



# TRAGER FAMILY NEWS

Membership Newsletter of the Trager Institute

May, 1981

Vol. IV No. 2

## FIRST INTERNATIONAL TRAGER CONFERENCE

The time has come to pre-register for the first annual International Trager Conference, to be held Friday, September 4 to Sunday, September 6, 1981. And here's what you need to know to do it:

The conference has been conceived to get as many of us together as possible for fun, education, inspiration and cooperative planning. We couldn't have a more beautiful setting for it all — September brings Monterey Bay's Indian summer, the sunniest, mildest time of the year. The accommodations already reserved for the first 90 registrants are the newest and most luxurious at Asilomar; lodges with gracious comfortable living rooms and spacious, tasteful bedrooms. (I visited them last month — they're beautiful!) Each room has two double beds, a walk-in closet, and private bathroom.

Our check-in time is 3 PM Friday of Labor Day weekend. The conference officially ends at noon on Sunday. Those who want to stay through Labor day may call the Asilomar office the second week in August to make private arrangements.

Asilomar itself is a breathtakingly beautiful state park at the edge of the Pacific Ocean in Pacific Grove, California. Deer browse among the pines and ferns on the conference grounds; and across the dunes are beaches, tidepools, and basking seals. Bicycling and hiking is easy and scenic on the grounds and along the shore road as well.

The conference will be a co-operative venture, in which all possible services — teaching, workshop leadership, committee work and office services — are volunteered by members; and every conferee is a volunteer. (Maybe even a dance band will trade for Tragerings by our members — why not?)

For the conference expenses we have budgeted \$35 per person above what we expect to pay Asilomar for room, six meals and catering extras (premium meals, snacks, and at least one meal in a private dining room.) Our conference budget will cover the following estimated expenses: opening reception, Saturday night party, dance band, room and board for Milton, Emily and Betty, conference badges and decor, printing of conference materials, duplicating and mailing of information to registrants, and perhaps other program expenses, depending on your suggestions (see pre-registration form.) The total cost for the weekend will be \$120/person.

The first 92 people to return the enclosed registration form will be guaranteed luxury (double) accommodations. We need everyone's returned forms by May 25 in order to form committees and begin work on the conference program. The \$25.00 deposit required with pre-registration is fully refundable until June 25, at which time the balance of the conference cost is due. (June 30 we must give Asilomar a close estimate of our final number of conferees.)

The registration committee will send detailed information about plans (including what to bring, workshop titles, directions to Asilomar and other practicalities) in July. Meanwhile, in May or June, you will hear from a committee chair (or become one!) in response to your offers of help. Below is a description of the preliminary planning structure, to help you choose how you want to serve at the conference (additions and ideas for changes welcomed.)

**Co-ordinating Committee:** Handles meeting room needs, meal arrangements, catering and other business with Asilomar on behalf of

the various committees, and coordinates the budget. San Francisco Bay area residents requested for this committee and registration committee.

**Registration Committee:** Handles mail responses from and to members, processes registration forms, takes money, makes room assignments, keeps records and gives the 60-day and 30-day counts, vegetarian and day-use counts required by Asilomar. Also sends information on registrants to carpool committees.

**Editorial Committee:** Compiles, edits and prints an attractive collection of the articles, quotations and other material published so far by and about Dr. Trager, Tragering and mentastics, to be distributed to members of conference. Also collects and arranges all other written materials provided to conferees.

**Program Committee:** Assesses interest in workshops (see pre-registration form) and arranges for volunteer instructors; furnishes registration committee (by June 25) with titles and description of workshops for publication to conferees; and notifies coordinating committee of room and equipment requirements by July 25.

**Entertainment Committee:** Handles details for — and hosts — Saturday night party; includes arranging for band and entertainment, and decoration; relays requirements for room, amplification equipment, audio-visual equipment, bar setups, food and drink to coordinating committee prior to July 28. (Conferees may bring alcoholic beverages to party; we may serve food and drink at all functions. Neither food nor drink are permitted in bedrooms, however.)

**Demonstration Committee:** Handles local radio, newspaper and poster announcements in Monterey area for a public demonstration by Milton; furnishes information about room requirements and equipment to coordinating committee; sets up the room for the demonstration, and receives the public on behalf of the conference.

**Carpool Committees:** Arrange transportation and/or carpools to Asilomar from different locations. Furnish transportation information to people in their areas; in cases of large groups of travellers, perhaps arrange for charter buses.

**Hospitality Committee:** Designs and makes badges, dining room table cards, and decor for reception and banquet. Produces welcoming reception (set up, food and drink, background music, etc.). Furnishes personal hosting to Milton and Emily Trager. Provides personal trouble-shooting for conferees (from bandaids to . . .). Facilitates Friday's check-in to Asilomar.

**Childcare Co-op:** If a number of members bring children needing childcare, this committee will form a co-op among parents to take turns watching and taking kids on outings to beach, pool, nature hikes with park ranger, etc. Provides advance planning (through co-ordinating committee) with Asilomar for tours and use of pool.

**Family Store:** Coordinates and handles a small display and sale of things like t-shirts, candied seaweed or any other necessities or unnecessaries we think ought to be available to conferees.

**etc.:** I've had helpful planning suggestions from several people so far (thank you all), and I know there's got to be something we've forgotten. So please go on to page 5 (the pre-registration form) and tell me what it is! Thanks.

Gail Stewart  
Volunteer Co-ordinator

## TRAGER INSPIRATION: The Trainees Speak!

Dear Carol:

As a prelude to the documentation of my first 30 sessions of Trager work (yeah!), I would like to share with you some of the insights and changes I have experienced in relation to myself and to the work. It's been quite a time!

I have been in the process of so many personal changes and have been feeling such expansion since I began studying Trager and working with people. It has been a vehicle for me to begin to really open up to my higher self and to trust that it is there for me. I have had glimpses at these times of who we really are and now have the opportunity to share from this place and so to open people up to who they really are — and that is very beautiful.

I feel my heart opening up and am much more loving of myself and so of others. I have seen there is nothing to 'do', but just 'be.' Doing mentastics every day keeps me moving in the direction of this openness, ease and flow, and so the experience deepens and becomes 'me' more of the time with each day.

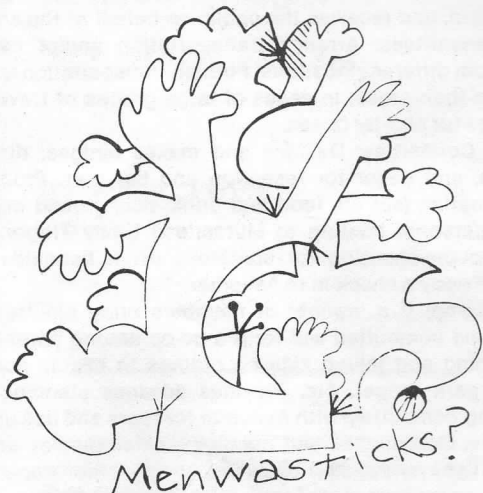
During these 30 sessions, I have been gaining a deeper experience of the work itself as well as of myself. I would like to share with you a reading from the *I Ching* which I received on the nature of Trager work. It is hexagram 59: Dispersion. Here are several images which were so meaningful to me: "When a man's vital energy is dammed up within him, gentleness serves to break up and dissolve the blockage (as wind blowing over water dissolves it into foam and mist." "As is winter water freezes and divides into ice floes, the gentle warm breezes of spring dissolve rigidity and re-untie the elements (creating wholeness and unity)."

As my experience of hook-up deepens, I see we are one and that all is possible. And that it is about light and expansion. And that the body is an expression of the soul and to experience fully its sensations and pleasures is to open up to the soul within you. And, finally, I have awakened to the use of perception (experiencing all that is) and to imagination (creating what is not yet).

Equally as exciting as these experiences and glimmers of knowing, is my evolving relationship with people. I am more and more allowing the love, union, sharing and trust to flow out from my being to the world around me. And I have gained a deep respect on a soul level and a physical level for people, both in their god-likeness and their human-ness.

Thank you for the opportunity to see and experience. And thank you, Milton, for creating this path.

Marsha Handel



Marsha Handel trained with Carol in Santa Cruz in the fall of 1980.

"Mentastics I love! I knew something had happened when a client who had never seen them before started spontaneously doing a whole series of mentastics after a session!"

Journal excerpt by Val Leoffler, drawing by Susan Sapienza, students in Carol's fall, 1980, Santa Cruz class.



"Did I raise his awareness or did he raise mine? Or did we raise each others? There seems to be no separation between me and the person on the table. For a moment we are one. It's like nothing I know of. Tragering is unique unto itself, beyond any 'earthly' experience. And when we're through, we're both just a little closer to where we want to be."

Drawing and journal excerpt from Susan Sapienza who trained with Carol in the fall of 1980 in Santa Cruz.

The following is one student's growing and changing experience of hook-up during her 30 training sessions. Marky Stein trained with Carol in Santa Cruz in the fall of 1980.

"... The emotional hook-up was important. I feel a deep caring for her, and it must have come through. She felt the 'deliciousness of being nurtured' ... Although her tension was gone and she felt and looked 'relaxed', I didn't feel I'd really shared a 'hook-up' experience. I think it was because I was overly concerned with her back. How can I do anything if I, too, buy into the problem? ... Can I be calm? There are a zillion things for her to do before she gets on the table. Finally she's on her back. Hook-up, hook-up, where is it? For some reason I feel slightly self conscious, then it gets more comfortable and I begin ... I did not find hook-up at all. I felt sort of mechanical. I looked for reasons why. Hook-up is always there; sometimes the obstacles just seem to prevent my feeling it. ... She was so thoroughly in hook-up she said she felt like she had 'left her body and was mingling with the ethers.' I felt like I was Tragering myself ... This work is inseparable from my life. I feel a need to take care of myself and get centered before doing anymore ... During this period I took time to get more centered in myself and more clear about my goals in this work. I realized the importance of coming to the session in hook-up and not relying on the technique to plug me into hook-up ... When I asked her what she wanted for this session, she replied that she really wanted to feel my energy. I looked for the hook-up space, and she said she felt from me a 'vast softness; and endless peace' that she had never felt before ... the lesson was 'stay with the tissue, stay with the motion, stay in hook-up' ... My mind is out of the way. I feel I touched her cell-to-cell and there is an implicit understanding that is beyond words ...

"... My sense of hook-up was extraordinary in this session. I don't know how to describe it except that I felt a blanket of love surrounding us. I felt so much love coming through me, I almost cried. Once in awhile I would hear her voice in my own mind saying to herself, 'I love my body ...'

# 1981 COURSE SCHEDULE

## BEGINNING TRAININGS:

**May 1-3 & 8-10** Santa Barbara, CA Betty Fuller \$400  
 Non-residential: double weekend  
 CONTACT: Suzan Moore, 7347 Aviano Ave., Goleta, CA 93017  
 805-969-3292

**June 4-7 & 11-13** Austin, Texas Betty Fuller \*\$500  
 Non-residential: double weekend  
 CONTACT: Lynette Brannon or Barbara Hewitt Chapin, 3803  
 Speedway, Austin, TX 78751 (512) 453-8994/454-9768

**June 7-12** Los Gatos Carol Campbell \$400  
 Residential: 6 day intensive\*\* Sheila Merle Johnson  
 CONTACT: Getting In Touch, P.O. Box 1225, Los Gatos, CA  
 95030 (408) 353-1138

**June 12-14 & 19-21** San Diego Cathy Guadagno \$450  
 Residential: double weekend  
 CONTACT: Cathy Guadagno, P. O. Box 901, Del Mar, CA 92014  
 (714) 481-6215

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

**June 26-28 & July 3-5** Honolulu Carol Campbell \*\$450  
 Non-residential: double weekend  
 CONTACT: Carol Campbell (see below) or  
 Karen Swanson, Box 23345, Honolulu 96822  
 (808) 941-8561

**June 27-29 & July 3-5** Washington, D.C. Area Gail Stewart \$400  
 Residential: double weekend  
 CONTACT: Lois Stewart, 4915 Lackawana St., College Park,  
 MD 20740 (301) 345-4783

**July 10-13 & 17** San Francisco Sheila Merle Johnson \$400  
 Non-residential: 5 day intensive  
 CONTACT: International School of Massage, 2872 Folsom,  
 San Francisco, CA 94110 (415) 285-5040

**July 26-31** Los Gatos Carol Campbell \$450  
 Residential: 6 day intensive\*\*  
 CONTACT: Getting In Touch (see above)

**August 7-9, 11 & 13** San Francisco Sheila Merle Johnson \$400  
 Non-residential: 5 day intensive\*\*  
 CONTACT: Holistic Life Institute, 1627 10th Ave., San  
 Francisco, CA 94122 (415) 665-3200/664-4900

**August 7-9 & 14-16** Santa Cruz Carol Campbell \$400  
 Non-residential: double weekend  
 CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA  
 95062 (408) 429-8216

**August 14-16 & 21-23** Mill Valley Betty Fuller \$400  
 Non-residential: double weekend  
 CONTACT: The Trager Institute, 300 Poplar Ave., Suite 5,  
 Mill Valley, CA 94941 (415) 388-2688

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

**September** Montreal, Quebec Gail Stewart \$400  
 Non-residential: 7 day intensive  
 CONTACT: Edward Fanaberia, 2105 Grey Avenue, Montreal,  
 Quebec, H4A 3N3, Canada (514) 487-0977

**October 4-11** Big Sur, California Betty Fuller TBA  
 Residential: 7 day intensive\*\*  
 CONTACT: Esalen Institute, Big Sur, CA 93920 (408) 667-2335

**Mid-October** Boston Area Betty Fuller \*\$500  
 CONTACT: Margaret Osika, 46 Wareham St., #2 Medford, MA  
 02155 (617) 395-8368

**October 25-31** Berkeley Gail Stewart \$400  
 Non-residential: 7 day intensive  
 CONTACT: Sage, Administrator, Gefion School, P. O. Box  
 9418, Berkeley, CA 94709 (415) 532-8859

**Oct. 31-Nov. 5** Kingston, Ontario Betty Fuller \*\$500  
 Residential: Residential fee extra  
 CONTACT: Amanda Hartsong, 92 Bagot St., Kingston,  
 Ontario, K7L 3E5 (613) 542-2000

## REVIEW DAYS:

### Review Day Reminder from Carol

In February, I held a Review Day in my home in Santa Cruz with 8 students. We had a great day together, especially with a long session of Mentastics outside in the sunshine. The problem is that up until 3 days before the class, there were only 2 people registered and I was ready to cancel. Last minute registrations made it possible to go ahead, but I would really encourage folks to register, or make your interest known, at least a week in advance. Review Days are worth it!

**May 5 and May 6** Los Angeles Betty Fuller \$30  
 Non-residential: Two separate review days limited to 10  
 persons each.

CONTACT: Gary Brownlee, 978 Indiana Ave., Venice, CA  
 90291 (213) 396-2552

**June 19** Marin County, CA Sheila Merle Johnson \$30  
 CONTACT: Sheila Merle Johnson, 85 Cypress Place, Sausalito,  
 CA 94965 (415) 332-7559

**July 18** Santa Cruz Carol Campbell \$30  
 CONTACT: Carol Campbell (see above)

## INTERMEDIATE TRAININGS:

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

**April 24-26** San Diego Dr. Milton Trager, M.D. \$350  
 Residential: Non-refundable deposit of \$100 required.  
 CONTACT: Cathy Guadagno (see above)

**May 1-3** San Diego Dr. Milton Trager, M.D. \$350  
 Residential: Non-refundable deposit of \$100 required.  
 CONTACT: Cathy Guadagno (see above)

**May 8-10** San Diego Dr. Milton Trager, M.D. \$350  
 Residential: Non-refundable deposit of \$100 required.  
 CONTACT: Cathy Guadagno (see above)

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

**July 3-5** Mill Valley Betty Fuller \$300  
 Non-residential: 3 day intensive (see description under Institute  
 News)

CONTACT: The Trager Institute (see above)

**July 7-9** Mill Valley Betty Fuller \$300  
 Non-residential: 3 day intensive (see description under Institute  
 News)

CONTACT: The Trager Institute (see above)

**September 7-9** Los Gatos Milton Trager, M.D. \$300  
 Residential: 3 day intensive  
 CONTACT: Getting In Touch (see above)

**September 11-13** Los Gatos Milton Trager, M.D. \$300  
 Residential: 3 day intensive  
 CONTACT: Getting In Touch (see above)

**November 6-8** Kingston, Ontario Betty Fuller \*\$350  
 Residential: Residential fee extra.  
 CONTACT: Amanda Hartsong, 92 Bagot St., Kingston,  
 Ontario K7L 3E5 (613) 542-2000

\* = These training fees reduced for advanced paid enrollment.

\*\* = Continuing education credit for nurses available.

Training fees vary depending on sponsoring center and accommodations.

## PLAYDAYS WITH MILTON:

Don't miss these wonderful opportunities to be with Milton. Play Days are open to all members of the Trager family regardless of level of training. Make your reservation now!

**May 7 10 a.m.-5 p.m.** San Diego \$35 (includes lunch)  
 CONTACT: Cathy Guadagno (see above)

**May 29 9:30 a.m.-1:30 p.m.** Los Gatos \$30 (includes lunch)

## PUBLIC DEMONSTRATIONS:

### SEE INSTITUTE NEWS FOR IMPORTANT INFORMATION

April 29	Los Angeles	\$5 Donation
CONTACT: Gary Brownlee (see above)		
May 6	San Diego	\$5 Donation
CONTACT: Cathy Guadagno (see above)		
May 18	Palo Alto	\$5 Donation
CONTACT: Mark Bauman, (415) 325-1866		
May 20	Santa Cruz	\$5 Donation
CONTACT: Carol Campbell (see above)		
June 1	San Francisco	\$5 Donation
CONTACT: The Trager Institute (see above)		

## INSTITUTE NEWS

### WE ARE TAX-EXEMPT!!!

The Trager Institute for Psychophysical Integration and Mentastics is a California non-profit public benefit corporation. Our application for tax-exempt status has been approved by the State of California AND the I.R.S. as of our founding, April 2, 1980. ALL gifts and donations of money or materials are deductible from State and Federal taxes. We have a 12-month "probationary" period in which to demonstrate that our services to the public justify this ruling. At least 50% of our income must come from the public. One of the first things all of us can do is to enroll all our clients, friends and family members as Friends of Trager for \$15. They receive the Newsletters, invitations to social functions, may participate in Mentastics Playdays. We can also enroll people in our other membership categories: Supporting, \$100.00, and Sustaining at \$500 annually and Life Members at \$1000. We have, in fact, already received gifts of \$900. Of course, ONLY professional members — graduates of Trager Trainings — may use the service marks. There are membership forms in each brochure.

In addition to supporting The Institute by your own membership and by enrolling your friends, we also want all of you with experience in grantpersonship to volunteer your expertise in *that* field. One of our highest priorities is to establish a scholarship fund to support our professional members in their continuing education, including Intermediate and Advanced Trainings. We also want funds to train special interest groups, to provide services for Seniors, and to design and conduct research. Our first concern, however, is to assist you, our members. Please help in every way you can so that we can demonstrate a broad base of public support for our work. Our thanks to Gary Friedman, our attorney, and to Betty Fuller for the wherewithall and ground work which resulted in our achieving tax exempt status!

### 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.

**Exciting news:** Our sm is in the process of becoming an ®!!

### PRACTITIONER CERTIFICATES

These beautiful certificates have been embossed with the 1981 seal, signed by Betty as Director of The Institute and mailed along with all sorts of instructions and labels in a re-usable protective envelope with a string clasp. Practitioners are asked to send the whole works along to Milton and Emily with a personal note summing up their experience of The Trager Approach, with postage and correctly addressed labels for the return trip. A snap shot or polaroid would be greatly appreciated as there are many of you whom Milton and Emily know only slightly. He will sign each certificate personally and mail it back.

As soon as we have a dozen or so members who have completed ALL steps on the Practitioner pathway, we'll send their certificates to our calligrapher and graphics artist, Maureen O'Lone, and then begin a new certificate round-robin facilitated by the office supply house and U.S. Post Office!

### NEW HOME FOR THE TRAGER INSTITUTE

The Trager Institute has just moved into its own office at 300 Poplar Ave., Suite 5, Mill Valley, CA 94941. Our new number is: 415-388-2688. This number is attached to a new 24 hour answering service. It enables us to be more responsive to incoming phone calls now. Please remember that calls returned to numbers outside the 415 area code will be returned collect.

We are all excited and gratified by our new office space. It is in a pleasant, quiet residential section of Mill Valley. There's plenty of room including an outside deck with plants! And, we have a stereo, too! With our new office and phone we are able to provide more and better service to our members as well as to the public. The move into the office is the culmination of our incorporation process which marks a new beginning for us as the organization which represents and serves the work of Dr. Milton Trager. If you have any indoor plants, office equipment or patio furniture which we may need, just give us a call. And, we can always use volunteers. The growth of Dr. Trager's work, and of the Institute is phenomenal. Volunteer work is very much needed at this time. Just give us a call.

Two people have made significant contributions to our office already. Fred Boeve assisted with our move. He turned what normally would be considered a chore into a breeze. Philip Holsworth has given us on a long-term loan basis a fine desk with a chair worthy of an executive suite. Thank you Fred and Philip. There are others, too, who have volunteered their time and work to the Institute. They are: Julie Andrews, Roseann Gould, Lora Thorne-Smith, Andrea Epstein, Grandin Worden, Bob Dean, and Barbara Jones. Thank you to all of you!

### KEEP THAT FEEDBACK COMING

A thoughtful letter recently arrived from Maura Kelsea, a Santa Cruz Tragerer, which raised some questions about the Institute and the training track. We feel that some of the concerns Maura expressed may be shared by others and we would like to extract and address the major issues here.

**TRAINING TRACK:** The training track, with its dues structure, requirement of ongoing membership in the Trager organization and provisions for some continuing education, was developed, essentially as it stands now, at an organizational meeting of 9 Trager workers in November 1979. It grew out of a grassroots desire for quality control and "family" services. There were no instructors involved in structuring the training track and the association. The plans were then presented to Milton and Betty and accepted as is. The steps from Trainee to Practitioner have not been changed since that time. There have been a few changes at the Trainee Candidate level, primarily in the requirement of more documentation and some form of assessment at the end of the practice period.

**DUES:** The graduated dues structure for Trainee and Practitioner was set up by that organizing committee, with the amounts set at \$12 and \$24, respectively, for 1979. This was predicated on the expectation of increased services for and greater earned income by the Practitioners. By 1980, it became clear that a) the existing dues structure could not cover the expenses of running an association and putting out a newsletter; b) there was not enough people power to produce the needed materials and services; and c) that services for Trainees and Practitioners were pretty equal. So dues for 1980 were leveled off at \$20 for all members and, since 1979 materials were so late in getting out, people were given until April, 1980 to pay. That gave some breathing space and time to delegate some of the tasks to the new instructors, the volunteer office manager (Don Schwartz) and the other assorted office volunteers, so that services began to be delivered on time.

In the last newsletter we published the budget for 1980. It showed a fairly balanced account of last year's finances and, unfortunately, offered no explanation of the raise in dues for 1981. What did not show on that statement were the additional costs (e.g. office rent, utilities, legal fees, office equipment) that were donated or paid for

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## INSTITUTE NEWS (continued)

by Betty. Circumstances have recently necessitated a move to official office space. It is both exciting for our development and economically stressful on our treasury. These additional costs, plus the increased cost of existing services and the desire to expand have led to the increase in dues. It takes money for an organization to live and grow and until other sources of income such as grants or donations are developed, member dues and instructor tithes to the Institute constitute the major support.

**DECISION MAKING:** Throughout the growth of Trager work, decisions have primarily been made in a spontaneous way by what Gail Stewart has termed the "active leadership" (i.e. designated leaders and leaders by virtue of speaking up and/or pitching in), with Milton having final approval. Only recently, with the inception of the Institute has this process been formalized and invested in the instructors. Now perhaps the time has come for the formalization of a members' council so that the richness of the input from others is not lost in the growth process.

The Institute would like to invite the formation of a group of members who meet regularly to help shape the path of Trager work in the world — giving feedback to the Instructors about the training track, organizing member support services, etc. In recent months the instructors have primarily been focusing on the legality and structure of the Institute. The time has come to expand, to get input from you and to put energy into the "family" aspect of this organization — the contact and services that would support Tragerers in the field. We have changed from a small, localized family to a wide-spread, extended group and we need new channels of input to make this work.

If you would like to be involved, please call or write the Institute soon.

## CONTINUING EDUCATION

We've mentioned continuing education before as a possible addition to the maintenance of practitioner status without clarifying the thought process behind it. We are concerned with setting up a continuing education program that meets the needs of the practitioners to stay in touch with new developments, to support their work, and to meet the need of the profession to maintain high standards in what we offer to the public. Some avenues already exist in the form of intermediate and advanced classes, as well as assisting in beginning trainings. Attendance at Review Days, Teaching Consultations, and even Play Days might be considered to some extent. We have also discussed scheduling free annual review day(s) for practitioners only. The fact remains that we need suggestions from you, the members, to come up with ideas for continuing education options. This seems to us to be an obvious function of a members' council. Let us hear from you!

## INTERMEDIATE CLASSES WITH BETTY FULLER

Betty's two Intermediates (see course schedule) are especially for Trainees who have completed all their Practitioner requirements but applied too late to get into any of Milton's Spring Intermediate Trainings here on the West Coast. Priority on registering will be given to such Members. However, any other qualified member may also enroll. Betty does a demonstration, reviews your work in trades and also teaches a number of ways to work with people who can't get on a table or lie on their fronts (pregnant women, for example). She developed some of these ways of working at the clinic in Holland and has checked them out with Milt. While the Practitioner Roster for distribution to the general public will have begun being assembled as of July 1, anyone enrolled who completes either of these Intermediates will be included. Space is limited.

## PUBLIC DEMONSTRATIONS

There are a number of demos set up for Milton on this trip. Their primary purpose is to generate interest in Trager work in the public at large, to stimulate interest in receiving sessions and in trainings. Since these events may well fill to overflow, especially in Santa Cruz and San Francisco where the facilities are somewhat limited, we request that Tragerers be willing to give up your seats to the public and use the standing room . . . and that you pass the word

along about the events to any you think interested. We all stand to benefit. (Pun intended.)

At the Santa Cruz and San Francisco events, the organizing committees would like to have available a list of currently practicing Trainees and Practitioners for the public to take. If you are interested in being included, please send or call in your name, address, phone(s) and status (Trainee or Practitioner) to the Institute for the Bay Area and to Carol Campbell for the Santa Cruz area right away.

Also, the committees for all the demos could use more assistance. Please call the Institute to find out who to contact in your area.

## U.C. MEDICAL CENTER DEMO

Through the generous efforts of Michael Stulberg, M.D., a member of our Advisory Board, Milton will be presenting his work to the medical staff of U.C. San Francisco this trip. If any of you work there and wish to attend or have friends who do, please contact Sheila Merle at 332-7559 to find out specifics.

## PLAYDAYS

For those of you who will not be in one of the longer workshops with Milton this spring, please come to one of the Playdays. It is a wonderful way to learn Mentastics from the Master teacher, and, since the public demos may be too crowded, a better way to "be with Milt and Emily".

## CLARIFICATION

The policy for all Trager trainings, including those taught by Dr. Trager, is NO GUESTS. The ONLY exceptions are for people who might be conducting interviews or filming. All such exceptions must be arranged for ahead of time with Milton Trager, the members of that class, the sponsoring center and The Trager Institute. Please do not invite guests to any training. Do not "drop in" yourself unless you have made prior arrangements to be a logistics assistant such as cook's helper, etc. It is important that we make the training space a safe place for Milton and the enrolled students. Thank you for your cooperation.

## MODELS FOR THE ADVANCED TRAINING

The Trager Advanced Training will be held in Palo Alto, Ca., May 13-18. If you have clients (or friends) who offer particular learning difficulties (CP, MD, MS, post polio, post accident, arthritis, etc.), whom you want to suggest as models for the training, please contact the Trager Institute, 415/388-2688, with full details. If your person can be scheduled and consents to be with an advanced student under Milt's supervision, you may observe the session. Milt will give you directions on how to further your work with that person. There is no charge for this.

## NEWS FROM DOWN SOUTH

The San Diego Trager Center sponsored the Spring Equinox Celebration '81 on March 20th with New Age booths, music and dancing by Fantuzzi and Heartspace. It was a great success with over 450 attending and we raised \$1500 to cover our lawyer's fees for our non-profit status.

To thank all the participants and supporters of this event, the Center will be hosting a party for all those involved in the Celebration. Another great evening is anticipated!

We will also be sponsoring Steven Halpern in concert on June 6th.

On a regular basis, practice pods are held on the third Wednesday of every month and Mentastics classes, led by Peggy Reynolds, are offered every Wednesday at the Center.

## 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.

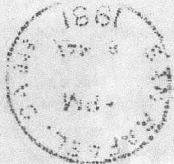
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PLEASE FORWARD

FIRST CLASS

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(415) 388-2688



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.

The next issue of the Trager Family News  
will be published July, 1981. Send copy to:  
Don Schwartz, c/o The Trager Institute

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San Anselmo, CA 94960

#### 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