

TRAGER NETWORK NEWS

Membership Newsletter of The Trager Institute

November 1984

Vol. 5, No. 19

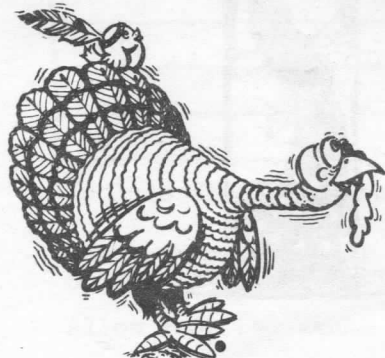
INCLUDING MILTON'S SCHEDULE

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LEAVE OF ABSENCE

Betty Fuller is resuming a full-time teaching schedule this fall, for the first time since her father's death a year ago. She still has many ongoing family matters to handle, so she has asked for some help with her Institute responsibilities for a while. At her request, and with the Board of Director's unanimous approval, Sheila Merle Johnson will temporarily take over many of Betty's duties at the Institute. Sheila Merle will also be reviewing the Institute's office procedures, so if you have any feedback or suggestions in this area, please address them to her at the office.



Tiburon Tragers of Marin: MILTON AND EMILY MOVE TO CALIFORNIA!!

Betty Fuller

Milton and Emily had several days off in their heavy training schedule this fall, around the holidays of the High Holy Days of Yom Kippur; and on one of the days off they took a little adventuresome side-trip, taking the ferry boat to San Francisco. The Bay Area was absolutely beautiful, the day was wonderful, and they enjoyed themselves thoroughly. On the boat Milton turned to Emily and said, "You know, I think we could have a lot of fun if we live here." And Emily said, "Oh Milton, do you mean it?"

That afternoon they saw a realtor who showed them an apartment that is their dream come true, and they've signed the lease and purchased some furniture so that there will be something there when they move into their new home in Tiburon, which is right next to Mill Valley. The Tragers have returned to Hawaii to get rid of a lot of stuff and pack up the rest, and when they finish the November training (which will be the last of the Hawaii trainings) they'll move to Marin and be installed by December 1st.

The excitement of everybody in the Fall trainings and everyone else who's heard the good news clear across the country and the world is enormous. Emily and Milton will live near the Institute and be more centrally involved in the workings of the Institute and membership. Milton will be doing trainings on a monthly basis at the Institute, and be available for private sessions and all the good things that could possibly come of their being here with us.

When the Tragers made their astound-

ing announcement, everybody expressed the immediate concern, "good heavens, will they be able to handle the weather?" Emily and Milton said, "Well, so many millions of people seem to, that we think we probably can as well; and remember, we were raised in Chicago and Minneapolis, so we know something about the cold." Just to tease them a little bit right after all of our beautiful fall weather, and just before they got away for Hawaii, we were visited by a vicious, out-of-winter rain and a cold, brisk wind-chill factor. It was kind of an appalling shock, but in fact they did just beautifully. Plus, on the worst rainy day of the year to date, they went into San Francisco to buy furniture and found out they could come home on the bus and get along just fine.

So Milton and Emily will be in residence in Marin as of December 1st, and the schedule for 1985 will be much more spread out, with 2 or so classes a month. Milton's proximity to the Institute and being on the mainland will make so many more things possible. We are thrilled at the audaciousness of the move after 30 years in the tropics; to take a leap into winter in the Bay Area is very brave. When Milton and Emily talked about this at the last class they said, "Well, you know this is where our family is. You really are our family. This is where the love is. We want to be with you. We want to be near you. We want to be where the action is, and right here at the Institute is where it is. We love Marin, and we've been staying here for many years. We love the village of Tiburon; we love being the Tiburon Tragers, and we're just going to learn all about dressing in the winter.

So, welcome to Marin, Emily and Milton! We're looking forward to the fun we can have together, and not only in the classroom.

TRAININGS WITH MILTON TRAGER, M.D.

Milton and Emily's move to the Bay Area will make possible more frequent and regular training experiences with Dr. Trager for Practitioners and Instructors (who take 2 classes a year). We will be scheduling 1-3 trainings a month at the Institute with some trainings grouped together, so out-of-town people will be able to be a participant and assistant on one trip. Once this process is set in motion, we anticipate publishing the schedule 8-12 months in advance and selecting participants 4 months in advance. The June-December schedule will be published as soon as we can. There will be a minimum and maximum number of participants for each class. Since registration will vary, it may happen, from time to time, that spaces in a given class may remain open after the selection notification date, so check with the Institute office. Conversely, if we have too many applicants for a given class, we will maintain a waiting list, and when possible, even add a second class in the same time period. We hope all this will be more responsive to your needs, and since we have so much more flexibility, please give the office any suggestions for future scheduling.

NOTE

Starting January 1, 1985, the course titles of the revised 1985 Training Track will apply to Dr. Trager's classes and to some of Betty Fuller's classes. During the early transitional phase to the new Training Track this Winter and Spring, we anticipate a backlog of Practitioner Candidates needing the new Tutor recommendation to become Certified Practitioners. To allow for those Practitioner Candidates who are not logistically able to receive a Tutorial for recommendation to Practitioner right away, we are allowing those Practitioner Candidates who have completed the appropriate training prerequisites to apply for Practitioner I or II Trainings up to June 1, 1985. After that time, ONLY Certified Practitioners may apply.

LOCATION: All of Dr. Trager's Trainings will be held in Mill Valley, CA.

REGISTRATION INFORMATION:

- 1) **Deposit:** Send a \$100 check or money order payable to **The Trager Institute**, together with your application to The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891. Non U.S. members use **ONLY international money order in U.S. currency, drawn on a U.S. bank.**
- 2) **Application:** Enrollment is by mailed application ONLY. No phone reservations will be taken. To apply, fill out the enclosed application form and mail it with your deposit to the Institute. Your application will be refused if your check is improperly made out, if your deposit does not accompany your application, or if the training prerequisites have not been met.
- 3) **General Prerequisites for Application:**
 - a. Current Institute membership in good standing.
 - b. Appropriate professional status for desired training (see below) with assessment completed and on file at Institute. (see below for additional training prerequisites and for exceptions.)
- 4) **Deadlines:** The chart below indicates: a) the dates applications and deposits must be received at the Institute for each training; b) the date notification of selected participants will be mailed; c) the special date non U.S. students may phone the office to find out their application status; and d) the date the balance of the class fee is due.

Training Dates	Application Received	Notification Sent	Phone Day	Balance Due
Feb. classes	Jan. 1, 1985	Jan. 7	Jan. 9	Jan. 21
Mar. classes	Jan. 1, 1985	Jan. 7	Jan. 9	Jan. 21
April classes	Feb. 1	Feb. 8	Feb. 11	Mar. 1
May classes	Feb. 1	Feb. 8	Feb. 11	Mar. 19

PRACTITIONER II TRAININGS

Feb. 20-22 March 21-23 \$425

NOTE: Includes supervised practice sessions and observation of Dr. Trager teaching.

MAXIMUM: 18 participants.

Additional Prerequisites: Applications will be accepted ONLY from Practitioner Candidates and Practitioners who have already successfully completed an Intermediate II class. Starting June 1, 1985, only Practitioners will be able to apply for this training.

PRACTITIONER III TRAININGS

Feb. 14-16 April 22-24 May 19-21 \$450

NOTE: Includes intensive supervised work on selected parts of the body and work on Instructors for feedback.

MAXIMUM: 12 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed an Intermediate II and a second Intermediate training with Dr. Trager (Int. II or Practitioner Intermediate).

PRACTITIONER IV TRAININGS

Jan. 11-13* April 15-17 May 25-27 \$475

NOTE: Includes intensive supervision of full sessions.

MAXIMUM: 8 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 3 prior classes with Dr. Trager of the Intermediate II level and above. Enrollment preference will be given to applicants with greater training and practice experience.

*Jan. 11-13 class is full. Still accepting applicants for waiting list.



ASSISTING AT MILTON'S TRAININGS

Assisting in classes with Dr. Trager is an exciting way to further your experiences of the work. If you qualify for a given assisting position, according to the criteria below, you will need to apply to the Institute for the training at which you wish to assist. You will also be required to volunteer one additional day of work at the Institute within three months of the training, preferably before or adjacent to the training.

Assisting Needs and Prerequisites

PRACTITIONER IIs: Feb. 20-22 March 21-23

1-3 MONITORS: Tutors who have taken at least 4 Intermediate II and above trainings with Dr. Trager and who have had considerable experience assisting in Beginning and/or Intermediate Trainings.

2-3 LOGISTICS ASSISTANTS: Certified Practitioners who have taken at least 2 Intermediates with Dr. Trager and who have had experience assisting in Beginning Trainings.

PRACTITIONER IIIs: Feb. 14-16 April 22-24 May 19-21

2 LOGISTICS ASSISTANTS: Practitioners who have taken the Practitioner Intermediate with Dr. Trager.

PRACTITIONER IVs: Jan. 11-13 April 15-17 May 25-27

2 LOGISTICS ASSISTANTS: Practitioners who have taken the Hawaii class with Dr. Trager.

MAKING YOUR APPLICATION

To apply for one of these positions, write a separate application to the Institute by January 1, 1985. List your 1st, 2nd, and 3rd choices. Students may assist at only one training in any four month period. Include your name, address, phone number(s) and the training and position you wish. List all Trager trainings you have taken and all trainings in which you have assisted. You will be mailed notifications as to whether or not the position you have requested is available. Processing of requests will be based on past experience. Out-of-towners will have priority in terms of volunteering at the office around the time of the training at which they assist. Local Trager folk may be asked to volunteer at other times.

SCHEDULE CHANGES

INTERMEDIATE I TRAININGS

CANCELLATIONS:

Jan. 18-22 Mill Valley, CA Betty Fuller
March 27-31 La Jolla, CA Betty Fuller

NOTE: These two trainings become Intermediate II/Practitioner I — see below).

INTERMEDIATE II/ PRACTITIONER I TRAININGS

CANCELLATIONS:

Jan. 25-27 Mill Valley, CA Betty Fuller

NEW:

Jan. 18-20 Mill Valley, CA Betty Fuller \$350

NOTE: \$25 discount for students also enrolled in Trager Alternatives Day on Jan. 21st.

March 29-31 La Jolla, CA Betty Fuller \$350

CONTACT: San Diego Trager Center, P.O. Box 2896,
La Jolla, CA 92038, 619-459-5399.

ALTERNATIVES DAYS

CHANGE:

Jan. 29 to Jan. 21 Mill Valley, CA

TUTOR TRAININGS

The dates for the Spring Invitational Tutor Trainings have been changed to accommodate Milton's move. The new dates are April 18-19 and May 23-24. Preference will be given in Milton's April and May trainings to out-of-town Provisional Tutors needing one of these Tutor Trainings. Contact Gail Stewart at the Institute for further information.

TRAGER WORK IN FEDERAL HEALTH CARE CENTER

Betty E. Meredith, MSW
Practitioner Candidate

"Why do I want to speak Spanish to you?" Dr. Trager asked me during my first Training with him Sept. 14, 1984.

"Well," I replied, "I have to learn Spanish for my new job."

"What is your new job?" he asked ever so gently.

"I am being sent to Florida to work in the Ruskin Health Center, a Federally supported Primary Health Care Center where I will do Trager work in the Clinic," I responded. And, then, as if he wanted to be sure of what he heard, he said, "You're going to do Trager in a Government clinic?????" Without breaking contact with the student he is working on, Dr. Trager quickly turns to Emily and says, "Emily, did you hear this — Trager work in a Government clinic."

"Go tell Emily about it," he directs me

as his hands continue finding and exploring. "I'm going to be busy here a while."

And, so, I explained to Emily that I am a Federal employee — a Commissioned Officer in the National Health Service Corp. and that I am being transferred to Florida to work in the innovative Ruskin Health Center, in Ruskin, FL. The clinic has a staff of 75, including 7 doctors, 7 nurse-midwives, 4 nurse-practitioners and many ancillary staff. The clinic also serves as the Teaching Facility for the University of South Florida, so many Residents, medical, nursing and social work students rotate through the clinic each year. The population served by the Health Center includes large numbers of elderly, many Hispanic/Haitian migrant workers as well as children and pregnant women. Patient Education directed toward health promotion and illness prevention is a major initiative of the clinic. As a part of this, regular exercise classes are taught to patients and infant massage classes are also offered. No doubt, this was instrumental in their

receptivity to Trager work. When I interviewed at the site, I shared info re: Trager work with the Exec. Director, Ms. Ann Russell. She was very excited about the possibilities of using the work with the clinic population. She suggested I do Trager work as a new part of the Ruskin Clinic services. In fact, Ms. Russell said, "There's no end to the ways we can use this service with our patients — and staff! She continued, "The Medical Director, Dr. Storm and I will be your first clients when you report to work Sept. 27, 1984!"

Consequently, for the first time in the history of U.S. Government Primary Health Care, Trager Psychophysical Integration and Mentastics will be offered as a regular part of clinic services. What a positive move toward Health Promotion.

So, Thank-you, Doctor Trager, Emily, Betty Fuller and all the Instructors, for making the work available. I am glad to be a "messenger of Peace" within the Health Care System of the Federal Government.

PERSONAL STATEMENT

Mia S. Kusumadi

(Editor's Note: Trager students frequently call the office asking for directions on what the "Personal Statement" required for Practitioner status should be. Often times, my answer does not satisfy the caller. Office staff worker, Cara Weed, read Mia's personal statement, was impressed, presented it to me, and Mia gave us permission to print it. Mia's statement is a model in that it disclosed the impact of both receiving and learning to give Trager on her life. Thank you Mia!)

My initiation into Trager work was very timely: it coincided with a complete shift in my personal and spiritual life.

In 1979, I came down with acute back pains for which I searched relief first in traditional medical care, then in chiropractic manipulation, on to Alexander lessons, Jin Shin Do and Well-Spring massage. By that time I finally came to realize that my back pains were not just a simple physical dysfunction, but were related to the fact that I had very little body-awareness, that I was not dealing effectively with the tensions in my life, and that I was spiritually rigid and willful.

I was brought up to carry myself with "good posture", which meant that I would hold my breath, suck in my stomach and tense just about every muscle in my body — my jaws were tight, my neck and shoulder muscles like hard ropes, my chest frozen, my abdominal muscles tense: no wonder I had a constant pain shooting down my left leg! Since I wanted to be in fashion, I, of course, wore tight and high-heeled shoes which twisted my toes into gnarled, stiff and painful knots. (As I am writing this and looking back to that time, I am appalled by my present assessment of my physical state and even more amazed by the fact that I did not see myself that way then. In fact, I thought I was in good physical shape, except for my back pains which were too painful to ignore: they were a nuisance and embarrassment, for I had great pride in my health and well-being.)

I experienced my first Trager lesson when I submitted to being a "demonstration specimen" in my Beginning Trager Training, Dec. 1980. I was as stiff as a log and almost unavailable to new learning. But by the end of the week, I opened a crack ever so slightly and had a taste of the possibility of how I could be. It was a real beginning for me. Yet, I still did not have a sense of what it meant to actually feel my "being" or that of the person I was working on. I was so accustomed to "understand" and to "do", that I exerted a lot of effort in *achieving* perfection in the *performance* of my moves. And so it was that I did not qualify for Practitioner Candidacy until I was reevaluated by Carol Campbell a month later.

My progress in learning Trager was very slow: not just because of my conditioned difficulty with this kind of work, but also because of the inner struggle in my personal life (an inability to let go and be present). I barely completed my first 35 bodies in time for my Intermediate workshop with Milton. Each session was "hard work" and only occasionally did I experience that wonderful feeling of "right on". Then gradually, I noticed that this feeling of a "just right" move was connected with an open feeling in my chest and lightness spreading into my arms and fingers.

Milton's workshop was full, and I was very fortunate someone cancelled so that I could attend; that was Sept. 1981. It was at this workshop that I *began* to learn to let go of my "idea of doing Trager" and simply be more in tune with the tissues I was holding between my hands. Glimmerings of play and lightness began to surface in my work; there was more ease and less "hard work". Then I had a second opportunity to be with Milton in May of 1982: again more moving into lightness and spaciousness, in letting be and accepting.

In August of 1982, I went to Kentucky for a 3-week training with Ken Keyes. This was a boost to my Trager learning in that I had a chance to work on 3 people per day and use Ken's training to enhance my being present with the person I was working on.

I had my 75 people by the end of that year, but I still felt incomplete, so I took another Intermediate workshop with Betty in Northampton, MA (Nov. '82). After that I went through several months of personal crises during which I did very little Trager work. It was a very dark passage in my life from which I emerged having learned to feel safe with "not knowing"; I learned what it is like to let go and let be; I learned to appreciate "nothing"; I learned to accept, to allow and to be, rather than to control and to try. Even though I did not Trager much, the memory of seeing, hearing and being with Milton permeated my consciousness so that I could deal with my difficulties with more lightness and detachment, with greater acceptance and ease.

That summer I rekindled my interest in continuing with Trager work and promised myself that I would complete the training by X-mas; a promise I would have fulfilled had I not moved to Boston in October. As it was I had to wait until Betty came to the East Coast to get my final assessment at Interface, where I assisted Betty at a Beginning training in June 1984.

It has been a long and slow process for me. It has been a very humbling experience for one who prides herself in being a fast learner.

Mostly it has been a very growing

process in which my Trager work proceeded in tandem with my spiritual work, much like the left and right foot on a long walk up a mountain path. Just one slow step after another.

I know now that it is a never-ending path of learning and I don't expect to reach an end-point, nor do I want to: and that feels very good!

Each new session brings some new awareness of myself and of how tissue responds to me when I am empty of expectations or ideas.

Doing Mentastics daily has kept me loose and free and easy, not just in doing Trager work, but in living my life from day to day.

Trager to me is no longer a technique of body work, it is a Way of Life.

TRAGER LOGO PENDANT

A pendant of our Trager logo is available through Emily Trager along with gold earrings. The gold pendant costs \$67. There's sometimes a slight variation depending on the price of gold at any given time. The jeweler makes contributions to the Trager Institute for every order. You can order the Trager logo in either silver or gold. For more information please contact Emily Trager c/o The Trager Institute.

Don't forget, a Trager pendant would make a lovely Christmas or Hannuka gift.

Thank You From Milton and Emily

Emily and Milton Trager want to thank all of the Trager people who offered so much help to them this Fall. Your availability and assistance were truly felt and made their stay here very pleasant.

• REMINDER •

Gary Brownlee is still working on the handbook for Trager students, listing everything you need to know about the Trager World. We are still looking for contribution from the membership. You can write to Gary at his home: 12025 Beatrice Ave., Culver City, CA 90230.

THIRD INTERNATIONAL TRAGER CONFERENCE

October 4-6, 1985
(Projected dates)

Carol Campbell,
Coordinating Committee Chairperson

In the fall of 1975, an auspicious event took place. Milton Trager, M.D., taught his first class. This first class, the embryo of all that was to unfold in the following decade, was held at Esalen, Big Sur, California, and included our own Betty Fuller and Gail Stewart. Ten years, hundreds of classes, and thousands of students later, we gather in celebration. We celebrate ten years of growth and development, love and support, community and commitment. We celebrate where we've been and where we can go, as individuals and as a group.

Membership support, suggestions, ideas, volunteer help brought the last two conferences together and it's just that kind of energy we need once again. This is an *INTERNATIONAL* Conference. No matter where in the world you are, there are ways for YOU TO BE INVOLVED.

Especially and immediately we need suggestions for a Conference site. Here are some of the features to bear in mind: sleeping accommodations for at least 250; rooms for simultaneous workshops, plus a large room for general sessions; accessibility by plane or car; good food; reasonable cost; location in Northern California. If you know of a place that might work, please contact me directly at 408-429-8216 or through the Institute.

I want to thank Gail Stewart, Coordinator of the First International Trager Conference, and Mili Kari, Coordinator of the Second International Trager Conference, and all those who assisted in any way to make those celebrations a reality. Their experience, distilled in our *Trager Conference Notebook*, is a great source of knowledge and inspiration.

The following is a brief description of some of the kinds of committees we will need. Let us know what your talents and interests are by filling out and sending in the accompanying Conference Survey to: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062.

Coordinating Committee: Oversees all the committees. Meets regularly (probably once a month). Channels, orchestrates, integrates, and serves as the link-pin. Northern California area residents requested for this committee.

Logistics Committee: Handles meeting room assignments, audio/visual needs, room set-up, and all those myriad details that allow things to flow smoothly.

Registration Committee: Handles all registration information - collecting money, making room assignments, sending updated conferee count to conference facility, and keeps records of everything.

Editorial Committee: Compiles, edits and prints all materials to be used.

Program Committee: Assesses interest in workshops and arranges for presenters. Works in close conjunction with Logistics, Editorial and Registration Committees.

Entertainment Committee: Handles details for all planned social events. Works in close conjunction with Registration and Editorial Committees.

Carpool Committee: Arranges transportation to Conference from different locations. Works in close conjunction with Registration and Editorial Committees.

Hospitality Committee: Provides hosting for Milton and Emily, trouble-shooting for conferee needs, and plans and executes the design/production of decorations. Works closely with Entertainment and Logistic Committees.

Family Store: Coordinates and handles the sale of Trager items or any other necessities or un-necessities we think ought to be available to conferees. Works closely with Hospitality Committee.

Photography Committee: Takes photos of all Conference activities. Works closely with Program and Logistic Committees.

Video Committee: Plans, shoots and logs selected activities.



Straightening out a slight genetic anomaly in the 4th and 5th toes — currently the youngest body-by-Trager.

BRAND NEW TRAGER BABY!!

Tristan Wyrick Juhan

Deane Juhan and his wife Andrea have welcomed a new son into the world. Tristan Wyrick Juhan was born at 1:45 p.m. August 22, 1984 (29° 55' Leo), in the Carmel Community Hospital in Carmel, California. He was 7 lbs, 4 oz. in weight and 23 inches in length. Andrea's eleven hour labor was perfectly normal, no complications, no medication, no hitches. Tristan was greeted at his emergence by his father, who cut the cord, his maternal grandfather, Jack Rosenberg, who wept copiously, and by a dozen Esalen friends, who cheered appropriately. He is now at residence in Big Sur, California, where he and his parents sleep (occasionally), eat (very often), and work (not quite yet). The family will keep us all posted as Tristan's brilliant career unfolds.



CONGRATULATIONS!!

Lauren Ashley Miller

Our (a little belated) congratulations to Sandra and Emmett Miller of Palo Alto, CA on the birth of their baby girl, Lauren Ashley Miller, on September 27, 1983. Lauren came into the world weighing 8 lbs. 4 ounces, and 21 inches long. Our best wishes to parents and child.

THIRD INTERNATIONAL TRAGER CONFERENCE

October 4-6, 1985 (Projected Dates)

Name _____

Address _____

City _____

Phone: Home () _____

1. Here are some of the events and activities we've had at our previous Conferences.

- Workshops Banquet Talent Show Great Trager Trade Music and Dancing
- Informal Social Time Pre-Conference Review Day with the Trager Instructors
- Demonstration by Milton Trager, M.D.

What would **you** especially like at the Conference (include any of the above items with any new ideas you have)

2. Here are my suggestions for specific workshop topics:

3. I'd like to be on the _____ committee. I am skilled/experienced in

4. I'd like to offer a workshop at the Conference. Title: _____
Enclose a brief description. Include preferred length of time, room requirements and equipment needed.

5. Here are my other suggestions, ideas, needs and desires.

Thank you for your time, thoughts and willingness to participate.

Mail this information to: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062.

EXTRA! EXTRA!

New Training Track Is Born!!!

FINAL COMMITTEE REPORT

Natasha Heifetz

I am delighted to announce the completion of the new Trager Training Track which was presented to, and accepted by the Board of Directors at their meeting on October 2, 1984. The final version is simpler and clearer than the last draft published. It embodies the input and feedback from many people — too many to thank by name. You who took the time and made the effort to help us — thank you.

You can't please all the people all of the time, but we feel very satisfied that the new track will prove itself by the quality of the forthcoming students. If not, it's back to the "drawing board." The transition period will be somewhat complicated and confusing, so please be patient with the Institute staff and Instructors. Thank you again to the Training Track Committee, Instructors and everyone who helped.

THE NEW TRAINING TRACK

On September 24, 1984, the Trager Training Track Committee completed its task of creating a revised Training Track. The Committee, chaired by Natasha Heifetz, worked for three years systematically incorporating input from the entire membership in the creation of this new Training Track. Each term of the proposed Track was discussed, voted upon, and approved at this meeting.

The new Track was brought before the Board of Directors the next evening. The Board, with Milton and Emily present, approved the Track, allowing for what minor changes the Committee might deem necessary to aid the transition and implementation phase. This new Training Track will become operational January 1, 1985.

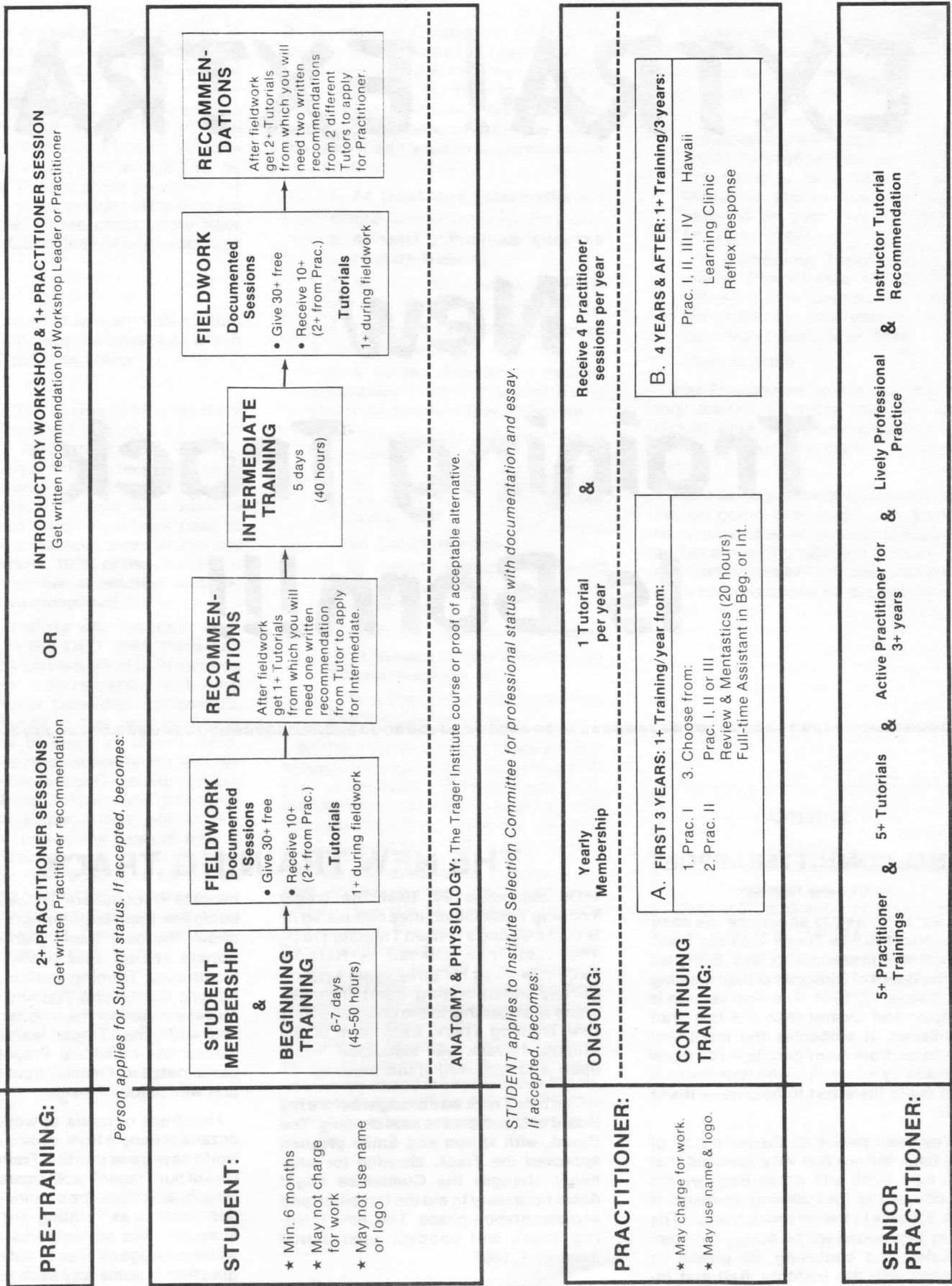
Current Trainees will have until May 1, 1985, to become Practitioner Candidates, and all Practitioner Candidates will have until December 31, 1985, to

become Practitioners. Those who do not complete their requirements will come under the new track. Current Practitioners should specifically study the Continuing Training portion. A Practitioner's Continuing Training status will be determined by the number of classes and additional Trager learning experiences, the individual Practitioner has participated in. Details about this transition will be found inside.

Hundreds of hours of work involving dozens of people from all over our Trager world have gone into this Training Track. One of our Trager Practitioners, Fabienne Hirsch, describes the continuing education process as "putting one's work in question." We all hope this new Track will encourage all of us to put our work in question in some way each year. Please take the few minutes required to read through the description. Don't hesitate to contact the Institute or an Instructor if you have any questions.

TRAGER REVISED TRAINING TRACK - January 1, 1985

Requirements → (NOTE: These are bare minimums. Most people will require more than the listed number of sessions, etc.) KEY: + Or More



REVISED TRAINING TRACK — January 1, 1985 (Text)

You will note that this Training Track is expressed in terms of the *minimum requirements* involved to become a Practitioner and to maintain one's rights as a Practitioner. Many Students will need more learning experiences than these published minimums. For this reason, this Training Track is built upon close communication between Student, Tutor(s), and Instructor(s) in order to determine the amount and type of learning experiences that will best support the development of the Student.

Before applying for admission to the Beginning Training, it is necessary to have some experience of Trager work. A prospective student must either receive two sessions from a Practitioner or take an Introductory Workshop, plus receive one session from a Practitioner. A written recommendation from the Practitioner or Workshop leader will be included in the individual application to a Beginning Training.

A **Student Membership** in The Trager Institute is required upon acceptance into the Beginning Training. When the Beginning Training is completed, the Student enters the first fieldwork period. The Student gives at least 30 free sessions and receives at least 10 sessions, two of which must be from a Practitioner. The Student also attends at least two Tutorials. All sessions given and received must be documented with written notes on the learning process.

It is necessary to have a Tutor's written recommendation to attend the Intermediate Training. After the Intermediate Training is another fieldwork period, which consists of at least 30 more free sessions given, 10 more sessions received (2 from Practitioners), and at least one or more Tutorial(s) part way through these practice sessions.

At some point during the Student phase, the Student takes the Trager Anatomy course offered by the Institute or presents proof of an acceptable alternative. During the entire Student phase, which lasts a minimum of 6 months, the Student must maintain his or her Institute membership. Students may not charge for Trager work and may not use the Trager name or logo professionally.

Near the end of the second fieldwork period, the Student attends at least two or more Tutorials, and needs to obtain two written Tutor recommendations from two different Tutors that he or she is ready to become a Practitioner. With these recommendations, the documen-

tation of the sessions given and received, copies of all Tutorial feedback forms, the additional dues, and an essay of 2-3 pages, the Student may apply to the Selection Committee of the Institute. If accepted, the Student receives a Practitioner Certificate and, at this point, may use the Trager name and logo professionally, and may charge for work.

There are some new requirements for maintaining professional status as a Trager **Practitioner**. The Practitioner must pay yearly dues, must attend one Tutorial every year, and must receive at least four sessions from a Practitioner every year. There are also Continuing Training requirements. For the first three years, at least one training must be taken each year, as follows: first Practitioner I, then Practitioner II. The third year's requirement may be satisfied by repeating Practitioner I or II, or by taking Practitioner III, or by assisting fulltime at a Beginning or Intermediate Training, or by 20 class room hours of Review and Mentastics classes. If all these courses are completed in less than three years, the Practitioner must still have one training experience per year for the remainder of the three years. In the case of a person who moves very quickly through the initial three Practitioner Trainings, he or she may move on to the more advanced trainings, if qualified. Beginning with the fourth year and thereafter, at least one training is required every three years. In addition to any of the Practitioner Trainings which may be repeated, the following courses are possibilities: Practitioner IV, Learning Clinic, Reflex Response, and other trainings as they are developed.

Senior Practitioner is an honorary title which takes into account a Practitioner's training, experience, skill level and professional practice.

A Senior Practitioner is someone who has taken five or more Practitioner-level Trainings, has attended at least five Tutorials as a Practitioner, has been an active Practitioner for three years or longer, and who has a lively professional Trager practice. An Instructor, through a Tutorial format, recommends that a Practitioner be honored with the title Senior Practitioner.

As before, The Institute, through its Instructors, retains the right to make accommodations for Students and Practitioners who are at great geographical disadvantage or for other special reasons.

TUTORIALS

You will note that Tutors play an important role in the new Training Track. The job of a Tutor has evolved from the feedback session/teaching consultation format of the past. Provisional Tutors have been appointed at this time as a "start-up" group. All Tutors will be required to attend a Tutor Training by the end of 1985. Tutors will be periodically reviewed and re-evaluated. Any questions regarding Tutors may be directed to Gail Stewart through The Trager Institute.

A Tutorial is a private lesson with an Institute approved Tutor. It is generally 2 hours long at \$15-20/hour. It may be longer with mutual consent. A Tutorial always includes feedback on tablework and Mentastics, and when used for recommendations, also includes discussion of interview skills, verbalizations during tablework, Mentastics use and teaching, and office practices.

In a Tutorial, the Student or Practitioner may be asked to work on the Tutor directly, or to bring a third person to work on under the Tutor's supervision. The Tutor will give a written summary of feedback and recommendations with a copy to the Institute, either at the time of the Tutorial or sent within 48 hours.

At the Student level, completed documentation of practice sessions given and received to date must be given to the Tutor in advance of the Tutorial for review and approval.



TRANSITION TO NEW 1985 TRAINING TRACK

This new Training Track will apply in its entirety to all who start the Beginning Training after the first of next year. In other words, after January 1, participants in Beginning Trainings will emerge as Students, not Trainees. All of you who trained prior to January 1, 1985, will have a maximum of one year to feed into the new Track. The transition processes for each of the current stages of training are listed below. Please check under your current status to find out what you need to do.

A. Trainees: As of January 1, all existing Trainees will have the choice of which Training Track they follow:

1. A Trainee who follows the NEW 1985 Track will be called a **Student** and will feed into the new Training Track requirements, receiving credit for trainings and fieldwork already completed. Trainees who wish to switch to the Student track need to notify the Institute, between January 1 and May 1, 1985, of this desire and of the number of practice sessions they have completed.

2. A Trainee who wishes to continue on the OLD 1984 Track will have to complete all of their existing Trainee requirements, including Practitioner Candidate assessment, and have all of their documentation into the Institute by May 1, 1985. Trainees who complete this will become Practitioner Candidates (PCs), and will then follow the PC transition process below. There will be NO Trainee extensions beyond May 1, 1985. Trainees who do not become PCs by that date will be called Students on the 1985 Track, receiving credit for the requirements they have completed. As Students, they may not charge for their work.

B. Practitioner Candidates: All PCs, including those named through May 1, 1985 (see Trainee section), will have until December 31, 1985 to become a Practitioner. They may follow the existing requirements, or they may follow the simplified transitional requirements listed below:

1. At least one Intermediate I Training.
2. At least 3 Tutorials after the Intermediate Training.
3. At least 30 practice sessions given after the Intermediate Training.
4. At least 8 sessions received (2 from professionals).
5. A written Practitioner recommendation from Provisional Tutor (list to be published) or Instructor.
6. Documentation to Institute by December 31, 1985:
 - a) List of 30 or more PC sessions done after Intermediate Training.
 - b) List of trainings.
 - c) List of 8 sessions received (2 from professionals), with learning documented.
 - d) Practitioner essay, 2-3 pages.
 - e) Written recommendation on Tutorial feedback form.
 - f) Additional certificate fee (10) and Practitioner dues.

NOTE: PCs who follow these simpler requirements should use the existing PC form when filing for Practitioner, with the Intermediate Training requirements reduced from 2 to 1, and the sessions given reduced from 100 to 30 or more.

While the deadline of December 31, 1985, for becoming a Practitioner may be less than the 18 months some PCs had to reach Practitioner, these transitional requirements to reach Practitioner status are less as well. On January 1, 1986, Practitioner Candidates who have not completed these requirements will become Students under the new track and will not be able to charge for their work until they complete the new Student requirements and are accepted as Practitioners. There will be NO Practitioner Candidate extensions beyond December 31, 1985.

C. Practitioners: Beginning January 1, 1985, existing Practitioners must conform to the new requirements to maintain their status, as follows:

1. On-going Requirements: All Practitioners will need to have at least 1 Tutorial per year with a senior Tutor (list to be published) or an Instructor, and to receive at least 4 sessions per year with Practitioners (may be traded).

2. Continuing Training Requirements: Practitioners should check below for their Continuing Training status and for what training, if any, they must complete in 1985.

chart to come

Any Practitioner whose training history doesn't fit easily into this chart should write to the Institute office with details, so we can clarify his or her status.

Practitioners should begin to follow the on-going and continuing training requirements as of January 1, 1985 and by December 31, 1985, we hope to have new certificates and contracts reflecting each persons status on the Practitioner Track.

CREDITS

Assemblers:

Don Schwartz & Sheila Merle Johnson

Typesetting & Layout:

Debbie Dorn, Graphic Productions

Printing: Pronto Press

VIDEO TAPING A GREAT SUCCESS!!



Milton demonstrates Mentastics at Video Shoot.

VIDEO TAPE PRODUCED

Lynette Brannon
Laura Waldman

September 22 was a day for great celebration. We completed the production phase of the video project with 10 hours of absolutely gorgeous footage for our documentary. All of our crew were artists with state of the art equipment . . . like a \$60 thousand Ikegami camera and sound and light equipment like you would see at NBC in New York . . . and our tape *looks* like something you would see on network TV. We are especially thrilled that Milton, Emily and Betty all share our enthusiasm and excitement.

The money that many of you have contributed has carried us through this phase of production. We now need enough money to have editing that matches the quality of the tape. We have \$1500 left . . . we need \$6500 more. It really is an incredible investment because this tape is so good that TV stations will be calling US to have the chance to show it. We have in fact *talked with someone from a national satellite network station that is interested*. It will also be a feature attraction for our demos and a great door opener for getting invited to be on talk shows. We are convinced that this tape will put Trager on the map! Did you *really* get that? If not, please read this again!

The editing process requires minute, time consuming attention to detail. Time, equipment rental and special effects, like dissolves, are very expensive. We cannot afford to skimp on the budget at this point. It is skillful editing that will turn 10 hours of footage into 27 minutes of poetry in motion.

If you love what Trager has done for you and what your Trager practice is doing for others, we appeal to you to put your money where your heart is. We *promise* that you will be pleased with the results. We can't do it without your contribution.

More on the tape . . . The documentary will create not only the feeling of Trager, but also will let people discover the joy and ease of movement and what that might mean in their lives. We have lots of raw footage of Milton at his very best . . . at the table, teaching, in an interview, and doing Mentastics by the ocean. It is wonderful! We have lots of Betty, and some of the other Instructors as well. We also have a dancer, a mime, joggers and Trager folks doing Mentastics outdoors. We have client testimonials and success stories and doctor testimonials. All of the documentary story is woven with nature shots, ocean, etc, as a reminder of how free, natural and open we can all feel.

(continued on page 12)

MATCHING GRANTS FOR THE VIDEO PROJECT

Betty Fuller

The Video Project, along with Milton and Emily's move, is headline news for us Trager folks, and, as you know we need another \$6,500 to complete post-production. There is an exciting and creative solution to this from some of the members. Tom Frankenberg, a Practitioner and Introductory Workshop Leader from Los Angeles, has been in the Trager world for going on 6 years now said, "I want my tape of Milton and the work, and if what it takes to get it is this, this is what I want to do: I want to give \$1,000, and I challenge the membership to match it. I'll pay up to \$1,000 in matching funds for people who give to the Video Project. I know we can raise the money a month down the road, but I want it NOW!!"

In addition to Tom's generous matching funds contribution, Bill Scholl is contributing a \$1,000 as a matching funds donation. Bill is an Introductory Workshop Leader from Austin, Texas, and is one of the initiators of The Video Project. The other Video Project movers and shakers, Laura Waldman and Lynette Brannon of Austin, are donating \$250 each as matching funds contributions.

Do you all see what this means???
Look . . .

If you give:	The Institute gets:
\$ 10	\$ 50
\$ 20	\$100
\$ 50	\$250
\$100	\$500
\$500	\$1500

Before this happened, I turned over the proceeds from my Teaching Mentastics class and gave the Project a big boost upwards. Students who hear about the shoot, or see stills of the shoot are making generous donations, too.

Your donation to the Video Project is completely tax-deductible; simply make your check payable to The Trager Institute, earmarked for the Video Project, and you have a tax deduction for 1984. We'd like to edit the tape as soon as possible. I am already scheduled to be in Texas mid-November to take a look at where the post-production process is, and how it's moving. So let's go now. Thank you for all your support. It's paid off a thousand times over.

The tape gives us the opportunity to let the viewer experience what Trager is like *before* lying down on the table. It is so inviting that it really makes you fall in love with it. The crew loved it so much that the gaffer (the light man) and production manager/sound engineer are both considering taking Sheila Merle's Beginning class in November. Besides educating people about Trager, we feel we are making a real statement about world peace.

We thank you for helping to make this dream into a reality. More than ever before, we need your financial support now.

THE VIDEO EXPERIENCE

Emily Trager

It seems that whenever I write something for the newsletter, it is because I am excited about something to do with all of us "Tragers". Here I go again. . .

Last year we heard that the Texas people wanted to arrange a professional "video experience" about the Trager work. A little lady appeared on the scene to look us over. For certain situations this is allowed, and we didn't think much about it. The next thing we knew was that a lady had won a trip to Hawaii and a treatment from Milton. When she called from Kauai she asked for a treatment for her husband, too. The Texas people had had their lottery and raised a good sum of money to start on the video. The scheduled time in Mill Valley for Fall trainings included 5 days which were to be for the shooting.

It turned out to be 6 days of a relationship with a group of wonderful people whom we admired more every day. The lady who showed up to look at us last spring turned out to be a remarkable professional in her field of TV. Her cameraman did for us what Tom Selleck has every right to expect on the set. I don't know the technical names for the jobs the other two men handled with such skill. There were so many wires (yellow thick ones that held lights), boxes of equipment, mysterious panels, and odd items brought in from time to time to improve the takes. When they set me down I did not dare get up to move around for fear of disrupting a split second of activity.

Others have been asked to write of their experiences with the video, so I must stop. Hopefully someone will tell the story of the miracle of the sunset at Stinson Beach.

Also, you will be told what the Video can mean to you in your practice, and in your life.



The Miracle of Stinson Beach

Betty Fuller

The Video Shoot provided a challenging week of survival training for participating Trager folks with opportunities to learn and experience the Power of Patience every hour on the hour of the 12-18 hour days! "Hurry up and wait!" is the rule of the game. Practitioner Mark Bauman, who volunteered to go-fer one day, summed it up for several of us when he said, "Well, it's been absolutely great, and it sure cures me of any ambition I ever had to be in TV or movies!" And yet . . . the magic happens — the prayed-for moment comes. *It* takes over and makes way for miracles!

This happened for all of us on the big outdoor shoot at Stinson Beach on the Pacific Ocean. After a week of heat wave, the old coastal fog chose that day to close in! The crew had gone ahead to location hours before. My job was to deliver the Tragers in their jogging gear over Mt. Tamalpais, down the long hairpin, winding road to a motel, there to wait for someone to lead us to the spot. (It's a BIG beach!)

About the time — hours later — that we decided to leave a note on the door and head back over the mountain before dark, Lynette Brannon and Laura Waldman dashed in. "Follow us quick! It looks like the fog will lift for sunset!" And lift it did! Oh, people! It's a moment I'll treasure always. Just as Milt and Emily walked down to the water's edge, the sun burst through in bedazzling showers of rays piercing the cool grey fog. The dance of light on the surf captured the essence of Trager with radiance and beauty. The cameras rolled and caught the moment for all of us. So did my little camera!

I got very clear that this video was intended to be and Emily said, "Well, I think that moment made a believer of all of us!"

The rest of the shoot flowed from that hook-up and now the tape is ready for Phase 3 — editing and distribution. We came in under-budget in both pre-production and production, but needed one more day to get it all done. Your tax-exempt contribution can help get Phase 3 underway immediately with the very real possibility of completion by the end of December. Please sit down right now and send your donation for at least the equivalent of one Trager session to the Trager Institute, marked "Video Project."

Participants in Video

Jo Edna Boldin: *Director*
Vince Holister: *Camera*
Davel Floetter: *Audio*
Cornelius (Neal) Callaghan, III: *Lighting*
Lynette Brannon, Bill Scholl, and Laura Waldman: *Co-Producers*
Sheila Merle Johnson: *Project Coordinator*
Don Schwartz: *Project Accountant*

Production Assistants

Gary Brownlee
Carol Jensen
Don Schwartz
Carla Montagnone
Annie Frimigacci
Diane Goldschlag
Asimo
Fawn Dutcher
Mark Bauman

Trager Talent

Milton Trager, M.D. and Emily Trager
Nancy Bonifield
Don Schwartz
Gary Brownlee
Sheila Merle Johnson
Lynette Brannon
Laura Waldman
Harris Zeff
Carla Montagnone
Mary Kelly
Carol Campbell
Betty Fuller
Deane Juhan
Wynn Tamura

Other Appearances

Maria Crane
Neal Callaghan
Gayle Wilson
Moses Stulbarg-Johnson
Dorothy Fuller
Michael Stulbarg
Cheryl Yonker
Gail Stewart's Mentastics Class
Helia Demas

NOTE:













Please do **NOT** send materials to individual instructors at their homes via Certified or Registered mail.

TO: Mentastics Class Leaders

As a first step towards maintenance of your status, please write to the Institute with information regarding when and by whom you were approved to give classes and what you are doing with Mentastics.

Additional Notes

TRAGER T-SHIRTS

<p>STYLE # A</p>  <p>Jade Turquoise Lavender Hot Pink</p> <p>SLEEVELESS CREW NECK CYCLING TOP Unisex: S,M,L,XL 100% Cotton-Preshrunk</p> <p>\$11.00</p>	<p>STYLE # B</p> <p>Hot Pink New Pink Lt. Purple Amethyst Turquoise Purple White Jade Mint</p>  <p>SLEEVELESS V-NECK Unisex: S,M,L, 100% Cotton-Preshrunk</p> <p>\$11.00</p>	<p>STYLE # C</p>  <p>Amethyst Sapphire(dp) Purple Mauve (lt) Lt Purple Teal (dp. Taupe Earth Red</p> <p>CREWNECK LONG SLEEVE Unisex: S,M,L, XL 100% Cotton-Preshrunk</p> <p>\$12.00</p>	<p>STYLE # D</p>  <p>Black only</p> <p>CREWNECK MUSCLE Unisex: M,L,XL 100% Cotton</p> <p>\$9.50</p>
<p>STYLE # F</p>  <p>Lt Blue only</p> <p>SWEATSHIRT S,M,L,XL Cott/Poly</p> <p>\$12.00</p>	<p>STYLE # G</p>  <p>Purple Maroon Red Navy Royal Lt Blue White Black</p> <p>SHORT SLEEVE CREWNECK Men's S,M,L,XL 100% Cotton except lilac and purple 50/50</p> <p>\$9.50</p>	<p>STYLE # H</p>  <p>Red Yellow Med Blue White Black Burgundy</p> <p>FRENCH CUT COTTON/POLY Women's: S,M,L,XL</p> <p>\$9.50</p>	<p>STYLE # J</p>  <p>Amethyst Teal(dp. Taupe Purple Earth Red</p> <p>TURTLENECK Unisex: S,M,L (run small) 100% cotton-preshrunk</p> <p>\$14.00</p>
<p>STYLE # L</p>  <p>Turquoise lt. mauve Sapphire Amethyst White Purple New Pink Teal(dp.) Earth Red</p> <p>V-NECK LONG SLEEVE Women's: M,L (run small) 100% cotton-preshrunk</p> <p>\$14.00</p>	<p>STYLE # M</p>  <p>Lt Purple Mint Sapphire(dp. bl) Tangerine</p> <p>TANK TOP Women's: P,S,M 100% cotton-Preshrunk</p> <p>\$9.50</p>	<p>STYLE # N</p>  <p>Black only</p> <p>TANK TOP Women's S,M,L,XL Cotton/Poly</p> <p>\$9.50</p>	<p>STYLE # O</p>  <p>Mauve(lt.) New Pink Sapphire(dp.Blue) Purple Amethyst Taupe</p> <p>OVERSIZED XL Women's 100% cotton-preshrunk</p> <p>\$13.00</p>

Cut along dotted line

TRAGER T-SHIRT ORDER FORM



NAME: _____
 ADDRESS: _____

STYLE NO.	STYLE NAME	COLOR	SIZE	PRICE

Include \$1.50 for the first shirt and .50 for each add'l. POST. & HANDL. _____
 TOTAL _____

Check or money order payable to The Trager Institute.
 Mail to Attn: T-SHIRTS, Trager Institute, 10 Old Mill St., Mill Valley, CA 94941.

Allow four (4) weeks for delivery.



THE TRAGER INSTITUTE
10 Old Mill Street
Mill Valley, CA 94941-1891
(415) 388-2688



FIRST CLASS

PLEASE FORWARD

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'Wishing' spurs genetic mutation in bacteria

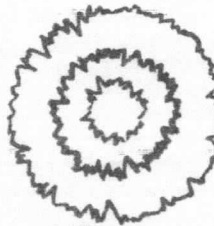
The human mind appears able to induce mutations in bacteria. This startling finding has profound implications for both medicine and industry.

Mutations, or alterations in the hereditary makeup of a cell, cause changes in offspring. "They supply the raw material for natural selection," said biologist and parapsychologist Carroll Nash. "Consequently, a PK effect on mutation would have implications for evolutionary theory."

Nash and his colleagues at St. Joseph's University, Philadelphia, attempted to determine whether the mutation rate of one strain of bacteria into another could be affected by mental intention.

Nash earlier had shown that bacterial growth rate could be mentally promoted or inhibited. But, he said, genetic mutations had not been tested for susceptibility to psychokinesis.

In the experiments, Nash used *E. coli*, bacteria commonly found in the human digestive tract. One strain (A) appears clear in the test tube, the other (B) appears red. Under normal conditions, they spontaneously mutate into each other in both



directions.

Fifty-two volunteers, not known to be psychically gifted, focused their attention on nine test tubes for varying periods of time. They were instructed to promote the mutation of one strain into another or to inhibit the reverse mutation—simply by "wishing."

The result: Mutation of strain A to strain B was mentally promoted in three test tubes. It was mentally inhibited in three tubes. Three tubes remained as controls.

After the experiment, the ratio of strain B to the total bacteria was significantly greater in the promoted than in the inhibited group. There was less in the inhibited group than in the controls.

The report will be published in the October issue of *Journal of the American Society for Psychological Research*. Nash: St. Joseph's U., Philadelphia 19131.