



TRAGER NETWORK NEWS & TRAINING SCHEDULE

Membership Newsletter of The Trager Institute

July 1985

Vol. V, No. 25

THIRD INTERNATIONAL TRAGER CONFERENCE OCTOBER 4-6, 1985 Santa Rosa, California

by Carol Campbell

July already! The Conference is only two months away. Have you registered yet? It's not too late. **The New Flamingo Hotel has graciously extended their accommodations deadline to September 1.** That gives you one more month to make your plans and get your reservation in. Don't delay. Do it now.

Don't forget the Pre-Conference Day. This opportunity to be with Milton and all the Instructors is rare and not to be missed. No other class brings together the talents of our whole teaching staff or the hook-up of so many sharing the work with one another.

Lots of questions are coming in about the food at the Conference. The hotel has accommodated us at every turn — fresh fruits and vegetables, whole grains, no processed cheese, whole wheat flour, and enough variety to satisfy vegetarians and non-vegetarians alike. Just to put your minds - and palates - at ease, here's the Saturday night banquet menu. It's representative of the quality you can expect throughout the weekend from our Friday night International Buffet to our Sunday Champagne Brunch. Bon Appetit!

Trager Banquet Menu

Cornish Game Hens
stuffed with Wild Rice
Extra bowls of Wild Rice (prepared separately, for Vegetarians)
Fresh whole Cranberry Sauce
(made with honey)
Side dishes: Chopped Scallions,
Slivered Almonds, Toasted
Sunflower Seeds
Cashew-Ginger Sauce

Steamed Vegetables: (two)
Fresh Broccoli, Green Beans,
Artichokes, or Corn-on-the-Cob
Spinach Salad (with fresh
mushrooms and avocado)
Wine: two Carafes of Red,
three of White, on each table
Calistoga Water
Carrot Cake

We are so excited about the workshops and presenters, that we just have to tell you about them. This will also give you an opportunity to decide what you would like to attend. Some of the workshops may be limited to a certain number of attendees to help ensure the best presentation possible. So, in no particular order, here they are:

Professionalism in Marketing: How to Achieve your Goals with Lia Aurami, Ph.D.

Small group exercises, discussion and an in-depth handout will be used to help you clarify your goals, motivate you, and give you the most effective ways to succeed in developing the Trager practice you want. Lia has specialized in strategic market planning for holistic health and small service businesses. This two hour workshop will be offered once on Friday and once on Saturday.

Trager and the Peak Performance Athlete with Lynette Brannon

This workshop will include exercises that address the physical and mental benefits Trager has to offer the athlete, as well as how to incorporate Mentastics in an athletic training program.

Trager Approach for Infants and their Families with Karen Goren Hortig

Combine 8 years of Trager experience and an 8 month old daughter and you have Trager for Infants. Using Raggedy Anne and Andy dolls Karen will help participants adapt basic Trager moves and Mentastics to working with infants.

My Vision of What Makes my Trager Practice Work with Natasha Heifetz

This workshop will include didactic and experiential explorations of intuition and hook-up. There will be time for Mentastics, too.

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NOTE: I wish to express my apologies to Carol Campbell and the Trager members for the tremendous errors in the conference article in your last newsletter. D. Payne, Typesetter

SPECIAL EAST COAST MILTON TRAGER PRACTITIONER III TRAINING IN MIAMI, FLORIDA — See page 5

How to Give a Trager Demonstration with Maryann Zimmerman and Sara Michael Davidson

The focus here will be on how to present Trager work in a group setting. Discussion and demonstration will introduce you to the most effective ways to present the table work and Mentastics, as well as answering questions and managing your time.

Choosing the Mentastics for Your Client/Student with Amanda Hartson

How to translate the needed function in parts of the client's body and turn it into a Mentastic. Included will be experiential techniques that will help to teach particular Mentastics.

What's Working: An Exchange Between Colleagues with Sue Holper

To deepen our personal development through Trager, this workshop will focus on how we experience our work as livelihood, personal growth, and relationships.

The Use of the Trager Approach with Alcohol and Drug Addiction Recovery with Fran Hart, R.N.

Workshop focus will be on building trust with the addicted client. We'll relate the "12 step" language to Trager, explore opening and closing verbal interaction, and discuss touch as a way to break through this disease of loneliness.

Unconditional Dance through the Trager Approach with Patricia Posey and Helene Closset

By using the imaginative processes of our creative minds, we open to experiencing more fully all available movement. Simple visualizations will be used to lead participants into their own dance. Then Trager and dance are one

The Trager Approach for Pregnant Women through Labor and Delivery with Dianne Goldschlag

This workshop will explore alternatives to working with women when they can no longer lie on their stomachs or backs. Sure hands can help in releasing tension and easing tired muscles for new mother and baby.

Palpitory Skills: Feeling What's There with Marilyn Krueger

How does it feel when the body says "no"? What is resistance? Here's an opportunity to explore these questions and the use of some of the "tricks of the trade".

Teamwork and the Regional Trager Community with Bill Scholl

A lighthearted, lighthanded experiential approach to supporting ourselves and our fellow Practitioners and Students about town. What do we want? A great practice? Recognition within the community? Lots of Trager trainings? Anything else? This workshop will explore these issues through use of visualization, creative goal setting and discussion.

Quite a lineup of workshops, wouldn't you say? As you ponder which ones you'd like to attend, also give some thought to how you could donate a bit of your time to the Conference. Here are some ideas. If you can help out, please contact the Institute office and you will be put in touch with the appropriate Com-mittee Co-ordinator.

1. *Early Risers* — We have Feldenkrais, meditation, and stretches for you early morning types. Anything else?
2. *Tee-shirt Models* — The plan is to model tee-shirts during Saturday lunch. We need some more adventurous souls to strut their stuff.
3. *Escorts* — Spend an afternoon or morning being the liaison for Milton and Emily. This is a special way to be with the Tragers and donate some time to the Conference.

On behalf of the entire Conference Committee, I invite you to join us this October to celebrate ten years of growth, love and community. We'll see you there!

SEE YOU IN OCTOBER!



KIDS AT THE CONFERENCE

Although parents are welcome to bring their children to the conference, they should be aware that there are no daycare facilities at the hotel, nor baby sitting service. Infants and children will not be allowed in the workshops in order to avoid distractions. If you are bringing a child, notify our registrar, Bill Scholl, P.O. Box 542, Marble Falls, TX 78654. We will collect the names and attempt to put the parents together so that they may form some kind of a cooperative daycare service. If you have any ideas as to how to handle children at the conference, please let us know.

REGIONAL BREAKFAST FORUM AT THE TRAGER CONFERENCE

by Jan Stevens

We've set aside some time at the conference for a special get-together—a membership 'townmeeting'—for sharing what's going on in our regions and exploring how we form local Trager communities to support each other's professional development.

During and after breakfast on Sunday, we'll brainstorm in regional groups. A membership representative will coordinate each group, facilitate the discussion and document the proceedings for follow-up.

One opportunity of this session will be to increase membership participation in developing our Trager community organizational process and priorities. These dialogues will certainly not be limited to members in attendance—even if you won't be at the conference, your written ideas can be included—just send them along to Jan Stevens, 849 W. Orange, #2020, So. San Francisco, CA 94080.

To stimulate your mental juices, here are some possible group discussion questions:

1. What do you personally want to contribute and receive from participation in developing a regional Trager group?
2. In what areas would you like to see your regional group focus its energies?
3. What are your priority action items in each area?
4. How might other groups within the Institute (staff, instructors, board) support regional groups?
5. How would you visualize the relationship between the centralized and regional parts of the Institute?
6. How can regional groups support the Institute and vice versa?
7. How might regional groups participate in helping shape Institute policy?
8. How can we communicate effectively among Institute membership sub-groups?
9. What is our next step? How and when will it happen?

FLYING TO THE CONFERENCE

For you conferees flying to the Trager Conference, we recommend that you fly into San Francisco, and take the Santa Rosa Airporter, which drops you off right at the Flamingo Hotel. The Airporter's number is 707-545-8015. They depart from the San Francisco airport every hour on the hour from 7:00 a.m. through 9:00 p.m. There is one last departure at 10:30 p.m. It picks people up (and drops them off) on the lower level of the airport terminal at the center courtesy island. It costs \$12 one way, or \$22 two way. Exact change is appreciated.

TRAINING SCHEDULE

Membership in The Trager Institute for Psychophysical Integration and Mentastics is REQUIRED for admission to ANY Trager Training.

The Board of Registered Nursing in the State of California has approved The Trager Institute as a provider of continuing education for registered nurses. The courses listed here are approved for California registered nurses.

BEGINNING TRAININGS

In addition to training fees, Beginning students will need to pay their membership dues in The Trager Institute prorated by quarter for the first calendar year. See below under each quarter for specific amounts.

THIRD QUARTER TRAININGS: \$20 DUES (in addition to training fees)

Aug. 9-14	Bethesda, MD	Gary Brownlee	\$475
CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262 — NR.			
Aug. 10-15	Paris, France	Sheila Merle Johnson	TBA†
CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 1-884-0638			
Aug. 30-Sept. 4	Edmonton, Canada	Cathy Guadagno	\$430†
CONTACT: Margaret Adams, 52264 Range Rd. #232, Sherwood Park, Alberta T8B 1B8, Canada, 403-467-6387 — R: sleeping bag arrangements avail.			
Sept. 6-8 & 13-15	Montreal, Canada	Gail Stewart	\$490*†
NOTE: \$460 if paid 1 MONTH IN ADVANCE. CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec, H2V 3Y7, Canada, 514-279-1813 or Jacques Hebert, 514-845-6936 or Louise de Montigny, 514-843-8382 — NR.			
Sept. 6-8 & 13-14	Calistoga, CA	Carol Campbell	\$475
CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986 — NR: sleeping bag arrangements avail.			
Sept. 10-15	Trenton, NJ	Sheila Merle Johnson	\$475
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, 609-392-7653 or 392-7855			
Sept. 10-15	Bloomfield, MI	Betty Fuller	\$480
CONTACT: Peggy Clancy, 5836 Cochise, West Bloomfield, MI 48033, 313-626-3251			
Sept. 12-14 & 16-18	Minneapolis, MN	Gary Brownlee	\$500
CONTACT: Marilyn Krueger, 1519 - 6th St. N.E., Minneapolis, MN 55413, 612-781-3540 — NR.			
Sept. 24-29	Toronto, Canada	Gary Brownlee	\$400*†
NOTE: US citizens fee is \$475, \$50.00 discount if PAID IN FULL by August 24th. CONTACT: Amanda Hartsong, 102 Sherwood Dr., Kingston, Ontario K7M 2E3, Canada, 613-542-2000 — R: probably — if so, extra fee			

KEY:

- R = Residential
- NR = Non-Residential
- * = Reduced fee for advance payment in full
- † = All Foreign Members please use International Money Orders in US currency only

Oct. 22-27	Massachusetts	Sheila Merle Johnson	\$500*
NOTE: \$475 if PAID IN FULL by October 1st. CONTACT: Cindy Popp-Hager, 3 Castaldi Dr., Boylston, MA 01505, 617-869-6269			
Oct. 28-Nov. 2	Marble Falls, TX	Carol Campbell	\$625
NOTE: Room & board included in fee. CONTACT: Lynette Brannon, 512-480-0362; or Bill Scholl, P.O. Box 542, Marble Falls, TX 78654, 512-693-2601 — R.			
Oct. 30-Nov. 2 & 4-5	Mill Valley, CA	Sheila Merle Johnson	\$475*
NOTE: \$435 if PAID IN FULL by Oct. 1st. CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail.			
Nov. 1-3 & 8-10	Los Angeles, CA	Gary Brownlee	\$475
CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836 — NR: sleeping bag arrangements avail.			
Nov. 15-17 & 22-24	New York City, NY	Betty Fuller	\$475
CONTACT: Ken Wieder, 306 W. 92nd St., #1-F, New York City, NY 10025, 212-496-7546 — NR: sleeping bag arrangements avail.			
Nov. 22-27	Indianapolis, IN	Gary Brownlee	\$475
CONTACT: Beverly Cox, 5016 Winthrop Ave, Indianapolis, IN 46205, 317-283-2551 — NR.			
Nov. 22-24 & 29-Dec. 1	Trenton, NJ	Cathy Guadagno	\$475
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, 609-392-7653 — R: sleeping bag arrangements & meals avail.			
Dec. 8-15	Big Sur, CA	Betty Fuller	TBA
NOTE: Request Trager Institute membership packet at time of enrollment. CONTACT: Esalen Institute, Big Sur, CA 93920, 408-667-2335 — R: sleeping bag arrangements avail.			
Dec. 10-15	Ft. Lauderdale, FL	Carol Campbell	\$475
CONTACT: Doris Kujawski, 6610 NE 21 Terrace, Ft. Lauderdale, FL 33308, 305-491-8519 — NR.			

FIRST AND SECOND QUARTER TRAININGS IN 1986 (Dues to be announced in the 4th quarter of 1985.)

FOURTH QUARTER TRAININGS: \$50 DUES includes \$10 for 4th quarter, 1985, and, \$40 for calendar year 1986 (in addition to training fees)			
Oct. 12-17	Philadelphia, PA	Gail Stewart	\$475
CONTACT: Djuna Wendruff & Peggi Fuhs, Institute for Therapeutic Touch, P.O. Box 42808, Philadelphia, PA 19101, 215-387-2171 — Room & board avail.			
Oct. 18-20 & 25-27	Mexico City, Mexico	Cathy Guadagno	\$400†
CONTACT: Eloisa Fernandez, Cuiclahuac 332, Mexico 16 D.F. 02530, Mexico, 905-556-2122			
Oct. 22-27	Boulder, CO	Gary Brownlee	\$475
CONTACT: Bob or Ru Wing, 797 - 30th St., Boulder, CO 80303, 303-444-0838 — NR.			

Jan. 4-10, 1986	Chiang Mai, Thailand	Gail Stewart	\$475†
CONTACT: Ken Ballard, Khana Si Chang, 287-5 Nakhua Soi 8, Banglamung, Choiduri, Thailand, or Amanda Hartsong, 102 Sherwood Dr., Kingston, Ontario K7M 2E3, Canada, 613-542-2000			
Jan. 13-18	Mill Valley, CA	Sheila Merle Johnson	\$475*
NOTE: \$435 if PAID IN FULL by Dec. 5, 1985 CONTACT: The Trager Institute (see above) — NR: bed & breakfast avail.			

INTERMEDIATE TRAININGS

These trainings are open to all Students who have completed Fieldwork A in the Training Track, and to ALL Practitioner Candidates and Certified Practitioners.

Aug. 2-6 Zurich, Switzerland	Sheila Merle Johnson	TBA†
CONTACT: Monika Sutter, Pfannenstilstrasse 18, 8820 Wadenswil 01 780 3977, Switzerland		
Aug. 2-6 Trenton, NJ	Gail Stewart	\$450
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, (609) 392-7653 — Room & board avail.		
Aug. 8-12 Toronto, Ontario	Betty Fuller	\$450†
NOTE: U.S. money orders payable to Karen Goren Hortig. CONTACT: Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario, M6G 3P8, 416-656-2700 — NR: sleeping bag arrangements avail. by previous arrangements only.		
Aug. 16-20 Santa Cruz, CA	Carol Campbell	\$450
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216 — NR.		
Aug. 24-28 Bethesda, MD	Carol Campbell	\$450
CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262 - NR.		
Sept. 6-9 Olds, Alberta, Canada	Cathy Guadagno	\$360†
CONTACT: Jean Robertson, Box 3040, Olds, Alberta T0M 1P0, Canada, 403-556-6642 — R: sleeping bag arrangements avail.		
Sept. 18-22 Montreal, Canada	Gail Stewart	\$400*†
NOTE: \$380 if paid fully 1 MONTH IN ADVANCE. CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec, H2V 3Y7, Canada, 514-279-1813 or Jacques Hebert 514-845-6936 or Louise De Montigny, 514-843-8382.		
Sept. 18-22 Portland, OR	Betty Fuller	\$450
CONTACT: Barbara Allin, 11744 Boones Ferry Rd., Portland, OR 97219, 503-244-5728		
Sept. 26-30 Mill Valley, CA	Sheila Merle Johnson Gail Stewart	\$450
CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail. — NR.		
Oct 9-13 Santa Cruz, CA	Carol Campbell	\$450
CONTACT: Carol Campbell, 408-429-8216 (see above) — NR.		
Oct. 20-24 New York City, NY	Gail Stewart	\$450
CONTACT: Ken Wieder, 306 W. 92nd St. #1-F, New York City, NY 10025, 212-496-7546 — NR.		
Nov. 5-9 Oviedo, FL	Carol Campbell	\$450
CONTACT: Reese Institute, 425 Geneva Dr., Oviedo, FL 32765, 305-365-9283 — Sleeping bag arrangements avail.		
Dec. 3-7 Mill Valley, CA	Betty Fuller	\$450
CONTACT: The Trager Institute (see above) — NR: bed & breakfast avail.		
Dec. 4-8 Los Angeles, CA	Carol Campbell	\$450
CONTACT: Training Coordinator, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836		
Dec. 7-11 Texas	Sheila Merle Johnson	\$600
CONTACT: Lynette Brannon, 512-480-0362 or Bill Scholl, P.O. Box 542, Marble Falls, TX 78654, 512-693-2601 — R: room & board included, near Austin.		
Jan. 22-26 Massachusetts	Sheila Merle Johnson	\$450
CONTACT: Cindy Popp-Hager, P.O. Box 733, Boylston, MA 01505, 617-869-6269 — NR: sleeping bag arrangements avail		

PRACTITIONER I TRAININGS

PREREQUISITE: This class is open ONLY to Certified Practitioners.

Aug. 2-4 Toronto, Ontario	Betty Fuller	\$400†
NOTE: U.S. money order payable to Karen Goren Hortig. CONTACT: Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario M6G 3P8, Canada, 416-656-2700 — NR.		
Aug. 23-25 Seattle, WA	Betty Fuller	\$400
CONTACT: Gwen Crowell, Abintra Wellness Center, 438 N. E. 72nd, Seattle, WA 98115, 206-522-9384 — NR.		
Aug. 31-Sept. 2 Trenton, NJ	Betty Fuller	\$400
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, (609) 392-7653 — NR: room & board avail.		
Sept. 23-25 Mill Valley, CA	CANCELLED	Betty Fuller \$375
Oct. 9-11 Mill Valley, CA	Betty Fuller	\$375
CONTACT: The Trager Institute, 415-388-2688 (see above) — NR: bed & breakfast avail.		
Oct. 22-24 Paris, France	Betty Fuller	TBA†
CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 1-885-0638		
Oct. 26-28 Bethesda, MD	Betty Fuller	\$400
CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262		
Nov. 1-3 Massachusetts	Betty Fuller	\$400
CONTACT: Cindy Popp-Hager, 3 Castaldi Dr., Boylston, MA 01505, 617-869-6269 or Asimo, 56 JFK St., Cambridge, MA 02138, 617-876-1171 or 354-6304		
Jan. 30-Feb. 1 Mill Valley, CA	Betty Fuller	\$400
CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail.		
Feb. 22-24, 1986 Oviedo, FL	Betty Fuller	\$400
CONTACT: Jean Reese, Reese Institute, 425 Geneva Dr., Oviedo, FL 32765, 305-365-9283		
Mar. 28-30 New York City, NY	Betty Fuller	\$400
CONTACT: Ken Wieder, 306 W. 92nd St., #1-F, New York City, NY 10025, 212-496-7546 — NR: sleeping bag arrangements avail.		

BETTY'S TRAGER ALTERNATIVES

The Trager Approach in special circumstances (i.e. people in w chairs, lying on their sides, etc.).

Sept. 3 Trenton, NJ	Betty Fuller	\$75
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, (609) 392-7653 — R.		
Oct. 1 Mill Valley, CA	Betty Fuller	\$75
CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail.		
Oct. 8 Mill Valley, CA	Betty Fuller	\$75
CONTACT: The Trager Institute, 415-388-2688 (see above) —NR.		
Oct. 20 Paris, France	Betty Fuller	TBA†
CONTACT: Fabienne Hirsch, 17 Av. La Fontaine, 94100 Saint Maur, France 885-06-38		
Oct. 31 Massachusetts	Betty Fuller	\$75
NOTE: \$25 reduction in total fee for students also enrolled in Prac. I training (Nov. 1-3) CONTACT: Cindy Popp-Hager, 3 Castaldi Dr., Boylston, MA 01505, 617-869-6269 or Asimo, 56 JFK St., Cambridge, MA 02138, 617-876-1171 or 354-6304		
Mar. 31, 1986 New York City, NY	Betty Fuller	\$75
NOTE: \$25 discount if also enrolled in Prac. I. CONTACT: Ken Wieder, 306 W. 92nd St., #1-F, New York City, NY 10025, 212-496-7546 — NR.		

MILTON TRAGER, M.D. TRAININGS

SPECIAL MILTON TRAGER TRAINING ANNOUNCEMENTS

Based on demand, the office has changed two of Dr. Trager's classes near the Conference. The Sept. 22-24 Practitioner IV (P4) has become a Practitioner III (P3), and the October 15-17 Practitioner V (P5) has become a Practitioner II (P2). As of July 15 there are still spaces in these two new trainings.

There is 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.

Between the application deadline and the notification date two things happen. One is a selection process for each class in which all qualified applicants are considered. The second is that the office considers application patterns and may add, change or cancel scheduled classes.

NOTE

Practitioner trainings are numbered I, II, III, IV and V to differentiate them, but please don't get caught in the "numbers game" of trying to rush through them, taking just one of each in sequence. Once you are past Practitioner I, the biggest difference in the trainings is the format: for example, some have larger or smaller groups; some have more observation of Milton or more Instructor feedback. Each type of training offers something unique and special. You are encouraged to repeat classes which please you. In some cases, you may be required to do so, to fill gaps in your learning. Either way, the training sequence is not designed to be linear or rigid but, like the work, to flow and respond to each person's needs.

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

REGISTRATION INFORMATION:

- 1) **Registration Fee:** 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 registration fee to the Institute. Your application will be refused if your check is improperly made out, if your registration fee does not accompany your application, or if the prerequisites have not been met. Participants are selected from among qualified applicants after the application deadline listed below. If selected, your registration fee becomes non-refundable.
- 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.)

- 4) **Refund Policy:** If a class registrant cancels out of a Training at any time up to three (3) weeks prior to the Training date, and their place is filled by another full-paying participant, the student who cancelled will be refunded all but half of the \$100 registration fee. If their place is not filled by a full-paying participant, the student who cancelled will be refunded all but the \$100 registration fee.

Three weeks or less before Training, if the student cancels and their place can be filled, the student will, as before, receive back all of the money except for half of the registration fee. If their place cannot be filled, they will receive no refund — the full class fee will be kept by the Institute.

- 5) **Deadlines:** The chart below indicates: a) the dates applications 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
August	May 1	May 8	May 10	July 1
Sept. & Oct.	June 3	June 10	June 12	Aug. 1
November	July 1	July 8	July 10	Oct. 1
December	Aug. 5	Aug. 12	Aug. 14	Nov. 1
Nov. R-R	Sept. 12	Sept. 20	Sept. 23	Oct. 15
Jan. & Feb.	Sept. 15	Sept. 23	Sept. 24	Dec. 1
Mar. & Apr.	Nov. 15	Nov. 22	Nov. 25	Feb. 1

PRACTITIONER II

Aug. 15-17 Oct. 10-12 Oct. 15-17 Jan. 9-11 Apr. 29-May 1 \$425
Note: Oct. 10-12 is full & Nov. 25-27 has been cancelled.

USUAL CLASS SIZE: 18 participants.

Additional Prerequisites: Applications will be accepted **ONLY** from Certified Practitioners who have already successfully completed a Practitioner I (the former Intermediate II).

* * * * *

Dr. Trager has given Betty Fuller special approval to teach Practitioner II level classes in Europe. European Practitioners will be able to count only ONE of these classes towards their Continuing Training requirements in Phase A & B.

Oct. 17-19 Paris, France Betty Fuller TBA
 CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 1-885-0638

PRACTITIONER III

Sept. 22-24 Sept. 28-30 Dec. 12-14 Feb. 5-7‡ Mar. 18-20 \$450
Note: Sept. 28-30 class is full.

USUAL CLASS SIZE: 14 participants.

Additional Prerequisites: Applications will be accepted **ONLY** from Certified Practitioners who have already successfully completed a Practitioner I & II (or 2 trainings of the former Intermediate II level and above.)

‡ **This class will be in Miami, FL. Register through the Institute office.**

PRACTITIONER IV

Nov. 21-23 April 10-12

\$475

Note: Sept. 22-24 has been cancelled.

USUAL CLASS SIZE: 12 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed a Practitioner I, II & III trainings (or 3 trainings of the former Intermediate II level and above.)

PRACTITIONER V

Dec. 7-9 Mar. 13-15

\$500

USUAL CLASS SIZE: 8 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed 4 trainings of Practitioner II level and above (or 5 trainings of the former Intermediate II level and above), who have taken a Practitioner IV training (formerly Practitioner III 1/85-4/85, Practitioner Intermediate or Advanced Practitioner Intermediate 9/83-12/84), and who have been a participant in a training with Dr. Trager in the 18 months prior to the desired Practitioner V training. Enrollment preference will be given to applicants with greater training and experience, with selection input from Dr. Trager.

REFLEX RESPONSE

Nov. 12-16

\$700

USUAL CLASS SIZE: 10 participants

Reflex-Response work is a form of Trager work which is especially suited to the re-education of neuro-muscular difficulties. Learning Reflex-Response work requires a solid foundation of skill in the standard psychophysical integration table work.

In this new Reflex-Response training format, the first 2 days, led by Reflex-Response Seminar leaders, will include hand-holds, client care and basic protocol for the use of the Reflex-Response work. Students will practice on each other. During the following 3 days, students will work in a team format with Dr. Trager and pre-screened models. There will be periods of observation, hands-on work, and discussion.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed a Practitioner I, II & III (or 3 trainings of the former Intermediate II level and above).

NOTE: There will be four (4) **additional** places during the first 2 days of the training for Auditors who have already taken the Reflex-Response training, and who wish to re-evaluate the basic information. The fee is \$175.

To apply for this training, follow the registration procedures listed above. In addition, please type the following information, and attach it to your application form:

1. 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 your practice other disciplines with Trager as a part? Be specific.
 2. 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.
-



ASSISTING AT MILTON'S TRAININGS

Assisting in trainings 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 office for the training at which you wish to assist. You will also be required to volunteer one additional day of work at the Institute office within 3 months of the training, preferably before or adjacent to the training.

MONITORS: Supervise flow of class and intervene with corrections where necessary.

LOGISTICS ASSISTANTS: Keep the classroom clean, launder sheets, run errands for the class and the Tragers and do whatever else it takes to help the class run efficiently. They are not always in the classroom and need to be able to walk or drive to get supplies. They need to be available all the days of the training, from before the students arrive until after they leave.

PLAYMATES: Attend to the Tragers' needs such as transportation, lunch, shopping, etc.

MAKING YOUR APPLICATION

To apply for **one** of these positions, send a separate application to the Institute office. 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.

Assisting Milton

PRACTITIONER II's: Oct. 10-12 & 15-17 Jan. 9-11 Apr. 29-May 1

Prerequisites:

MONITORS: Tutors who have had a least 4 trainings with Dr. Trager above the Intermediate level (formerly Intermediate I) and who have had considerable experience assisting in Beginning and/or Intermediate trainings.

LOGISTICS ASSISTANTS: Practitioners who have taken the Practitioner II (or 2 classes of the former Intermediate II level or above) with Dr. Trager and who have assisted in Beginning trainings.

Needs:

Oct. 10-12: 1-2 Monitors, 1 Playmate

Oct. 15-17: 1 Monitor (possibly), 1 Playmate

Jan. 9-11 & Apr. 29-May 1: 1-4 Monitors, 2 Logistics Assistants, 1 Playmate

PRACTITIONER III's: Sept. 22-24 & 28-30 Dec. 12-14 Feb. 5-7 Mar. 18-20

Prerequisites:

MONITORS: Same as above plus experience as Monitor in Practitioner II training.

LOGISTICS ASSISTANTS: Practitioners who have taken 2 trainings of the Practitioner II level or above (or 3 of the former Intermediate II or above) with Dr. Trager and who have assisted in Beginning and/or Intermediate trainings.

Needs:

Sept. 22-24: 2-3 Monitors, 1 Playmate

Sept. 28-30: 1 Playmate

Dec. 12-14, Feb. 5-7 & Mar. 18-20: 1-3 Monitors, 2 Logistics Assistants, 1 Playmate

PRACTITIONER IV's: Nov. 21-23 April 10-12

Prerequisites:

LOGISTICS ASSISTANTS: Practitioners who have taken at least 3 trainings of the Practitioner II level or above (or 4 of the former Intermediate II or above), who have already participated in a Practitioner IV training (formerly Practitioner III, Practitioner Intermediate or Advanced Practitioner Intermediate) and who have assisted in Beginning and/or Intermediate trainings.

Needs:

Nov. 21-23 & April 10-12: 2 Logistics Assistants, 1 Playmate

Assisting Milton (continued)**PRACTITIONER V's: Dec. 7-9 April 10-12****Prerequisites:**

LOGISTICS ASSISTANT: Practitioners who have taken 5 trainings of the Practitioner II level or above (or 6 of the former Intermediate II or above), who have already completed a Practitioner V training (formerly Practitioner IV or Hawaii training) and who have assisted in Beginning and/or Intermediate trainings.

Needs:

Dec. 7-9 & April 10-12: 1 Logistics Assistant, 1 Playmate

REFLEX-RESPONSE: Nov. 12-16**Prerequisites:**

LOGISTICS ASSISTANT: Practitioners who have already completed the Reflex-Response training or its equivalent. In addition to regular logistics duties, assistants will be responsible for greeting and assisting models. Preference for these positions will be given to those who have an active Reflex-Response practice.

Needs:

Nov. 12-16: 2 Logistics Assistants

Nov. 14-16: 3 Logistics Assistants

REVIEW SESSIONS

- Aug. 3 La Jolla, CA** **Cathy Guadagno** \$50
CONTACT: Cathy Guadagno, P.O. Box 2896, La Jolla, CA 92038, 619-459-5399
- Aug. 10 Trenton, NJ** **Gail Stewart** \$45
CONTACT: Jim & Carol Day, 21 Whittier, Trenton, NJ 08618, 609-392-7855 — Sleeping bag arrangements avail.
- Aug. 15 Bethesda, MD** **Gary Brownlee** \$50
CONTACT: Chesapeake Trager Practitioners, Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262
- Aug. 24 Los Angeles, CA** **Gary Brownlee** \$50
NOTE: Practitioners ONLY
CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836
- Sept. 10 Montreal, Canada** **Gail Stewart** \$50*†
NOTE: \$40 if paid ONE MONTH IN ADVANCE.
CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec Canada, H2V 3Y7, 514-279-1813, or Jacques Hebert, 514-845-6936, or Louise de Montigny, 514-843-8382
- Sept. 11 Montreal, Canada** **Gail Stewart** \$50*†
NOTES: \$40 if paid ONE MONTH IN ADVANCE.
Only for Practitioners who have been with Milton Trager.
CONTACT: Roland Burgalieres (see above), 514-279-1813, or Jacques Hebert, 514-845-6936, or Louise de Montigny, 514-843-8382
- Sept. 15 Minneapolis, MN** **Gary Brownlee** \$50
CONTACT: Marilyn Krueger, 1519 - 6th St. N.E., Minneapolis, MN 55413, 612-781-3540
- Oct. 18 Philadelphia, PA** **Gail Stewart** \$40
CONTACT: Djuna Wendruff & Peggi Fuhs, The Institute for Therapeutic Touch, P.O. Box 42808, Philadelphia, PA 19101, 215-387-2171
- Oct. 29 Bethesda, MD** **Betty Fuller** \$50
CONTACT: Chesapeake Trager Practitioners, Nina Johnson (see above)
- Nov. 21 Indianapolis, IN** **Gary Brownlee** \$50
CONTACT: Beverly Cox, 5016 Winthrop Ave., Indianapolis, IN 46205, 317-283-2551

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REVIEW SERIES

- Aug. 7-Sept. 25, 7-9:30 p.m. Santa Cruz, CA** **Carol Campbell** \$15
NOTES: Aug. 7, 14, 21, 28 & Sept. 4, 11, 18, 25. Fee is per evening.
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216
- Aug. 18, Sept. 7, Dec. 22, 1-3:30 p.m. Los Angeles, CA** **Gary Brownlee** \$20
NOTE: Fee is per session, call for details.
CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836
- Aug. 22-Dec. 19, 7-9:30 p.m. Los Angeles, CA** **Gary Brownlee** \$20
NOTES: Aug. 22, 29, Sept. 5, Oct. 10, 17, 31, Nov. 7 & Dec. 12, 19. Fee is per session, call for details.
CONTACT: Gary Brownlee (see above)

ONE-DAY INTRODUCTORY WORKSHOPS

- Aug. 10 & 11 Chicago, IL** **Marilyn Krueger** \$50
NOTE: Aug. 11 will only be held if Aug. 10 fills.
CONTACT: Patricia Rowe, 2656 Asbury Ave., Evanston, IL 60201, 312-864-4213 — NR.
- Aug. 17 Southfield, MI** **Marilyn Krueger** \$45
CONTACT: Peggy Clancy, 5836 Cochise, West Bloomfield, MI 48033, 313-626-3251 or 313-353-3550 — NR.
- Aug. 18 Edmonton, Alberta, Canada** **Norma Fine** \$40
NOTE: Canadian funds only.
CONTACT: Margaret Adams, 52264 Range Rd. #232, Sherwood Park, Alberta Canada T8B 1B8, 403-467-6387 — NR.
- Aug. 24 Trenton, NJ** **Carol & Jim Day** \$45
CONTACT: Jim or Carol Day, 21 Whittier Ave., Trenton, NJ 08816, 609-392-7653
- Aug. 24 Detroit, MI** **Marilyn Krueger** \$45
CONTACT: Peggy Clancy (see above)
- Sept. 7 Mountain View, CA** **Mark Bauman** \$50
NOTE: Limit 10 students.
CONTACT: Mark Bauman, 745 Webster, Palo Alto, CA 94301, 415-324-1824
- Sept. 15 New York City, NY** **Ken Wieder** \$45
CONTACT: Dorothy Krauss, 330 3rd Ave. 17K, New York, NY 10010, 212-684-3482
- Sept. 15 Peterborough, Ontario, Canada** **David Pinto** \$45
NOTE: Bring lunch and a mat.
CONTACT: Dorothy Wakeford, 1228 Bathurst St., Peterborough, Ontario Canada K9H 6X5, 705-743-4909
- Sept. 28 Berkeley, CA** **Julie Greene** \$40
CONTACT: Julie Greene, P.O. Box 20236, Oakland, CA 94620, 415-658-3763
- Sept. 27-29 Reno, NV** **Betty Fuller** TBA
NOTE: Title: "The Levity of Gravity."
CONTACT: Alan Morvay, Joy Lake Community, 702-323-0378 — R.
- Oct. 19 New York City, NY** **Ken Wieder** \$45
CONTACT: Ken Wieder, 306 W. 92nd St., #1-F, New York City, NY 10025, 212-496-7546
- Oct. 20 Winnipeg, Manitoba** **David Pinto** \$45
NOTE: Bring lunch and a mat.
CONTACT: Barbara Romano, 678 Park Blvd. So., Winnipeg, Manitoba R3P 0X1
- Oct. 27 Long Island, NY** **Ken Wieder** \$45
CONTACT: Nancy Toner, Long Island School of the Healing Arts, 34 Norton St., Patchogue, NJ 11772, 516-654-0406
- Nov. 3 Montclair, NJ** **Ken Wieder** \$45
CONTACT: Susan Morton-Peck, Yoga & Meditation Center of Montclair, 9 Patton Pl., Montclair, NY 07043, 201-744-1997 or 201-746-6707
- Nov. 9 Detroit, MI** **David Pinto** \$45
NOTE: Bring lunch and a mat.
CONTACT: John Cowlshaw, 1409 Kenilworth, Clawson, MI 48017, 313-435-8717
- Nov. 10 New York City, NY** **Ken Wieder** \$45
CONTACT: Ken Wieder (see above)

ANATOMY & PHYSIOLOGY CLASSES

Aug. 9-11 Santa Cruz, CA	Deane Juhan	\$225
NOTE: Part I CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216 — NR.		
Aug. 26-28 Minneapolis, MN	Deane Juhan	\$200
NOTE: Part II CONTACT: Marilyn Krueger, 1519 - 6th St. N.E., Minneapolis, MN 55413, 612-781-3540		
Sept. 1-3 Indianapolis, IN	Deane Juhan	\$200
NOTE: Part I CONTACT: Beverly Cox, 5016 N. Winthrop Ave., Indianapolis, IN 46025, 317-283-2551 — NR.		
Sept. 6-8 Indianapolis, IN	Deane Juhan	\$200
NOTE: Part II CONTACT: Beverly Cox, 317-283-2551 (see above) — NR.		
Sept. 12-14 New York, NY	Deane Juhan	\$225
NOTE: Part I CONTACT: Ken Wieder, 306 W. 92nd St., #1-F, New York City, NY 10025, 212-496-7546 — NR.		
Oct. 11-13 Los Angeles, CA	Deane Juhan	\$225
NOTE: Part I (front of body) CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836 — NR: sleeping bag arrangements avail.		
Oct. 18-20 Los Angeles, CA	Deane Juhan	\$225
NOTE: Part II (back of body) CONTACT: Gary Brownlee (see above)		
Nov. 1-3 Big Sur, CA	Deane Juhan	\$230
NOTE: Part I CONTACT: Esalen Institute, Big Sur, CA 93920, 408-667-2335		
Nov. 15-17 Mill Valley, CA	Deane Juhan	\$225
NOTE: Part I CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688 — NR: bed & breakfast avail.		
Nov. 29-Dec. 1 Mill Valley, CA	Deane Juhan	\$225
NOTE: Part II CONTACT: The Trager Institute (see above) — NR: bed & breakfast avail.		
Jan. 24-26, 1986 Big Sur, CA	Deane Juhan	\$230
NOTE: Part II CONTACT: Esalen Institute (see above).		
Dec. 14-16 Denver, CO	Deane Juhan	\$225
NOTE: Part I CONTACT: Nan Davis, 8621 West 10th, Lakewood, CO 80215, 303-232-4766 — NR.		

SUPERVISED PRACTICE DAYS

Aug. 24, 10 a.m.-5 p.m. Santa Cruz, CA	Rosie King-Smyth	\$20
NOTE: Call by Aug. 1 to reserve a place. CONTACT: Rosie King-Smyth, 120 - 20th Ave., Santa Cruz, CA 95062, 408-475-4573		
Sept. 15, 1-6 p.m. San Francisco, CA	Dianne Goldschlag	\$35
NOTE: \$10 deposit to hold place. CONTACT: Dianne Goldschlag, 6 Downey, San Francisco, CA 94117, 415-665-0248-home, 922-3478-message.		
Sept. 14 Kingston, Ontario, Canada	Amanda Hartsong	\$30
NOTE: Bring lunch to share, pre-registration necessary. Canadian funds. CONTACT: Amanda Hartsong, 102 Sherwood Dr., Kingston, Ontario K7M 2E3, Canada, 613-542-2000 — Sleeping bag arrangements avail.		
Oct. 27, 1-6 p.m. San Francisco, CA	Dianne Goldschlag	\$35
NOTE: \$10 deposit to hold place. CONTACT: Dianne Goldschlag (see above)		

Nov. 3 Kingston, Ontario, Canada	Amanda Hartsong	\$30
NOTE: Bring lunch to share, pre-registration necessary. Canadian funds. CONTACT: Amanda Hartsong (see above)		
Dec. 8 Kingston, Ontario, Canada	Amanda Hartsong	\$30
NOTE: Bring lunch to share, pre-registration necessary. Canadian funds. CONTACT: Amanda Hartsong (see above)		

* * * * * EUROPE * * * * *

Sept. 7 Zurich, Switzerland	Fabienne Hirsch	TBA
NOTE: 9 a.m.-2 p.m. — Intermediates; 2:30 p.m.-7:30 p.m. — Beginners CONTACT: Monika Sutter, Pfannenstilstr. 18, 8820 Wadenswil, 01-780-3977		
Nov. 30 Zurich, Switzerland	Fabienne Hirsch	TBA
NOTE: 9 a.m.-2 p.m. — Beginners; 2:30 p.m.-7:30 p.m. — Intermediates CONTACT: Monika Sutter, Pfannenstilstr. 18, 8820 Wadenswil, 01-780-3977		

MENTASTICS CLASSES

Aug. 5 Toronto, Ontario, Canada	Betty Fuller	TBA†
TIME: 10 a.m.-6 p.m. CONTACT: Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario M6G 3P8, Canada, 416-656-2700 or David Pinto, 193 Indian Grove, Toronto, Ontario M6P 2H4, Canada, 416-534-6950		
Aug. 18 Los Angeles, CA	Gary Brownlee	\$5
TIME: 10-11:30 a.m. NOTE: Clients and interested people welcome. CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836		
Sept. 7 Los Angeles, CA	Gary Brownlee	\$5
TIME: 10-11:30 a.m. NOTE: Clients and interested people welcome. CONTACT: Gary Brownlee (see above)		
Sept. 15 Kingston, Ontario, Canada	Amanda Hartsong	\$30
NOTE: By pre-registration only, bring lunch to share. Canadian funds. CONTACT: Amanda Hartsong, 102 Sherwood Dr., Kingston, Ontario K7M 2E3, Canada, 613-542-2000		
Nov. 2 Kingston, Ontario, Canada	Amanda Hartsong	\$30
NOTE: By pre-registration only, bring lunch to share. Canadian funds. CONTACT: Amanda Hartsong (see above)		
Dec. 7 Kingston, Ontario, Canada	Amanda Hartsong	\$30
NOTE: By pre-registration only, bring lunch to share. Canadian funds. CONTACT: Amanda Hartsong (see above)		

Dec. 22 Los Angeles, CA	Gary Brownlee	\$5
TIME: 10-11:30 a.m. NOTE: Clients and interested people welcome. CONTACT: Gary Brownlee (see above)		

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ONGOING MENTASTICS CLASSES

Portland, OR	Carlos Martin & Marty Dawson	TBA
NOTE: Times and price vary with the length of class. CONTACT: Carlos Martin, Common Ground, 503-238-4010 or Marty Dawson, Laurelhurst Clinic, 503-238-4789.		
La Jolla, CA	Cathy Guadagno	\$6
TIME: Wednesdays, 4:00 p.m. CONTACT: San Diego Trager Center, P.O. Box 2896, La Jolla, CA 92038, 619-459-5399.		

ASSISTING IN MILL VALLEY

Calling all Tragerers! With the increased number of Beginning and Intermediate trainings in Mill Valley, there is an increased need for logistical and teaching assistants. If you wish to volunteer for these positions, please contact The Trager Institute letting us know for which class you wish to assist. Include your training and assisting record. Assisting is

a way of learning, and a valuable opportunity to be closer to the work.

Additionally, with a greatly increased schedule of trainings by Milton, we need playmates for Emily. These assistants are with Emily in the training room and when she goes out. The one requirement is that the person have a car.

TUTOR TRAININGS

Oct. 1-2 Oct. 8-9

\$75

NOTE: Open to Provisional Tutors and Practitioners who have been accepted into the Tutor training program.

CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891, 415-388-2688

A NOTE ON SLEEPING ARRANGEMENTS IN MILL VALLEY

Although we are not able to accommodate Trager students at the Institute itself, several homes have emerged in Mill Valley as places to sleep, and, perhaps, eat breakfast. Some offer sleeping bag arrangements on the floor, some have beds, some have window seats. Some have group sleeping arrangements, some are more private; some are modern, some California funky. They differ as well in bathroom facilities offered. Check when you telephone.

Fees range from \$10-\$60 per person. Nancy's and Denise's places are within walking distance, the others are a short bus or car ride. All numbers are in the 415 area code and in Mill Valley, CA 94941.

Delores Kvigne: 263 Cardinal Rd., 383-4026

Cecile Cutter: 220 Del Casa, 388-5475

Nancy Ford: 99 Sycamore Ave., 388-4581

Sara Goren: 441 Maple Ave., 388-4265

Denise Zwart: 85 Helen's Lane, 383-0988

Ruth Zacherly: 2 Lincoln Ave., 383-4821

REFLEX-RESPONSE MODELS NEEDED

We need to find approximately 12 models for Reflex-Response work to participate in the November 14-16 portion of the class.

We need models who would:

1. Be available in Mill Valley for all 3 days and provide their own transportation, transfer assistance, housing and expenses.
2. Understand that this is a learning experience for students and that both students and Dr. Trager will be working with them.
3. Be appropriate models for Reflex-Response work.

If you have such a client, please submit their name, history, and Trager work-to-date. Not all those applying will be accepted as models. All of this Fall's models accepted will be pre-screened by Reflex-Response Seminar leaders Gary Brownlee and Marilyn Krueger, or by a student who has taken the Reflex-Response training previously. Please submit this information to the Trager Institute office by Sept. 15, and mark the envelope "Reflex-Response Models" in the lower left-hand corner.

CREDITS

Assistance: Sheila Merle Johnson & Don Schwartz
Typesetting & Layout: Debbie Dorn, Graphic Productions
Printing: Pronto Press



Emily and Milton Trager
May 17, 1985 Tiburon, California

A Trager Wedding

Heartfelt congratulations to our beloved Emily and Milton Trager on the occasion of their marriage on May 17, 1985, at the Community Congregational Church in Tiburon, California. The marriage was conducted by Rabbis Joseph and Nathan Segal. The ceremony was full of beautiful singing, blessings, and prayer. Following that, there was more singing and dancing by the 150 family, friends, and Trager members in attendance.

Emily wore the exact same outfit which adorned her when she and Milton had their civil marriage 20 years ago on May 22nd which is also Emily's birthday. This ceremony was held in conjunction with the twice-monthly shabat shul service by Joseph and Nathan. Emily and Milton were escorted down the aisle by Betty Fuller. The chupa, a traditional Jewish tapestry, was hand-held above the bride and groom by Trager members Peter de Zordo and Don Schwartz along with two members of Joseph and Nathan's congregation. After the ceremony, a traditional oneg shabat was held, and an abundance of delicacies made by Trager students was served and consumed with great vigor.

Emily and Milton want to express their thanks and joy for the many, many cards and good wishes that were sent to them.

10th Anniversary Gift for Milton and Emily

This is a **SECRET** — please don't mention to Milton and Emily. We want to compile a scrapbook-photo album as a "membership gift" to Milton and Emily this fall at the Conference. If you have a photo, drawing, poem, letter or whatever that you would like to contribute to this effort, please send it to: Marilyn Krueger, 1519 - 6th St. N.E., Minneapolis, MN 55413 by September 10th. Be sure to include your full name and address. All contributions will become the property of Milton and Emily. Use your imagination, go through those old photos and help up make this 10 years of memories a gift to remember.

A SCIENTIFIC CLEARINGHOUSE FOR TRAGER

Trager Practitioner, Harry Friedman, has volunteered his efforts to be a clearinghouse for information about research and theory involving Trager Psycho-physical Integration. If you are involved in the areas of research, medicine, and/or health care, and have published any Trager related articles or have any kind of information, or, if you wish any information, you may contact Harry at: 4485 Kenneth Dr., #C-102, Okemos, MI 48864. His phone numbers are: 517-332-0542 or 353-5204. Harry is a third year student at the Department of Biomechanics of the College of Osteopathic Medicine, at Michigan State University. He is a research writer for the Educational Council on Osteopathic Principles.

THAI-TRAGER REMINDER

Don't forget about the Thai-Trager Expedition announced by Amanda Hartson and Ken Ballard in our last newsletter. It is set for January, 1986. For more information contact:

KEN BALLARD

287/5 Naklua Soi 8

Banglamung, Cholburi, Thailand

or

AMANDA HARTSONG

102 Sherwood Drive

Kingston, Ontario, Canada, K7M 2E3

phone: 613-542-2000

YOU IN OUR NEWSLETTER

The Trager Network News wants you. We need more stories about our members and their Trager practices, so we are asking you to send them in — typed, double-spaced please. What to write? Anything about how the Trager work has impacted you personally, and about how your practice has developed. How has Trager been developing in your community? Any special clients? Special Trager community events in your area? We especially want to have black and white photographs of you to go with your notes. We'd be happy to print articles in French and English. Looking forward to hearing from you, Amrita!

ASSISTING MILTON TRAGER AT THE A.H.H. CONFERENCE

Milton Trager, M.D. will be a key presenter at the Association for Holistic Health's annual conference in Irvine, California, on August 30 to Sept. 2, 1985. This conference continues in the tradition established by the Mandala conference over the last several years. Milton will be presenting a workshop on Sunday afternoon of the conference. Trager Certified Practitioners who wish to assist him may contact Trager Institute liaison, Gary Brownlee, at his home phone, 213-823-2836, by August 20th. For more information about the conference, please contact A.H.H. at 619-275-2694. This is an opportunity for Trager Practitioners to be with Milton, assist him, and have him see your work.

CALLING ALL MENTASTICS TEACHERS!

The Institute office is receiving a voluminous amount of calls requesting information about Mentastics classes. Although we list a few ongoing Mentastics classes in our schedule, we know that there are a lot more happening. Additionally, a national magazine is going to publish a list of Mentastics classes next November! And we wish to supply them with as complete a list as possible. So, for the Institute and for the magazine, please send us your name, the day and time of your class, the fee, and the length of your class as well as its location for our files and for our publications. Thank you!

Kyle Campbell Rogers

On May 30, at 7:29 p.m., Carol Campbell and Ken Rogers welcomed into the world their son, Kyle. He was two weeks late - by our reckoning, not his - and weighed in at 9 lbs. 8½ oz. (22" long). His Dad greeted him with "Happy Birthday, bro" and scooped him up to present to Mom who said, "Hi, baby" while she proceeded to count his fingers and toes. Excitement, sweat, tears, relief, joy, contentment — that's what birthing was for us.

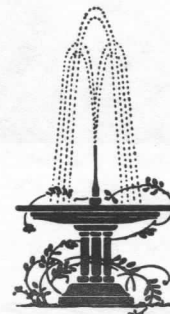
Learning to be parents is an adventure. What could be lighter? What could be easier? Wait until Milton sees the size of this kid's hands! A Tragerer in the making. The three of us send love and appreciation to all of you who have contacted us with your congratulations and warm wishes. We are indeed blessed.

WITH LOVE . . . from Milton & Emily Trager

To you dear Trager people who sent Mother's Day cards and flowers and made me into a mush. I note that Milton is right there with me. So our saying "Thank you" does not really describe how we feel. We are pretty sure that you know what we are trying to say . . . plus.

WILL WELLS' CHARTS

William Wells, D.C., Chairman of the Board of Directors of The Trager Institute has generously donated over 600 sets of Anatomy Etchings, 8 prints to a set, to raise funds. We will charge \$10 per set plus \$2 shipping and handling. If you are interested in buying a set of these charts, send in a \$12 check to The Trager Institute. A heartfelt thank you to Will and Cheryl Wells for their outstanding contribution.





TUTORIALS*

A Newsletter by Gail Stewart

WHY TUTORIALS?

Tutorials exist primarily to give Students and Practitioners what a training cannot: one-to-one assistance and "educated" feedback on any aspect of their Trager work, when the Student or Practitioner needs it. Over the years we (Instructors, assistants and Practitioners) have found that in trainings we often missed information vital to our particular development when an assistant or Instructor wasn't at our side at the right time, or because our partners weren't able to tell us something we needed to know. In a Tutorial, we have an assistant and informed partner there through an entire session.

For Practitioners, Tutorials are the source of supervision or peer consultation. And Practitioner Continuing-education Tutorials serve both the profession and the public by providing a way for Practitioners to recognize and apply minimum standards of professional practice.

For Students, Tutorials are a source of continuing guidance and instruction between trainings. In addition to specific practice suggestions and instruction given within Tutorials, Tutors frequently recommend experiences they believe would be particularly helpful to each Student. Tutors may recommend, for example, taking a particular training or class, repeating trainings, practicing with a particular focus, further Tutorials, etc. Tutors are informed of standards of practice for Practitioners and will advise Students, upon request how their work compares with those standards.

Finally, it is in the context of a Tutorial that the Student and Trager professional together consult and determine when the Student's work meets the standards we have developed for professional practice. At that time, the Tutor recommends that the Institute accept the Student as a Practitioner. (The Student receives 2 recommendations to complete his or her application for Practitioner in the Institute.)

HOW TO GET THE MOST OUT OF THEM!

The Tutorial is an individualized teaching/consultation/feedback session that can be almost anything you want it to be: the key is having an idea of what you want before you go, and talking it over with the tutor you select, before your appointment. The Tutor's job is collaborate with you on your goals, and to give you information and feedback.

Here are some hints:

Be clear about your purpose for the Tutorial: You *will* have a purpose in mind for each Tutorial. It might be simply that you want a periodic "mileage check", to get feedback, inspiration, or help with a particular issue. Or it might be that you want to take an Intermediate training and are asking for a recommendation. Or you might be applying for a recommendation to be a Practitioner. Or you could be a Practitioner who wants to renew your status for the next year. Tell your Tutor when you call for the appointment why you are coming for your Tutorial. This will affect how both you and the Tutor prepare for the session, how long a session you need, and what the format will be. For example, if you are asking for a Practitioner recommendation, you will need to prepare your paperwork to bring with you: notes from your practice sessions and previous Tutorials, as well as your transcript. A Practitioner application Tutorial will usually take longer, for it will always include Mentastics and discussion of your practice, as well as a complete tablework session with feedback and probably some instruction.

You will feel prepared and clear about all the details of the session, and have it set up to the mutual satisfaction of you and your Tutor, if you are clear about your purpose ahead of time.

Conversely, if you didn't reveal your purpose, and, for example, arrived at a session without your documentation, you would not be able to receive a Practitioner or Intermediate recommendation, because the Tutor would not be able to verify your eligibility.

Make note of the issues and questions you've been having in your practice, and present them near the beginning of the session. If you have a main issue or focus in your practice right now, you might want to tell your Tutor what that is when you make your appointment. The Tutor will be interested to work with you on the issues that *you* are interested in. For example, one Practitioner had trouble teaching Mentastics to her clients, and wanted to deal with that in her review Tutorial. So she brought someone with her, and we made extra time during the session to work on getting the movements and feeling across to her client the way she wanted to.

Use Tutorials for what you need: It's fine to schedule a "piece" of a Tutorial to work on a particular issue, and in such cases, to schedule it for as short a time as you think you need! For example, a half-hour "foot" Tutorial; or a one-hour support session at a time when you feel like "throwing in the towel". (Note, however, that the specific Tutorials which are required by your Training Track must each be an appointment of at least two-hours.)

Give feedback to your Tutor: Let your Tutor know when you don't understand and you want to go over something again. And let the Tutor know when you think she/he didn't understand you! The Tutorial session is a collaboration — either between peers or between a "journeyman" and a "novice". If you become aware of either a new issue or a new insight during a Tutorial, let your Tutor know what is going on. You will also have an opportunity to give written feedback after your session. Pondering questions like what was the main theme of the tutorial for you, or what seemed to support or interfere with your learning will improve your ability to use your next sessions, as well as help to improve the ability of your Tutor.

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* Practitioners offering Tutorials through 1985 are called "Provisional Tutors". They are Tutors-in-training who are acting as Tutors during this transitional year. All references to "Tutors" in the above articles apply to this year's Provisional Tutors.



Selecting your Tutor: Admittedly, this year we're a little thin on Tutors! Nonetheless, if you're not in the Midwest, most of you have more than one tutor within driving distance.

And the driving works both ways! Most Provisional Tutors have said they are willing to travel, particularly if there are more than one of you in an area who are ready for Tutorials around the same time. Many Tutors are also Workshop Leaders and/or Supervised Practice Leaders, and would be happy to come to a practice session or workshop organized by a group in a particular area, and do Tutorials while they are there. A glance at the schedule will tell you if a Tutor/Workshop Leader from another area is going to be in your vicinity in coming months. I know of at least one Tutor in a rural area who has literally met her students halfway!

Assuming then, that you *have* a selection, keep the following factors in mind: **Experienced Practitioners:** You (and your Tutor as well!) will probably be happier if you choose a Tutor with commensurate experience: one who's been in the field as long as you, or who has a particular ability or skill level you admire. Remember that Instructors are still Tutors. **Use more than one Tutor:** Feedback varies according to "body type" as well as many other factors. It's to your advantage to get skilled feedback from men and women, from ectomorphs, endomorphs, mesomorphs, tutors of different ages, etc. I found out early on that while I knew a lot about working on bodies with a structure and texture similar to mine, I had to learn to feel the difference in my long, thin partners by their literally talking me through their bodies as I worked. I now have a familiar, internal map of what was once an awkward territory.

HOW TO GET THE PAPERWORK TO SUPPORT YOU

Many students I talk to experience themselves *under* their paperwork rather than supported by it. If you're nodding your head "yes" right now, could you imagine a situation in which you'd not only find paperwork tolerable, but a positive help? Fantastic? Consider the following scenarios:

The Tutor fills out a form and gives it to you. You're totally happy with your Tutorial and the verbal feedback, and have no interest in reading a paper, so you file it away with your "Trager" file. One day, 2 months hence, you have a terrible session. You take out your paper and cheer yourself up with it. At the same time, you notice that there's more in the

written feedback than you remember hearing. In fact, some of it has a bearing on that difficult session.

Or, you go for a Tutorial and have a terrible time! You know it; your Tutor knows it; but neither of you can pinpoint, to your satisfaction, the crux of the problem. At the end, the Tutor gives you a form for your feedback on the Tutorial. You go home with the form, and with the help of time and a few questions, you know what you want to say. Your clarity won't be lost, because you send it off to the Tutor or Tutor training staff. They use some of your insights in the Tutor Training Program, and you use them in your next tutorial.

Some simple hints to make paperwork your friend: (1) Write for yourself and/or a real person, not an impersonal Institute or imaginary official. (2) Keep notes of questions, issues, mysteries and exclamations (!) of your practice, and use them to help focus yourself before your next tutorial or class. (I still keep a journal of my clients. It makes my work with them more effective when I refer to my "take" on the last session with them just before seeing them again.) "Case notes" are often a good basis for consultation in a tutorial. When you're taking notes or writing feedback, don't worry about grammar and complete sentences. Get your idea across.

When you get written feedback from a Tutor or an Instructor that you have to ask yourself "I wonder what he/she means by that?", ask. I know of one Student who changed a whole course of practice by getting a clarification of what the Instructor meant by the word "feel"!

STANDARDS FOR PRACTITIONERS (excerpts from Tutor Training Manual)

Part of the Tutor's job is to assist Students to develop their work so they can meet standards for Practitioner status. The following descriptions are from guidelines written for Provisional Tutors to use. Tutors are asked to evaluate students' tablework, attitude and verbal communication, Mentastics, and professional conduct according to these guidelines, and to suggest ways for Students to develop their work to meet or exceed these standards. If you are left with any questions after reading these, you may want to discuss them with your Tutor.

Standards for tablework:

1. **REPertoire:** "To be recommended for Practitioner status . . . enough moves must be used which, if used effectively, would accomplish (1) lateral, or cross-body movement, (2) front-to-back movement, (3) vertical or lengthwise movement, (4) traction or elongation and (5)

THE TUTOR TRAINING PROGRAM

The 1985 Tutor training program includes a group of Provisional Tutors and Tutor trainees, all of whom have taken several Practitioner trainings, as well as having assisted frequently in Beginning and Intermediate trainings. Provisional Tutors are former "assessors" in the old Training Track, who have been asked to give Tutorials this year while in training to be Tutors. Tutor trainees are qualified Practitioners who have applied to the training program and have received the recommendation of Instructors whom they have assisted. Both Provisional Tutors and Tutor trainees who satisfactorily complete this program and are appointed Tutors will continue their training in Trager work and tutor skills.

Interested Practitioners who believe they meet the pre-requisites listed below may apply for the 1986 Tutor training program by requesting an application from the Institute office.

Prerequisites:

- Repeated and recent assisting experience
- Practitioner status
- Two or more trainings of Practitioner II level or above
- Positive evaluation of tablework and Mentastics by an Instructor who knows your work
- Positive evaluation of your skill and attitudes in giving corrections by an Instructor whom you have assisted
- An active professional practice (part-time O.K.).

rotary movement, when applicable. It is the omission of *movement* through a body part in a direction in which it has the capacity to move, *rather than omission of a "move" or "moves"* which constitutes failure to meet the Practitioner standard for *repertoire*. If the Student uses enough moves to address each body part in each applicable direction, and if there is a balance between elongation and loosening moves, his or her repertoire is at Practitioner level."

2. **EFFECTIVENESS:** "This is the *extent* to which a 'move' or work in general on a particular area of your body accomplishes its purpose. . . . If there are a few moves that are not effective, . . . that need more practice, but are not 'overworking', the Student may be recommended for Practitioner (status). However, the moves or qualities of touch that need correction should be noted in the Tutor's

(continued on next page)

STANDARDS (continued from page 13)

summary, so the Student may be assisted in these areas in future Tutorials and classes. . . . If a *whole body part* is not addressed effectively, . . . the Student should be advised to take more supervised practice or Tutorials before applying again.

Quality of contact and movement: There are 'positive' qualities whose development must reach a certain *overall* level before we recommend a person to be a Practitioner. . . . If, for example, the hand contact is still tentative *throughout* the body, or if the rhythm is hesitant *in general*, or if the Student *consistently* lacks full range of movement, or doesn't stay quite long enough in each area of the body, we would require more development of these qualities before she/he applies for Practitioner again. (On the other hand,) . . . if, for example, a lack of firmness is corrected easily from your feedback, and the Student shows clear application of your correction through the rest of the session, she/he is at Practitioner level in regard to this quality."

"Overworking": If there are *any* moves which are unpleasantly jarring, hurting, pushing you past your limits of stretching elongation, or range of movement, which the Student is not able to correct to your satisfaction, the Student should be referred to further Tutorials or other classes before applying again for Practitioner status."

Standards for Attitude and Verbal Communication:

"The standard for recommendation of Practitioner is this: You must experience the Student as present and in contact with you, the real person (not just their idea of a client). They must demonstrate *consciousness of the need* for the communication skills described (below), *some* development of skill, and be *receptive* and *willing* to develop those skills. If, in your judgment, a Student's verbal communication is likely to (1) alienate clients or (2) create a dangerous situation (e.g., unwillingness to take a history with a person in doubtful health), or if a Student cannot verbalize comfortably or effectively at all, even though willing, she/he should get help in these areas *before* being recommended as a Practitioner.

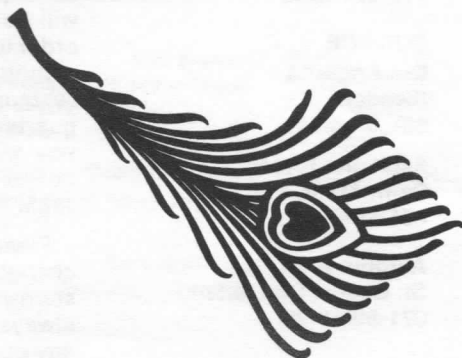
1. Receptive to feedback.
2. 'With it, not in it.' This is Milton's phrase to describe a state of awareness of the client and yourself, that is not *lost* in nor wrapped up in either! The 'hook-up' during the session approaches a state that is both deeply receptive and alert.
3. Respectful of client.
4. Respectful of (their own) Trager work.
5. Communicative. This includes:
 - a. some skill at putting client (you) at ease
 - b. some skill at describing their work to the client
 - c. ability to get necessary information from you . . . before and during the session
 - d. ability to suggest feeling vocally as well as with touch
 - e. ability to suggest recall at end of tablework.

Standards for Mentastics:

(The Tutor will ask the Student to teach a simple basic Mentastic(s) she/he thinks is appropriate to the Tutor.) "If Students understand the principles and are able to get the Mentastics across to you easily, with an effectively positive suggestion that you do it in 'real' life, they may be recommended for Practitioner, even though you have further suggestions for improving the clarity and effectiveness of their Mentastics teaching. If they themselves are unable to experience the use or the feeling of the Mentastics or are unable to teach . . . you, or fail to context it for use outside the session, they need more Mentastics training before being recommended as Practitioner.

Standards for Professional Conduct:

"Their appearance should be neat and clean. Their representation of the work should be accurate, and their setting appropriate, according to guidelines published (in the handbook)." (Their conduct should in all respects indicate consistency with the "Code of Proper Conduct" published in the *Trager Handbook*.)



TRAINING TRACK NOTES

Prerequisites, application procedures, and criteria for approval were developed for the statuses of Introductory Workshop Leader and Supervised Practice Session Leader at the Instructors Committee meeting in April. Information regarding these statuses may be obtained from the Institute office.

PC REMINDER!

As has been published in the last few newsletters, all Practitioner Candidates need to complete their requirements for Practitioner and have all of their Practitioner materials into the Institute office by December 31, 1985, or their status will be changed to that of a Student on the current Training Track. Students are NOT allowed to charge for their work until they complete Practitioner requirements.

NEW INSTRUCTOR

In May, 1985, GWEN CROWELL was approved as a Beginning Trager Instructor. Gwen lives in Seattle, Washington. She did her Beginning Training with Milton Trager, in July, 1978. Gwen has a full-time private practice, and has been an Instructor Candidate for nearly two years. She has volunteered many hours of service to the Institute over the years. Her current project is facilitating regional development as well as helping to develop interview forms for Trager Practitioners.

ATTN: PRACTITIONER

Remember that you have continuing-education requirements to maintain your status. Contact the office if you have any questions concerning your requirements for this year. Remember, you can take a Practitioner I to fulfill your continuing-education training requirement this year.

FLYER BEWARE!

Please be advised that inexpensive airline tickets which are either non-refundable, or which have charges for changes or cancellation may not be the wise way to go when you are travelling to workshops. On occasion, a workshop may be cancelled.

PROVISIONAL TUTORS

Provisional Tutors are Practitioners who provided assessment and check-in sessions under the old Training Track, and who are authorized to conduct Tutorials during this transitional year. Instructors are also Tutors. All Provisional Tutors are enrolled in a continuing training program.

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1985 FINANCIAL REPORT

1985's report is influenced by a change in our accounting system wherein the Institute now receives the funds for trainings and pays them out to the Instructor when these trainings happen at our local facility. This change increases the magnitude of our incoming and outgoing figures. This, however, does not affect the net flow; i.e., the Institute receives the same income however the tuition funds are received. As of July 5, the Institute has received \$122,653.27, and has disbursed \$121,992.87.

As you can see, we are spending money at the same rate we are receiving it. This is the first time we've been in this situation. It is due primarily in an increase of expenditures for additional office help and for new office equipment. The help and equipment are absolutely necessary to keep up with our growing organization. However, if we are to enjoy continued financial growth, we must either reduce expenses or increase income — or both. There is an expanding dialogue now to deal with these issues on an Institute-wide basis. We plan to bring this dialogue to the regional conference meetings in Santa Rosa, this October. Please see Jan Stevens' article in the conference section of this newsletter.

1986 DUES STRUCTURE

The Trager Institute's Board of Directors will be deciding the 1986 dues structure in October. Any member input you wish to make should be sent to the Institute office by October 3rd.

DUES TRANSITION

1985 is a year of many transitions. One of these transitions is from dues renewal on a quarterly basis to dues renewal on a calendar year basis. This new system of membership renewal will save the Institute time, money and headaches. The way it will work is that a renewal announcement will be published in the fall Newsletter together with a renewal form. This will save you and the Institute additional paper work. The renewal deadline will be extended to January 31, 1986 in order to give everyone a chance to renew without being hampered by the mailing system. For those of you who are fourth quarter 1984 members, in September you will receive in the mail a renewal notice covering the fourth quarter of 1985.

Please see the article on proposed changes in our dues structure in another section of this Newsletter. And, as always, please call our office if you have any questions.



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FIRST CLASS

PLEASE FORWARD

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Deadline for Next Schedule is Sept. 15th.

Schedule information will ONLY be accepted on schedule forms sent by mail. They must be received in the office by the deadline to be included in the next schedule.

**Please send all completed schedule forms (1 training per form) to:
The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891. Thanks.**
