



TRAGER NETWORK NEWS

Membership Newsletter of The Trager Institute

November 1985

Vol. V, No. 27

THE PRACTITIONER COLUMN

Trager Practitioner, Monika Sutter of Switzerland writes, "Besides my Trager activities, I would appreciate it very much to have more contact with Trager people through the "Network." It would be very interesting to know what somebody else is doing in their practice, what kind of clients they have, where they have special experience, etc. I therefore would like to request that a Practitioner column be started."

Meanwhile, back at the ranch, Trager Practitioner Shelly Siskind of London, Ontario, Canada, writes, "How exciting to see Trager moving farther and farther out into the world, and to notice our Network growing. "You In Our Newsletter" provides a forum for sharing information regarding the nature of our practices, local Trager events, and the manner in which we present the Trager work within our individual communities. Further, thanks to Harry Friedman, we now have a clearing house where possible research material can be sent. So, the correlation of the "aha's" of our practices can begin."

The message is clear that in addition to a "Member News" column, we need a "Practitioner Column" for the sharing of our observations, experiences, and questions. This first column has four items:

Monika asks, "Who has experience working with stutterers? Could you detect any particular movement-patterns that may refer to the stuttering? How did the Trager-process go on, and what were the changes? What was the age-influence?" Please contact: Monika Sutter, Pfannenstilstrasse 18, 8820 Wadenswil, Switzerland.

Shelly comments, "There is another area of particular interest to me, and one in which Deane Juhan has been a pacesetter. That is learning how to express ourselves most effectively when talking about the nature of the work we do. . . . Since Trager is a feeling state, it is simple to demonstrate, but often hard to translate experience into expression." One of the many movements to emerge from our conference is the desire for dealing with this verbal communication, radically improving our brochure, etc. Perhaps

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HEALTH INSURANCE THROUGH CO-OP AMERICA

We have been searching for an insurance underwriter to offer health insurance to our membership. Alas, to no avail! What we *have found* is a health insurance program offered through Co-op America which we feel meets the needs of our membership. The program's one bare requirement is that its subscribers maintain a membership in Co-op America which is \$15 annually. Here is their news release about the plan:

The Co-op America Individual Member Health Insurance Plan is a major medical plan pioneering new directions that are appropriate and cost effective for consumers, practitioners and the insurer. Co-op America is a national membership association based in Washington, D.C. It brings consumers together with community businesses, co-ops, publications, and non-profit groups to create an "alternative marketplace". In this marketplace, all parties can contribute to and profit from a healthy way of life, while supporting socially responsible values.

Director Paul Freundlich explains that, "the Plan is only of one of our many membership benefits. But it's a good example of how people can use their economic power wisely through socially responsible investment of plan reserves. Equally important, people get coverage for a wide variety of health care choices in ways that reduce costs."

Increasingly, people prefer prevention-oriented, holistic health care. Few of these alternative practices, however, are fully recognized by most insurance companies.

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INDIVIDUAL LIABILITY INSURANCE

Allied health professional liability insurance for individual practitioners is available through Maginnis and Associates. for information, call their toll-free number and ask for the liability department: 800-621-3008.



TWO GREAT BIG THANK YOUS FROM EMILY AND MILTON

Milton and Emily Trager want to thank everyone who created and participated in such a wonderful conference. Their positive emotional response to the experience of this conference is simply beyond words. They also want to thank everyone who has sent such good thoughts, cards, flowers, and letters to Emily in response to her recent hospitalization. Emily will be spending a few weeks convalescing, and if you wish to pay a morning visit, please contact the Institute office.

Seasons Greetings 

★★ WHAT'S INSIDE ★★

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Margaret Flinter, RN, MSN, represents insured Co-op America members with the insurance company, Consumers United Insurance Company (CUIC), on a joint Claims Appeal Committee. With an opportunity to directly observe and affect the working of the Plan, she comments, "the Co-op America Plan does more than just insure, it advocates consumer choices in health care. And it backs up appropriate choices like birthing centers and healthy lifestyles with preferential rates."

Co-op America's innovations are already beginning to realign the health care and insurance relationship. Along with medical doctors, its Plan also includes naturopaths, chiropractors, psychologists, and other professionals as primary care providers. As such, they can perform insured procedures or recommend treatment by practitioners like social workers, nutritionists, lay midwives, and many more.

Unique features of the Co-op America Plan include reproductive health care for men and women, well baby care for up to two years, and unisex rates. The Plan also provides a 10% discount to members who do not smoke, who exercise regularly, and are in good health.

In spite of its extensive coverage, the Plan remains cost competitive. Rates vary by age and region. For example, individual rates in Washington and Boston are \$69 a month for people who are 30-39 years old. In San Francisco and Chicago, rates are \$76 for the same age group.

An added benefit of the Co-op America Plan is its socially responsible investment of reserves. The underwriter, CUIC, is currently investing more than five million dollars in low income housing projects in Washington, D.C.

CUIC and Co-op America co-developed the Plan and structured it to provide members with a voice in benefit and premium decisions. "In fact," says Marketing Director Denise Hamler, "we recently made changes in the Plan benefits as a result of member input."

According to a recent Co-op America survey, insured members believe that the Plan satisfies their health care needs, budgets, and politics. 91% considered the coverage as good or better than their previous health insurance plan. And 97% would recommend the Plan to friends.

For more information call 202-872-5307 or 800-424-9711, ext. 5307 (M-F, 9-5 EST).

OUR NEW BOARD OF DIRECTORS

As of September 25, 1985, the Trager Institute has a new Board of Directors. The Board members' names, numbers, and addresses are listed below, and they welcome your calls or letters if you have any questions or concerns that you wish to express. Please call during business hours only.

BETTY FULLER
10 Old Mill
Mill Valley, CA 94941
415-388-2688

CONRAD KNUDSON
633 San Anselmo Ave.
San Anselmo, CA 94930
415-454-1444

LINNE McALEER
2121 Turk Blvd., #2
San Francisco, CA 94115
415-346-3316

JAN STEVENS
849 W. Orange #2020
S. San Francisco, CA 94080
415-589-5217

WILL WELLS
6130 Gravenstein Hwy. North
Forestville, CA 95436
707-887-1206

Practitioner Column (continued from page 1)

Shelly will participate in this process. She may be contacted at: Shelly Siskind, 1498 Stoneybrook Crescent, London, Ontario, N5X 1C5, Canada.

Practitioner Candidate Laurence Gourdon writes to Harry Friedman, "I would like to receive the list of the medical articles in your possession related to Trager work, and more specifically would like copies of those papers covering the following subjects: insomnia, high blood pressure, arthrosis, frigidity-impotence, nervous breakdown, drug addicts and toxicomany." You may write to: Laurence Gourdon, 2 place Bonaventure Leca, 92130 Issy les Moulineaux, France.

And, Patricia Rowe writes: "Attention Trager Equestrians: I have been adapting Trager to the equine anatomy and Tragering my horse, 'Hans.' He loves it! I would enjoy hearing from anyone else who is doing the same. Contact: Patricia Rowe, 2656 Asbury, Evanston, IL 60201. Please send your contributions to The Network News, c/o the Institute office.

TRAGER ENTERS THE WORLD OF SPORTS

Lynette Brannon

(Editor's note: Lynette has been a certified Practitioner for 6 years in Austin, Texas. She has been working at The Hills Medical/Sports Complex for 1 1/2 years. Lynette made an excellent presentation, "Trager and the Peak Performance Athlete," at the Third International Trager Conference introducing what the world of Trager can bring to the world of Sports.)

In the world of Sports, athletes are highly motivated, strong, fast, aggressive and love a challenge. They enjoy sweating and working their rippling muscles to the max. Competing athletes always play to win. What happens when the world of Sports with all its motivation and excitement meets the world of Trager with its relaxed, easy, effortless approach to movement and life?

Bringing these two worlds together produces the "How Should It Be?" athlete. Peak performance is not achieved by athletes who just try harder. Athletes who perform to the best of their body/mind potential are relaxed, with every muscle being used efficiently so they are smart in how they train or compete. They know how to optimize themselves and their energy to the fullest, therefore they can realize their potential. The world class athletes are also patient, know how to pace themselves, have incredible focus and concentration, and have a strong, positive self-image.

One Trager success story is Jann Girard who trains at The Hills. Jann is an excellent example of what improving body/mind efficiency can do, even with an athlete who is already excelling in her performance. She is an internationally ranked professional triathlete (swim, bike, run) who has been competing for 16 years. She began with swimming and has been doing triathlons for 3 years.

John Percy, the Coach at The Hills, has been working with Jann since 1984. She began Trager in July, 1985. She was in a slump of several months duration in which she did not compete as well as she usually does. In addition to her training, we used a combination of Trager table work and Mentastics with me, affirmations, visualizations and special exercises to enhance awareness, relax and strengthen specific areas such as diaphragm, feet and ankles. Recently, Jann won first place in a triathlon in Brazil and one in Houston. She feels that our program helped her in the following ways:

- Releasing tight shoulders, jaw and calves
- Improved breathing and reduced side stitches

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MEMBER NEWS

WHAT COULD BE MORE ROMANTIC?

Our congratulations to Robin Grimm and Michael Butler on their announcement at the Trager Conference of their marriage plans for February, 1986, in Miami. Michael and Robin were "Trager Trainees" in 1983, when Ken Wieder introduced them for the purpose of exchanging sessions. "I Tragered Robin," Michael writes, "then she Tragered me; and we made an appointment for me to give her another session, which never took place. Instead we sat on the sidewalk in front of Eden's Natural Foods, the health food store on Broadway of which I was manager, and talked for several hours."

They moved in together in June, 1984, and Michael quickly got the idea of a wedding ceremony to be performed by Milton and Emily. "On Friday night of the conference, then, we made up our minds in a moment, with just a look and a touch, no need to talk things over." Plans for their marriage around the Miami Practitioner III training are being made now. Ken Wieder will be "Best Man," and Eugene and Eva Graf of the Center of the Light are being asked to speak. "The purpose of a marriage ceremony," Michael continues, "for us, is to share with our family and friends, and to make a public offering to the world, of that uplifting joyousness, and the spirit of an understanding beyond words, which has permeated our relationship from the beginning. That is the reason why . . . we have arranged for Milton and Emily to "hook us up." Since Robin and Michael's plans are extensive, they are requesting logistical help from the South Florida Tragerers as well as the visiting Trager people with the wedding. You may contact them at: 207-9 West 87th St., #202, New York, NY 10024, 212-724-0813. Hey! Will somebody get us a couple of good black and white photographs from the wedding?!



LIMERICK BY BETSY WEICK

There once was a young girl named Nelly
Who held old stuff tight in her belly.
She was Tragered by Gary
Now her walk's light and airy,
And now Nelly's belly is jelly.

CHANGES

Cynthia Christy

(Editor's note: Cynthia is a Practitioner Candidate from Orlando, Florida. Gary Brownlee, her Beginning Instructor, was moved by her entries in her Trager journal, and he suggested we print them, Cynthia said, "Yes," and here they are!)

5-29-85

The most amazing things are going on around me — an opening up, an exposure, and explosion. Yesterday after my 30th session, I felt this strong desire to go to my husband and hold him and cry. Then I had a feeling of wanting to have my mother hold me and rock me and I just started crying. Even now I'm starting to have tears. My husband left to go to Washington, D.C. for 4 days. Before he left, I just started sobbing while he held me. I haven't cried like this for years and I was still holding back, not wanting to bother him with such emotion. I have this disjointed feeling, a separateness that I've denied and covered up and it's standing right there in front of me with everything else I've ignored and thought I got over. I guess I've stored it all in my body and it's coming out. It's so powerful.

I also feel some fear. I love this Trager Approach and I love what I'm being exposed to in massage school. I have a sense of being on this rapidly moving vehicle that's going exactly where I want. It's just that I fear I may leave someone behind that I am very attached to. Maybe it's not so much a leaving behind, but that they are going a different way.

So all these things are coming up — anger, attachment, desire, love, lust, sex, jealousy, insecurity, compassion, trust, marriage, commitment, spirit, soul — all for re-evaluation.

My insides are getting shook up and dumped in front of me.

6-17-85

Similar things to what I mentioned May 29th are continuing to happen within me that I don't necessarily understand. I'm beginning to value myself and my abilities in a way I never did before. With this value, a new form of dealing with people is developing. I'm more aware of my dead ends and I'm beginning a new search to find who I am. At 27 years of age, I guess I find it somehow alarming and curious that I'm needing to find out "Who I Am". I thought I did all that when I was 13, then 16, then 18, then 21 . . . considering these facts, I should welcome it now and all the times in the future. It's bound to come.

For the last 5 years, I've been on the road traveling, or working temporarily to travel, everything has been temporary.

The only "home" I've had was inside myself. Now that I'm in school and studying Trager, my life has shifted. Even though I've moved around alot in this city, the school has anchored me. I'm really desiring a home base, a room of my own and I haven't found it, yet. Now the home inside me is gradually and suddenly seeming foreign and strange and I want to have something familiar to hold onto. My personal relationship has even changed so much that I don't feel a solidness there either — or at least not as it used to be. The Trager Approach seems to be that which I can ground with.



BEGINNER'S BELLY

Barbara Coxeter

(Editor's note: Barbara, a Trager student from New Jersey, wrote this poem on the way home from her Beginning training with Gail Stewart. The poem arose after she received a full session from Ken Wieder.)

Gentle Thunder rocks my soul;
Hidden wings now dare unfold
feeling space to stretch and bend;
New hollows seem like long-lost friends.

Going deeper now to stuff . . .
Oh no, perhaps I've had enough!
A sadness seeps from way inside
recalling all the ones who lied,
who said one thing and did another;
Where's my father?
Where's my mother?

Gentle fluffing says okay;
It's okay to feel that way;
The waves of highs and lows are right'
Let them be
Allow the light.

Three days, still marvelling at the space
and wondering how to use this place.
I stroke it often with my fingers
encouraging the change to linger.

A voice, I hear along the line
says, "Your time has come to shine."
Gentle Thunder makes me proud;
Today I feel like Flying Cloud!

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Conference Currents

Carol Campbell

The Third International Trager Conference was a joyous event — a magical moment in time. We came together, 250 of us, from all parts of the world and touched one another in so many ways. We discovered we have an abundance of love, creativity, commitment, and energy. Such abundance that the Conference couldn't begin to contain it all. Just like the work itself, the ripples continue.

And here is one of the ripples, a regular feature in the Newsletter, CONFERENCE CURRENTS. The word "current" is rich in meaning. As an adjective, it is a passing in time, a passing from one to another, something that is publicly reported. As a noun, it is a flowing or that which flows, a large body of air or water, moving in a certain direction. For many of us, the Conference was the experience of movement, of flow, of a shared commitment to this work and its expression in the world. And so we pass the experience on, one to another, creating something bigger. Creating community.

In future CONFERENCE CURRENTS articles, we'll publish transcripts of the various workshops, report on the development of the Regional Meeting concept, and hear more about the individual professional accomplishments that the Panel brought to our attention.

We have lots of photos to share that Conference feeeeling. And perhaps some of you Conferees could submit a story, anecdote or reflection of the Conference to share with the rest of us. Here are a few comments from the Feedback forms for us all to savor

Thank you for a wonderful Conference. You did a great job and I learned more than I expected to, and I really enjoyed myself Thank you for keeping it affordable, which made it possible for me and so many others to be there I especially like getting the "feel" of Trager . . . The Regional Meetings were a great idea . . . I think you guys did a wonderful job. I had a great time. Thank you so much . . . I loved the direct contact with Milton and meeting so many high caliber Trager people . . . I loved being unconsciously permeated by good vibes Especially like the Regional Meetings. There seems to be much more openness and flexibility and new directions open for the work. It's wonderful Loved the easy pace of events Great family feeling, setting, food, social events The Panel inspired me more than I can say. I didn't realize how successful and creative so many of our Practitioners are. I feel I have greater possibilities for my own work as a result of hearing from these folks . . . I loved the Panel, parties and Pre-Conference Day . . . I really like the professional focus . . . This Conference allowed me to really see what the

Trager Family is, the consciousness, and caliber of people The Pre-Conference Day was my favorite day — excellent Wonderful flow There was love, love, love everywhere The Pre-Conference Day was a good "transition" event — a way to "be here" for the Conference itself Love getting specific information about what others are doing with Trager professionally. . . . Excellent, well run Conference. Obviously much thought and hard work. Thanks Loved Sheila Merle's talk about the Institute as "us" at the Banquet Such feelings of love and professionalism The Regional Meeting, Panel, dancing, workshops, they were just all great Loved the variety of events Enjoyed the people and the feeling of togetherness The comradeship and networking excited me The workshops I attended were all incredibly informative. It was inspiring beyond words to see the extent of Trager in the world It was elegant and fun and I loved the balloons This Conference was better than I ever imagined it could be Loved being together Our Regional Meeting was exciting It was wonderful to realize what a difference Trager is making on a large scale The feeling of unity on Friday night as we danced and sang together was overwhelmingly beautiful I loved the warm, friendly family feeling This was a rare opportunity to meet with so many people who are doing such wonderful things



Emily picks a winner — Charlotte Levinson wins the Raffle.

Photos by Adrienne Stone



Conferees watch Milton's demonstration.

with Trager out there in the world Loved the warmth of the people and the balloons The talent show, workshops, Panel, Regional Meetings, were all great The Pre-Conference Day was the best part of the whole Conference I loved the talent show (boy, are we a talented group) and I loved the balloons BRAVO, BRAVO, BRAVO!

There's Always Room For Improvement

Thank you, thank you. Over 100 Conferees took the time to fill out the Feedback form. The next Conference will be that much better because we heard from you. We have a lot of material to cull, collate and digest, but we can acknowledge a few items right now.

As you might expect, the food drew a lot of comment. Many people said that they loved it, a few people said they hated it, and lots of people said there was too much dairy. By the way, the hotel was reportedly amazed by the amount we ate.

Lots of folks want a full three-day or even four-day conference next time. People loved the number of workshops, but hated to have to make a choice. Many felt workshops should be longer than an hour, that the Regional Meetings be granted more time, while also appreciating the easy pace of events and the amount of free time.

Yes, we need much more reliable sound equipment and we'll have something better before the next conference. Yes, the weather was gorgeous (we prayed a lot). Yes, the balloons were wonderful (especially when they danced with us to "We are the World"). And, yes, the very best thing about the Conference was the people. As Sheila Merle so eloquently reminded us at the Banquet, there is no "they", there is only *us*. You and me.

Plaque of Professional Accomplishment

Marilyn Krueger, the recipient of the Plaque at the last Conference, introduced the two new recipients in a lovely presentation during the Banquet. As you recall, the whole Membership community was invited to nominate those individuals they felt have contributed to Trager in a special way. The Conference Committee in conjunction with the Instructor Committee, made the final selections. The Plaque is on display in the teaching room of the Trager Institute.

The two Practitioners honored this year were Natasha Heifetz and Adrienne Stone. Natasha spearheaded the Training Track Committee and put in three years to see that project to fruition. In addition, she has a lively practice and is an example to all of us who work with the general public. Adrienne is a physical therapist at St. John's Hospital in Los Angeles.

She has brought Trager to the attention of her colleagues resulting in several of them training in this work. Beyond that, she has managed to get Trager accepted in the physical therapy department with its own billing number. This represents a significant step forward for Trager work and for all of us.

I'm personally inspired by all three of these dynamic women. They represent the best we have to offer — professional acumen and sensitivity, highly developed skill. The Plaque has room for many more names to be included over the years and I know we'll have no problem finding the people to honor. Congratulations, Adrienne and Natasha!

The Conference Next Time

Even before this Conference ended, we were talking about the next one. It looks very likely that the Fourth International Trager Conference will be held on the East coast, probably in Florida in the spring of 1987. Several people expressed interest in helping to coordinate this and Cindy Popp-Hager has offered to act as the East Coast contact for your ideas. She can be reached at 3 Castaldi Dr., Boylston, MA 01505, 617-869-6269. It would be really wonderful if members of the next Conference Committee could take advantage of Milton's February Florida Practitioner II class (exact dates yet to be scheduled) and meet.

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Our distinguished Panel (left to right) — Janet Long, Deane Juhan, (Elisabeth Ormyron — Fabienne's translator), Fabienne Hirsch, Will Wells (Moderator), Adrienne Stone, Betty Meredith, Nan Davis, Lynette Brannon, Marilyn Krueger (partly hidden by Carol Campbell).

Photos by Adrienne Stone



What could be lighter?

RESULTS FROM CONFERENCE FEEDBACK FORMS

Jan Stevens

10th Anniversary Gift for Milton and Emily

The Commemorative Scrapbook was not ready to be presented at the Conference. We need more time and help gathering up those special memories, photos, reminisces, anecdotes, poems, drawings, letters, etc., that are a result of the relationship each of us has had with Trager work and with Milton and Emily. Something old, something new, something long forgotten, or newly experienced. Something of YOU. We are Milton and Emily's family and this is a family album. We'd like to present the scrapbook as a Hanukkah gift (December 8th), so Marilyn must receive your contribution by December 1st.

Send your contribution to Marilyn Krueger, 1519 - 6th St. N.E., Minneapolis, MN 55413. All materials will become the property of Milton and Emily. Use your imagination and help make this 10 years of memories a gift to remember.

The last three questions on the Conference feedback forms addressed subjects of general interest. Here's a summary of the results:

Respondents expressed clear agreement on the three most helpful ways that we the Institute can support professional development:

- Networking and publishing about professional applications of Trager
- Producing effective public information tools (e.g., brochures)
- Developing regional activities.

Respondents recorded their opinions about Institute priorities by distributing 100 points among six activities. Here are the results of consolidating these responses:

ACTIVITY	# OF POINTS
Training/instruction	28
Public information	19
Milton's archives	17
Research programs	14
Practitioner business support	11
Administration	11

The last question asked what percent of your current annual income is from Trager-related activities and what percent you would like that to be.

Thirty-nine percent of respondents earn over 50% of their annual income from Trager activities; forty percent have some Trager income; and twenty-one percent earn none or didn't answer. The average respondent earns 38% of his/her annual income from Trager — and would like that percentage to be sixty-six.



Can you find Milton?



Photo by Ken Rogers

Ya ta ta ta . . .

POSTSCRIPT . . . REGIONAL MEETINGS

Jan Stevens

What could be longer? The time allotted for Regional meetings at the next conference! Creating a schedule slot for Practitioner networking was a program innovation this year. Judging from the buzz of groups in session Sunday morning and from comments on the feedback forms, it was a successful experiment.

Thanks go to the Regional facilitators who managed the meetings and provided summary notes. Their notes will be consolidated and provided to the Board and Executive Committee.

To provide a flavor of the discussions, topics submitted in notes from two or more groups are summarized here:

- ★ *New brochure*: consider hiring professional marketer/writer and developing versions directed to special interest groups (medical, sports, business, counseling).
- ★ *Central library* with access and lending capabilities for case histories, articles written by or about Practitioners, video and audio cassettes by and about Milton (such as Milton taking a group into hook-up).
- ★ *Newsletter emphasis* on professional and organizational information (case histories, special applications of the work such as panel members described, board meeting minutes, regional proposals).
- ★ *Dues increase* acceptable (consider sliding scale); communicate use of current monies and new services to be provided with increase.
- ★ *Training, continuing education*
 - Reiterate origin and purposes of training track
 - Provide lay track with distinction from professional Practitioner
 - Provide greater options for CEU's (conference attendance, assisting, Tutorials, pod participation, sessions from Milton)
 - Coordinate training/workshop schedules
 - Increase training continuity and access to individual instruction in "remote" areas.



World of Sports (continued from page 2)

Greater strength and flexibility of ankles and calves
Enhanced body/mind awareness
Stronger and more positive self-image and attitude
Learning to compete with a calm but confident mind
Learning effective visualization of good form and style
Knowing how to look and feel good during a competition
Relaxation, ease and pleasure of movement
Being able to feel strong and powerful yet light and quick
Greater ability to adapt to different terrains/weather conditions/unexpected events during a meet.

See the October "Triathlon" magazine for a story on Jann.

Trager certainly offers the same possibilities for improving the results of workouts, realizing more of the body/mind potential, and ease of movement for anyone involved in a health and fitness program as it does to the competing athlete. The information and experiences that I have collected over the last 10 years has produced a weekend workshop, "Trager and the Peak Performance Athlete." It will be co-lead by John Percy, Director of Strength Training and Coach at The Hills. The purpose of this workshop which we have been developing is for the Trager Practitioner to understand the application of Trager to Sports. Some of the things we are hoping to include are: live and/or video taped demonstrations by athletes which can help the Trager Practitioner learn what to look for when watching an athletic performance; discussion of form, style, and neuromuscular patterns and what Trager can do to bring about improvement in these areas; possible participation in athletic clinics; and the fundamentals of training; communications with coaches and athletes; and "The Peak Performance Athlete Workout" by John and Lynette.

Sports is enjoying unprecedented popularity in our country today. We hope to create demand for Trager in the field of athletics by creating awareness of what Trager can do in this field. The first pilot class was held in Austin. The next one will be held here in early 1986.

Please call or write the Institute if you are interested. In the meantime start getting experiences: find the race directors in your area and volunteer to work at registration, etc.; go to where athletes train and observe them; work out somewhere yourself and meet them; read Glover's books; and read any sports magazines.

SCHEDULE CORRECTION

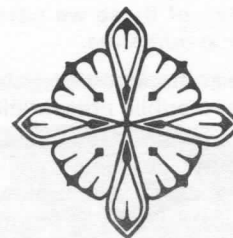
The February Beginning training in Atlanta, with Betty Fuller has been changed to March 10-15. For more information, please contact Elizabeth Davis, 685 W. Hembree Crossing, Roswell, GA 30076, 404-442-3377.

OUR APOLOGIES

We ask forgiveness from our overseas members. Our last schedule was mistakenly mailed by surface mail, rather than air mail. Our mailing house has apologized for the error, and they promise it won't happen again. We hope that you have not been too inconvenienced.

SORRY PHIL!

In one of our last newsletters (July) we printed a copy of a photo of Emily and Milton's wedding without crediting its taker, Phil Smith. Thank you Phil!



ROSTER BOO-BOO!

Our sincere apologies to Ruth Huber-Bucher and Ruth Buser of Switzerland for turning them into one person in our July, 1985 Membership Roster. These ladies should have been listed as below:

Ruth Huber-Bucher
Gasometerstr. 39
8005 Zurich
01/44 38 34

and

Ruth Buser
Uhlandstr. 8
4053 Basel
061/35 20 52



WE WANT YOUR FEEDBACK

PROPOSAL FOR THE TRAGER INSTITUTE CODE OF ETHICS AND CONDUCT

Our newly formed Standards Committee, headed by Trager Practitioner Elna Adams, has composed a new code for consideration. We have included the proposed code here so that you may read it and give the Committee your feedback. Please let us know what you like, what you don't like, and what you would like to see added. And, if you find something you don't like, please tell us how you think it should be. Mail your feedback to Elna Adams, 1419 Mountain Blvd., Oakland, CA 94611. Thank you!

As Trager professionals, we honor the integrity and autonomy of each individual — client, colleague, self, or stranger. We seek to contact the individual at the most profound level within our present ability and to be constantly seeking to increase our ability (the depth of our hook-up). We express our interest sensitively, intending never to intrude or force, either in the quality of our touch or by imposing the authority of our professional position or in any way taking advantage of the intimacy our work affords. We use our skills and our authority for the sole purpose of enhancing the vitality, well being and freedom of those we encounter, of those we have yet to encounter and ourselves.

I. Institute authorization, legal authorization and public presentation

A. Unless authorized by the Trager Institute, no one shall teach or attempt to teach the tablework or Mentastics of Trager Psychophysical Integration and Mentastics or the Trager Approach or any part thereof.

B. Unless authorized to do so by the Trager Institute, no one shall conduct trainings, Introductory Workshops, Supervised Practice Sessions, Mentastics Classes or Tutorials.

C. Persons practicing the Trager Approach shall represent that it is an educational process and that it is not a treatment or therapy of any kind. They shall not claim that the Trager Approach can or will cure or alleviate physical or emotional maladies.

D. As Trager Practitioners, when we describe the experience of Trager to our clients or the general public, we have an obligation to report fairly and accurately without exaggeration or misrepresentation.

E. Trager Practitioners shall follow whatever laws and regulations of their community, state, province and country that may govern their practice.

F. Unless trained, qualified and licensed to do so, no one shall diagnose or prescribe for any ailment whatsoever their client may present.

G. Unless trained, qualified and licensed to do so, no one shall conduct psychotherapy with their client as part of a Trager session.

H. As Trager professionals, we shall not represent other methods or therapeutic or religious systems as part of the Trager Approach nor shall they practice them as part of the Trager Approach. Referrals to any other Practitioners of Trager or an other modality shall be made with caution and based on a specific knowledge of the Practitioner's work.

II. Personal Presentations and Integrity

A. Persons practicing the Trager Approach need to be emotionally stable individuals and of good moral character.

B. Trager Practitioners shall always be dressed in an appropriate manner and never nude.

C. Trager Practitioners shall maintain clear and honest business practices, including agreements regarding appointments, time and fees.

D. Persons practicing the Trager Approach shall not practice nor represent Trager work while under the influence of alcohol or prescription or non-prescription drugs which could influence their behavior.

E. A Practitioner shall not practice Trager when in a physical, mental or emotional state which would impair their ability to represent the work in accordance with the professional standards of the Trager Institute.

F. The maintenance of high standards of practice is a responsibility shared by all Trager professionals.

G. Trager Practitioners shall follow the set procedures and standards of practice established by the Trager Institute.

III. Professional Presentation and Integrity

A. Trager Practitioners protect the welfare of their clients, remembering that the client is the best and final authority about his or her own welfare.

B. Trager Practitioners show sensible regard for social codes and moral expectations of the community in which they work.

C. Persons practicing the Trager Approach respect the confidentiality of the client-Practitioner relationship.

D. Trager Practitioners respect the emotional autonomy of their clients.

E. Trager Practitioners maintain an on-going evaluation with their clients about the clients' progress and what they are getting out of this work.

F. The level of trust engendered by the Trager Approach makes it absolutely mandatory that a Practitioner never engage in any form of sexual interaction with a client.

G. Clients shall always be dressed for their comfort with minimum clothing being underwear and never totally nude.

H. Trager Practitioners shall not use their professional relationship as a forum to expound their personal political and religious beliefs.

I. Trager professionals shall not malign other Trager professionals or professionals of related practices.



PROVISIONAL TUTORS — 1985

Provisional Tutors are Practitioners who are authorized to conduct Tutorials during this transitional year. Instructors are also Tutors. All Provisional Tutors are enrolled in a continuing training program. Tutors for 1986 will be appointed after a review process in December 1985, and their names will be announced in the next newsletter.

NO. CALIFORNIA

Elna Adams
Oakland, CA
415-547-2661

Linda Edwards
Palo Alto, CA
415-493-1528

Cynthia Ferris
Soquel, CA
408-475-3437
Palo Alto, CA

Dianne Goldschlag
Mill Valley, CA
415-665-0248 - SF
415-922-3478 - SF

Natasha Heifetz
Berkeley, CA
415-848-3544

Sue Holper
Oakland, CA
415-534-5803

Pam Johnson
Berkeley
Santa Rosa
415-540-1968

Rosie King-Smyth, Ph.D.
Santa Cruz, CA
408-475-4573

Delores Kvigne
Mill Valley, CA
415-383-4026

Sage Madrone
Calistoga, CA
707-942-5986

Peter de Zordo
San Francisco, CA
415-285-4994 - SF
415-388-2688 - MV

SO. CALIFORNIA

Kathleen Zuhde
Manhattan Beach, CA
213-372-4137

Tom Frankenberg
Los Angeles, CA
213-471-3878

Cynthia Harada
Los Angeles, CA
213-373-0472

Susan Komatsu
La Jolla, CA
619-459-4668

Carla Montagno
Santa Barbara, CA
805-965-4795

Adrienne Stone
Santa Monica, CA
213-451-4625

Nancy Winters Mullins
San Diego, CA
619-222-0104

Carmela Tuck
Del Mar, CA
619-481-1031

HAWAII

Jackson Friedman
Honolulu, HI
808-734-7038
808-943-0030

Barbara Goodman
Honolulu, HI
808-595-4252

NORTHWEST

Kim Burg
Seattle, WA
206-782-7781

Nancy Bonifield
Seattle, WA
206-542-8090

Gwen Crowell
Seattle, WA
206-522-9384

Barbara Allin
Portland, OR
503-234-5656

Carlos Martin
Portland, OR
503-238-4010

SOUTHWEST

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512-480-0362

Laura Waldman
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Austin, TX 78756
512-467-9503

Bill Scholl
Marble Falls, TX
512-693-2601

Kenji Kambara
Tucson, AZ
602-326-9598
602-888-2419

Nan Davis
Lakewood, CO
303-232-4766

MIDWEST

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Minneapolis, MN
612-781-3540

SOUTHEAST

Elizabeth Davis
Atlanta, GA
404-442-3377

NORTHEAST

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Cambridge, MA
617-876-1171
617-354-6304

Cindy Popp-Hager
Boyleston, MA
617-869-6269

Carol & Jim Day
Trenton, NJ
609-392-7855
609-392-7653

Nina Johnson
Chevy Chase, MD
301-657-4262

Ken Wieder
New York, NY
212-496-7546

EASTERN CANADA

Roland Burgalleres
Outremont, Quebec
514-279-1813

Amrita Daigle
Quebec, Quebec
418-683-4668

Norma Fine
Toronto, Ontario
416-489-8248

Karen Goren Hortig
Toronto, Ontario
416-656-2700

Amanda Hartsong
Kingston, Ontario
613-542-2000

Louise de Montigny
Montreal, Quebec
514-843-8382

David Pinto
Toronto, Ontario
416-534-6950

EUROPE

Eva Englund
Sweden
08-59-16-52

Fabienne Hirsch
Saint-Maur, France
885-06-38

Antonia Faeh
St. Gallen, Switzerland
071-59-18-28

THANK YOU!

Our enthusiastic thanks go to Mary Jo Corriere, Karen Chambers, Chris Bruels, Carol Jensen, Jackson Highley, Nina Christensen, Donna Walters, Joan Cohen, and Valarie and Bob Anderson for volunteering a day of work at the Trager Institute office. We can always use some volunteer help at the office, and we encourage you to give us a call and let us know when you can come in and join us in our work.

NEWS FROM QUEBEC

Amrita Daigle

An unexpected visitor!

The phone rang. It was Pierrette Geneve from Paris! Freshly named Practitioner, she called to know the possibilities of coming in Quebec to discover how we publicize Trager around here. And here she is now, after 3 weeks of intensive organization!! She is spending two months with us to see, to feel and to help us putting Trager on the Quebec map! How exciting! Welcome Pierrette!

De la belle visite!

Vers la fin aout, Pierrette Geneve telephonait de Paris pour dire combien elle aimerait venir voir comment on fait la promotion du Trager au Quebec. Et puis tout s'est passe tres vite, a peine 3 semaines plus tard, elle est arrivee! Fraichement nomme Practicienne, Pierrette est pleine d'energie et a vraiment le gout de s'impliquer. Elle passera donc 2 mois avec nous, pour ragarder, sentir et nous aider a mettre le Trager sur la carte! Quelle aventure! Bienvenue Pierrette!

THANKS FROM THE INSTRUCTORS . . .

. . . to all Sponsors and Assistants who sent in Instructor feedback forms for our peer review process. Your valuable feedback allowed us more clarity about our strengths and weaknesses as Instructors. We know it took courage for some of you to do it, and we appreciate your perspective in giving that feedback. We still urge those of you who have not sent in forms about past training experiences to do so and we encourage you to continue this process in the future. As of October, we have a new form which allows the option of anonymity. You may request this form from the office. In the future, forms will be handed out at each training, and all forms should be sent to the office, attention: Instructor Peer Review.

THE OFFICE AS A RESOURCE

Sally Pooler

It was brought to my attention several times during the Conference that many members do not realize that they can use the office as a resource for information and support materials. While it's true that the primary function of the office is to administer the training programs, there are many other ways that the office is available to serve Institute Members (and the public, in some instances).

If you have any questions, or if you want any support, please call the office and we will make every effort to serve you.

TRAINING ASSISTANTS NEEDED IN MILL VALLEY

The Mill Valley training facility is in need of assistants to help with the production of Beginning, Intermediate, and Practitioner trainings. The general rule for requesting to assist is that you must have already taken the level of training for which you are applying to assist. For more information, please contact Peter de Zordo at the Institute office.

APPLICATION NOTICE

Those of you who wish information on the application procedures for Introductory Workshop Leader or Supervised Practice Session Leader may write or call the Institute for the proper forms and information.

EAST BAY REGIONAL MEETING

An East Bay Regional Group is forming. Our format will be to begin with Mentastics and then move to communication/networking meeting. Other regional groups, please send reports of your activities to share. Meetings scheduled for December 9th and January 20th at 7:30 p.m. at 15 Alvarado, Berkeley. Contact person: Maggie Eoyang, 1924-C 8th St., Berkeley, CA 94710, 415-848-8562.

FROM KENJI KAMBARA

My Trager practice at Canyon Ranch Fitness/Health Resort// Spa is going very, very well. The work is very well received and is highly respected by the staff here. I'm doing more and more chest work and helping clients to open up in that area. I'm doing 2-5 sessions per day, 5 days a week. There are days when I do 5 in a row, and I have been booked a lot lately. It took me 1½ years to establish my Trager work there!

A TUTOR REQUEST FROM GINGER CARNEY

Trager Student Ginger Carney of the Chicago area has asked us to publish the need for a Tutor to visit her area as soon as possible. There are several people there who need them. Ginger also suggests that Trager people who live in areas where there are no Tutors let themselves and their needs be known. This information can then be networked to the current Tutors, and, perhaps, their travel plans will be changed accordingly. You may contact Ginger at 845 Chicago Ave., #211, Evanston, IL 60202, 312-328-2378. Thank you Ginger!

BOUNCING BABY BOYS!

Jesse George Gibson

Jessee George Gibson was born amid welcoming cheers on August 5th in Kingston, Ontario Canada. He is a son for Winnie Hunt and Ernest Gibson, and a brother for Gabriel. He was Tragered in utero and the entire labour and delivery was an exciting sequence of Mentastics. The exercises meshed with the waves of contractions and the baby truly jiggled and bounced his way into our midst.

We are interested to exchange information in birthing using Mentastics.

Thanks to the Creator of Love and Life.

(Editor's note: Winnie Hunt is a Trager Practitioner in Canada and she may be contacted at: Box 262, Seeley's Bay, Ontario, K0H 2N0, Canada.)

Michael Harrison Payne

He entered this world wide-eyed on October 19th at a healthy 9 lbs. 1 oz. and 22" long. Born to Debbie (our typesetter) and Mark Payne in Petaluma, CA. It was a very exhilarating experience for both parents who are very happy to have Michael be a part of their lives.



Completed and now available
for sale to Trager students:

THE TRAGER BODY

A Guide to Form and Function for the Trager Student

a 120-minute color video tape

written, produced, and narrated by

Deane Juhan

camera and editing by

Paul Taminan

executive producer

Betty Fuller

Many students who have taken Deane Juhan's course "Anatomy for Trager Students, Parts I and II" have expressed the desire for a permanent study guide that would include the illustrations used in the class and a review of the content of the lectures. This is it.

Contained in this color video cassette are over 180 illustrations, demonstrations which relate the visual material to specific moves in a Trager Session, and narration which encapsulates the main points of interest to Trager students which are covered in the course. The two hour program is divided into six parts: The Neck, The Feet and Legs From the Front, The Belly and Chest, The Back of the Legs, The Shoulder, and the Lower Back and Pelvis. Each part is approximately thirty minutes long. They will put the principle details of "Anatomy for Trager Students" in your library, to be viewed again and again. The illustrations are taken from over a dozen anatomical textbooks, some of which are now out of print. No other bodywork institute of which we are aware offers such a study tool to its students.

Who can purchase it?

This video is available only to current members in good standing of the Trager Institute who are on the professional Training Track. The information it con-

tains would undoubtedly be of interest and use to body workers of many kinds, but there is enough hands-on demonstration of the Trager Approach to make its distribution to the general public a sensitive issue. Rather than run the risk of its being misused by anyone not actively engaged in the professional Trager Training Track, it will be marketed only within our Institute.

What uses does it have?

The video was initially intended as a study guide for students who had taken "Anatomy for Trager Students, Parts I and II", to give them a comprehensive review of the course and to direct their further investigations. However, it is obvious that it can be used to great advantage in other situations as well:

1) Supervised practice day leaders can use it to orient their demonstrations and deepen the class's understanding of the intent behind the specific moves that are being practiced.

2) Tutors can use it in conjunction with their Tutorials, in order to focus their student's attention upon areas where improvement is needed.

3) Those who have **not** yet taken "Anatomy for Trager Students" will find that this video is an excellent preparation for taking the course. They will get a head start viewing the illustrations, will have a chance to frame their most important questions in advance, and will find that their comprehension and integration of the material is markedly facilitated. NOTE: The video tape alone does not satisfy the Anatomy & Physiology requirement for Trager Students.

May I obtain a copy by duplicating a friend's?

Absolutely not. The illustrations are used with the written permission of the original publishers, and in most instances a royalty fee was paid. The narration is copyrighted by the author. Any repro-

duction of any portion of this program without the author's written consent is illegal.

How much does it cost?

The cost of the complete two hour video cassette is \$90 U.S. plus a three dollars handling and mailing fee.

Where do I get it?

Copies can **only** be purchased by sending the order form below to Deane Juhan, Esalen Institute, Big Sur, CA 93920.

Name: _____

Address: _____

Phone: _____

Trager Training
Track Status: _____

Format: BETA _____ VHS _____

Contract:

I agree to limit the use of this tape for my own personal and family use and agree not to duplicate, sell, rent, or loan this tape, or in any other way make it available to anyone for their personal or commercial use without the express written permission of the Trager Institute and Deane Juhan. The sole exception shall be that this tape may be made available to current members of the Trager Institute currently on the professional Training Track.

Signature

Date

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FIRST CLASS

PLEASE FORWARD

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