



TRAGER FAMILY NEWS

Membership Newsletter of The Trager Institute

February, 1982

Vol. V, No. 1

THE PHOENIX PROCESS

Betty Fuller

The Old Year was cheered out and the New One Trumpeted in at a fantastic gathering of the clan for the final 1981 brainstorming session on "The Future of Trager." The meeting was held at the home of Gail Stewart and Harris Zeff accompanied by splendiferous potluck goodies and dancin'! Those attending identified a few areas of interest in which study groups are beginning to organize, and all agreed to continue to serve as an informal Advisory Council available as a resource to the Institute, Betty, Milton and the Instructors. Natasha Heifetz, who chaired the Program Committee for Asilomar, will serve as coordinator to rally a study group on standards, the training track, ethics, continuing education and the like. Call her to volunteer: 415-548-6072 /848-3544.

Mili Kari has been working on ideas for a new Trager brochure and would like to have like-minded members contact her at: 916-673-6507. Do look over the centerfold of your last newsletter: you'll find all kinds of areas of concern where you might offer your energy. You may volunteer yourself as a coordinator or study group member so the creative participatory energy of Asilomar can flow right into the daily life of the Trager World. Gail Stewart wound up her stunning job as Asilomar Coordinator, and is continuing her support on the Advisory Council. Thank you, Gail for *all* your inspiration, invention, humor, and W O R K!! You and the Asilomar Production Company really have done a great job of midwifing this Trager baby of ours into a wonderful new year!

That Trager baby just keeps on a-growin' and is becoming an active Toddler. So many people called to share their New Year news with me, that I asked them to turn their conversations into letters or articles which could be shared by everyone. We have used all the goodies space permits and invite you *all* to write your contributions and send them directly to The Trager Institute. What you feel and think and want matters and we want to hear from *you* personally and directly. We want you in this thing all the way, playing ever so lightly and lovingly.

"Nothing is so strong as gentleness,
Nothing so gentle as real strength."

Here are our Members articles and letters:

A Special Message from Dusk McAlister

(Trager Practitioner and former Massage Center Business Partner)

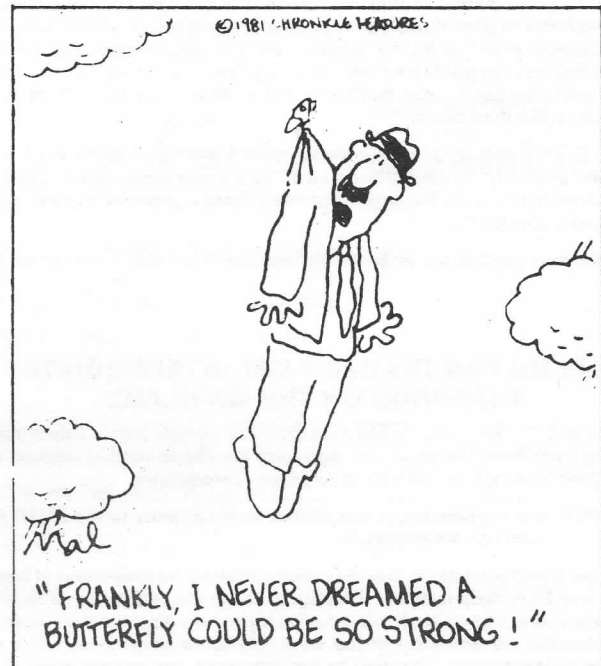
As many of you know, I left California in May, 1980, to return to my home in Houston and enroll as a pre-medical student at a local university. After totally immersing myself in biology, chemistry, and physics for the past year and a half, I'm thrilled to report that my quest has been successful and that I've been accepted by one of the medical schools here in Texas. Classes start in August, 1982. At this point, my long-range goal is to complete a residency in obstetrics and gynecology, then to combine teaching and writing with a career as a practicing physician. I first trained with Milton in 1976, and I'd like to take this opportunity to acknowledge the impact his work and spirit has had on my life. The lessons I learned about touching, feeling, listening, and trusting will serve me well in the coming years.

With love, Barbara "Dusk" McAlister
1802 Morse, Houston, Texas 77019

From Julie Greene

On November 11, I had the privilege of attending a one day training in Trager Alternatives offered by Betty Fuller to benefit The Trager Institute. The class is an exploration of specific ways to work in situations where we are unable

(continued on page 3)



"FRANKLY, I NEVER DREAMED A
BUTTERFLY COULD BE SO STRONG!"

A GUIDED TOUR THROUGH THE INTERMEDIATE MAZE

Trager Intermediate classes of various levels have developed over the years as a response to students' requests for more training. They serve many needs. Since Milton Trager's work is constantly evolving through his teaching and his daily sessions with people with extreme learning disabilities, these trainings are crucial to keep up with him and with the most recent development in Trager Psychophysical Integration and Mentastics. We are helped more to work with people with serious difficulties. We learn to use ourselves more efficiently and effectively. In addition to getting more clarity about the technical aspects of our work, we are helped in getting past the "physical" aspects into the ease and flow of Hookup and the projection of feeling experiences. We improve our ability to use the physical as the medium through which we send our learning, healing messages to our clients' inner levels of consciousness. Our own ability to move with greater ease and expressiveness is enhanced by the personal work we receive in the Intermediate setting. Here is a run-down on the currently scheduled Trager Intermediate Trainings you'll find listed in the Winter-Spring schedule:

(continued on page 2)

THE TRAGERS SAY THANK YOU!

Milton and Emily have asked that we relay their deepest thanks to all of you who wrote them such loving and inspiring messages over the recent holidays. They were both deeply moved by your thoughtfulness. Emily said, "Please let them know how very much we appreciate their caring. It would take me the rest of my life to attempt to answer each one . . . We really love you. You are our family and we look forward to being with you again this spring. Bless you all." Milton added this foot note, "The Intermediate classes out here this month were fantastic. So much has happened . . . everyone came so far. The work just goes deeper and deeper and the students are able to come right with me. We're both looking forward to the group in March. I keep saying it just can't get any better, and then it does. We'll see you soon. Here's a note you can tuck into the newsletter: 'The way to really do Trager work is to be less IN it and more WITH it!'"

Prerequisite to attend ANY Intermediate Trainings are the following:

1. Successful completion of the Trager Beginning Training and 30-session practicum.
 2. Successful completion of the post 30-session re-assessment, along with your assessor's comments, submission of documentation of your 30-practice sessions and personal "Trager in my life" statement to your Instructor for admission to the status of Practitioner Candidate (formerly Trainee.)
 3. Current paid membership in good standing of The Trager Institute.
 4. Professional field experience - sufficient to make clear your need and readiness for further training at more advanced levels.
5. **For Beginning Training graduates from October, 1981, and thereafter** the additional prerequisite of a 3-day Intermediate Training with Betty Fuller prior to participation in Intermediate level work with Dr. Trager. Milton asked Betty to offer these trainings as prerequisite to his from now on so students already had all the "new moves" and were further along in their work before they got to him. He explained, "I want to bring them to where I am, and they can't make that jump if they're still having to think about where to put their hands."

NOTE: This additional requirement means that two Intermediate trainings are necessary for certification as a Practitioner from now on, Milton's decision helps to satisfy the request of many Practitioners for more stringent certification standards.

Students may participate in as many Intermediate level trainings as they wish.

DR. MILTON TRAGER 3-DAY INTERMEDIATE TRAININGS ON THE MAINLAND

Open to any Trager Institute Member who has completed an Intermediate Training from Betty Fuller or any members who have already worked with him in past trainings, or who meet all other prerequisites.

TO APPLY: Having handled prerequisites, apply directly to the CONTACT listed on the schedule.

Dr. Trager's Intermediate Trainings concentrate on the projection of feeling experience from deep levels of hook-up to reach the clients' inner levels of being. He also works on each individual to help them dissolve their blocks to the successful transmission of the work. He takes students into the very essence of Mentastics - the key to his approach. He shares more of his personal experience and answers their questions about the work and special problems their clients present. While he gives correction and demonstrates any changes or new approaches he has recently developed, the emphasis is **not** on technique but essence. As Milton says, "My work is like the measles; you catch it from someone who's got it." When you work with him in these trainings you catch IT directly from the source. He also does a full demonstration for the class.

NOTES:

1. If you have been away from trainings or from the work for a while, it is recommended that you attend Betty's Intermediate or Review Days offered by the Instructors, or even arrange to repeat a Beginning Training to catch up.
2. At Getting In Touch, each student gets one opportunity to follow Milton and observe his work with fellow students when he makes grand rounds, and well as to do trades under his supervision.
3. At Del Mar, Cathy Guadagno endeavors to organize the trainings there into Old Timers and First Timers with Milt.
4. ANY Institute Member in good standing who meets the prerequisites may take as many Intermediate Trainings with Milt as they want. Several Practitioners work with him every spring and fall and many are with him at least yearly. There is always so much more to learn.
5. Dr. Trager frequently is assisted in his Intermediate Trainings by Instructors and Senior Practitioners who are Introductory Workshop leaders.

DR. MILTON TRAGER 2-DAY INTERMEDIATE II TRAININGS

Open to Institute members who have done at least one 3-day Intermediate class with Dr. Trager. Preference in enrollment is given to those who have done more than one of the larger trainings.

TO APPLY: Write directly to The Trager Institute. State your prior work with Dr. Trager. If it is less than two other Intermediates, please state your special need for this level of work or other special circumstances (such as traveling from abroad for the training, etc.)

These intensive two-day trainings were designed especially for students who had already worked with Dr. Trager in larger 3-day Intermediate classes. The class size is strictly limited (8 to 12 people.) The setting at the Institute is extremely intimate so everyone is right on top of what is happening. Because of the small class size, Dr. Trager is able to do quite a bit of personal work on students, helping them to dissolve their own blocks to ease in doing and communicating the work. The students simply do several trades under his supervision receiving instruction of new material and corrections and refinement on the old. This is a "no-frills" hard-working training very like the Advanced Training in pace and intention. Because of the high level of skill and experience of the students - most are Practitioners - Milt takes them into very deep hookup. He also concentrates on essence in Mentastics to up-grade skills in teaching clients.

NOTE: Several applicants for this year's Advanced Training have also applied for an Intermediate II Training to compensate in case they are NOT accepted into the Advanced, or to prepare for it in case they ARE accepted!

DR. MILTON TRAGER 3-DAY INTERMEDIATE TRAININGS IN HAWAII

Open to any Institute Member who has already worked with him in an Intermediate. Preference is always given to those students with more prior experience with him to maintain the high standards of work at this level.

TO APPLY: Write directly to The Trager Institute as soon as you receive the schedule and KNOW that you can keep the commitment. In order to secure hotel accommodations and less expensive air fares, all reservations must be made well in advance. A non-refundable deposit of \$100 is required to hold space. Any refunds of any part of the training fee can be considered only if your space is filled by another qualified student.

These are very special trainings. They are strictly limited to 8 highly qualified and trained students. The Tragers provide a beautiful setting on the ocean where Milt is in his element on his own turf. All 3 days are devoted to intensive work on each student, numerous trades to refine and extend their ability to transmit the feeling. In an even more heightened sense, these trainings — like the Intermediate II's — resemble the Advanced Class. Milton and Emily, Waikiki, Mentastics, Trager all in a gorgeous Hawaii Holiday and intimate, intense direct experience of the work.

All of the Intermediate Trainings have evolved directly in response to your request. Read the schedule carefully and please follow the logistics instructions exactly, working directly with the CONTACT listed. Make out checks **as instructed** to be sure you secure a space in the trainings of your choice. Act quickly as many of the smaller trainings fill up almost before they are announced.

BETTY FULLER 3-DAY INTERMEDIATE TRAININGS

Open to ANY Trager Institute member who meets the prerequisites listed above. **Required** of recent Beginning Training graduates (since October, 1981) who wish to enter and continue on the Trager Training track to work with Dr. Trager and for certification as a Trager Practitioner.

TO APPLY: Having handled the prerequisites, apply directly to the CONTACT listed on the schedule.

Betty's Intermediate Trainings include intensive review and correction of the work to date, with concentration on the practice and teaching of Mentastics, all the current Intermediate "moves," help in using your own body more efficiently, and a deep feeling for hookup. Time permitting, she also offers ways she uses to work with clients in special circumstances (lying on the side, sitting, etc.) Betty has developed these ways from work Milt used to do in early trainings as well as from workshops they have led together. Much of it she picked up from years of observing Milton working on people with special problems. Betty is frequently assisted in these Intermediate trainings by other Instructors and by Senior Practitioners.

★ HELP! VOLUNTEERS NEEDED ★

1. Logistics supervisors for Intermediate and Advanced Trainings.
2. Photographers with good professional cameras.
3. Hospitality committee for Intermediate and Advanced Trainings.
4. Study groups to research Insurance: Group hospitalization and health insurance for members and insurance payments for Trager sessions.
5. Experts in video to recommend where we can get or be given a good deal on VHS equipment (tax exemption gift?)
6. Graphic artist and illustrator.

CONTACT: Don Schwartz at The Trager Institute at 415-388-2688.

The Phoenix Process (continued)

to do a "regular" session with our clients lying in the usual positions. Ways of working with people lying on their sides, sitting in chairs and in other circumstances were explored.

In my particular practice I often find it helpful to work with clients lying on their sides rather than face down on the table. There are many kinds of reasons for this. Some elderly people, people with certain physical disabilities and limitations, and others who simply have less flexible necks find it much more comfortable to lie on their sides. Pregnant women often cannot lie on their stomachs or their backs. Sometimes I have found in working with certain clients that having them lie on their sides for a while was extremely helpful in allowing the deepest letting go and success of the session for them.

It seems to me that central to the meaning of our work is the idea that we are not "techniquing" people; we're not just doing learned moves. As many as half my clients are people with whom, for widely varying reasons, it is not appropriate or best to do what we think of as a standard Trager session. So I feel that working with alternative positions and moves, done in the *feeling*, we are learning from Milton Trager, is implicitly part of our training and I look forward to more of these alternative classes in our schedule.



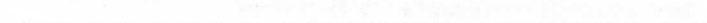
From C.C. Loomis in Europe

I enjoyed reading the last newsletter while at Fabienne Hirsch's house, near Paris, for a review session. While reading the last edition, and realizing how much Tragering is growing, I thought some mention of what is going on in Europe could be included in the Newsletter. Anyway, here's a glib of what is going on in France.

I left the small, posh principaute of Monaco and landed in Champigny, a suburb of Paris, after a plane, the metro, and a couple of trains. Fabienne Hirsch, one of the first French Trager therapists, led a review session there on November 6th and 7th. My lack of the French language inhibited verbal communication with my fellow trainees. However, once we started the table work, we delved into an international language - Tragering - and didn't need words. We said "Salute" not "Aloha" when we picked up the foot for the first time. But the focus on the feeling, the lightness, the freedom was the same as I had learned from Milton in Honolulu. We all progressed in our work. I relearned parts of the technique I had forgotten while on my own in Monte Carlo. We rocked and cuddled and jiggled each other. Barriers softened so that fingers felt more alive from the mentastics we did.

Perhaps the biggest difference in dealing with my French relatives of The Trager Family was the food we ate at break times. Pastries wrapped up like presents with ribbons and bows, lots of cream for our cafe au lait, all sorts of cheeses and sips of wine saturated our appetites, instead of American health food.

I went back to Monaco refreshed, like a plant that had just been watered. And renewed in my relationship to Tragering.



Report from Barbara Hewitt Chapin in Texas

Since authorization to do one day workshops, Lynette Brannon and I have started to crack the old nut here in Texas. Our first workshop was held on home ground, Austin, with nine very interested participants. We all had great fun and three people decided they liked it enough to do the training! They were our first official enrollees. Boosted by the enthusiastic response, we decided to go a little bigger and with the help of a great promotional team in Houston, we took the city by storm! Certain parts of the metroplex are certainly lighter, freer, softer and happier! Our week of P.R. included talking to a group of 125 people (we managed to overcome any nervousness due to microphones with Mentastics), a demonstration for another 25, and a radio interview. The week culminated in a workshop attended by 19 people! The day was filled with a great deal of excitement and three people gave us deposits by the end of the workshop!! These workshops are definitely the way to open up new areas and to fill trainings. At present, we have deposits from 8 people, with another three pending. We are planning another workshop for Austin, and one for the Dallas/Fort Worth area, in early February. We feel confident that we will have the 14 students we want for Betty's First Beginning Training in Texas. Needless to say, we feel EXCITED.

We are, also, holding sporadically regular Trager Pods, much to everyone's mutual satisfaction. We spark each other creatively, play with Mentastics and for some it is the only time we take to relieve. It's immensely satisfying to see our little family growing, a year ago, there were only two of us, now there are six!

As for me, Barbara, this workshop activity has rekindled my interest in teaching and in working with groups. I have done this work on an individual basis for 18 months, and the desire to explore new areas of the work is strong. Through Trager I have learned so much about myself and I notice that my self-esteem is stronger with the realization of what I have to offer. I feel more creative, productive, useful and flexible. Flexibility is a key word for me right

now. Flexibility and Expansiveness. 1982 feels like a wonderful challenge and I feel ready for it.

All I can say at this point is a simple Thank You!

From Gary Brownlee in Los Angeles

Dear Betty and Don,

I want to share with you some incredible things that have been happening with me lately. When I was in the Hawaii Intermediate in November, I was working on Carmela Tuck, and, as usual I was bent over and very intent and intense. Milton came over to me and said, "You're blocking with your shoulders." I have probably been told that at least 50 times by instructors, but for the first time I think I *heard* it. I straightened up, relaxed, and the energy started moving through my body and arms like I've never felt it before. That's when I understood what he meant. I had always before heard it as, "You're blocking your own arms and body motion that way." And what I finally realized is that I was blocking the energy flow through my body. Here I was blocking the flow of the beautiful life giving, life sustaining force. Later in the session I was working the pelvis and the feeling and results were fantastic. Milton stopped the rest of the class to look at what I was doing. And I'm clear it wasn't *me* doing it.

Since then I've come home and my work has taken a quantum jump. Body parts just move effortlessly. I no longer stoop over, except sometimes, and it's all so easy. So easy, in fact, I did 8½ hours of Trager in one day - that's 9 people, and I drove for 3 hours in the same day!!!

I also did a demo for William Goldberg, M.D. at his office called "The Center for Preventive Medicine and Holistic Health." He asked me to come there and do Trager! He will handle all insurance stuff and for people who are not his patients, he will diagnose them for about \$30. and then handle insurance for them, also. At his center he also has biofeedback, massage, and "chelation therapy."

Oh! I also need to mention Mentastics. For 2½ years now I've heard Milton say, and Betty, too, how important the Mentastics are. Well, I hung in there not really knowing if that was true for me or not. But I'm clear now that it is Mentastics that have been the key to opening up my shoulders and arms and everything. It has all come together for me. I now have that experience of joy in my body just from reaching for something. It feels great.

So, I have gotten very busy all of a sudden down here. I'm doing Trager at 3 different places now as well as at home. One place is called Baraka where there are chiropractors, acupuncturists, practitioners of biofeedback, homeopathy, psychotherapy, an M.D., massage and me doing Trager. They are referring people to me like crazy — whiplashes, tension problems, even a fellow partially paralyzed from a head injury. Everyone seems pleased and impressed.

Another place is called Stress Reduction and Pain Management Center in Riverside. It's run by a Psychologist who does all kinds of therapy and I do Trager there. I have a fellow there who is 95% paralyzed from the waist down from his aorta being ruptured and not discovered for several hours. He is responding incredibly. He says he feels muscles beginning to twitch and he can now stand without his walker and bring himself back if he begins to lose his balance. It's so rewarding.

And the third is at Dr. Goldway's, I do my first stint there on Jan. 14, so don't have much to report yet. He heard Milton talk at the Mandala Conference but couldn't be in the workshop.

I've had several people call with interest in being trained, so I am negotiating dates for an instructor now. I did an intro. to Trager in September, and one person, Sydney Selenfriend, promptly dropped out of massage school and enrolled in the training we did here in November with Cathy Guadagno. She moves her toes when she's working like Betty does! Sydney is also wanting to do whatever she can to support Trager being done in Los Angeles. She wants a center, Mentastics classes, supervised practice pods, trainings, etc. Marvin Treiger is also coming forward. We had a rap session with Cathy at Sydney's after Christmas to see what interest there was. We decided to have a pot luck party to try to get everybody with interest together and find out what people want. I volunteered to lead some Mentastics at the party and would also teach a class. We also set up a couple of dates for pods.

I am more committed than ever to Trager now. I've gotten what it's about more deeply than ever. Thank you, Betty, thank you Milton, there is no way to truly express my gratitude. The only thing I know to do is to do Trager in the best way I can and within what I perceive as the essence. It is truly remarkable work (play).



From Gail Dailey in San Francisco

Kaiser Hospital of Santa Clara's Department of Internal Medicine Program is piloting a new "Health Through Awareness Program", created by Alan

(continued on page 10)

INSTITUTE NEWS

DUES ARE DUE!

Response to The Institute's reminder letter — with stamped, self-addressed envelope — last year was marvelous! Members seemed delighted at the convenience provided and the opportunity to re-new at the old rates. If you failed to act before December 31, 1981, you can still save at least the price of the envelope and stamp by using the one we sent you! Dues for 1982 at present are \$35.00 for Trainees and Practitioner Candidates (see below) and \$45.00 for Practitioners. Please bring your Institute membership, your legal standing and your records up to date by completing the enclosed form and mailing it with your check or money order to The Trager Institute. The new Membership Roster is now in preparation. To be included in it as you wish, to be eligible to continue on the training track and to legally use the Institute service marks and logo in your practice of Trager Psychophysical Integration and Mentastics — ACT NOW!

TITLE CHANGE

Steve Bogoff started it all when he suggested to Betty that it sounded funny for a person to be a trainee even long after they had completed all requirements to work professionally. After all, at one level, we are ALL trainees, and at another level, we want our "titles" to represent our levels of experience and training. His suggestion was so obvious that, of course, it had been overlooked by all of us. Everyone attending the brainstorming sessions and all the Instructors were thrilled. So, Steve's suggestion has now become FACT. **TRAGER TRAINEES** from now on are Members of The Trager Institute who are in (or who have recently completed) a Beginning Training and who are in progress on their 30-session practicum. Once Trainees have completed and documented the 30 free practice sessions, successfully passed a re-assessment session with an Instructor or designated Practitioner and completed all other requirements, they become — on the recommendation of the Instructor(s) — **PRACTITIONER CANDIDATES**. They work professionally as such until they have completed all the requirements to become a **TRAGER PRACTITIONER**. Again, this change will effect how some of you represent yourselves in print. Please handle ASAP.

WELCOME, DELORES!

Trager Practitioner Delore Kvigne will be assisting The Trager Institute in several ways this year. Delores was a member of Milton's second training (first in the Bay Area) back in June 1976. She has completed several Intermediates with Milt, assisted with logistics at Advanced Trainings and has assisted in Beginning Trainings, all the while maintaining an active private practice. At present she is working out of The Trager Institute training center in Mill Valley and will act as agent to make the space available — training schedule permitting — for other Trager folk who want the convenience of its location for some of their sessions. She will also handle its use by groups or individuals whose work is compatible with Trager (Tai Chi, Aikido, Mentastics, Feldenkrais, Yoga, etc.) Fees for the use of space (and equipment) will be negotiated with each person with Members of the Institute having priority. Contact her by leaving a message at the Institute office 415-388-2688.

Delores will also handle the Trager T-shirt business. T-shirts with the Trager logo are to be available to Members through the Institute **only**. This is a service provided by the Institute for its Members. The stock on hand at this time is: Womens: large - black, Mens: large/small - black; med. - purple. The cost of these shirts is \$9.50 each. **Checks should be made payable to The Trager Institute** and mailed with your request stating color and size to the Institute -Attention: Delores Kvigne. If we do not have the color or size that you request in stock, it may take several weeks to fill your order as we must order a minimum of six in each size and color. Other colors are also available. However, since we must order 6 of each color and size, we have limited the colors. White with a black logo is going to be offered. If you wish another color or have any questions, ideas or suggestions, please contact Delores. Also watch your newsletter for further information. If you have a current order which you haven't received, please write Delores.

TRAGER IN PRINT

Be on the lookout this winter-spring for articles on Trager Psychophysical Integration and Mentastics. Please let us know if you spot any other mentions and do send in copies for the record.

Ray Hosler is Editor of Runner's World Books. He is preparing a book on Massage for the series and wanted to include one chapter on related body work. After a brief experience watching Robin Tobias doing some Trager work at the Massage Center in Palo Alto, he called Betty for further information. She gave him a sample and some more information. He plans to follow up in more sessions. In the chapter, he shares his experience and understanding.

Carol Cavanaugh, an instructor of Yoga, interviewed Milt last fall after serving as his model in the S.F. Demo. Her article will appear soon in The Yoga Journal, an excellent monthly magazine distributed world wide. Jerome Neuman facilitated her meetings with Milton.

Deborah Quilter has written of her experience of receiving Trager sessions from Roseann Gould in an article to appear very soon in *The Bay Guardian*.

THE TRAGER LOGO JEWELRY

Many Members have admired the Trager logo pin/pendant in gold which Emily Trager wears and in silver which she and Milton gave to each of the Instructors. Emily is willing to handle *your* orders with their jeweler who made the original mold for them. Members may write directly to Emily requesting in detail what they want and enclose a stamped, self-addressed envelope for her convenience in replying. Price is determined by the current metals market.

FRIENDS OF TRAGER

Many of your clients, friends and family members want to receive news of the world of Trager. While most of them don't want to train in Trager, they just like to know what's going on. They may join the Institute and demonstrate their support by becoming Friends of Trager. For their annual membership fee of \$15.00 they receive all the newsletters, invitations to all social events and all mailings. As non-professionals they, of course, do not have use of the service marks or logo, other than to enjoy the frameable copy we send each member. Quite a few Friends of Trager have so enjoyed their work with you and their experience of the feeling of the family that they elect to train and become active professional members. When you share brochures, point out the benefits of membership as a F. of T. Each brochure has a form they can send in. "And we'll get by, with a little help from our friends."

THE NEXT ADVISORY COUNCIL MEETING

The next meeting will be held on February 17, at The Trager Institute in Mill Valley. Everyone is invited to participate in the ongoing formation and activities of our Advisory Council. You may notice this is the evening following Betty's Mentastics Day at the Institute, and you may wish to plan attending the Mentastics class, get together for supper after, and then join the Council meeting. Call the Institute if you have any questions.

VIDEO EVENING REVIEW

The Trager Institute's first video evening was held at the National office December 8, 1981, to screen two tapes of Milton's work: one in the 1981 advanced class, the second, at the first Trager Conference.

The excerpt from the advanced class tape was a clear example of Milton's work with people with paralysis. In this segment, he worked with Ticia Casanova, disabled in an auto accident several years ago. Ticia, incidentally, was so encouraged by the work that she went on to take a beginning Trager training, and plans to take an intermediate in the spring!

The second tape is a colorful and intimate look at Milton working with a young injured gymnast. The demonstration is sprinkled with Milton's own anecdotes of his acrobatic days. This is an especially warm and comfortable event, with Milton sharing his feeling, advice and instruction to an audience of his own "family" at the Trager Conference.

The next video event will be held at the institute office on March 4th, a Thursday evening, at 7:30 p.m. The requested donation is \$3.00, which will be applied to a fund to purchase video equipment for the Institute.

Thanks to Julie Andrews for hosting video evenings, and for making the tapes, with the help of Marc Bauman. And thanks to Harris Zeff for lending us his video equipment for this project.

Video evenings are open to Institute members. Special arrangements may be made to bring guests.

ADVISORY TRAINING TRACK STUDY GROUP

Natasha Heifetz

The first meeting of Advisory Training Track Study Group met on January 10th for 3½ hours with 9 people present. The group is still brainstorming and it's not too late to join this exciting task force. For information contact Natasha Heifetz, 2830 Benvenue, Berkeley (near College & Ashby), (415) 848-3544/548-6072.

MODELS FOR TRAGER ADVANCED TRAINING

ALL TRAGER PEOPLE are invited to recommend models for the Advanced Training 3-day clinic. Ascertain whether your people are willing to participate in the class setting where they will be with other models all being worked on by Milton AND by the advanced students under his direction. There is no charge for their participation. If they want a place in the clinic, please send The Institute their names, addresses and telephone numbers so we can welcome and schedule them. If a client of yours is accepted, you may attend THAT session of the training with him/her and be guided by Milton in how to continue your work. Please inform The Institute of organizations and groups which might lead us to other models who would provide a real challenge for the Advanced Training. The training space will be wheelchair accessible with adequate parking.

THE MAGIC OF TRAGER AND WEIGHT TRAINING

Lynette Brannon and Audie Dobbs

Listen up friends out there in Trager land . . . I have just made a most exciting discovery! It is a powerful personal growth tool that is mind/body work, you can really get your heart and soul into. It is a most enjoyable way to become and stay fit, and especially when combined with Trager, it is a wonderful way to manifest whatever you want for yourself, your health and your life . . . and it's FUN! This experience that has supported me in making so many changes in my life is weight training (with free weights, not machines) and you don't have to get Schwarzeneggered to feel results from it.

Each workout involves absolute concentration, breath control, focus on what you are doing, mind-muscle coordination, strength, intensity, agility, endurance, flexibility and balance . . . and of course self-responsibility and motivation to stay with what you are doing. These experiences in the gym I soon realized were transforming all aspects of my life. I have touched my innermost being in a new way, I am expressing myself more fully and confidently. My ability to concentrate is much better. In my Tragering, hook-up is clearer and more beautiful than ever. My ability to channel has increased multifold, and I feel more sensitive to what is happening with my client and myself. And of course I feel stronger and look better.

Weight training is the best way I know for any of us to sculpt and create our bodies to our own ideal. In addition to the slimming and toning benefits, it is a mode of healing that can be used to facilitate postural changes that are happening with ourselves or our clients. With proper strengthening, rounded shoulders ease back where they belong, underdeveloped chests become full and expansive and legs that have forgotten that they are strong and resilient become sleek and powerful. For the already dedicated athlete, weight training means greater strength, endurance, intensity and motivational therapy to do whatever your sport happens to be - swimming, dancing, tennis, football, etc.

Trager has really helped make my progress smooth and efficient. Doing mentastics between sets (exercises) allows me to brush out all the fatigue that could build up in muscles that are working that hard and they really help me keep my concentration and balance in mind and body. The bodywork supports me in being balanced, resilient, and my muscles and joints in staying in peak condition.

The genius behind my weight training is Ken Dobbs. His expertise enables him to work with folks to want to be more fit. Those who are in training for bodybuilding and powerlifting competition and, most recently, several of the members of The University of Texas football and powerlifting teams have joined the gym for routine consultation. He knows the latest of nutrition and supplements, is a motivational therapist (just a few of the points to look for in a professional weight trainer) and he is a powerlifting champion himself, presently ranking in the top ten in the world in two weight classes in the deadlift and he is now training for a world record deadlift in the 242.5 lb. class. This means a tremendous amount of work, intense training and challenging the body/mind to the utmost. "Trager is an important aspect of my training . . . my mind and body work together effectively and consistently in all my workouts and it (Trager) really helps alleviate the sore muscles and joints that happen with intense training," says Ken, "and my energy is stronger and more consistent. I feel that Trager is a great benefit to any athletic training program."

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.

Gary J. Friedman, Atty.



LEGAL USE OF TRAGERsm SERVICE MARKS AND LOGO

Betty Fuller

There seems to be some confusion about the appropriate use of service marks and logo of The Trager Institute. Here are legal guidelines for their use:

1. Be a current member in good standing of The Trager Institute. Annual professional membership dues constitute the "license" fee to use the service marks and logo.
2. Be a Practitioner Candidate having completed all the Beginning Training requirements and working professionally in Trager Psychophysical Integration and Mentasticssm.
3. Use the service marks and logo ONLY on items directly related to your TRAGER practice and to no other work you do. These items might be business cards, brochures, flyers, posters, business stationery, gift certificates, signs and other informational and promotional pieces.
4. Be sure that the designation "sm" appears on the Trager service marks and that the copyright "©" appears near the logo. These designations may be in very fine print, and they **must** be there.
5. Be sure that somewhere on each item, you print the following: "Member: The Trager Institute" and "© AI Chung-liang Huang".
6. Be sure that the Trager service marks and logo are not used to advertise ANY other disciplines or approaches which you may practice such as massage, Tarot, rebirthing, gestalt, etc. The Tragersm service marks and logo are strongly identified with Milton's work and with no other — no matter how worthy. No value judgement is intended or implied. It is simply that FORD is not used to advertise Chevrolet.
7. Send 2 copies of everything you produce relative to your Trager practice to The Trager Institute.

These 7 points pretty much outline the use permitted to professional Trager Institute members in good standing. For those of you who weren't around when The Trager Institute was incorporated here is some background.

When Milton Trager joined in the establishment of The Trager Institute for Psychophysical Integration and Mentasticssm he assigned to it his name and the titles, words and phrases which had become associated with his work over the years. These have been legally service marked by The Trager Institute and are designated sm. The process of turning our "sm" into a registered trademark, ®, is underway. ONLY The Trager Institute may confer the right to use its service marks which have become very valuable as the name, organization and work have become better known. These marks include: Tragersm, Trageringsm, The Trager Approachsm, and Trager Psychophysical Integration and Mentasticssm.

The Trager logo is a work of art, calligraphy by the Tai Chi Master AI Chung-liang Huang, which may be translated as "Dancing Cloud." The minute they saw it, Milton and Emily knew it was perfect to represent the feeling and essence of Milton's work. AI, who holds the copyright®, gave it to The Trager Institute for its exclusive use as its logo (identifying trademark). When people see "Dancing Cloud" they think of Trager. This strong identification of Milton's name and work with AI's art is vital to establish Trager as a new profession in the world. That link is now fairly well established but it has been weakened by unauthorized and confusing applications in some instances which are described below. Here are some actual samples of unauthorized and inappropriate use of the service marks and logo on which we have taken action: The logo used as art on personal stationery without identification of any kind with Trager or the Institute; the logo zeroxed on a chain letter thereby associating The Trager Institute and all of us with an illegal activity; the advertising of Trager work by people who had never trained at all anywhere; the advertising of Trager work by former members who have failed to keep their membership in good standing, thereby losing their "license" to practice Trager as such, the Trager service marks on articles of clothing, household gifts or other items for sale without express written permission of The Trager Institute.

ANY COMMERCIAL USE OF THE TRAGER INSTITUTE SERVICE MARKS AND LOGO IS STRICTLY PROHIBITED UNLESS PERMISSION IN WRITING HAS BEEN OBTAINED FROM THE TRAGER INSTITUTE.

Your assistance, first, in observing the guidelines yourself and, second, in notifying The Trager Institute of what you believe or know to be unauthorized use is requested and appreciated. By working together we can protect the integrity of our unique identity. Otherwise we'll end up looking like everybody else's anything. We are literally creating a new profession and bringing it into the world. Our name and logo are vital to our identity just as your name is to yours. If you have any questions at all or if you seek to use the Trager service marks and logo in ways other than those authorized in the Guidelines, please call or write The Trager Institute. It is the ONLY organization which bears Milton's name and which has the legal right to confer its use. The Trager Institute is our professional organization on the look-out for all our interests as Trager folk the world over doing and loving Milton's work. Your prompt correction of any inappropriate use of the service marks and logo is requested as set forth in the Guidelines.

An Interview with Dr. Trager

The following interview was published by the *Community Spirit* magazine out of Carmel, California, in their October 1981 issue. It is reproduced here with their permission. Our thanks to everyone at the *Community Spirit*.

C.S.: Dr. Trager, could you introduce yourself by filling us in on your background?

T.: As you know, I didn't enter medical school until I was forty-two. I attended a Mexican university in Guadalajara, Mexico. In the beginning I couldn't even speak Spanish. I had written to seventy schools in the United States and none of them were interested in me. They thought I was too old.

C.S.: What were you doing before you decided to go to medical school?

T.: I was in physical therapy. Then after medical school I did rotating internships at St. Francis Hospital. Then I went over the Mountain to the state hospital which was called a territorial hospital then and did a residency in psychiatry. I didn't want to sit on my fanny and listen to a bunch of neurotics for the rest of my life so I opened up an office in Waikiki. It was a general practice but I did this particular type of treatment, Psychophysical Integration each morning at eight thirty.

C.S.: How did you develop your treatment?

T.: It was a pure accident when I was about eighteen. I was a fighter then, a pro-fighter. I had Mickey Martin who was in West Virginia as my trainer-manager and he would give me a workout after each fight, each training session. One day he looked tired and I said, "Hey Mickey, lie down and let me give you a treatment." He did and I did what I thought I should do. After I had worked about two minutes on the guy he rolled over kind of stunned and he said, "Where in the hell did you learn that?" I said, "You taught me, Mickey. I've never done anything like this before in my life." "I don't care, kid," he said, "you've got hands." I went home and cured my father of sciatica which he was doctoring for two years and that was the start of it. Then I was just thirsting to work on people, to be with people, especially paralysis which took up all of my interest. For many, many years I never touched a so-called normal person.

C.S.: What do you do when you have a natural gift like that and you want to train other people to use it.

T.: Well, that didn't happen. The training was a pure accident again. Others wanted me to show them how I do backs and this and that. It never worked out. They never got it. Then I was doing a muscular dystrophy case in Los Angeles and when I was leaving the man said, "Could you show David what to do while you're gone?" I'd see him twice a year, only for one or two treatments when I came to do demonstrations. I told David to put his hands on the man's belly. I told him, I'm going to do it. I'm just going to work through your hands. Put your hands in my hands. While I was working he picked up the rhythm and feeling of working. I slowly took my hands away and he kept working and then from the patient: "Hey Milt, he's got it. It's just like yours." When I got back to the hotel I felt I had learned something about teaching and it wasn't long before I got to Esalen to demonstrate the work and to start teaching classes.

C.S.: For you, what characterizes your work?

T.: My work is directed toward reaching the unconscious of the patient. Every move, every thought, communicates how the tissue should feel when everything is right. My hands are dumb. Fred Astaire's feet are dumb. The mind is the whole thing, what is developed up here between the ears. I am really only interested in the mind. You can keep the rest of it.

C.S.: You were practicing this treatment before you had an M.D.

T.: Oh yes, I was practicing for quite a number of years. Finally I came out of the war and I was practicing the same thing. I had some G.I. Bill time coming from W.W.II. I either had to do it then or forget about being an M.D. I wanted to be an M.D. so I could teach M.D.'s, have the work accepted by the medical community and that didn't work. It still hasn't worked. I've demonstrated my work at nine medical institutions and not one doctor has ever come up and said, "Where do we learn this?" I've had a dozen or more M.D.'s in my workshops and some are doing very well with it. They're getting results.

C.S.: What is your background in meditation?

T.: I was initiated by the Maharishi Mahesh Yogi in 1958 and I was perhaps the eighth initiate in the western world. And he was family to us. Emily was initiated in 1959 and became his confidential secretary and opened up Los Angeles for him. That was long before he became world famous. I remember we were building a meditation booth and we didn't have enough money to buy ply board. Just a few years ago I saw him in Switzerland he was talking to a man from France about buying a villa. I had to laugh. I could remember when we couldn't come up with twenty dollars. He has made a great impact on both of our lives. We still meditate of course.

C.S.: How does the meditation practice relate to what you discovered when you were eighteen?

T.: When I was eighteen I was able to do and I did. I didn't know why or what. My first polio case walked when I was nineteen. This was not the sort of thing that was supposed to happen. I took this sixteen year old boy back to Birmingham to see his doctor. What mattered to me was that he was moving. I was, of course, in the hooked-up state while I worked, hooked-up with this power that does exist, that you are surrounded by. It was a natural connection. Meditation and what I call "hook-up" with this force, the feeling of it is the same and the result is the same. I go into a deep state in hook-up. I might even be joking or laughing or talking about something that doesn't have anything to do with it. I'm never out of hook-up when I'm working. Especially in these last years it has been very strong.

C.S.: What would you say the difference is between your approach and chiropractic?

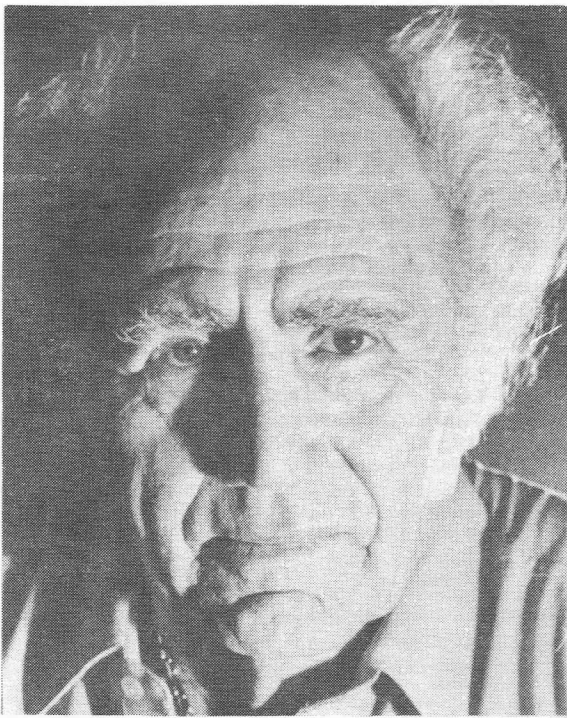
T.: There is no comparison whatsoever. In chiropractic they find tensions in the vertebral area in the musculature and they relieve it with thrusting pressures which never reach the mind. Chiropractic alleviates a restricted condition and patients are relieved a little bit. what I do is to pick up the resistance areas in the body and by working with this resistance that I feel, knowing that it is a block in the unconscious mind, I am able to break up this block and the condition relieves itself. It's that simple. It's that easy.

C.S.: What happens during your work to the person being worked on?

T.: They come into the state that I'm in, the state of hook-up.

C.S.: Can you train your practitioners to hook-up?

T.: Definitely. They all hook-up. They start with that. It's like the measles. You catch it from somebody who has it. They develop to whatever degree they develop it. But if they will work in hook-up all the time, there is no end to it. It is always new. Feeling is the most important work with hook-up. Once you are in touch with feeling you are in touch with the unconscious mind.



© Carla Anette of Hawaii

C.S.: I am still fascinated with the fact that your work is so effective with paralysis.

T.: It depends on the type of paralysis. Cerebral palsy is one thing. It is a spastic condition. Polio is the opposite of spastic, its a flaccid condition. And in that condition and in the manner in which you work the limb, you can stimulate the reflex centers of the mind to where you can excite the muscles, if its possible, if its not that burned out. I'm doing quite a bit of stuff with muscular dystrophy with good response. Another thing that's important in my work with muscular dystrophy is that I feel that they won't die from muscular dystrophy.

C.S.: What about your experiences with polio?

T.: When I entered the Medical school in Guadalajara I called myself Dr. Trager. They asked me what kind of doctor I was. I had a doctorate in Physical medicine under the California Medical Board which I don't like to confuse with the M.D. It's much easier to forget it and just use the M.D. I told them that I was specialist in infantile paralysis. That would be about June. I was called in one day to a surgery room. People are lined up, professors, nuns, Mother Superior. A little four-year-old girl was up on the table. They were having an epidemic of infantile paralysis. This girl had been paralyzed two years from the waist down. They wanted me to demonstrate what I could do since I was a specialist. I started working with her legs and soon I felt her responsiveness. I worked on her for about forty minutes and by that time the foot was moving and the leg was swinging. The nuns were dropping to one knee and the others were crossing themselves. I was saying to myself, how could a Jewish boy in a Catholic university fail with this kind of a feeling coming through? The child walked in three weeks and I will never forget the Father who walked out of the surgery room and put his arm over my shoulder. When he got me outside on the patio he turned me around rather abruptly and looked at me. He said, "Milton first comes God and then your work." I said yes Father, yes Father. He let me know right away that it wasn't me but God.

C.S.: You said that to us earlier that it's not you doing the work. Could you explain that?

T.: It's not me doing the work. I get hooked-up with this force and I have enough sensitivity built into me by now that I feel tissue and can bring response to the patient's central nervous system to where they react. Then their muscles take over and they are the therapist. I'm an instigator.

C.S.: Do you have them focus their attention?

T.: I have them do nothing. They are just there loaning me a body. They have nothing to do. I hook-up, I feel and I go. They come into this hook-up state with me and they become part of me, part of this wonderful thing we have. It's in

everything around you. I am doing clinically what others are talking about theoretically. We go into a state that is beyond relaxation and that is a state of peace. I give my students movement exercises to do that are mentally directed so that they can experience what is lighter and what is freer. The body becomes light through this connection with the mind. Nothing is done consciously to make it light.

C.S.: Do you still work privately?

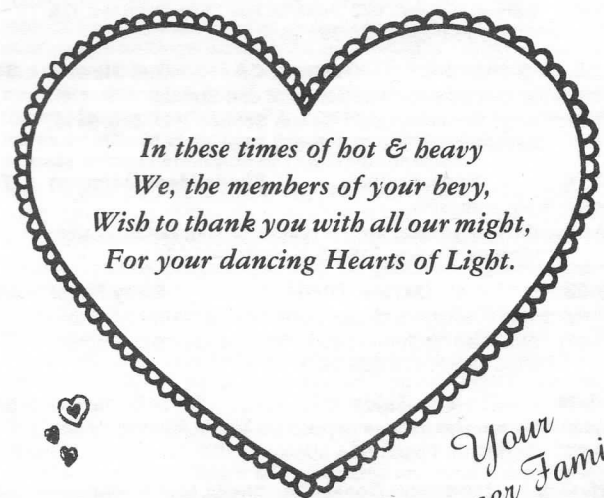
T.: I do five treatments a week and my wife Emily on Saturday. Sometimes a bad back or something comes up. I've done way over five thousand backs in my work. I am old enough to have done them. The thing about being older is that you have had time to do something. Out of these five thousand or so backs 90% of them have had only one treatment. You can reach them that fast and you give them mentastics so that they can keep it in that condition.

C.S.: Your wife Emily is certainly one of your successes.

T.: Since she's right here I'd like her to tell her story herself.

E.T.: In 1946 I was told to resign myself to living in a wheelchair. My feet and legs had been destroyed when I was twelve years old. After much treatment all over the country, the doctors suggested that I just resign myself to my condition. I met Milton at a neighborhood party. I didn't know who he was. He just saw the misery on my face. He said, "What on earth is going on with You?" and I told him that I was going into a wheelchair the next day. I was going to go to a gift show to buy some merchandise for a shop I was opening and I had engaged a boy to wheel me through. He asked if I would mind if he would look at my feet. He started just playing with one foot and I was sort of in the dark and he was in the light and he said, "What has led you to believe that it is normal to walk with pain?" What he didn't know was that by that time the tears were rolling down my face. This was the first time I heard that everybody doesn't walk in pain. I thought that was the way to walk. Then he told me about the work he did. Then he said, "I think you can cancel that wheelchair," and I walked for five days through that gift and art show. I asked that he give me treatments and I came three times a week for a couple of weeks. I had no coordination between my hands and feet and he explains it his way: if you have a stone in your shoe, the whole body has to compensate. With the pain I had been going through he said that there should be about five thousand things wrong with your body. Several years ago when he closed his office he said, "You know, I think we are down to about two thousand. Before we left home he said it was about seventeen hundred (laughing). They drive me around. I don't walk distances. •

*To Milton & Emily With Love . . .
A Valentine*



*Your
Trager Family*

WINTER / SPRING 1982 COURSE SCHEDULE

BEGINNING TRAININGS

Feb. 6-7, 13-14, 20-21	Oakland, CA	Gail Stewart	\$450
Non-residential: Triple weekend CONTACT: Mckinnon School of Professional Massage, 415-465-3488			
Feb. 12-14 & 19-21	New York, NY	Cathy Guadagno	\$450
Non-residential: Double weekend CONTACT: Jackson Friedman, 42 Pleasant St., #1, Northampton, MA 01060, 413-586-8890			
Feb. 23-April 3	Santa Cruz, CA	Carol Campbell	\$400
Tuesdays and Thursdays, 6:30-10:30 p.m. \$50. deposit. CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216			
Feb. 26-28, March 5-7	San Diego, CA	Cathy Guadagno	\$500
Residential: Double weekend CONTACT: Cathy Guadagno, P.O. Box 901, Del Mar, CA 92014 714-481-6215			
March 2-7	Austin, Texas	Betty Fuller	\$500*
Residential: 5 day intensive CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX, 78751 512-454-9768			
March 13-19	Amherst, MA	Gail Stewart	\$450
Non-residential: 6 day intensive CONTACT: Jackson Friedman (see above)			
March 22-23 & 25-27	Mill Valley, CA	Sheila Merle Johnson	\$400
Non-residential: Sleeping bag arrangements may be made. CONTACT: Sheila Merle Johnson, 112 Janes, Mill Valley, CA 94941 415-332-7559			
March 27-29 & April 2-4	Washington, D.C.	Betty Fuller	\$500*
Non-residential: Split weekend CONTACT: Kevin Andreae, Potomac Myotherapy Institute, 7826 Eastern Ave., N.W., Suite LL-1, Washington, D.C. 20012, 202-726-1150			
April 4-9	Los Gatos, CA	Carol Campbell	\$450
Residential: Non-refundable \$50. deposit. CONTACT: Getting In Touch, P.O. Box 1225, Los Gatos, CA 95030 408-353-1138			
April 13-18	Seattle, WA	Betty Fuller	\$450*
Non-residential: 5 day intensive includes public demo. 4-13, 7:30 p.m. CONTACT: Gwen Crowell, 12718 8th Ave., N.E., Seattle, WA 98125 206-367-3939			
April 16-21	Kingston, Ontario	Gail Stewart	\$500*
Residential: Residential fee extra CONTACT: Amanda Hartsong, 102 Sherwood Dr., Kingston, Ontario, K7M 2E3 Canada, 613-542-2000			
May 7-9 & 14-16	Los Angeles, CA	Cathy Guadagno	\$450
CONTACT: Gary Brownlee, 978 Indiana Ave., Los Angeles, CA 90291, 213-398-5366/396-2552			
May 8, 15, 22 & June 5-6	Oakland, CA	Gail Stewart	\$400
Non-residential: Successive Saturdays and one Sunday CONTACT: Sage, Administrator, Gefion School, P.O. Box 9418, Berkeley, CA 94709, 415-532-8859			
May 10-14	Paris, France	Sheila Merle Johnson	TBA
Residential: 5 day intensive CONTACT: Dr. Michel Meignant, 1, rue de l'Etang, 78430, Louve-ciennes, France, 918-33-25 or 918-45-93			
May 18-23	Dayton, Ohio	Betty Fuller	\$500*
Residential: 5 day intensive includes public demo 5-18, 7:30 p.m. CONTACT: Elizabeth McInnis Davis, 529 McLain St., Dayton, Ohio 45403, 513-223-7921			
June 13-18	Los Gatos, CA	Carol Campbell	\$450
Residential: \$50. non-refundable deposit. Sheila Merle Johnson CONTACT: Getting In Touch (see above)			
Sept. 26-Oct. 1	Mendocino Coast, CA	Sheila Merle Johnson	\$425
Residential: 5 day intensive CONTACT: Sheila Merle Johnson (see above) or The Village of Oz, P.O. 147, Point Arena, CA 95468			

INTERMEDIATE TRAININGS

PLEASE READ THE ARTICLE ON INTERMEDIATE TRAININGS BY BETTY IN THIS NEWSLETTER

February 19-21	Los Gatos, CA	Betty Fuller	\$325
Residential: \$50. non-refundable deposit. CONTACT: Getting In Touch (see above)			
February 26-28	Honolulu, Hawaii	Betty Fuller	\$300
Non-residential: Prerequisite for Dr. Trager's Intermediates. Send \$50. non-refundable deposit to Betty Fuller at the Trager Institute. CONTACT: The Trager Institute (see above)			
March 12-14	Honolulu, Hawaii	Milton Trager, M.D.	\$350
Prerequisite: One Milton Trager Intermediate CONTACT: The Trager Institute, 300 Poplar Ave., Suite 5, Mill Valley, CA 94941, 415-388-2688. SPECIAL NOTE: Non-refundable \$100 deposit holds your space. Payment in full is due at The Institute by February 20, 1982. Make all checks payable to: Milton Trager, M.D. See the article on Intermediate trainings in this newsletter.			
March 19-21	Washington, D.C.	Betty Fuller	\$300
Non-residential: 3 day intensive CONTACT: Kevin Andreae, (see above in Beginning trainings)			
April 16-18	San Diego, CA	Milton Trager, M.D.	\$400
Residential: Non-refundable deposit of \$100 CONTACT: Cathy Guadagno (see above in Beginning trainings)			
April 20-22	San Diego, CA	Milton Trager, M.D.	\$400
Residential: Non-refundable deposit of \$100 CONTACT: Cathy Guadagno (see above)			
May 10-12	Los Gatos, CA	Milton Trager, M.D.	\$375
Residential: \$50 non-refundable deposit required. CONTACT: Getting In Touch (see above)			
May 14-16	Los Gatos, CA	Milton Trager, M.D.	\$375.
Residential: \$50 non-refundable deposit required. CONTACT: Getting In Touch (see above)			
May 16-19	Paris, France	Sheila Merle Johnson	TBA
CONTACT: Dr. Michel Meignant (see above)			

INTERMEDIATE II TRAININGS

PLEASE SEE THE ARTICLE ON INTERMEDIATE TRAININGS IN THIS NEWSLETTER

There are two Intermediate II Trainings scheduled. Each training is limited to 12 people. The fee is \$300 with a \$50 non-refundable deposit required to hold your space. There is a prerequisite of at least one Intermediate training with Dr. Trager. To register, send your deposit payable to **Dr. Trager** to The Trager Institute. The two trainings are scheduled in Marin County for:

April 24-25
May 7-8

REVIEW DAYS

February 26	Mill Valley, CA	Sheila Merle Johnson	\$30
CONTACT: Sheila Merle Johnson (415-332-7559)			
April 3	San Diego, CA	Cathy Guadagno	\$35
CONTACT: Cathy Guadagno (see above)			
April 4	Los Angeles, CA	Cathy Guadagno	\$35
CONTACT: Gary Brownlee (see above)			
April 16	Mill Valley, CA	Sheila Merle Johnson	\$30
CONTACT: Sheila Merle Johnson (see above)			
April 17	Santa Cruz, CA	Carol Campbell	\$30
CONTACT: Carol Campbell, 408-429-8216, 502 Popular, Santa Cruz, CA 95062			

REVIEW AND MENTASTICS WEEKEND IN KINGSTON

April 23-24 **Gail Stewart** **\$70**
CONTACT: Amanda Hartsong (see above) residential fee extra

MENTASTICS DAYS

February 17 **Mill Valley, CA** **Betty Fuller** **\$25**
CONTACT: The Trager Institute

March 20 **Santa Cruz, CA** **Carol Campbell** **\$25**
CONTACT: Carol Campbell (see above) \$10 deposit

March 22 **Washington, D.C.** **Betty Fuller** **TBA**
CONTACT: Kevin Andreae (see above)

On-Going Classes **San Diego, CA** **Peggy Reynolds** **\$5**
CONTACT: Cathy Guadagno (see above)

PUBLIC DEMONSTRATIONS

April 13 **Seattle, WA** **Betty Fuller** **TBA**
CONTACT: Gwen Crowell (see above)

May 18 **Dayton, Ohio** **Betty Fuller** **TBA**
CONTACT: Elizabeth McInnis Davis, 529 McLain St., Dayton, Ohio 45403, 513-223-7921

INTRODUCTION TO TRAGER DAYS

February 6 **San Diego, CA** **Cathy Guadagno** **\$35**
CONTACT: Cathy Guadagno, P.O. Box 901, Del Mar, CA 92014 714-481-6215

February 6 **Mill Valley, CA** **Betty Fuller** **\$60**
CONTACT: California Institute of Integral Studies, 3494 21st St., San Francisco, CA 94110, 415-648-1489

February 13 **Austin, Texas** **Barbara Hewitt Chapin** **\$30**
CONTACT: Lynette Brannon, 3803-B Lynette Brannon Speedway, Austin, Texas 78751, 512-454-9768

February 20 **Calistoga, CA** **Sage Madrone** **\$30**
CONTACT: Sage Madrone, 5150 Highway 29, Calistoga, CA 94515, 707-942-5986

February 21 **Oakland, CA** **Julie Greene** **\$30**
CONTACT: Julie Greene, 3512 Pierson St., Oakland, CA 94619, 415-535-2434

Feb. 28, 3-6 p.m. **San Francisco, CA** **Sheila Merle Johnson** **\$15**
CONTACT: Holistic Life Institute, 1627 10th Ave., San Francisco, CA 94122, 415-665-3200/664-4900

March 7 **Los Angeles, CA** **Gary Brownlee** **\$30**
CONTACT: Gary Brownlee, 213-398-5366/396-2552

March 9 **Calistoga, CA** **Sage Madrone** **\$30**
CONTACT: Sage Madrone (see above)

March 21 **Oakland, CA** **Julie Greene** **\$30**
CONTACT: Julie Greene (see above)

April 3 **Oakland, CA** **Roseann Gould** **\$30**
CONTACT: National Holistic Institute, 415-835-5018

April 11 **Los Angeles, CA** **Gary Brownlee** **\$30**
CONTACT: Gary Brownlee (see above)

April 17 **San Francisco, CA** **Sheila Merle Johnson** **\$30**
CONTACT: The Institute for Yoga Teachers Education, 2416 Clement, San Francisco, CA 94121, 415-668-2900

April 21 & 28, 7-10 p.m. **Calistoga, CA** **Sage Madrone** **\$30**
CONTACT: Sage Madrone (see above)

May 2 **Los Angeles, CA** **Gary Brownlee** **\$30**
CONTACT: Gary Brownlee (see above)

TRAGER ADVANCED TRAINING

Marin County Tuesday, April 27 - Sunday, May 2, 1982
Fee \$650.

The Advanced Training is a small class open ONLY to Certified Practitioners who are current members in good standing of The Trager Institute. It includes 2 days of intensive review, Hook Up, Mentastics, questions and answers under Milton's supervision. Each student will have some work from him, as well. There is one day of mentastics, with emphasis on teaching, and Trager Alternatives for special circumstances with Betty. These clean-up, polishing, deepening, clarifying and new learning times are followed by 3 days of straight clinical work. Milton will supervise the students' work on people with such learning difficulties as MS, MD, polio, stroke, post accident, arthritis, asthma/emphasema, CP and the like. Students will have many opportunities to work and to observe as well as to discuss the experience with Milt. The class may be videotaped.

To apply for the Advanced Training, type a letter in which you state the following:

1. Summarize your Trager Trainings, with whom, where, when and what levels.
2. List all services performed on behalf of The Trager Institute, its trainings, public events, etc. such as assisting, promoting a demo, video crew, Asilomar conference, etc. Be specific.
3. State the nature of your Trager practice and whether or not you work with special problems requiring this type of training. Do you Trager full time? Part time? Do you practice other disciplines with Trager as a part? Be specific.
4. State your background and experience in working with the public and/or individuals or small groups in such forms as teaching, counseling, organizing, performing, etc.
5. Please list other trainings, education and the like which support you in your Trager work.
6. Say anything else you feel will assist the selection committee and Milton to know you and to understand your preparation, readiness and need for this kind of training.

NOTE: IF YOU HAVE ALREADY WRITTEN TO EXPRESS YOUR INTEREST IN THIS CLASS . . . WRITE AGAIN . . . FOLLOWING THE DIRECTIONS GIVEN ABOVE.

Send your application letter with your deposit for \$100.00 made out to Milton Trager, M.D. to The Trager Institute, 300 Poplar #5, Mill Valley, CA 94941, by March 1, 1982. Selection should be complete by mid-March and no later than March 20.

SPECIAL EVENTS

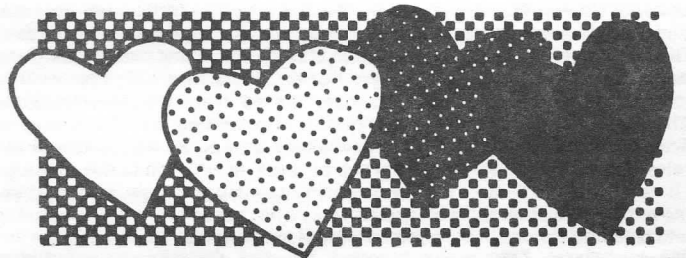
February 4 **Trager Clinic in San Diego** **Cathy Guadagno** **\$10**
CONTACT: Cathy Guadagno (see above)

March 4 **Trager Clinic in San Diego** **Cathy Guadagno** **\$10**
CONTACT: Cathy Guadagno (see above)

March 4, 7:30 p.m. **Video Evening in Mill Valley** **Julie Andrews** **\$3**
CONTACT: The Trager Institute

Ongoing Class "Move Me" in San Diego **Cathy Guadagno** **\$6**
CONTACT: Cathy Guadagno (see above)

March 24-26 **Chicago, Illinois**
Betty has been invited to be a principle presenter at the National Leaders Conference which attracts helpers from all over the country. A one-day Institute on The Trager Approach and its applications to group settings will be presented. She will give four 2-hour presentations on movement themes in group settings.
CONTACT: Oasis, 7463 N. Sheridan Rd., Chicago, Illinois 60626, 274-6773



Gutman, M.D., a Practitioner Candidate. Alan is co-leading small groups with me in which Mentastics is being taught, along with other skills to release tensions, clear the mind and assist individuals in making choices for themselves which support their own well-being.

Unofficially, Trager table work seeds are being planted within the walls of this prepaid medical program. High intentions are asked of everyone related to the Trager Family to support the development of Milton's work in this sphere of medicine.

**News from the San Diego Center
From Cathy Guadango, Director**

Upon my return from two East coast workshops and spending Christmas with my family, the letter had arrived informing us that we now have our Federal non-profit status!

So much growth has occurred with Tragering and the people involved with the process in 1981. The Mandala Conference, the largest holistic conference in the world, is held in San Diego at the end of August every year. Milton was a huge success at this conference, in 1981, with over 3,000 people getting a "hit" of hook-up. He has been invited to speak again for 1982, and if anyone would like to help and be involved, please let me know.

On October 3rd, we moved down off our country retreat hill and into the town of Del Mar. We have a large room for workshops and an office space with one block between us and a "vast ocean of pleasantness." All the workshops at the Center are residential as many Trager folks in the area have offered use of their homes for free or a small fee.

Being more accessible has allowed for more creativity. In November, a monthly clinic was started where "challenging" bodies are brought in and worked on by Trager Practitioners. Only four clients are seen in clinic, and I supervise the work of the Practitioners. Clients pay \$5 for the treatment and Practitioners pay \$10 for supervision and more advanced skills. The results have been great and we have received good publicity. The feeling is spreading!

Another successful innovation has been the mini-workshops which anyone completing the Trager's Beginning training may attend. So far I have taught "How to do a Trager Demonstration" with video taping by Bob Gardner, and "How to Trager the Neck" with a few challenging necks available. During these mini-workshops, fears are erased and new skills and confidence are acquired.

I feel blessed that the Center has so many supporters and volunteers. We can always use more. With our message and the feeling in which we are delivering it, 1982 will be the best yet

The New England Center

Jackson Friedman has moved to Northampton, MA, and begun The New England Center. He writes, "I'm sending out mailings, putting up flyers, and talking to folks about Trager. It is frustrating at times and well worth it. Sometimes a face lights up with some perhaps deep recognition of the work. That's the pay-off!" The first training has been scheduled for February; please see the newsletter's training schedule for complete information. Jackson's enthusiastic promotional and organizational activities are most certainly going to open the Northeast to the Trager Work. To participate in this generation of interest and activities, you may contact Jackson at: The New England Center, 42 Pleasant St., #1, Northampton, MA 01060, 413-586-8890.

AN INVITATION FROM BETTY

This is my invitation to all the Trager folk with friends and colleagues in the midwest who might want to experience an Introduction to Trager. I'll be offering a day-long Institute entitled "Experiencing The Trager Way" on Wednesday, March 24. It is part of the Seventh Annual National Group Leaders Conference sponsored by the Oasis Center for Human Potential and includes workshops and Institutes by Natalie Rogers, Gay Luce, Jack Gibb and Sam Keen. (Sam trained with Milton in 1978 and his wife, Jan, and daughter, Lael, are both Trager Practitioners.) In the Intro to Trager, we'll do lots of Mentastics, some trades of simple "moves" to get the feel of the work. There will also be experiential ways of understanding the relationship of Trager to Feldenkrais and other modalities as well as discussion of the relevancy of movement work to group process. In addition to this Institute, I'll be doing four 2-hour workshops using communications, visualization, movement and other tools for growth. Oasis has asked me to do the opening and closing sessions of the conference. Do send friends! The Contact for this event is Oasis, 7463 North Sheridan Road in Chicago, Illinois 60626, 312-274-6777.

**The Texas Tragerette Times
from Bill Scholl**

Trager came to Texas in 1980, with Barbara Hewitt Chapin and Lynette Brannon, who trained with Betty Fuller at Esalen and with Milton in Hawaii and Del Mar. Two of their early clients, Laura Smith and Bill Scholl, knew the work was something special and headed off to Osha Reader's for a week of magic in the High Sierras, with Betty. Copper Scholl trained at Esalen in October, 1981, with Betty, and Susan Straus trained with Carol at Getting In Touch at the same time. Bill has since trained with Milton, and Laura, Susan, and Bill represented Texas at Betty's Intermediate at Getting In Touch in December. Barbara and Lynette have become Introductory Workshop Leaders — with great success - 130 people attended one recent demonstration in Houston!

We all have become very close as we move to bring Trager to as many Texans as we can. We maintain our sense of family by meeting as often as possible for Trager pods. We get together on an average of every three weeks, in Austin or at Bill and Copper's farm in the Hill Country for a meal, discussion, Mentastics and trades. The pods have been terrific for us in so many ways. As we come out of our beginning trainings, the feedback from more experienced pod members has allowed us to grow so much more rapidly in the work. As anyone of us has come back from a training, we are able to all share in the "latest from Milton" and get everyone's juices flowing again! Our pods are almost a mini-intermediate in this way. Through them we have become a support group and family for each other in both professional and personal ways.

We are all very excited about the first Texas training, scheduled for March, with Betty. It will be held at Copper and Bill's farm on the Colorado river. We know it will be wonderful! We're looking forward to adding new members to our pod and to spreading Trager across the Lone Star State!!

From Mark Bauman, Palo Alto

Hi folks, I just returned from the Oakland Marathon where I spent several hours at the finish line working on runners as they swooped, sailed, stumbled, or staggered across. Many of them were in amazingly good shape, and a few minutes of sweet shaking sent them on their way and drastically reduced their recovery time. Some had thighs that felt like overgrown fists; or knotted calves, swollen feet, painful ankles, and aching shoulders; bad shivers and upset stomachs. Some had to be carried over. I worked (I was eventually joined by two Touch for Health people) for 5-10 minutes on as many people as I could, amidst a sea of people, empty yogurt cups, mineral water bottles, orange skins, and good cheer and excitement. It was thrilling to be a part of and great to bring the feeling and results that quickly to people; at least enough so that some of those in the worst shape were able to be up and walking reasonably comfortably again. I had to be very easy in my feeling, as some of these bodies were, as you might imagine, super-sensitive.

I was there as part of the World Runners Club, supporting those running to focus attention on and generate support for ending hunger and starvation in our world. I also worked on non-members, making myself available to all runners.

Needless to say, many, many people wanted to be worked on; and I envision that next year we will have lots of tables set up at the finish line. The energy and enthusiasm is wonderful, and it's a ball! I also encourage those of you in other places to set up similar things at running events; it's a great way to contribute and to spread the word about the work - and, yes, it's great for business - and to have a great time.

WINTER EDITORIAL STAFF

- | | |
|----------------------|----------------|
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The deadline for contributions for the next issue of the Trager Family News is March 15. To volunteer as staff for the next issue, please call: The Trager Institute, (415) 388-2688. Your help is appreciated, thank you.

THE TRAGER INSTITUTE MEMBERSHIP AND ROSTER FORM 1982

TYPE OF MEMBERSHIP

- | | |
|--|---|
| <input type="checkbox"/> Friend of Trager: \$15. | <input type="checkbox"/> Supporting Member: \$100. |
| <input type="checkbox"/> Trager Trainee: 35. | <input type="checkbox"/> Sustaining Member: 500. |
| <input type="checkbox"/> Practitioner Candidate: 35. | <input type="checkbox"/> Life Time Member: 1,000. |
| <input type="checkbox"/> Trager Practitioner: 45. | <input type="checkbox"/> I have already joined for 1982 |
- New information listed below.

Profession _____

Training Record: Beginning _____ where when by whom
 Intermediate _____ where when by whom

List all additional trainings on the back of this page.

Please fill out below all of your contact information for the Institute's records. Please print or type.

Check this box if any of this information is a change from current records.
 Please print here the name under which you wish to be filed, and which you wish to have printed in the roster.

NAME First Initial Last

If you have a second name you wish included, please write: A.K.A. _____

HOME ADDRESS Number and Street Apartment Number

City State Zip Nation

WORK ADDRESS Name of Organization

Number and Street Suite

City State Zip Nation

Home Phone (____) _____ Message (____) _____

Work Phone (____) _____ Other (____) _____

Check below which one (1) address and which phone numbers you wish to appear in the membership roster.

Check below which one (1) address and which phone numbers you wish to appear in the public roster.

- | | | | |
|---------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Home Address | <input type="checkbox"/> Home Phone | <input type="checkbox"/> Home Address | <input type="checkbox"/> Home Phone |
| <input type="checkbox"/> Work Address | <input type="checkbox"/> Work Phone | <input type="checkbox"/> Work Address | <input type="checkbox"/> Work Phone |
| | <input type="checkbox"/> Message | <input type="checkbox"/> No Address | <input type="checkbox"/> Message |
| | <input type="checkbox"/> Other | | <input type="checkbox"/> Other |

THE TRAGER INSTITUTE
300 Poplar Ave., Suite 5
Mill Valley, CA 94941
(415) 388-2688



LANGUAGE AND THE ART OF TRAGER

Trevor Thomas

A natural adversary relationship exists between the Trager method and language. One can describe the method much as one might describe the method of composition or of dance. But unlike other art forms, we leave behind no monuments to our efforts. Ask a sculptor what he does; he points to an object he has carved and says, "See?" Ask a Tragerer what he does - at what can he point? A person who has experienced Trager work directly does not need to ask, a person who has not must. And we are without an answer.

We have a term with which we barely make do: "psychophysical integration." It is a compound noun of twenty-five letters of disparate elements much like "socioeconomic", and the second is a pleasing noun much favored as a direct object in the last decade (as in: "busing to achieve racial _____"). But jargon is jargon and this behemoth in no way even approaches what we do. It fails to convey any sense of our approach to lightness, to freedom of movement, to the gentle teachings we give our clients. It is as appropriate to our work as "tonalrhythmic manipulation" is to the work of Mozart.

We do not need nor can we benefit from a substitute noun. We need a verb. "A dancer *dances* a dance." We have a subject noun: a "Tragerer" ("Tragerian, Tragerite, Tragerist"?), and we have a direct object: "Excuse me, I have to run. I'm getting a Trager." Among our family of practitioners and clients we have a passive infinitive (that's getting closer), "I'm going to be Tragered", and even the elusive verb, "Oh, baby, you Trager me so good!" Our goal must be to put this verb out in the world. To "Rolf" is a verb form widely used and understood and yet the process of Rolfing is nearly as intangible as ours.

The acceptance of our new verb requires only exposure and more exposure. We can actively seek media publicity and gain it rather easily, but then we are back to the language problem — how to describe our work? Our real publicity, like our art form, will be communicated best by touch. Many of those we touch go on to take trainings and touch others, and by this method will the noun Trager become the verb Trager.

Our control of this process is the control of tempo and of timing. And that control rests primarily with Milton Trager and Betty Fuller. Easy accessibility to instruction is the key to this control.

In the whole world, we have seven instructors: 14.286% of them in Hawaii, 14.286% of them in Southern California, and 71.429% of them in Northern California. The imbalance is presently understandable in such a young organization as ours. But there exists no clear pathway to others becoming instructors. At present, it seems a matter of geographical proximity to the Institute, a matter of politics, a matter of chance. And yet, already Trager practitioners are all over the United States, and in Canada, South America, and Europe. Our work is slowly being felt the world over. Our teachers must be developed to carry through the process, and at a rate significantly faster than now.

Therefore, a modest proposal: let us develop a straightforward and simple system for training teachers of beginning classes. Just as in the sphere of formal education, those motivated to teach should have way to proceed. Assisting in several beginning trainings seems to be a first step in the process now, but this precipitates an unconscionable disadvantage to those who do not reside in Northern California. Most trainings take place there as the core of our teachers live there. Precious little opportunity for personal contact with that group exists for those who reside outside the perimeter.

We need a summary training system that will certify new instructors. As with the advanced class in technique, Betty and Milton can easily screen out those they do not feel have the capacity to teach well. Without their approval, no one should teach the Trager method. Class size, frequency of trainings, accountability, trainings authorization - these are all very easily controllable and can in no way raise themselves as genuine antagonists of this proposal.

Post Asilomar, none of us can doubt that the proliferation of the work of Milton Trager and the viability of the Trager Institute are established things. It is now time for the Institute to step in and nurture the growth that is now inevitable. We have shown ourselves worthy of this trust.

We will not grow and prosper as a body by media publicity; for that requires descriptive prose and our language is not one of words, but of feelings. We will grow by touching more and more people and then affording them the opportunity to join us. For this we need teachers, everywhere that we are. Let those who wish to teach have a fair chance to do so; to be taught the methods of instruction that Milton and Betty have developed. Let our leaders and our Institute offer us a reasonable route to this goal. Let Trager universally become the verb we all recognize it to be.

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