager courses for credit (like Antioch); etc.

ROSTER

The 1980 Member Roster was mailed to you in December. Several have already been returned to us. Following is a list of "lost" Trager people for whom we have no addresses or forwarding. Please help us locate these "missing persons":

TRAGER PEOPLE — LOST

LAUREL ADAMS
KATHY AMIRREZVANI
PAT BRODERICK
NANCY CARR
ELLIS CLINE
KEVIN COUGHLIN
CHERYL DE CAIN
PAULA GRAY
ANDREW JACOBS
WALTER JAROS
PAUL KESSMAN
CARO LONG
STEVEN MANN
SUSAN MATTHEWS
DANETTE MUIRINE
HERB OLIVER

PATRICIA PINTER
RAFIEL
MARK REESE
JANET REID
VANZA RISING
LOUIE SMART
BEN STREAM
TIM SULLIVAN
CATHERINE TESTA
BERNARD TETREAU
EVELYN TURNER
JEANNIE WETZEL
CYRUS YOKUM
APTA GOOD
JAMES FRANCES MOSSMAN
MA GARIMO

The 1981 Member Roster up-date will be distributed after the first quarter and we want ALL 1980 members to be included, so join right away and send your completed form from the Roster, as the up-date is already in process. 1981 Dues must be received by February 28, or we will move you to the inactive file and drop you from the Rosters and mailing list.

THANK YOU!

To Don Schwarz, the "glue" of the Trager Institute. He is reworking the files and preparing the next roster update. Also congratulations on the member Roster 1980. It is beautiful! Several people have been dropping in to assist. It's been great to spend time with Tom Frankenberg, Karen Walton, David Sandler and Lora Thorne-Smith. Do call Don and arrange a time to help.

DAVID AND GOLIATH

John Adams of Sacramento has been involved in an extended battle with the phone company to get Trager listed in the Yellow Pages. To that end, he needs any and all advertising he can get from practicing Trager professionals -- business cards, flyers, etc. Please send them to John, Box 2914, Sacramento 95812.

OUR "TRUSTEES" AND "ADVISORS"

As a non-profit, public benefit corporation, we have a three-person Board of Directors, two of whom must not be professionally involved with Trager. The Board holds the organization in trust, monitors our activities and "asks penetrating questions" to force us to think through our actions. The Board is made up of Betty Fuller, the Executive Director; Elizabeth Berryhill, founder of the Festival Theater - Straw Hat Revue, prize winning playwright, poet; and Frank Evans, Pastor, Tiburon Congregational Community Church, marathon bicyclist, est graduate, supporter of new age explorations.

We are also building an Advisory Board. It is currently small, but growing. So far it consists of Al Chung-liang Huang, founder, Living Tao Foundation and Tai Chi master, and Michael Stulberg, M.D., teacher and practitioner of pulmonary medicine, U.C. Medical Center, San Francisco. We are looking for other members for the Advisory Board -- people who can advise us on matters pertinent to the Institute and to the Trager Approach and who can serve as helpful links in the expansion of Trager work. If you have any suggestions, please pass them on.

TAX EXEMPTION

The Trager Institute for Psychophysical Integration and Mentastics is a California non-profit public benefit corporation as of April, 1980. We have filed for tax-exempt status and the decision is pending. Once our exempt status is established, it is retroactive to our founding. You will be notified as soon as we know.

BUDGET

Don Schwartz has prepared this budget statement so you can see where your money went in 1980. The \$527.13 "surplus" is held in reserve to help print and mail this newsletter.

Income:	
Membership Dues	\$8,112.56
Instructor Contributions	2,209.05
Demos	707.00
TOTAL	\$11,028.61
Expenses:	
Legal	\$250.00
Professional Services	4,830.55
advertising	1,039.90
Printing	1,802.40
Art/Graphics	192.70
Postage	690.78
Office Supplies	516.75
Telephone/Answer service	421.30
Rentals	585.00
Misc.	172.10
TOTAL	\$10,501.48

FRIENDS OF TRAGER

Several of your clients have written us asking to join The Trager Institute as Friends of Trager. They simply love the work and want to express their support and appreciation in this way. They'll receive the newsletters, rosters, party invitations and may use the service marks and logo if and when they complete a training. The new brochure contains a membership form which they can use to join in the future. Friends and clients who are members of the Institute as Friends of Trager for 1981 are eligible to enroll in Milton's Mentastics Workshops this spring. (See schedule.) This is a wonderful and inexpensive way to share Tragering and Milton with your friends.

A LEGAL NOTE:

January 15, 1981

Dear Betty:

As you requested this letter represents a statement which describes the relationship between members of the Institute and the use of the service mark. Initially all rights to the use of the words, "Trager Psychophysical Integration and Mentastics" were the property of Dr. Trager. Without Dr. Trager's permission no one was permitted to use those words in describing services that they render. When the Institute formed Dr. Trager assigned all rights that he had to the service mark to The Trager Institute. The Institute then has all rights to the use of the words in connection with the services rendered and has set up a membership arrangement whereby members are permitted to use the mark on an annual basis provided that they pay the annual membership fee and provided that in the Institute's judgment they continue to act as responsible Trager practitioners. Without the express permission of the Institute any use of any part of the service mark could result in an immediate restraining order from the court preventing any individual from using the mark and assessing damages for any unauthorized use. I hope that this is sufficiently clear to explain the position of the Institute and the use of the mark in relationship to the members. If you have any further questions please do not hesitate to contact me.

Yours very truly,

Gary J. Friedman, Atty.

GJF/cs

LOST TABLE

The person who borrowed a table from Betty Fuller last fall, please call her at 435-4492 or 383-7074. Urgent. It was one of you who were at Getting In Touch during Milt's Intermediate Training.

NEWS FROM THE INSTRUCTORS

CATHY QUADAGNO, New Trager Instructor

In October, Milton announced that Cathy Guadagno was our next Trager Instructor. Cathy trained with Betty and Sheila Merle at Esalen in July of 1979 and returned to San Diego jumping with enthusiasm and excitement. She attended an Intermediate with Milt at Getting In Touch in September and returned the next weekend for "seconds". She organized a training for him to do in October in the San Diego area at which she assisted, and promptly organized an Intermediate in Hawaii for the winter of 1980. Cathy asked Milton what she needed to do to *really* get his work and do it well. Here is what she reported to Betty.

"Milt said two things: Stop teaching Swedish Massage and do and teach Mentastics! (Gulp!) It was really scary because it was my income, but I said to myself, "Well, Milton certainly knows this work and he knows what it takes. So I did what he said and I've never regretted it. I just love this work!" In the early spring of 1980, Cathy located a perfect place for a Trager Center on the coast at Del Mar. She and a group of Trager graduates undertook the project, created a membership community, installed two (2) hot tubs and filled the area with love and light. Cathy has assisted and co-taught with Betty and Gail Stewart. She'll "solo" this winter after working with Milton in Hawaii.

Cathy has a B.S. in Health and Physical Education, B.S. in Special Education and an M.E.D. in Counseling and Social Work. She is also a certified Massage Therapist and licensed Therapist. She used to teach Swedish Massage at the Mueller School in San Diego and still teaches anatomy and Trager related courses there and other places. She always has a boogie board in her car and puts in her fair share of time soaking up rays and riding the waves. Cathy is a singer and composer accompanying herself on guitar. She is presently working with a professional music "practicepod" and is gearing up to go for it! In addition to running a Center, teaching, singing, sunning and surfing, Cathy has an active private practice in Trager and counseling. Congratulations, Cathy. We love you.

TRAGER MASTERS

Betty taught our first college-credit Trager course through the Center For Holistic Studies of Antioch University in San Francisco. Betty resigned her position there as Associate Director 2 years ago to work full-time for Trager, so it was a happy home-coming. Ten students who are enrolled in the Center's Master's Degree program completed the training which included the writing of a final exam! It was a provocative and rewarding experience for all involved. The following Trager folk assisted on a full-time basis: Sage Madrone, Philip Holsworth, Martha Lovette and Linda Edwards. They were joined by Robert Morocco, Martha Winneker, Morgan Henderson and Thaddea Pojanowski part time. In addition to the full-time assistants, these "golden oldies" showed up to do exchanges as the experiential final for graduation! Larry Cook, Gail Dailey, Emma Kruk, Jerry Neuman, Don Schwartz and Veronica Weeks. Student's evaluations have been very positive and Will Schutz, Director of The Center, (also Trager trained!) indicated to Betty that the students recommend the course be offered again.

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



The next issue of the Trager Family News will be published April, 1981. Send copy to: Carol Campbell, 502 Poplar, Santa Cruz, CA 95062.



©The Trager Institute

No portion of this newsletter may be duplicated or reproduced in any manner whatsoever without the express written permission of the Trager Institute.

PLEASE FORWARD

FIRST CLASS



THE TRAGER INSTITUTE
110 Tiburon Blvd., Suite 3
Mill Valley, CA 94941
(415) 383-7074



TRAINING NOTES

HAWAII INTERMEDIATES

Milton and Emily want to have 2 or 3 Intermediate Trainings in Hawaii each winter and perhaps 1 in mid-summer. Each training is limited to 8 persons, all of whom have had Intermediate work with him here on the mainland. The fee is \$320.00. They will assist you to find places to stay and all reservations and other logistical arrangements will be handled by the Institute. When this is mentioned at the at the fall '80 Intermediates at GIT, both projected '81 winter trainings were filled at once and deposits made! In the future, reservations will be accepted *only* after the announcement has appeared in the newsletter so that all of you have an equal opportunity to enroll on a first-come, first served basis. There is a possibility of a July class. If you are interested, send us your deposit soon. All these trainings must be paid for **in full** one month before the first day of class.

VISITING TRAININGS

Many people want to visit Trager trainings, especially when Milt is teaching. Drop-in visitors are not allowed. Only the students enrolled, Instructors, assistants and logistics personnel may be present. Exceptions can be made, but only by advance arrangement. Visitors must be cleared ahead of their projected visit with the Instructor, sponsoring center, and members of the class. Thank you for helping us maintain the integrity of the training space.

TEACHING CONSULTATIONS

Remember, a valuable teaching aid is available to you in the form of teaching consultations with the Instructors. They happen in two forms: one in which you work on someone under the Instructor's personal guidance and one in which you work directly on the Instructor for feedback. There is a charge for these sessions (unless it is a Practitioner assessment session). The charges vary. This can be an enriching learning experience for you at any level of your practice.

There is a way of being
which is lighter
which is freer,
A way in which work
as well as play
becomes a dance
And living, a song.
We can learn
this way.

**TRAGER
PSYCHOPHYSICAL
INTEGRATIONsm**

**And
MENTASTICSsm**