



# TRAGER FAMILY NEWS

Membership Newsletter of The Trager Institute

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## Progress Report of The Trager Training Track Task Force Advisory Committee

Natasha Neifetz

It is with warm satisfaction that I begin this Progress Report: *A Little History*: we have been meeting since 1981 if we count the beginning of the committee which came out of planning the program for the First International Trager Conference at Asilomar, the brainstorming there and subsequently at the Institute. With the input from questionnaires sent out to all the membership, conversations with all levels of students and practitioners, both here in the Bay Area and everywhere, with constant consultations with the Instructors, and with Don Schwartz, we presented a draft of a training track at the 1983 Second International Trager Conference.

### *The Issue of "Quality Control"*

One of the issues that became clear was that we needed more supervision of the learning process, both individually and in groups. It occurred to me reading all the questionnaires that were coming in that we were not using the feedback possibilities at any of the trainings. With this in mind, our committee set about with the input from Instructors creating the Practice Guide with which I hope you are all familiar. I would like to take this opportunity to thank especially Julie Greene who gave us so much and gave form to the Guide.

Since this past fall, after taking time off this summer, our committee began work again, this time with the Instructors and Don Schwartz and Linda Edwards of the office staff, refining, redefining, refining some more!

We are still refining, spending long periods brainstorming every issue that doesn't come up clear for all of us. This committee has always worked by consensus — not by design but because it was the natural evolving process. This necessarily takes longer but brings us closer to what we are looking for.

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## E Ala E! Awaken! In Praise of Life and Growth

Barbara Goodman

In the valley of Nuuanu, above the city of Honolulu, is a gazebo built especially for Tragering. Situated on a wood hillside, it is nestled amongst bamboo, lush trees, sunshine, mists, and gentle breezes. Recently constructed by a friend who is also a Tragerer, assisted by family and myself, the gazebo is a six-sided structure, enclosed by screens, jalousies, sliding windows and shoji doors. It is crowned with a hexagonal-shaped skylight which overlights the table. Having just completed my Practitioner status, the gazebo is, for me, symbolic of my commitment to do this work.

On Sunday afternoon, Dec. 4th at 4pm, a few friends, family, Milton and Emily, and I gathered together with Nona Beamer, one of Hawaii's most beloved masters of song and dance, for a Hawaiian Blessing Ceremony.

As Nona chanted in the ancient language of her people: "Praise life, intrinsic beauty and spirit of truth; Words of welcome to join our hearts in love; Hands that create, Minds that inspire; May all Good be with us to fill our hearts with love," she evoked a special magic. She continued: "As mountains are wreathed with white clouds, islands are wreathed with white-capped sea, and shadows

wreath the trees, may your hearts be wreathed in love. In the forests on the ridges of the mountains, dwells the spirit of Laka. She lives in the Source of the great mist. Laka, patron of forest beauty. Dwelling are the spirits of the divine, here in this forest setting, sanctified and made complete by beauty and love."

In the midst of her chant, Nona paused and asked quietly, "Does the gazebo have a name?" That idea had not occurred to any of us. She resumed her chant and suddenly "E Ala E!" — Hawaiian for "Awaken!" — came through her like divine inspiration. The power and the purity invoked mana from the Gods, from the land, from nature, and from the hearts of all of us. "E Ala E!" What more perfect name for a gazebo built for Tragering? Leaves of the ti plant were placed encircling the gazebo to heighten the mana, and the fragrant leis of maile were draped around Milton and Emily in appreciation and gratitude for this work which has blessed our lives.

During the closing prayer, Milton channeled energy into this sanctuary and into the essence of the table itself. His radiance carried all of us more

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## Everything You Always Wanted to Know About How Decisions Are Made at The Trager Institute\*

### \*But Didn't Know Whom to Ask

The Trager Institute is too large to sit down together at dinner every night (1200 members), but for better or for worse, we still make decision "family style." There are no standing committees, no members'

council, no vice-presidents in charge of anything! Just as in 1978, when the first *Trager Family News* was mimeographed, our practical decision-making structure still consists of Dr. Milton Trager, the founder; Betty Fuller, the Institute Director; and whatever members happen to be "at the dinner table" when a decision needs to be made! (On paper, the official decision makers of the Institute are the Board

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Many members have expressed concern about the increased expense stemming from any more required training. Our discussions always weight the increases against the need and possibilities for improving the learning experience and quality control. We always consider the Trager students who are outside the "California Trager Belt" in terms of their increased travel expense and also access to other Trager workers. Where the training track is not workable, flexibility will be the rule.

Part of the process has been looking at other bodywork disciplines and learning from other people's experiences. Also, the Instructors are experimenting with different time frames for classes to see which optimize the learning.

If the changes in the training do not bring about the results that seem necessary, we will have to get back to work and figure other alternatives. However, we are already seeing improvements in the learning and quality from the changes already implemented, such as check-ins with designated practitioners and use of feedback and the Practice Guide.

The next draft of the training track we hope will be forthcoming by this summer and we will present it to you for feedback. It will be both familiar and different in some ways, always open to improvements as we all learn more about how to potentiate the learning and doing of this wonderful "system," the gift Milton has been given and is passing on to us.

As time has gone on, changes have been implemented as soon as there has been general consensus on the committee with Instructors and with Milton. For instance, increased numbers of sessions are suggested or required both for receiving and giving during most phases of training, as are check-ins (for feedback or 3-way consultation) with Instructors or designated practitioners throughout the learning process. Our present area of focus is continuing education. We are considering the different aspects of learning one-to-one by group experience. We have been looking at "putting one's work in question" (which comes to us from Fabienne Hirsch from Paris via Sheila Merle). Your views would be very welcome.

One very successful change has been the All-Practitioner class with Milton and the Instructors, all exchanging work with the students. It has been reported as a very fruitful learning experience for everyone.

One problem which has come up as a result of these gradual changes is that many students have different training tracks. This can be confusing for everyone, so we ask your patience, your input and help to make the transitions as easy as possible for the office staff and the perhaps-confused-on-occasion Instructors who are working with students with many different requirements.

And please remember it is optimum learning and quality control we are after

and it is bound to be a little bumpy to get there.

Two suggestions that have come up many times over the years are (1) to have two training tracks — one for professionals and the other for people who do family and friends and do not charge money. (2) Another is that students would not be able to charge until they become practitioners. These could have great ramifications. What do you feel and think about these suggestions and anything concerning the training track?

Please help us. You can write to me at 3820 Benvenue, Berkeley, CA 94705 or c/o the Institute.

I would like again to thank my "old" core committee, faithfully Elna Adams, Lesley Grant, Julie Greene, Susan Holper and Gail Stewart. I want to thank Elna for her graphic displays putting order to our work and making clear the flow and logic of our discussions. Also I want to thank the numbers of members in the Bay Area who gave their support and input from the beginning. And I want to thank Don and now Linda, both for their input on content and for keeping the implementation realities in front of us. And thanks again to the many members outside the Bay Area who spent their time brainstorming the issues and communication to us — Texas, Seattle, Montreal, Paris to name a few locales. We would appreciate more input now.

I would like to acknowledge at this time the wonderful openness, cooperation and enthusiasm of all the Instructors and their willingness to hear what the membership has to say, and especially Sheila Merle for her requests that spurred this committee into being and more recently her very active participation in the process.

I feel very grateful for having this opportunity to work so closely with so many wonderful people, to have seeded and to seat (chair) a process that has such a graceful movement of its own and to see the blossoming coming forth.

## With Aloha From Emily: Recipes From The Trager Kitchen

In Hawaii, the word "Aloha" means "welcome," "love" and "affection." Trager students who have the opportunity of attending workshops with Milton in Honolulu have had the privilege of experiencing the lovely Hawaiian hospitality of his wife, Emily. During the workshops, Emily prepares and serves various lovely and nourishing meals to the students. After each meal, students never fail to ask for her recipes. Emily has graciously allowed her recipes to be put into print in order that all Trager students may enjoy her cooking... With Aloha.

This lovely book by Emily Trager was produced by Trager Practitioner Cyndi Harada of Los Angeles for The Trager Conference, and the Members of our Institute. To order your copy (or copies), just send \$5.00 per book, plus \$1.00 postage and handling for the first book, and 50¢ for each book after that. Make your check payable to The Trager Institute, and mail it to our office. Sales of Emily's book benefit The Trager Institute.

Speaking of Emily's cookbook, here are some corrections for those members who have bought, or are planning to buy "With Aloha From Emily":

**Page Five: Trager Cottage Cheese**

The cloth bag used for this recipe should have a draw-string around the top.

**Page Five: Trager Buttermilk**

In line two, after the sentence, "Don't strain," add "Just stir."

**Page Seven: Noodle Kugel**

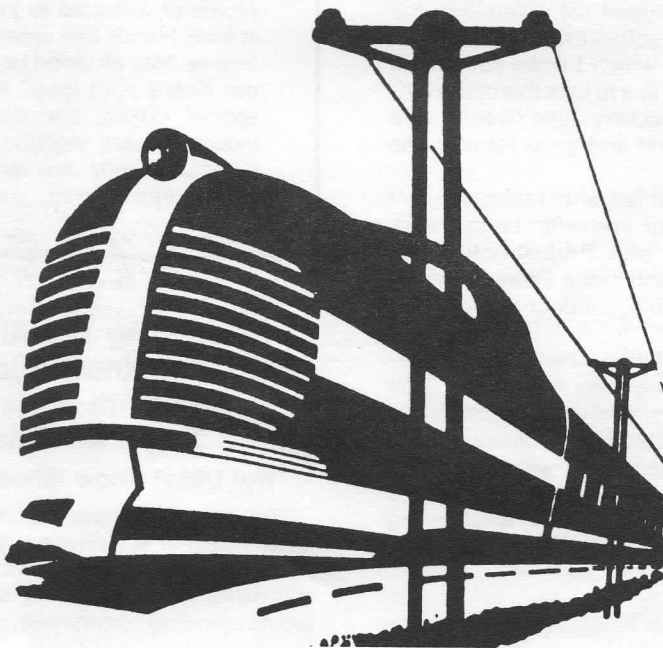
This is an ingredient modification. You can use your Trager Cottage Cheese in place of Philadelphia Cream Cheese.

**Page Ten: Apricot Chicken**

Additional Note — if creamy Russian dressing is not available, add ½ cup mayonnaise to the Russian dressing you use.

**Page Fifteen: Vegetable Meatloaf**

1 tsp. pepper is too much for some folks. Just use pepper to taste. And for anyone who may not know, Schmaltz is rendered chicken fat. Bake at 375° for 1 hr. with pan covered.





## Decisions (con't)

of Directors. However, until very recently, in practice, the directors have acted as advisors and supporters of our highly informal decision-making process.)

Over the last several years, every major decision has been a buck that stopped with either Betty or Milton. Milton, as Master teacher, makes the major and final decisions about what will be taught, how it will be taught, and who will teach and lead workshops. (He actually makes the latter decisions upon the advice and consent of his other teachers, who call his attention to potential talent or interested applicants.) All other major decisions find their way to Betty Fuller. This may not seem so extraordinary, but the unusual part is this: The only place in the Institute that an organizational division of labor occurs is in teaching. For all other Institute functions, Betty (like a lot of people's moms) has not only the responsibility for decisions but she's the task force as well! By organizational default, when presented with a decision to be made, she also has to decide who (if not she) is going to research and implement it. In practice, Betty turns regularly to Don Schwartz, office manager, and the other local teachers for advice, consensus, and help.

So much for standing, official structure. There is virtually none. In the gap, a few ad hoc, or temporary committees have emerged from the membership. They simply formed themselves, and made decisions by consensus in communication with the director. The video project, the Trager Conference committees and the Training Track Committee are examples. Organizationally speaking, these ad hoc committees are "centers" as distinguished from "authorities."

*Centers* provide for participation by members in decision-making. A center is a place, an event, a person or group which collects information, ideas and energy, brainstorms, stirs the pot, and then passes the mix to the authorized body (the executive, the Board of Directors or a voting membership). The Institute office, managed by Don Schwartz, our only full-time employee, is our primary center. Don and his helper, Linda Edwards, are an information switchboard not only for the members, but for the public as well. Besides Don, the instructors sometimes act as centers. They communicate informally with students and each other, and they meet twice yearly with Milton on training matters.

But *training* is only one of the functions of the Institute. We have other functions wanting structures to carry them out. *Membership support* is one. (e.g.; Suppose we had a committee applying for recognition of Trager certification from state-licensed bodies? This could support the practitioners by adding to their credibility.) *Public Relations* is another function. (What if we had a task force to compose written guidelines to help members deal with the press; or a group that co-ordinated the Institute's "media"

efforts?) *"Quality Control"* is another function. (What if we had a process to define practitioner standards and ethics; and a process to deal with upholding those standards?) The *Training Track* committee has suggested several training functions that need a group to co-ordinate them: for example, the composing of a comprehensive student guidebook; and the review of applicants for practitioner status.

To handle these functions and the decisions which they entail, the Institute could be supported by a structure — the question is what kind? How do we organize? What are the "centers" we need? Do we organize regionally as well? Do we need member voting for some things? What and how? How can we use and support our leadership more effectively? What services do members want — and want to participate in ?

If you have read this far and happen to be a scholar in the field of anarchical, patriarchal, matriarchal, democratic, aristocratic or other forms of organization, please respond! The Trager family has outgrown its kitchen dinette, and needs a form of organization that is simple, direct and workable; that fits our purposes. The Board of Directors has designated a reorganization committee, one that invites participation by members. Jan Stevens, a practitioner and organizational advisor by profession, is a member of that committee who has volunteered to collect members' ideas and suggestions to present to the Board. Members are invited to contact Jan (415-589-5217) with their ideas, to attend the reorganization committee's brainstorming meetings, or both.

Meanwhile, you may not know everything you wanted to know about how decisions are made at the Institute, but by next year, for sure, we'll be organized! And then, at least, you'll know whom to ask.

*An Anonymous Ad-hoc Archivist*

## Accommodations Announcement

Gayle and Neil Campbell and Delores Kvigne of Mill Valley are offering their home as a place to stay for Trager students coming here for Dr. Trager's classes this Spring. For \$15 a night, you will get sleeping bag space and breakfast. You may call them at: 415-383-4026 for more information, and to make your reservation.

## Thank You Volunteers

Our deepest appreciation to the Tragers who have generously volunteered their valuable time here at the Institute's Mill Valley office. They include: Mary Kelly, Sage Madrone, and Sue Unger. We could always use volunteers. Just give us a call and let us know when you can be here.

## Special Notice!

A 14 karat gold pendant of our Trager logo, Dancing Cloud, is available through Emily Trager for \$67. Part of the proceeds for sales of this beautiful piece of jewelry benefit The Trager Institute.



**E Ala E! (con't)**

powerfully into "hook-up," as his emanating presence unified, magnetized, and blessed.

The mana remains. Friends who arrived late were in awe by what they felt. And at 3am the following morning, for no apparent reason, I was vibrantly awake. As though the energy that we had invited and created together was shining through me, blessing me, awakening me.

That day has gone. But the mana remains. This morning I went into the gazebo alone. But I was not alone. And the Trager session that followed was, indeed, an inspired happening. "This place is not the same." "E ala E!" "Awaken." The love and support of Milton, Emily, Nona, family, friends — the blessed gazebo — Trager work — awakens my heart. And I give thanks.

**Schedule Correction**

Our apologies to Gail Stewart for incorrectly listing her Beginning Training in Berkeley. The correct dates for the training are: May 7, 14, 21, 28, and June 4 and 11 — six Mondays, from 9:00 am to 5:00 pm.

**CREDITS**

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**Mandala Conference Exchange**

Every year, Mandala Holistic Health presents the world's largest annual holistic health conference drawing attendees from around the nation, and around the world. This year's conference entitled "VISIONS OF THE FUTURE: STANDING OVATIONS IN HOLISTIC HEALTH," will be held Aug. 31-Sept. 2, in San Diego.

Although The Trager Institute's mailing list is used for "in-house" mailings only, we have made an exception and are sharing it with Mandala Holistic Health for two of their conference mailings which you will receive in April and June. In exchange for this this service, we will receive a complimentary booth in the exhibit hall, all of our members — that's us — will receive a 20% discount on the registration fee, our organization will be listed on the conference promotional brochure, and complimentary attendance for two representatives of The Trager Institute.



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**FIRST CLASS**

**PLEASE FORWARD**

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