



# TRAGER FAMILY NEWS

Spring/Summer Double Installment Issue

Second Installment

July, 1982

## A TRAGER NETWORK OF PEARLS

Betty Fuller

Eastern lore represents life in this universe as a network of pearls demonstrating relationships and inter-connectedness. Our good Trager Friend, Gregory Bateson, wrote that a hand consists not of just a palm and 5 fingers but of the relationships between them, and he explored "the pattern that connects." I recently received a mother lode of stories from Trager folk that illustrates very movingly and powerfully the networking and its impact on the lives of others which results from our sharing The Trager Approach with our clients, family, and friends. This tale spans our "public" history, and covers at least half the globe!

After playing with Trager Psychophysical Integration and Mentastics for a year after Milton trained me in June, 1975. I set up his first public training in Marin County in June 1976. My friend, Delores Kvigne, then a masseuse, assisted me, took the training, and is now a Trager Practitioner. She Tragered her friend, Jody McKay, who just loved it and considered training herself, but moved to Dayton, Ohio. She wrote Delores many times to the effect: "I sure miss my Tragers. Why don't you get Betty to do a training here and come with her?"

We'll return to these strands in the network in a moment. Now we pick up another in 1977 when I taught my first Trager training at Esalen. Way up in Alaska, Jackson Highley read about The Trager Approach in the Esalen brochure and resolved that he would "do this Trager thing for sure one day." A few years passed, however, until he found himself vacationing on a beach in Sri Lanka last year when his musings were interrupted by the clear thought, "OK, I'm doing Trager when I get home." (Home is Washington state.) And so Jackson turned up in the first Seattle training set up by Trager Practitioner, Gwen Crowell for April, 1982. Gwen had trained with Milton back in 1978, and attended many subsequent Intermediates. She had an active private practice in the Bay Area, then moved to Seattle, married and decided to set up a training in order to create a Trager family chapter in the North West USA! Gwen's honeymoon included an Intermediate with Milton in Hawaii and she returned to Seattle ready to roll. Now she has Cinamon, a graduate of the January, '82 Portland training ready to help her coordinate the logistics.

Gwen asked me to give a demo the evening before the training in which I would work on her client, Judy Aldrich, who has multiple sclerosis. Before her Trager sessions with Gwen, Judy had felt almost overwhelmed by the burden of her disability. As her Trager experience with Gwen progressed, Judy, like the rest of us, found ways to be lighter — to be free-er. In her invitation to her "fellow M.S.'ers" to attend my demo sponsored by the S.W. Washington Chapter of the Multiple Sclerosis Society, Judy wrote:

Until the cure comes, our primary focus should be to make ourselves feel good. It is difficult in the face of continuing bodily destruction to maintain a feeling of confidence towards our physical selves, and yet, it is with our physical selves that all interaction with others takes place. My concern has been to build an image of myself; something that radiates from within and then works to move my body with less effort.

Jackson Highley attended that demo. Excited by Judy's story and the positive results of her Trager experience, he wrote to his friend, Ann Brinkman in Dayton, Ohio, and urged her to take part in my Dayton training in May which was sponsored by Elizabeth McInnis Davis. Now we pick up another strand.

Elizabeth, a masseuse, hears about the Mandala Conference of August, 1981, from Jody McKay and decided she really wants to find out more about Trager. (Milton's invitation to be a principle presenter in 1981, resulted from Mandala Director David Harris' experience of a Trager session I gave him in Del Mar in January 1980! Cathy Guadagno drove me out there one evening after a Beginning Training in which she assisted me. We drove back afterwards in a record "worst" fog, but it was worth it!)

## ★ ★ ★ What's Inside ★ ★ ★

This is the most exciting newsletter we have put together to date. Inside you will find a cornucopia of articles, schedules, and announcements of goings on in the Trager Family around the world. This issue features an extensive report of **Milton and Emily's Spring 1982 tour**. A transcription of one of **Milton's** discussions is included together with a letter from **Emily** describing her moving experiences this time around. This is followed by a call for assistants for the upcoming Fall tour.

**Linda Ford's** touching letter to **Betty Fuller** clearly demonstrates that "Trager" is so much more than a "bodywork." **John Adams'** piece informs us about listing in the yellow pages. **Natasha Helfetz** reports on the results of our Spring membership survey. **Betty Fuller** introduces our two new Instructor Candidates: **Gary Brownlee** and **Deane Juhan**. An exciting letter from **Tom Molatore** and **Jeanne English** describes the dramatic improvements Tom is experiencing in conjunction with his Trager sessions. **Will Schutz** and **Don Johnson** describe how you may be able to receive graduate school credit for Trager trainings through Antioch's Center for Holistic Studies. **Julie Andrews** reports on the est videotape of Milton's work. **Milli Kari** updates us on the Spring 1983 Trager Conference.

You will find the regular news items including the announcement of our just-received Continuing Education Provider Number for Registered Nurses. We have a new bunch of Trager T-shirts which you can order with the form by **Delores Kvigne** included in this newsletter. And there's more!

We want you to read about the many ways the Trager Family is impacting the world; and we want you to be informed about the many upcoming events.

### Pearls (continued)

At Mandala, Elizabeth attended one morning of Milton's Institute, experienced a few minute's "tastes of Trager" from Practitioner Barbara May who shared her experience of the work. Fired up by the rocking in particular, Elizabeth added that element to her massage with client Nancy Baldwin back home in Ohio. Nancy is 38 years old. Oxygen deprived at birth, she has a mental age of about 3. After her first few "rocking" massage experiences, Nancy demonstrated major behavioral changes. Her repeated chattering ceased, and her conversational abilities increased noticeably. Nancy began to climb stairs one after the other instead of one at a time. Thrilled by Nancy's progress, her parents, Robert and Esther Baldwin, assisted Elizabeth's decision to attend my Beginning training that November (1981), in Kingston, Ontario, sponsored by Trager Practitioner Amanda Hartsong. Esther drove Elizabeth and brought Nancy with them to the training. Elizabeth and I worked with Nancy one evening after class, after that session Nancy began — for the first time — to chew her food. Robert Baldwin, on behalf of his family, wrote to Milton Trager and me on New Year's eve as follows:

Nancy has responded in so many ways, showing improvement in walking more confidently; *chewing* her food; also, for the first time, able to personally administer her own medication orally and swallow in a normal pattern; releasing tensions and frustrations in conversation skills with determination to communicate with family members and friends. All of these changes are evident in the improvement in skin tone, hair problems, physical and social happiness. These successes have been noticeable to all family members and friends during this Holiday Season.

I saw Nancy at her home again in May, and she was wonderful! She is learning to reach out and touch people.

(continued on page 3)

## MOMENTS FROM DR. TRAGER'S INTERMEDIATE II TRAINING IN MARIN APRIL 1982

"Trager Psychophysical Integration is not a technique. It is not a method or a system. It is an approach to movement education — to learning other ways to be. With these movements you have been taught, you can make it fit most anything with little deviations as you feel the need to do something else — but ASK and your mind will take your hands. I want you all to experience the subtle thing of your mind asking "well?" — and all of a sudden you're working and your hands are going without you. Nothing to do — you have nothing to do with the treatment. Come into hook-up — this wonderful feeling thing — like basking in a vast ocean of pleasantness. As in meditation, the end result of meditation is the same as hook-up. I find no difference. It's a blending — without trying, you blend with this force that surrounds us, and when you are ready, you start. From the very beginning just ask . . . well? . . . what could be freer? Hmm?

What's freer? What's more beautiful? The only thing you can bring is what you honestly have. Your development is a very important part of this — YOUR development, so you can give more.

Now you've done your back treatment, and you get them off the table. And you bring them high off the table — elongation. And the first thing I do is have them walk up and down the room elongating to start with. I walk them up and down in my office in the big hall - 75' long - I must have walked up and down that thing for 15 minutes - until I was positive, positive, positive that they had it and I impress in their mind as I want you all to impress in their minds that this is the most important thing for your lower back and if you will do this the rest of your life you will never have back problems - low back problems. That's how emphatic I am about it and I have yet to see it fail. This gentle nothing little kick - just let the leg fall out - this in itself can take care of a back. You'll do your job on the table and when you get the pelvis flopping back and forth you are ready to take them off the table. Elongate.

You each must ask yourselves, O.K. how free is that? Well . . . pause a moment. When you come into this space . . . uhhh? What's freer than that? Constantly, what is freer? This is the same thing I do when I find this tissue, and ask, "Well? How should it be?" And I am drawing on the patterns that I have in my mind and that you have in your mind — that's all you can draw on, what is in your mind — and that's why every moment of every treatment you must come deeper, deeper, to instill these patterns, because that's all you have to draw on. Technique - forget it. It's what you have developed for your mind, that's why every moment of every treatment, every second, every thought of how should it be - well . . . I want you today in your treatments to come into this "well . . .". Every time you do it you develop, and I can't say it better than that. Every time you do it you develop. So, how freeeee is this? Well . . . just you and this feeling going hand in hand - oh yes - what is finer, what is finer, what is finer. The only thing that matters is your self development, as a person and as a therapist. That development comes from feeling experiences, and this is why I say in the morning "Oh goody I have somebody to work on" - a chance to experience more, because I get much out of it, just having the material in front of me to work on - it's come to that point with me.

I love what's happening here. This is a big thing for you in your work. You'll be this, and your projection will be open so you can really give what you honestly have - not one speck more. I'm happy to see it happening. Everything you have been taught about the work is meaningless. You have enough moves, you'll do the moves without thinking about them by now. But what is this hook-up, what is this feeling? Well? . . . Keep asking, well? . . . How about that? And the answer will come. Just walk about a little bit — for yourself, not for me. This little dance thing you're doing, it isn't that at all. Yes this can come in later, but at the moment this simple intimate, intimate, intimate feeling. Just let your leg fall out - a nothing feeling.

What happened here this morning in Mentastics I think is one of the most important things that will happen in this workshop because it's so basic. We didn't go through some of the moves that we always do in Mentastics — but I want this basic thing of feeling, of feeling, of feeling, and then you are better able to impart this thing you are working on — Psychophysical Integration. I find that it gets you out of giving the treatment where you're going to ask . . . well . . . ? How free . . . Now take your person instantly into hook-up and go from there. I'm not interested in how nice you can do the moves. I don't want you to impress your clients. Let us get out of ourselves so we can find what is in the person, in these tissues, and take it and bring it out and help it and free it. What is more beautiful - when you are doing these long lovely moves on the neck and on the back - more beautiful. And when you are ready to complete the back, right at the end before you turn them over, I want you to get into long feeling stroking - but BE THERE - don't just run your hands up and down or make the motions you've seen me do, or somebody else, no. Long beautiful back - take them into this state, take them, take them, bring them - give them something more, because that's the whole thing anyway — what they will develop from your work, what you're able to give so that they



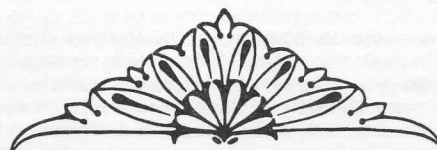
Milton Trager, M.D.

can be different. There isn't anything that will come along that you can't take on if you will just feel. That's the name of the game - feel. Whenever we use the word feel or feeling we are talking of the mind. Definitely. Not anything else. We'll go into hook-up, the space where a lot of you were in Mentastics. Just like saying, Hi . . . what is this? I know that many times in my treatments I would say "thank you" "thank you" - and I would say it all the time, , and it took me many years before I realized I wasn't thanking the patient. I was thanking this hook-up thing that was doing so much for me. My big helper. I got a lot of help. This wonderful feeling thing. . . .

If they have the brake on, don't try to release that brake. Play until you get into that space. Almost like the song, "Getting to Know You". You're not trying to accomplish anything. It's not just a matter of being soft and free, it's a matter of being effective, and one is not effective until they are in hook-up. Feel, feel, feel. Relaxation is a feeling, it can never be anything but a feeling. If you pick up resistance someplace, play with that resistance, and ask . . . well?

She told me where she's feeling her problem, so I will say O.K. fine, let me feel, let me find, let me see what I can find. Words like that. Many times, in fact, I've had quite a number of low back patients, and when you don't find restriction below you will find it up here in the upperlumbar or lower dorsal area. You have to do that if you are going to win because it is not the lower back. Another thing about low back especially is you will find an area that's tight in the low back and he'll say "that isn't what hurts me, it hurts in the other side", but it is throwing it to the other side - it's locked here and this side is taking the punishment. Just know that.

I need to stay in a certain rhythm. I don't want you to go fast and slow and fast and slow - unless there is some special pathology that you can work out that way, but keep it - I don't like the word monotonous, but you know what I mean when I stay in a monotonous way — a steady, continuous flow. Like rocking a baby to sleep - you don't break rhythm when you rock a baby to sleep. It's the same, same, same rhythm. We are lulling, we are lulling, and that is a wonderful state to be in. If you put on the other side of the fence of that the turmoil of the daily living - the people will come to you for treatments who have this turmoil of life, of family, or business life, whatever — you will help them. They can be different because they have feet — they have experienced something different. As you develop yourself in this work - you can bring them many more feeling experiences. Mentastics is your key. Mentastics and Hook-up.





Thrilled by her experience, Elizabeth, immediately signed me up to do a Dayton Area training! Esther Baldwin, Nancy's mother, assisted with logistics and enrolled as a student. Trager Practitioner Marilyn Krueger (first Minneapolis Training, 1980) and Linda Edwards from Palo Alto assisted. Linda had been my demo model 3 years earlier (when she still lived in Ohio) at a psychology conference in which I did an Intro. day; so she scheduled a visit home to coincide with the first Dayton training which was actually held on the campus of Antioch University at Yellow Springs, Ohio. (Deja vu! Some of you may remember that I had been the Associate Director of the Center for Holistic Studies at Antioch University in San Francisco!)

The evening before class began, I did a demo on campus and shared some of my experience of the beautiful demo with Judy Aldrich in Seattle. I also commented that there were 11 students enrolled in the training — there was one more space to be filled. I said, "Hook-up always results in everyone who is supposed to be in a training being there and who is not isn't! If you think you are our 12th person, please come to talk with me after the demo."

There in the audience was Jody McKay who attended with the idea that she might — at long last — take the training. However, when she heard about Trager work and multiple sclerosis, she turned to her companion, Ann Brinkman and said "It feels to me like you are #12! Go talk to Betty!" So, a beautiful young woman came up to me, smiled and said, "I think I'm your 12th person. I've been told that I have MS. Jackson says to say Hi.

Ann joined the class. She went through a lot of pain and discomfort during the training both on the table and off. We could hardly touch her feet, they were so sensitive. However, she wound up loving to do the work. On June 6, a couple weeks after the training, she wrote me a 10-page letter. It began as follows:

Dear Betty, I thought I'd wait a few weeks before I wrote to be sure nothing changed, but I am happy and excited to report that since a week after the Trager class at Antioch I have had no sign of my symptoms at all!

Ann followed this marvelous news with her medical history from the onset of symptoms in January, 1982, which included increasing muscular numbness and weakness in feet, legs, and back, lack of sensation in pelvis, difficulty in elimination. She had numerous tests including an EMG, X-rays, somatosensory evoked nerve response, myelogram, blood chemistry, more X-rays, EEG, audio and visual nerve response tests, a second EEG, a second EMG and myelogram, valium, demerol, glucose tolerance tests; CAT scan of lower back, cyclometragram and she is still suffering great pain and increasing disability. Ann continues:

Now it's the end of April and the neurologists tells me it's MS —beyond the shadow of a doubt, that it usually takes about 2 years to fully diagnose and that it will probably go into remission. I read all the info. I could find on MS and they scheduled a CAT scan of the brain for May 26, because now they think it could also be a small tumor at base of brain . . . I ended up in the Trager class because Jackson sent me the info. and told me it had been done with MS people with surprising results. On Sunday, the 23rd, the day we all did our "trades" on the whole body, my thigh again began aching — very dull ache this time — started right after I was Tragered and was a little worse after I did the person I Tragered. The aching only lasted a few hours.

On the 26th, the hospital called to reschedule the CAT scan and I told them I'd call them back. On the 27th of May I was awakened by a new sensation in my left thigh that I can only describe as it felt like the muscle was contracting - it wasn't painful, but it was a feeling I haven't felt in that thigh for 4 months. And also starting on that date and still today I can bend my head forward all the way and cannot make my leg go numb and I can sit and then stand up with no pain. I decided to cancel the CAT scan all together for now — this has now been the longest time period without pain or numbness since January.

Naturally, I think Trager had something to do with it — it could also be my blood sugar finally stabilizing — although it wasn't really out of line that much. But anyhow, I feel great!

I found that most of the issues that came up for me during the Trager class had to do with feelings of belonging/not-belonging and a lot of fear issues that things would re-occur as they had in the past. And I came away with a new awareness that things do not always repeat as they have in the past. It's like the reason my toes and feet were painful is because every time in the past that my feet and toes have been in some of those positions I always got a cramp, and it was always painful and my body thought every time my toes pointed they'd cramp.

By re-educating my body that this was not always true, some other things started loosening up in my head.

I just found the whole week thoroughly enlightening and exciting and I'm just really grateful I got to be a part of it all.

Ann closed by saying, "I intend to be in the Intermediate class in November. There is also a Beginning class scheduled and Delores and I are betting that Jody McKay will — finally — be there!"

And so we have now come full circle in this little piece of the network of pearls. Its strands radiate outward from each of us touching hundreds, thousands, millions of lives, linking us in hook-up, bringing to a troubled world and its people the good news of "a feeling beyond relaxation, the experience of peace." Thank you Milton Trager. Thanks to those who gave me permission to include their part in our story and thanks to all of you who express love and peace through Trager Psychophysical Integration and Mentastics. Peace be with you all, all ways, always.

## A LETTER FROM LINDA ANN FORD . . .

Dear Betty,

Since I saw you at PMTI my father has died . . . gone on to where he wants to be.

Thinking of you during these months has helped me through the biggest transition I have had in my life. I have helped both my parents die, and am now a parentless child. A child learning to be an adult and letting go of needing someone to tell me what to do.

I would get a mental picture of you and, as if you were right there now, the teachings or words of Trager would appear for me to use, "WHAT COULD BE LIGHTER?" I feel as if you — HOOK-UP has led me through the journey. I broke tradition and got my way or my heart's way with Dad's dying and his funeral.

Before going to see him at the Nursing home (at the end two-hour daily round trips) I would be scared . . . What will I find? . . . Do I have the courage to be there? . . . Can I truly be with my father? After a few minutes of doing our father-daughter dance we would "HOOK-UP". All was right; all was Okay. His choosing to die; me helping him die. I became his spokesperson. He trusted me enough to speak for him. By the end I had let the nursing home staff and the family know Dad's way of going on — "Leave this earth" as he would say.

The truth was spoken at all times in front of him . . . hard for a lot of the people to handle. Dad in all of his 66 years wanted to know the facts to make his decisions and now was no different.

"WHAT COULD BE EASIER"

The preparations for a Jewish funeral were made with easy effort the week prior to his death . . . we did them when it was easy and light.

I saw his body twice. At the nursing home, I said my first, "See ya next time around." And next at the funeral home, against the wishes of others. I did what felt lighter for me, I needed one more look . . . I needed to see inside the box. The paradox: my sister looked for the first time and faced it. And my cousins who didn't have the chance to say goodbye could have their time now.

It worked, it helped all to release and be lighter . . . and my sister was happy from her heart that she saw too! My need helped her move off of a fear, we were in HOOK-UP.

It is hard for me at this time to remember what Trager was to me during the first 30 practice sessions. I know what it is now, now that I'm 30 into my next 75. It is a way of Being.

The work is what helps me off my garbage. I have learned to work no matter how I feel before a session. . . Once in HOOK-UP it all disappears and I am one with my client.

My work is becoming more powerful and clear. I at times am able to get mental picture or thoughts or memories in the other's body. Sometimes I check it out and am right (amazement! and I know it is beyond me).

I am now at the point of feeling I need a new word for WORK as I am having so much fun. . .

I still flow in and out of HOOK-UP and I notice it faster and let myself back in.

Trager came to me the day after the start of my father being with me and helped me to step out of the melodrama (at times) . . . and will be with me until? I feel I am changed forever because of you Betty and, you Milton. All there is is HOOK-UP. And of course I will never be someone's little girl again . . . As sad as I feel and sometimes angry, not being someone's little girl is full of Joy . . . and Life . . . MY LIFE.

# INSTITUTE NEWS

## TRAGER IN PRINT

Journalistic interest in Trager Work is intensifying rapidly. An excellent transcription of Dr. Trager's presentation last year at the Mandala Society's Holistic Health Conference in San Diego appears in Volume VII of the *Journal of Holistic Health*. For subscription information write: Mandala, P.O. Box 1233, Del Mar, CA 92014.

Carol Cavanaugh has written an exciting article and interview with Dr. Trager which will be published this September/October in *The Yoga Journal*. For subscription information, you may write the Journal at: 2054 University Ave., Berkeley, CA 94704.

Other publications are expressing interest and we will notify you through the newsletter of further articles.

## CONTINUING EDUCATION CREDITS FOR NURSES

With the valuable assistance of Veronica Weeks and other nurse practitioners in the San Francisco Bay Area, The Trager Institute has received its provider number, from the California Board of Registered Nursing as a Provider of Continuing Education for Registered Nurses. From this point on, Registered Nurses may take Trager workshops through The Trager Institute and receive Continuing Education Credits for their trainings.

## TRAGER FAMILY NOTES

### TRAGER NEWS FROM SANTA CRUZ . . . .

Trageroids are emerging from this duck drowndin' deluge to form the first official Santa Cruz Trager Pod. Our initial get together was sparsely, but enthusiastically, attended.

On the other fronts (a little weather humor), I recently had the pleasure of being a featured speaker at the Conference on Alternative Health Care at the University of California at Santa Cruz. I shared the podium with a Shumish Indian Medicine Man and a Doctor of Osteopathy. The audience was mostly college students interested in careers in non-traditional health fields. That same week, I was invited to attend another Conference at UCSC, entitled 'Women Working it Out', which focused on careers for women, by women. At both conferences, I found a lot of interest among the students in health care and bodywork approaches, and had another opportunity to sow more Trager seeds.

I want to suggest that each of you plan to attend a Mentastics Day some time soon. My March 20 class was marvelous. We did a tremendous number of Mentastic movements in pairs developing ways of observing, describing, and influencing through contact, just as you would with a client. We spent a full session on movement just to ease lower back discomfort, as well as special focus on the neck and shoulders. I was ably assisted by Ana Cooper and we were both delighted by the depth of our own creativity. One student sent me this note a day or two later. "The day after the (Mentastics) class I was experiencing freer movement in my shoulders and upper body, and deeper breathing, a breakthrough I've been looking for. And a sense of how to maintain it and pass it on. . . . thanks!" So, what's stopping you?! Check the calendar for other Mentastics dates with other instructors.

Hugs, Carol Campbell

## A MESSAGE FROM ROBERT DEAN

Robert (Bob) Dean developed a coupon the size of a dollar bill which offers a free introductory Trager session. Bob writes:

This is an idea I came up with when I faced the fact that I wanted to do Trager Psychophysical Integration and Mentastics and wanted to make a living at it.

I knew there had to be a way for people to spread the word. My clients were saying, "Wonderful! How relaxing! What peace!" Heck, I knew that! I have experienced it and I wanted them to tell someone besides me. So now when I give a session we have an agreement that they take two of my "dollar bills" and give them to others who would like to experience Trager.

It's paying off, as I have clients coming back for more Trager. Best of all, they have their checks ready plus possible new clients.

I hope this idea will push a button and start the ball rolling for you.

(continued on page 5)

## TRAGER APPLIED TO MUSCULAR DYSTROPHY

Tom Molatore and Jeanne English

*EDITOR'S NOTE: Tom Molatore works as a mental health counselor and biofeedback specialist in Oregon. He has limb-girdle muscular dystrophy. In October, 1981, Tom began seeing Milton Trager, M.D. Jeanne English, Tom's friend, accompanied him, and Dr. Trager taught her the Trager Resistance work with Tom. Last Spring, Tom and Jeanne came to the San Francisco Bay Area to participate in the Advanced and Resistance Trager trainings, and to attend the est videotaping project described elsewhere in this newsletter. Anyone wishing to contact Tom may do so by calling him at: 503-883-3246. Here are Tom's comments about his Trager experiences:*

Being "Tragered" by an entire class of Advanced students in May was quite an experience for Jeanne and I. This was our first contact with Betty Fuller and Trager students, seven months after receiving sessions from Milton in Honolulu (what we jokingly refer to as seeing "Milton at the Hilton"). I felt my muscles respond to each student's individualized resistance movements expressed in a state of "hook-up," and gave the students feedback on whether or not their movements created feelings of being "active," "light," and/or "free." Although each student had a slightly different approach, similar feelings of my muscles being more "active" and "freer" were imparted to me by each student.

Since my 12 sessions of resistance work with Milton in Honolulu, I have experienced changes on many inter-related levels. On a psychological level, I feel confident that, by practicing Trager Mentastics on a regular, consistent basis, I am able to arrest the progressive muscle weakness that can occur with limb-girdle muscular dystrophy. The Psychophysical Integration sessions also accomplished the removal of emotional blocks such as frustration resulting from muscle weakness, fear of progressive muscle weakness, and depression resulting from feeling helpless and hopeless. My belief system was changed in the direction of a "positive" expectancy of health (muscle strength), away from the "negative" expectation of progressive muscle weakness conditioned by the medical prognosis that "your muscles will continue to become weaker as time goes on no matter what you do."

On a physical level, I have gained 20 pounds, whereas previously I was unable to gain weight regardless of what or how much I ate. I feel that this weight gain indicates a change in my metabolic processes. One unanticipated side effect of this weight gain derived from increased muscle mass was that it made it more difficult to walk. However, I am stronger working on the therapy table. I am currently on a diet to lose weight which may help me walk better in the future.

Two weeks before and two months after seeing Milton and Emily in Honolulu, I had my creatine phosphokinase (C.P.K.) blood levels measured at the local hospital, and had isolated muscle strength tests done by the registered physical therapist working with the Muscular Dystrophy Association. The objective results indicate that my C.P.K. level decreased from 543 international units per liter (i.u./liter) to 430 i.u./liter, indicating that this neuromuscular enzyme became more concentrated in the muscle tissue where it belongs, rather than remaining unused in the blood. Normal C.P.K. levels are from 0-83 i.u./liter. Six months later my C.P.K. level continued to decrease down to 355 i.u./liter. Isolated muscle strength tests indicated that 12 out of 18 muscles improved in strength, 4 stayed the same, and 2 became slightly weaker. Also, the hearing in my left ear improved 10 to 20% as measured by an audiologist. Before seeing Milton, my doctor was considering surgery to improve my hearing. After I returned from Honolulu, my doctor decided not to perform surgery because of the hearing improvement.

I attribute the above psychological, emotional, and physical changes to the process of being put in touch with what "healthy" tissue feels like, and the neurological patterns associated with "healthy" tissue. In this respect, my body, through Trager movements, re-educated my mind to perform the necessary neuromuscular and metabolic functions of healthy tissue. On a spiritual level, I feel much more aware of the vibrational frequencies correlated with "healthy" muscle responses. Two other techniques that I have found helpful are the nutritional counseling provided by Jack Schwarz, and the practice of creative imagery.

Jeanne and I have been practicing Trager Resistance exercises four times a week on the average, for an hour each session, since October of 1981. We have divided the exercises into three groups, and alternate the practice of each group, which gives me chance to rest some muscle groups in between the practice of the other muscle groups. Jeanne and I have found it very useful to periodically review the V.H.S. videotape that was recorded during our Honolulu sessions, to remind ourselves of Milton's unique meaningful spoken phrases and effective techniques.





## NEWS FROM THE SAN DIEGO TRAGER CENTER

Activity and workshops continue to happen. Milton's Intermediate II workshops here in April were the best yet with Practitioners coming from Mexico, Canada, Texas, Ohio as well as California.

Our clinic setting for working with clients with "challenging" bodies continues to go well although we sometimes need more Practitioners to participate. Soon we will have a medical doctor to screen the clients and let us know if there are precautions we need to take in working.

One of the best things that has happened is that Trager Practitioners have been able to get their sessions covered by insurance policies of their clients. This was made possible (and easier) by conferring with Dr. David Clark, a local medical doctor who supports this work. These are the steps to receive coverage:

1. Find out the name of your client's insurance company.
2. Get their group claim and policy number.
3. Make sure there is a prescription for treatments from a medical doctor.
4. Have the billing signed by a medical doctor.
5. Your client should pay you for the sessions and they should get reimbursed by their insurance company.

There are other folks who are interested in setting up Trager centers in various parts of the country and the world. It's a great idea and we need to establish some policies and guidelines regarding this matter. If you have any ideas or suggestions, please send them to me in care of the San Diego Trager Center so I may include them in my proposal to the Trager Institute.

Together in Light, Cathy Guadagno

(continued on page 13)

## TRAGER AND THE MANDALA CONFERENCE

Betty Fuller

The Annual Holistic Health Conference sponsored by The Mandala Society meets in San Diego, Friday through Sunday, August 27-29. Following the conference, on Monday and Tuesday mornings August 30 and 31, from 8:30 a.m. to noon, Dr. Trager will offer Introductions to The Trager Approach for Mandala participants. Last year about 85 people (room capacity) attended Milton's Institutes to experience Mentastics and brief "tastes" of Trager Psychophysical Integration. More than a dozen Trager folk brought their tables and went to work along side Milton to handle the crowd. Everyone was very excited about the opportunity to experience the work and the tables never cooled off!

Many of those who received "a touch of Trager" joined The Trager Family by completing Beginning trainings this past year. If you would like to work for Milton in this year's Institute, please contact Cathy Guadagno, Director of the San Diego Center, P.O. Box 901, Del Mar, CA 92014, 714-481-6215. You may work in the Trager booth during the conference itself as well as in Milt's Institute mornings at no charge. If you want to attend the conference, contact The Mandala Society, P.O. Box 1233, Del Mar, CA 92014.

### ★ TWO SPECIAL APOLOGIES ★

Through the mysterious vicissitudes of the office production work, Dianne Goldschlag and Barbera McMenemin, both Certified Trager Practitioners, were not listed in June's Membership Roster. We want to offer Barbera and Dianne our public apologies for the error and list them here and now:

|                      |   |                            |   |
|----------------------|---|----------------------------|---|
| Dianne Goldschlag    | P | Barbera McMenemin          | P |
| Star Route Box 237   |   | 275 S. Worthington, Sp. 25 |   |
| Muir Beach, CA 94965 |   | Spring Valley, CA 92077    |   |
| 415-388-0382         |   | 714-469-1329               |   |

### MERCI

Our thanks to Edward Fanaberia and Michele DeCicco of Montreal, Quebec, for translating the Trager brochure into French for interested Quebecois. La troisieme classe de Trager in this bilingual province commence la derniere semaine de juin.

## THE 1983 TRAGER CONFERENCE REPORT

Mili Kari

Presently we are doing the impossible. We are negotiating to give you more for less. More time, food, and place for less than the last conference a year ago. We have some good news, and some not-so-bad news. The good news is: After looking at all of the places you suggested, and many more places, we have found a wonderful resort that will give us all that you requested for your Conference in 1983. The not-so-bad news is: Our contract negotiations won't be finalized until after this newsletter goes to print. We want to take the time to be sure that both we and the resort are winners — that means that we are both agreed on even the smallest details and costs including substantial discounts for those of you who wish to spend the night either before or after the conference.

Here's what you asked for and what we're doing to meet your needs: Your Requests (**YR**) that we received on the survey form, and Our Response (**OR**) to your requests.

**YR:** More time.  
**OR:** The conference will start at 9:00 a.m. Friday morning, May 20th, 1983, and end 1:00 p.m. Sunday, May 22nd, 1983. This will give you one more full day to enjoy.

**YR:** A warmer, more intimate place convenient to transportation.  
**OR:** We found a delightful resort in Northern California about one hour from San Francisco airport. The Trager Celebration Conference will be the sole occupant of the entire resort. The May weather invites sunbathing, swimming, and outdoor fun.

**YR:** More time for social contact and relaxation.  
**OR:** Picture yourself sitting around in an olympic solar heated pool in a beautiful garden setting with plenty of time during the conference for being with your Trager Family.

**YR:** An affordable conference.  
**OR:** We are now negotiating to give you the time, the place, the setting, and the food in a way that will let you choose from a selection of conference packages that suits your budget needs.

In your next newsletter, pictures, package selections, registration form, and the name of the mystery resort will appear.

We are so delighted with the many responses we have received to the conference survey printed in your last newsletter. More keep arriving each day. If you haven't yet returned yours, send it now. We especially are interested in the kind of workshops you would either like to have offered, or you yourself would like to lead at the conference. You are not limited in how you get that information to us. Write a letter, draw a picture, send a singing telegram. Reach out and touch someone — preferably us! To all of you who have sent in your responses, Thank You! You have made this conference your conference. Your wish is our command.

### A LEGAL NOTE:

Dear Betty:

As you requested this letter represents a statement which describes the relationship between members of the Institute and the use of the service mark. Initially all rights to the use of the words, "Trager Psychophysical Integration and Mentastics" were the property of Dr. Trager. Without Dr. Trager's permission no one was permitted to use those words in describing services that they render. When the Institute formed Dr. Trager assigned all rights that he had to the service mark to The Trager Institute. The Institute then has all rights to the use of the words in connection with the services rendered and has set up a membership arrangement whereby members are permitted to use the mark on an annual basis provided that they pay the annual membership fee and provided that in the Institute's judgment they continue to act as responsible Trager practitioners. Without the express permission of the Institute any use of any part of the service mark could result in an immediate restraining order from the court preventing any individual from using the mark and assessing damages for any unauthorized use. I hope that this is sufficiently clear to explain the position of the Institute and the use of the mark in relationship to the members. If you have any further questions please do not hesitate to contact me.

Gary J. Friedman, Atty.

# THE TRAINING TRACK TASK FORCE ADVISORY COMMITTEE REPORT

Natasha Heifetz

As of July 4, we have received 24 survey forms which were printed in the last newsletter. I want to thank those people who gave so much thought to the issues and to encourage everyone else to fill out the forms or send a letter letting us know how you feel, what you think, and what you wonder about the various possibilities. Please have your input in by September 1, as the committee will reconvene in the Fall to go over all the surveys in detail and to begin to formulate recommendations. With the help of Julie Greene and Don Schwartz, I have put together the following to give you some idea what other people are talking about using quotes without names because we don't have time to contact for printing permission:

Supervision, evaluations, support groups, and the cost of travel all present problems for Trager people not in the California area — their costs for education are doubled or tripled and they report not having access to the kinds of interchange and support present in California. For these people, additional requirements could be a burden and many have asked that this fact be taken into consideration before recommendations are made. "Make sure any system decided upon will work in remote areas of the country. Need to avoid rules that end up (without intention) making Trager a "California Club", with others feeling as outsiders." There has also been much mention of keeping costs down: "I think great care needs to be taken throughout the system so that we do not set up an economically elitist track."

Another concern: "Are we moving towards exclusivity or are we going to franchise and go all over the country with unsupervised Trager?" Reactions vary across a broad spectrum from some people saying that the present requirements are fine to those who believe we should encourage or require yearly training; offer more in-depth training; concentrate learning beginning training requirements and content and forget further training. "The system appears to be changing continuously. I don't see how people could keep up or you could maintain any continuity in your professional standards if this isn't made a requirement." Re-Communicating with Clients Workshop: "The workshop should lean heavily toward the experiential rather than the cognitive — lots of role playing, feedback, work with eye contact, voice, etc. Power is an important consideration and there should be some experiential exercises to bring people in touch with their fears and cravings around having it or not having it over others." Some people feel additional training is unnecessary because "just to be in hook-up is enough." Others seem to feel that the more information in the bio-computer, the deeper and more effective the work: "I think it is important to know how things are structured and fit together — that helps my work be more full and less timid, I think. I sometimes get brief visual images of muscles moving when I'm working."

Someone suggested that only practitioners dealing with differently-abled, post-surgical, etc., need in depth Anatomy and Physiology, which bring up an idea suggested of having different levels or types of practitioners. Others welcomed the idea of some sort of Anatomy and Physiology course and suggest that it be presented by the Institute and designed and geared for Trager.

A number of people suggested having longer beginning trainings and then say that we should present Trager to already practicing body-workers and forget about legislating and trying to control the quality. Most of us have heard or experienced non-Trager bodyworkers using Trager which they approximate from getting sessions or from having seen a demo. "If it is spreading so much, can we have quality control?"

There was more than one request for continuity of evaluators, and much support for encouraging Trager sessions before the beginning training and for having ten sessions ("lessons?") before becoming eligible for practitioner. The people who feel that present figures are fine seem to be those who feel you either "get Trager or you don't". Someone said: "We should be careful not to make requirements whose main role is to help practitioners and instructors make a living."

There have been suggestions for a longer beginning training which would include more Mentastics. "Mentastics are just as important as the table work"; "I enjoy the Mentastics but feel I do not have a complete sense in my body of their importance. The (Mentastics) seem always to play second fiddle at the trainings." And also a suggestion for more hook-up exploration: "I'd love to see the Institute promote meditation."

Something coming into focus is that Trager has either a respected reputation or is thought of as that "jerking and jolting stuff" and is sometimes hated. It seems to me that our training has to be efficient enough not to turn out people who are not charging money, calling it Trager and "jerking and jolting". "I think if we are a professional organization, we should be very carefully screening people who are doing the work to make sure that they are behaving in a professional manner." "Whether it is lack of hook-up or the acquiring of a new body coordination or both that contribute to uneven work, we need to deal with it and screen out people not ready."

Perhaps there is a problem with effective feedback. Someone suggested developing a uniform standard of what people doing the evaluation should look for. Got any ideas? One person: "I think Peer Review would be much better handled in the trainings by helping people be more explicit with feedback — i.e. 'Did your partner let your body oscillate fully? Did he use your full range of motion? Was it too fast, etc.?' "

The surveys reflect that some people see the evaluations as a test and others as a way of getting softer, lighter and easier by getting recommendations on how to improve their work.

Most people report good experiences at trainings but there have been numerous reports of people coming out feeling undermined, frustrated, angry, ignored and un-taken-care-of. How can we prevent this?

Please add your opinions to the spectrum.

Thanks,  
Natasha

## TELEPHONE DIRECTORY ADVERTISING NEWS

John B. Adams

A radio news commentator use to open his 6 p.m. program with the words, "There's Good News Tonight!" (It was always capitalized when he said it.) And there's Good News now for Trageronians (Tragerites? Tragerians? Tragerrees?) in California and Nevada! The telephone company has established a cross index reference especially for us!

Pacific Telephone's Listing Committee has authorized a reference in the *Index Guide to the Yellow Pages* section of the directory which states "Trager Approach Practitioners — see Health Service." The General Telephone Company (GTE) in California also uses the decisions of the same listing committee. If you live in an area outside of California and are serviced by the Bell System or General Telephone, you may refer your telephone company representative to this decision, and use it as a precedent for the consideration of your own telephone company's listing committee.

You activate the cross index reference in directories by advertising. You place your ad for your Trager services under the column heading "Health Service" and remind your telephone company customer representative about the index reference. Be sure to get a commitment from the representative that the cross index listing will be activated. (To advertise in the yellow pages of a telephone directory, you must be a business, not residential, customer and have a business telephone number.)

Our application for a separate column heading for Trager Psychophysical Integration has been denied. Column headings are not given to products or services which are registered. Since the Trager Institute is currently pursuing a registry mark for our business names, this makes us ineligible for a separate column heading under our own name.

The listing committee will be reviewing the number of Trager ads. If there is sufficient advertising, they will be able to consider establishing a new column heading for our general type of business, to be used with similar types of businesses. This will have to be requested by us at that time.

Many thanks to the Trager family members who sent business cards, brochures, and flyers to be used as examples of our on-going business activity. These were sent to the telephone company. About forty of us generously sent these materials, and without them we surely would not have gotten the cross index reference.

For those in the Trager family whose telephone representative will not activate the cross index (for whatever reason), you may take your request to their supervisor, etc. There is also another way of advertising in the telephone directory: advertise in the **white** pages! (This may be done if the cross index is not activated.) You can use something like "Trager Approach" by your name". To do this, as in all telephone directory advertising, you must be a business, not residential, customer. You can advertise in the white page normal type, or in bold type for your business name, or in bold type for your telephone number only, or in bold type for both name and number. Your telephone representative can provide the details for white page advertising in your locality.

Good advertising to you all!





## BRAIN/MIND BULLETIN and SHELDRAKE'S HYPOTHESIS

Betty Fuller

### EMILY'S LETTER TO THE TRAGER FAMILY

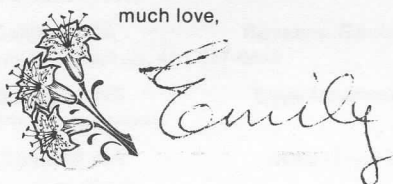
Milton and I want to thank (not strong enough word) all of our wonderful students for the beautiful birthday and anniversary parties (Del Mar and Trager Institute), gifts, cards filled with words of love. Added to all this, when our hearts were filled to brimming over, came Mother's Day and the most unexpected experience for me: expressions in cards, gifts, and a beautiful cake at Getting In Touch. You would have to experience my situation to feel what I am still feeling as I write this. I have said to many of you that it is quite a remarkable happening to have your family grow as ours is growing, and find ourselves with loving children that didn't waken us at 2 a.m. every morning for a feeding, change of diapers and all that goes with raising children. I must have done something right in my past life to have the beautiful experience at this time of my life.

I wish someone would invent an instrument that could help all of us share in so many lovely happenings in our Trager life. Some of you have written us about yours and we are treasuring them. Please keep them coming. I am saving letters that are illuminating our lives over here in Hawaii. Some day I will make up a book so that you may also enjoy what we are getting. So much goes on here that I should like to talk about, but I don't have that much space allowed me. I do feel that I should tell of this one incident because it might add something when you are searching for some words. On April 7th Milton did a Demo at the University of Hawaii for the people in the Psychology department. He was invited to do this by two of his patients from that department who are teachers and also have their private practices, and say they come to study with him. Jane introduced him in her own lovely fashion and I had her write for me two sentences that I want to add to my collection of words to remember in connection with "Trager". The usual intro came forth and then my ears got this treat, "His is a subtle intuitive approach to an elusive complex problem - that of physiological manifestation of psychological distress. I consider Dr. Trager to be in the forefront of holistic medicine."

Undoubtedly someone will write about some of the great happenings during our tour this time: all the classes had much to write about so all could benefit from them. I want that Invention I talked about before. I want you all to share in our joy. A tape recorder has been going in most of the workshops. Milton continues to come up with little gems that will now become part of the archives. I will write down what I hear when we are not with a tape recorder going. Then I will send them on to the newsletters. I have been given a new job. Another one has also been added to my repertoire. Students who have been to the workshops in Honolulu and tasted some of our specials have asked for recipes. When I run out of talk I will put down recipes.

A student in the circle before a class started said about "Tragering", "Like working, meditating and dancing, and being in love, all at the same time —and I get paid for it!"

If there is still space, I would like to repeat what came out spontaneously in the circle at Del Mar, after hearing all the emotional, beautiful expressions put out by each of the people in the class. I said that I suddenly felt that all of us in the Trager connection have a great responsibility. With every client you work on, you make a deep impression for good that is taken out into the world with them. You see, perhaps a dozen clients in a week. They, in turn bring that feeling to all they meet. Just think what an influence for peace you have generated. No amount of banners against war and all the other things we don't like can have this impact on the world that you have made. All of a sudden my feeling of "I am a has-been" left me. I was a part of all this wonderful thing that is happening.

much love,  


Aloha to all of you dear friends (children of the Trager family.)

August 3, 1981 *Brain/Mind Bulletin* - a monthly newsletter devoted to brain research and consciousness - published a special issue featuring news and views of Dr. Rupert Sheldrake's hypothesis that "all systems are regulated not only by known energy and material factors but also by invisible organizing fields." Sheldrake suggests that some universal consciousness (Jung's universal mind?) or learning-memory is at work in all species. As I read through this special issue I became very excited as I picked up scientific considerations for the phenomenal work within all our Trager sessions, Milton's "vast ocean of pleasantness", Hookup! I became very excited as I called the *Brain/Mind Bulletin* office to inquire further.

Following a delightful conversation, arrangements were made to distribute the copy you find in this Trager newsletter. *Brain/Mind Bulletin* is the brain child of its editor-publisher Marilyn Ferguson, who has very kindly granted permission for us to use brief quotes in past newsletters. *Brain/Mind Bulletin* provides the lay person as well as the professional with the most up-to-date information in brain research and consciousness, fields of great relevance to our work in Trager Psychophysical Integration and Mentastics.

Many of you are probably even better acquainted with Marilyn Ferguson's book *The Aquarian Conspiracy* (J.P. Tarcher, Inc., 9110 Sunset Blvd., Los Angeles, CA 90069). This is truly a watershed experience in the field of consciousness and has served as a hub for the worldwide network of agents for transformation. It is subtitled *Personal and Social Transformation in the 1980's*. It is really "must" reading - delightfully and excitingly so - for those of us who work in awareness education. Thank you, Marilyn Ferguson, and your staff, for the gift of this special issue and for your stunning ongoing contribution to the transformation through *The Aquarian Conspiracy*, *Brain/Mind Bulletin* and *Leading Edge*.

### NEW TRAGER INSTRUCTOR CANDIDATES

Betty Fuller

This spring, Dr. Trager announced that Deane Juhan and Gary Brownlee were to become Instructor Candidates. Both were participants in the Trager Resistance Work Learning Clinic and both were taken completely by surprise when Milton delivered the news at the end of the class. Needless to say, the room rang with cheers and congratulations from all those present on behalf of all of you!

Gary and Deane now enter a period of intensive training to prepare them to teach Beginning Trager trainings. They will be offering Introductory workshops as well as assisting Instructors. They will also keep up their private practices and continue their trainings with Dr. Trager.

Our Instructor Candidates are both western men. Deane, 37, was born April 18, 1945, in Colorado. He received his B.A. degree *cum laude* from Colorado University in Boulder, then went on to the University of Michigan for his Masters in English Literature and is still in progress on a Ph.D. in English Literature from U.C. Berkeley.

For the past nine years, Deane has lived in Big Sur where he is on the resident staff of the Esalen Institute. All of that time, he has been a member and is now chairman of the Esalen massage crew. Deane is co-developer of the Esalen "Massage for Health Professionals" — a course for physicians and nurses which carries 30 hours credit CMI continuing education (a category I course.) He says his Trager demo has always been a high point of the course.

Deane first met Milton Trager in May 1975 when Milt and Emily visited Esalen for the first time. Deane was in the audience when Milt gave his demonstration. Deane commented, "I'd never seen anything like it. I just sat there and shook my head in wonder — well — it's great, but it's just him, no one else can do that!" That fall, Deane began his training.

Deane is a semi-pro guitarist and is also completing the first draft of his book concerning anatomy, neuro-muscular function and massage therapy. It is intended to interest physicians in the possibilities of massage and Trager as viable therapy. It is also a means to provide the massage therapist and Trager Practitioner with a readable source of physiological information relevant to their work.

On May 14, Deane celebrated his marriage to Andrea Rosenberg. She is a masseuse, dancer and instructor at Esalen. Deane and Andrea plan to remain in residence in Big Sur and Esalen. Best wishes from all of us!

Gary Brownlee grew up in Wyoming and earned his B.S. and M.S. degrees in Civil Engineering at the University of Wyoming. Since 1962, he has worked as an engineer in the aerospace industry. Gary worked in the Apollo program which sent man to the moon as well as the Viking mission to Mars and the

(continued on page 12)

# SUMMER / FALL 1982 COURSE SCHEDULE

## BEGINNING TRAININGS

|  |                                      |                             |               |
|--|--------------------------------------|-----------------------------|---------------|
| <b>July 23-25, 30-Aug. 1</b>   | <b>Los Angeles, CA</b>               | <b>Gail Stewart</b>         | <b>\$450</b>  |
| Non-residential: Split weekend<br>CONTACT: Gary Brownlee, 11465 Venice Blvd., #1, Los Angeles, CA 90066, 213-398-5366  |                                      |                             |               |
| <b>July 30-Aug. 1, 6-8</b>   | <b>Washington, D.C.</b>              | <b>Betty Fuller</b>         | <b>\$450</b>  |
| Non residential: Double weekend<br>CONTACT: Potomac Myotherapy Institute, 7826 Eastern Ave., NW LL-1 Washington, D.C. 20012, 202-726-1150  |                                      |                             |               |
| <b>Aug. 4-8</b>  | <b>Boulder, CO</b>                   | <b>Sheila Merle Johnson</b> | <b>\$450*</b> |
| Non-residential: 5 day intensive<br>CONTACT: Lael Keen, 2730 - 17th St., Boulder, CO 80302. 303-449-2232   |                                      |                             |               |
| <b>Aug. 16-20</b>  | <b>Mill Valley, CA</b>               | <b>Sheila Merle Johnson</b> | <b>\$400*</b> |
| Non-residential: Sleeping bag arrangements may be made<br>CONTACT: Sheila Merle Johnson, 112 Janes, Mill Valley, CA 94941, 415-332-7559 or The Trager Institute, 415-388-2688  |                                      |                             |               |
| <b>Aug. 24-26, 31-Sept. 2</b>  | <b>Calistoga, CA</b>                 | <b>Carol Campbell</b>       | <b>\$400</b>  |
| Non-residential: Lunches are included; residential arrangements may be made at an additional fee, Tues. 9 a.m. - Thurs. 5 p.m.<br>CONTACT: Sage Madrone, 5150 Highway 29, Calistoga, CA 94515, 707-942-5986 (eves. best) or Carol Campbell |                                      |                             |               |
| <b>Sept. 10-12, 17-19</b>  | <b>San Diego, CA</b>                 | <b>Cathy Guadagno</b>       | <b>\$450</b>  |
| Residential<br>CONTACT: The San Diego Trager Center, P.O. Box 901, Del Mar, CA 92014, 714-481-6215.  |                                      |                             |               |
| <b>Sept. 12-17</b>   | <b>Los Gatos, CA</b>                 | <b>Carol Campbell</b>       | <b>\$450</b>  |
| Residential: \$50 non-refundable deposit<br>CONTACT: Getting In Touch, P.O. Box 1225, Los Gatos, CA 95030 408-353-1138   |                                      |                             |               |
| <b>Sept. 25-Oct. 3 (New Format)</b>  | <b>Santa Cruz, CA</b>                | <b>Carol Campbell</b>       | <b>\$400</b>  |
| Non-residential<br>CONTACT: Twin Lakes College of the Healing Arts, 200-7th St., Santa Cruz, CA, 408-476-2152, or 408-429-8216   |                                      |                             |               |
| <b>Sept. 26-Oct. 1</b>   | <b>Mendocino Coast, CA</b>           | <b>Sheila Merle Johnson</b> | <b>\$425*</b> |
| Residential: 5 day intensive<br>CONTACT: Sheila Merle Johnson (see above) or The Village Oz, P. O. Box 147, Point Arena, CA 95468  |                                      |                             |               |
| <b>Oct. 4-8</b>  | <b>Paris, France</b>                 | <b>Betty Fuller</b>         | <b>TBA</b>    |
| CONTACT: Michel Meignant, 1 Rue de L'Etang, 78430 Louve-ciennes, France, 918-33-25 or 918-45-93  |                                      |                             |               |
| <b>Oct. 17-24</b>  | <b>Esalen Institute, Big Sur, CA</b> | <b>Betty Fuller</b>         | <b>TBA</b>    |
| Residential: 7 day intensive training<br>CONTACT: Esalen Institute, Big Sur, CA 93920, 408-667-2335  |                                      |                             |               |
| <b>Oct. 25-31</b>  | <b>Marble Falls, TX</b>              | <b>Gail Stewart</b>         | <b>\$600</b>  |
| Residential<br>CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768; or Barbara Hewitt, 613 Baylor, Autsin, TX 78703, 512-477-8708  |                                      |                             |               |
| <b>Nov.</b>  | <b>Northampton, MA</b>               | <b>Sheila Merle Johnson</b> | <b>\$500*</b> |
| Residential: Sleeping bag arrangements available<br>CONTACT: Jackson Freidman, Inner Arts, 42 Pleasant St., #1, Northampton, MA 06010, 413-586-8890  |                                      |                             |               |
| <b>Nov. 7-12</b>   | <b>Dayton, OH</b>                    | <b>Betty Fuller</b>         | <b>\$500*</b> |
| CONTACT: Elizabeth Davis, 529 McLain St., Dayton, OH 45403, 513-223-7921   |                                      |                             |               |
| <b>Nov. 29 - Dec. 3</b>  | <b>Mill Valley, CA</b>               | <b>Sheila Merle Johnson</b> | <b>\$400*</b> |
| Residential: Sleeping bag arrangements available<br>CONTACT: Sheila Merle Johnson (see above)  |                                      |                             |               |
| <b>Dec. 12-17</b>  | <b>Los Gatos, CA</b>                 | <b>Carol Campbell</b>       | <b>\$450</b>  |
| Residential<br>CONTACT: Getting In Touch (see above)   |                                      |                             |               |

## INTERMEDIATE TRAININGS

NOTE: All checks in payment for Dr. Trager's trainings in Mill Valley or Hawaii are to be made payable to Milton Trager, M.D.

|  |                         |                            |               |
|--|-------------------------|----------------------------|---------------|
| <b>Aug. 13-15</b>  | <b>Washington, D.C.</b> | <b>Betty Fuller</b>        | <b>TBA</b>    |
| Non-residential<br>CONTACT: Potomac Myotherapy Institute (see above)                               |                         |                            |               |
| <b>Aug. 20-22</b>  | <b>San Diego, CA</b>    | <b>Milton Trager, M.D.</b> | <b>\$400</b>  |
| Non-residential<br>CONTACT: San Diego Trager Center, P.O. Box 901, Del Mar, CA 92014, 714-481-6215 |                         |                            |               |
| <b>Aug. 20-22</b>  | <b>Los Gatos, CA</b>    | <b>Betty Fuller</b>        | <b>\$325</b>  |
| Residential: \$40 extra<br>CONTACT: Getting In Touch (see above)                                   |                         |                            |               |
| <b>Aug. 24-26</b>  | <b>San Diego, CA</b>    | <b>Milton Trager, M.D.</b> | <b>\$400.</b> |
| Non-residential<br>CONTACT: San Diego Trager Center (see above)                                    |                         |                            |               |
| <b>Sept. 2-4</b>   | <b>Los Gatos, CA</b>    | <b>Milton Trager, M.D.</b> | <b>\$375</b>  |
| Residential: \$45 additional fee<br>CONTACT: Getting In Touch (see above)                          |                         |                            |               |
| <b>Sept. 6-8</b>   | <b>Los Gatos, CA</b>    | <b>Milton Trager, M.D.</b> | <b>\$375</b>  |
| Residential: \$45 additional fee<br>CONTACT: Getting In Touch (see above)                          |                         |                            |               |
| <b>Oct. 10-13</b>  | <b>Paris, France</b>    | <b>Betty Fuller</b>        | <b>TBA</b>    |
| CONTACT: Michel Meignant, 1 Rue de L'eEtang, 78430 Louve-ciennes, France, 918-33-25 or 918-45-93   |                         |                            |               |
| <b>Nov. 2-5</b>  | <b>Dayton, OH</b>       | <b>Betty Fuller</b>        | <b>\$325</b>  |
| CONTACT: Elizabeth Davis (see above)   |                         |                            |               |
| <b>Nov. 19-21</b>  | <b>Montreal, Canada</b> | <b>Betty Fuller</b>        | <b>\$325</b>  |
| CONTACT: Roland Burgalieres, 6089 Durocher, Outremont, Quebec H2V 3Y7, Canada, 514-279-1813        |                         |                            |               |
| <b>Dec. 17-19</b>  | <b>Los Gatos, CA</b>    | <b>Betty Fuller</b>        | <b>\$325</b>  |
| Residential: \$40 additional fee<br>CONTACT: Getting In Touch (see above)                          |                         |                            |               |

## INTERMEDIATE II TRAININGS

There is a prerequisite of at least one Intermediate Training with Dr Trager for the Level II Intermediates. Preference is given to those applicants who have taken additional Intermediates.

|  |                        |                            |              |
|--|------------------------|----------------------------|--------------|
| <b>Sept. 10-11</b>   | <b>Mill Valley, CA</b> | <b>Milton Trager, M.D.</b> | <b>\$300</b> |
| Level II Intermediate: Sleeping bag arrangements available<br>CONTACT: The Trager Institute (see above)  |                        |                            |              |
| <b>Sept. 15</b>  | <b>Mill Valley, CA</b> | <b>Betty Fuller</b>        | <b>\$50</b>  |
| <b>One-day Trager Alternatives including work on the side.<br/>Open to Practitioners and Practitioner Candidates.</b><br>CONTACT: The Trager Institute (see above) |                        |                            |              |

\* denotes reduced fee for early payment.



## REVIEW AND MENTASTICS DAYS

|  |                            |                             |             |
|--|----------------------------|-----------------------------|-------------|
| <b>Aug. 8</b>  | <b>Los Angeles, CA</b>     | <b>Cathy Guadagno</b>       | <b>\$35</b> |
| A SPECIAL REVIEW DAY   |                            |                             |             |
| CONTACT: Gary Brownlee, 1145 Venice Blvd., #1, Los Angeles, CA 90066, 213-398-5366 |                            |                             |             |
| <b>Aug. 14</b>   | <b>Santa Cruz, CA</b>      | <b>Carol Campbell</b>       | <b>\$30</b> |
| REVIEW DAY   |                            |                             |             |
| CONTACT: Carol Campbell, 502 Poplar, Santa Cruz, CA 95062, 408-429-8216            |                            |                             |             |
| <b>Aug. 14</b>   | <b>San Diego, CA</b>       | <b>Cathy Guadagno</b>       | <b>\$35</b> |
| REVIEW DAY   |                            |                             |             |
| CONTACT: The San Diego Trager Center (see above)                                   |                            |                             |             |
| <b>Aug. 16</b>   | <b>Washington, D.C.</b>    | <b>Betty Fuller</b>         | <b>TBA</b>  |
| MENTASTICS DAY open to all Trager Institute Members and the general public         |                            |                             |             |
| CONTACT: Potomac Myotherapy Institute (see above)                                  |                            |                             |             |
| <b>Aug. 28</b>   | <b>Berkeley, CA</b>        | <b>Gail Stewart</b>         | <b>\$30</b> |
| REVIEW DAY   |                            |                             |             |
| CONTACT: Gail Stewart, 15 Alvarado, Berkeley, CA 94705, 415-841-4732               |                            |                             |             |
| <b>Oct. 25</b>   | <b>Mill Valley, CA</b>     | <b>Sheila Merle Johnson</b> | <b>\$35</b> |
| REVIEW DAY   |                            |                             |             |
| CONTACT: Sheila Merle Johnson (see above)  |                            |                             |             |
| <b>On-Going Mentastics Class</b>   | <b>San Diego, CA</b>       | <b>Peggy Reynolds</b>       | <b>\$5</b>  |
| CONTACT: San Diego Trager Center (see above)                                       |                            |                             |             |
| <b>Mentastics Classes</b>  | <b>TBA Los Angeles, CA</b> | <b>Gary Brownlee</b>        | <b>TBA</b>  |
| CONTACT: Gary Brownlee (see above)   |                            |                             |             |

## ONE-DAY INTRODUCTORY WORKSHOPS

|  |                        |                        |             |
|--|------------------------|------------------------|-------------|
| <b>Aug. 7</b>  | <b>Yuba City, CA</b>   | <b>Mili Kari</b>       | <b>\$35</b> |
| CONTACT: Mili Kari, P.O. Box 915, Yuba City, CA 95992, 916-673-6507  |                        |                        |             |
| <b>Aug. 7</b>  | <b>Houston, TX</b>     | <b>Lynette Brannon</b> | <b>\$30</b> |
| CONTACT: Lynette Brannon, 3803-B Speedway Barbara Hewitt Austin, TX 78751, 512-454-9768                            |                        |                        |             |
| <b>Aug. 9</b>  | <b>Calistoga, CA</b>   | <b>Sage Madrone</b>    | <b>\$35</b> |
| CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986   |                        |                        |             |
| <b>Aug. 15</b>   | <b>Los Angeles, CA</b> | <b>Gary Brownlee</b>   | <b>\$30</b> |
| CONTACT: Gary Brownlee, 1145 Venice Blvd., #1, Los Angeles, CA 90066, 213-398-5366                                 |                        |                        |             |
| <b>Aug. 15</b>   | <b>Oakland, CA</b>     | <b>Julie Greene</b>    | <b>\$40</b> |
| CONTACT: Julie Greene, Holistic Health Associates, 8080 Mountain Blvd., Suite 203, Oakland, CA 94611, 415-535-2434 |                        |                        |             |
| <b>Aug. 21</b>   | <b>San Diego, CA</b>   | <b>Cathy Guadagno</b>  | <b>\$30</b> |
| CONTACT: The Mueller College of Massage, 4607 Park Blvd., San Diego, CA 92116, 714-291-9811                        |                        |                        |             |
| <b>Aug. 23</b>   | <b>Calistoga, CA</b>   | <b>Sage Madrone</b>    | <b>\$30</b> |
| CONTACT: Sage Madrone (see above)  |                        |                        |             |
| <b>Sept. 12</b>  | <b>Oakland, CA</b>     | <b>Julie Greene</b>    | <b>\$40</b> |
| CONTACT: Julie Greene (see above)  |                        |                        |             |
| <b>Sept. 25</b>  | <b>Oakland, CA</b>     | <b>Roseann Gould</b>   | <b>\$30</b> |
| CONTACT: National Holistic Institute, 415-547-6442   |                        |                        |             |
| <b>Oct. 9</b>  | <b>Sebastopol, CA</b>  | <b>Sage Madrone</b>    | <b>\$35</b> |
| CONTACT: Sage Madrone (see above)  |                        |                        |             |
| <b>Oct. 17</b>   | <b>Oakland, CA</b>     | <b>Julie Greene</b>    | <b>\$40</b> |
| CONTACT: Julie Greene (see above)  |                        |                        |             |
| <b>Nov. 7</b>  | <b>Calistoga, CA</b>   | <b>Sage Madrone</b>    | <b>\$35</b> |
| CONTACT: Sage Madrone (see above)  |                        |                        |             |
| <b>Nov. 14</b>   | <b>Oakland, CA</b>     | <b>Julie Greene</b>    | <b>\$40</b> |
| CONTACT: Julie Greene (see above)  |                        |                        |             |

## THE TRAGER LEARNING CLINIC AND LAB: APPLICATION INFORMATION

The Advanced Training this Fall is divided into two parts: a two-day lab which includes the resistance work, followed by a three-day Trager Learning Clinic. There are two different two-day labs: September 13-14 and September 16-17. The three-day T.L.C. will occur on September 20, 21, 22. The cost for the entire training is \$600. A \$100 deposit payable to Milton Trager, M.D. together with your application is necessary to apply for the workshop. When applying, specify which two-day lab you wish to attend, the 13-14 or the 16-17. Note in the schedule that Betty Fuller is offering a one-day Trager Alternative Training on September 15th for the convenience of those coming into the T.L.C. All Trager students, however, are invited to register for the Trager Alternatives Day.

To apply for the Trager Learning Clinic, respond in typing to the following list of requests:

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

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

Send your typed application letter with your deposit for \$100 made payable to Milton Trager, M.D. to The Trager Institute, 300 Poplar #5, Mill Valley, CA 94941 by August 10, 1982. Selection should be complete and confirmed by mid-August.

## SELECTION OF PARTICIPANTS FOR THE TRAGER LEARNING CLINIC AND LABS

Last March, the Advanced Training selection committee was overwhelmed by the almost impossible task of choosing 8 participants from over 25 applications of almost equally qualified Practitioners. After the initial look through and gathering of additional data, Gail Stewart and Sheila Merle Johnson - representing the Instructors - charted a comprehensive factor analysis in order to examine every possible consideration. In addition to the obvious requirement that everyone selected be a Practitioner Member in good standing of The Trager Institute, some other factors in order of weight included:

1. Practical field experience. Length of time in Trager work since initial training.
2. Demonstrated need for clinical training with disabled clients. A full time practice including clients with disabilities.
3. Level, amount and quality of trainings with Dr. Trager - demonstrates greater readiness to work with very challenging problems.
4. Geographical locations - consideration for Trager Practitioners who are too far away to avail themselves of opportunities to assist, take more training, etc.
5. Experience assisting the learning of others in Beginning or Intermediate I trainings.
6. Services performed which further the work of The Trager Institute and Trager in the world.
7. Recommendations of Instructors who are acquainted with the applicant's level of skill, ethics, maturity, grasp of the essence of the Trager Approach.

Once every factor had been examined, the applications sorted themselves out and the final selection was made. The class included Jerome Neuman, Gail Dailey, Deborah Simon and Linda Edwards from the San Francisco Bay Area; Gwen Crowell from Seattle; Fabienne Hirsch from Paris, France; Sigrid Grosskoff from Mexico; and Lael Keen from Colorado.

(continued on page 10)

The expanded Trager Learning Clinic with its preparatory labs will create more space for well qualified Practitioners to get the clinical experience they are looking for. The same careful consideration will be given for applicants to this Fall's advanced level trainings. Please apply early addressing yourself to all issues requested above. If you have completed all your Practitioner requirements except the paper work, get it in at once and apply! Deadline for applications with \$100 deposit into the Trager Institute office is August 10. Those selected will be confirmed by mid-August.

## TRAGER LEARNING CLINIC

Betty Fuller

Spring 1982, the Trager Institute sponsored an invitational training which focused on Dr. Trager's resistance work and applied clinical practice. Dr. Trager, and everyone else involved with the training, was so pleased with the results of this "pilot project" that it is being expanded and offered in this Fall's schedule as the Trager Learning Clinic (T.L.C.).

This training replaces the Advanced Training of the past several years. It is open to all Certified Trager Practitioners by application. This new structure serves more students while maintaining the intimate setting and experience with Dr. Trager of the old form. In addition, it adds training and experience in his resistance work as well as three days of supervised clinical practice.

Dr. Trager evolved his resistance approach over the years of working with people who were paralyzed by polio. Most of you know that when he was just 19, Milton worked on a friend of his who for two years had been in a wheelchair paralyzed from the waist down by polio. As a result of Milton's work, his friend learned to walk again and does so to this day with the aid of one lower leg brace. As he developed Psychophysical Integration along with its resistance aspect, Milton became a Doctor of Physical Medicine (DPM) specializing in infantile paralysis and rehabilitation. During the many years of training for his Medical Doctor (M.D.) degree which followed, he continued his own work in a polio clinic established for him by his medical school.

Most recently, his interest in this specialized form of his approach to rehab and movement education (bodymind integration) was renewed by his work with Tom Molatore, a mental health counselor in Oregon who has limb girdle form of muscular dystrophy. In October, Tom arranged to have one of his sessions video taped. This tape clearly demonstrates Dr. Trager's resistance work and concludes with Tom taking a few unassisted steps.

Tom, with Jeanne English, his friend and therapist (see their story in this issue) traveled to Marin in May for more work with Dr. Trager and to serve as a model in the experimental training. Jeanne has continued his sessions on a daily basis. Since October 1981, Tom has gained 20 lbs. of muscle, has become very quick to respond to every aspect of the work and was able to give excellent feedback to the students. Ticia Casanova, a Trager Trainee in Oakland, CA, who is partially disabled also assisted as a model giving feedback to the class.

Drawing from this experimental project, The Trager Institute now structures advanced level trainings as The Trager Learning Clinic. First part is a 2-day lab, an Intermediate II attended only by the Practitioners whose applications have been favorably processed by the Selection Committee (see below). In this 2-day lab, students work on each other and receive correction and personal work from Dr. Trager. Students will also observe his demonstrations of the resistance work on models with disabilities. They will then practice it on each other under his supervision and, when possible, on models qualified to give feedback.

Models who attend the T.L.C. come both to receive sessions from Practitioner-students and to provide them with practical experience in movement re-education for the disabled. Many of our models have paralysis from strokes and other causes. Some have been disabled by accidents or illness. There are models with M.S., M.D., C.P., post polio, brain injuries, birth injuries, difficulties with breathing, coordination and balance. Models make an enormous contribution to the Trager Training Program. All Trager Institute members are urged to invite their disabled friends and clients to apply. (See below).

In the T.L.C., Dr. Trager works briefly with each model and assigns Practitioners who continue under his supervision. Several students may have some experience with one model and/or several different models while taking turns observing and working. The T.L.C. is somewhat free form with as many as 12 - 18 tables going at once. This setting provides intense exposure to a wide range of challenging problems.

A warm group feeling develops as it becomes increasingly clear that students and models alike have come to grow, to learn and to serve each other. Students learn to Hook-up (no matter what the circumstance), to flow with and to complete each experience (no matter how brief), and to move on to yet another experience of really being there with another. Many models choose to follow up their T.L.C. experience with Practitioners in their area. All in all, it is a Trager experience of great joy, Hook-up and learning.

## ASSISTING JOBS OPEN IN FALL TRAININGS

As you read the contributions of Trager Institute Members in this issue, it becomes apparent that there are many exciting ways to be involved in the Trager World in addition to taking trainings. All the following jobs allow the volunteer to experience the trainings as staff, to take in the whole room, to be with Milton and Emily Trager and the Instructors in a different context and to support the learning of others. Look over the job and dates of Trainings and call the Trager Institute office as soon as possible to volunteer. A few positions are open only to graduates of past advanced trainings, but most are open to all professional members of the Institute (Practitioners and Practitioner Candidates).

Dr. Trager's staff requirements include the following (those starred\* are open only to advanced graduates or Practitioners by special permission — apply directly to the Trager Institute):

### Milton's Intermediate Trainings

1. Training Manager: Instructors only.
2. \*Logistics Supervisor: Responsible for crew, room set up/clean up, equipment, lock up, key distribution, expense money, time keeping, etc.
3. \*Logistics Crew:
  - a) Recorder — Responsible for equipment, recording class, logging tapes.
  - b) Transportation — Drive Milton and Emily
  - c) Teaching Assistants — Instructors, Instructor Candidates and Introductory Workshop Leaders only.

### The Trager Learning Clinic and Labs

(open only to graduates of the advanced trainings)

1. Training Manager: Instructors only.
2. Logistics Supervisor: (see above)
3. Logistics Crew:
  - a) Recorder — (see above)
  - b) Hospitality — Greet models, name tags, stow gear, refreshments, sign releases, etc.
  - c) Transportation — Drive the Tragers, models when necessary, assist with wheelchairs.
  - d) Set up, clean up, including laundry, move equipment. Maintenance.

### Special Functions

#### Meals on Wheels Coordinator (see Gayle Steuart's article).

Since the Tragers work all day and need to rest, Institute members brought suppers to their motel. It was a delightful treat for both parties. The Coordinator schedules members who want to have a brief visit with Milton and Emily as well as bring them a simple meal. Call the Institute to volunteer as Coordinator and/or to sign up to wheel in a meal.

#### Emily's Playmate-of-the-Day

While Emily loves all of us and the work almost as much as she loves Milton, it does get a bit much simply to observe training after training day after day for one month at a time! So Emily's playmate (male or female) is there to drive her when she needs a break or has errands to do, to wait on her and assist her in every way possible. If Emily wants to rest or read, the playmate is welcome to observe the training. It has truly been a sweet way to spend time with a great lady and the job provides vital support to Milton. You all know how much support he draws from her presence in the room. When she needs a break, he can relax and continue his work knowing she in good hands with her playmate. We need a playmate coordinator and volunteers for each training day. Call the Institute to volunteer.

#### Rosh Hashanah

The Tragers will be free from 4 or 5 p.m. on Friday, September 17 through Saturday, September 18 for the celebration and observance of Rosh Hashanah. If you have exciting suggestions or know of especially interest services in which they can be included, please call the Institute or write to the Tragers in care of the Institute about these possibilities for a unique experience.

In addition to Milton's training on the coast twice each year, there are on going Beginning as well as Betty's Intermediate I trainings which require a Logistics Supervisor (see above) and teaching assistants who cover all logistical needs and help with the teaching. Apply directly to the Instructors, requests for Betty's trainings should be made through the Trager Institute.

## SUMMER NEWSLETTER STAFF

### Editors

Betty Fuller                      Delores Kvigne                      Don Schwartz

### Editorial Staff

Apple Dunn                      Nancy Scheinfeld  
Lynne McAleer                      Marla Feiles  
William Michael Smith



# AN OPPORTUNITY TO ASSIST

Here are five articles by Tragerers who assisted at Milton's trainings this spring.

## A SPECIAL THANK YOU

Delores Kvigne

A special thank you to Betty Fuller and The Trager Institute for giving me the opportunity to be the Models Coordinator for the Advanced class as well as the special class on Resistance. It was a big job and I received a lot of help from Betty Fuller and Malini Schuyten, who leads a class for re-education of the handicapped at the College of Marin, as well as from many of you wonderful Trager persons, too many to mention, researching sources and selecting proper models, then scheduling and providing rides. It was an exciting project and filled with opportunities to learn. The models were warm, enthusiastic and many left with radiant faces and transformed body/minds as did the Practitioners who worked on them.

When I see the results of my efforts and the time I have given both behind the scenes working with Don and Betty to just plan the whole spring affair, then assist with it, I feel blessed. Blessed by this opportunity to serve Milton and his work, as he has served me and all of us who are learning his wonderful approach to re-education of ourselves as well as those we touch.

I feel blessed to have all of you in my life. Thank you for being.



## OBSERVING THE OBVIOUS & THE SUBTLE

Gail Dailey

The April 24th and 25th Intermediate II Training with Milton consisted of 12 students and several eager assistants. As one of the assistants, I was assigned to prepare the room, wash the linens at the end of the day and see that Milton was comfortable and had lunch and rest at noon break. During the training I carried the tape recorder around the room turning it on and off to record his "gems" of instruction.

I appreciated the opportunity to be close to Milton for the reason that I was able to brush up on the most current developments of his work and through close observation became more aware of the subtle and very specific effects of his work. Being an assistant allowed me to see the instruction he gives at obvious as well as subtle levels. Since completing the Advanced Training in April, I have been developing my work by tuning in to these subtle levels. I ask the questions he asks and together we feel an answer come to us. As each day progresses my sensitivity increases and I become more awake and aware.

Watching Milton work I repeatedly notice how he meets each moment freshly, not assuming anything. He doesn't think he knows what to do before he does it. It appears that this "beginner's" or "know nothing" attitude is greatly responsible for the openness with which he is received. While he is seeing and feeling the resistance in the tissue, he is not giving it anything to react to. He is continually offering his students greater freedom to hook-up to their own resources in their inner depths. The more easily one is able to receive his instruction the greater the freedom.

When I recently assisted Betty in the July Intermediate I training in Marin County, the subtle learnings that I had by now integrated into my own practice were very apparent to me. With a "do nothing" mind, I was quick to see the levels of intensity and effort students bring to the work while they are developing the more obvious skills. Often a whisper of "lighter, lighter" into the ear of the person working manifested an immediate and apparent response in the manner of working and in the way it was received. I'm sure that it was the manner in which I communicated the message which created this chain reaction.

Embodying this "don't know" mind, I discovered I could move about the room and assist the trainees, to awaken the subtler realms of the work. I find that being in a room full of students who truly appreciate the work and are open to receive me is a very satisfying experience and validation of who I am. The feedback and appreciation I have received from Betty and Milt and the students nourishes me and accelerates my own development — and that is what my life is about.

## FROM MILI KARI

Being an assistant at various Trager trainings has given me an opportunity to gain a new perspective on myself and the Trager Approach. My hope in writing this article is to encourage anyone who has never assisted to volunteer.

One of my earliest recollections of Betty Fuller was of her running to get a glass of water for Milton Trager during one of my Intermediate Trainings. What I recall was the feeling of enthusiasm and delight projected in her smile as she handed him that glass. I was too busy absorbing all the information I was receiving in that workshop to notice much else of what she was doing in the room throughout the three days. The sense of her contentment in just being there stayed with me.

Now here I am just having assisted at an Advanced training — smiling contently and feeling satisfied and pleased at the thought of me handing Milton glasses of water during those five days. However, that's only one of the many things I had come to do. I called The Institute as soon as I received my April Newsletter announcing the dates of the trainings. Miraculously, Betty answered the phone and I told her I want to handle the logistics for the Advanced training. I thought for sure the job would already be taken. To my amazement and delight no one had yet volunteered and it was mine.

To me, being an assistant presents a marvelous opportunity for me to learn by observing the students and teachers searching and finding the best ways to impart and receive information from one another. I often see or hear, perhaps for the first time, something that clarifies an idea I had understood and wasn't able to make concrete. For me being an assistant is like being an inn keeper, welcoming guests into my home and serving them. My intention is to assist in such a way that everyone involved in the class, the teachers, the students, the wonderful people who volunteer their "disabled" bodies, would feel nurtured and supported by the environment. They could then focus all of their attention on whatever was most important to them in the class. As Betty Fuller and I readied The Trager Institute, where the main part of the training would be held, and the Howard Johnson's Motel were the clinic was to be, I felt a deep appreciation for all of the people who had been assistants in the workshops I had taken. Betty and I washed windows, vacuumed floors, made and hung signs, transported and set up tables, washed sheets and blankets, bought supplies, watered plants and a gillion other incidental tasks. I heart watched her and remembered the saying, "regardless of the intensity, one cuts wood and carries water both before and after enlightenments". This statement has a new meaning for me as a result of this assisting experience.

What I now carry with me very deep in my marrow is simple appreciation. An appreciation for the willingness of the teachers who come to learn how to impart the information they carry. An appreciation of the students who come to open themselves as much as they possibly can to learn, erasing existing boundaries of identity in the process of expansion, deepening in their faith in themselves and each other, living for a time without cognitively knowing answers to anything. An appreciation for the indomitable spirit of the people who come to lay their "differently-abled" bodies down on the table, encouraging the students to feel deeper into the Trager Approach.

For me, this time being an assistant taught me an ever deeper appreciation of the unifying force of a mind made vulnerable by an unconditionally loving heart.



## MEALS ON WHEELS

Gayle Steuart

I was grateful for the opportunity to plan the Meals on Wheels for Milton and Emily. It was a privilege to experience giving to them directly and gave me a chance to express my gratitude to them for being themselves.

Since I was new to the Mill Valley area, this also gave me a chance to make important connections with fellow Tragerers.

I would like to thank the following people for being willing to be spontaneous and loving in providing meals for Milton and Emily:

- |              |                 |
|--------------|-----------------|
| Bob Dean     | Malini Schuyten |
| Mary Kelly   | Ilana Goldner   |
| Gail Stewart | Roseann Gould   |
| Mili Kari    | Mary Washington |
| Don Schwartz |                 |

(continued on page 12)





## LES "POTINS" DU QUÉBEC.

Bonjour,

Je m'appelle Amrita, Je me propose de vous entretenir régulièrement des "potins" de la province de Québec . . . en français!

Du côté de St-Hyancithe, Ghislain Lemonde (notre clown Tralala Flafila) est maintenant diplômé orthothérapeute. Il médite une façon d'agencer ses spécialités: clown, Trager et orthothérapie.

A Longueuil, Gigi Fry travaille dans un studio de massage. Parmi ses clients, un homme se distingue: paralysé du côté gauche depuis trois ans, son visage est redevenu normal après UNE session de "Trager".

Le 26 juin, nous avons eu une journée de révision à Montréal avec Gail Stewart. Nous étions cinq à y participer, et la journée a été fort profitable pour tous.

Du 28 juin au 4 juillet avait lieu une session de débutant (toujours avec Gail) à l'école de massage GUIJEK à Montréal. Neuf nouvelles personnes connaissent maintenant le "Trager".

A Québec, Gail a été accueillie au centre de yoga "le Lotus" pour une soirée de "Mentastics". Très populaires à Québec, le "Trager" et les "Mentastics"; une semaine avant la venue de Gail, les 25 places disponibles pour assister à la soirée du 5 juillet étaient déjà réservées.

Nous envoyons de Québec un bonjour spécial à tous le français de la "Trager family".

P.S.: Aux résidents du Québec: Voici votre chance de devenir vedette de journal! Envoyez-moi de vos nouvelles:

Amrita A. Daigle,  
3141 A Milleret, Ste-Foy  
QC, G1X 1N5  
Canada

## TEXAS TRAGER NEWS

Thank you for creating such an effective vehicle for spreading news to Trager folks . . . our newsletter is fabulous.

The response to my fitness article was overwhelming. On my last two California trips, April and May, numerous people came up to me and said, "Are you the one that wrote that wonderful article on weight training?" Not only did they read it, but lots of these folks said they were so inspired that they started some sort of regular fitness program. So . . . people do read our newsletter and it does have IMPACT and inspire action.

If you have information that is interesting, helpful, exciting, etc., please share it through the Trager newsletter. It's powerful.

The First Beginning Training in Texas with Betty Fuller in March, 1982 brought 15 new Trager enthusiasts. The training culminated two years of desire and effort on Lynette Brannon and Barbara Hewitt Chapin's part. The added energy of Bill Scholl and Laura Waldman and One Day Workshops helped it happen. The ball is rolling! Current plans include an Intermediate Training in July with Betty in Dallas, as well as a Fall Beginning Training in the Texas Hill country. It's all so EXCITING!

Some of the projects that Texas Trager folks have cooking are: Davi McArthur, a new Practitioner Candidate in Houston, is working with the Houston Ballet and is spreading the Trager word in Texas' largest city!

Lynette Brannon and Barbara Hewitt Chapin are consulting with an Austin dentist to make dental experiences more relaxing and effective. Bobbi Nehman in Dallas is a new Practitioner Candidate and is giving Big "D" a real opportunity to relax and integrate amidst all the hustle and bustle.

Charlene Strawn, another new Practitioner Candidate, is gung-ho in College Station. Wild horses couldn't keep her away from Milton this fall.

Austin welcomes Andrew Fono, Monie Kinney and Copper Scholl as new Practitioner Candidates!

Most of the March Beginners are really looking forward to Betty's July Intermediate and have plans to go to Milton's trainings in the Fall!

Texas has done it again! Our first Intermediate Trager Training was outrageously successful. Ten of our 15 beginning Tragerers went for the Intermediate I with Betty in Dallas.

We have a close knit, supportive family network right here in Texas and it sure feels great. In two years this family has grown from 2 to 24.

We feel so satisfied and excited that these people are dedicating themselves to their growth through Trager, as demonstrated by the percentage going on to Milton in the Fall. There is something so magical about being with people when they catch "it" - the Hook-up, the essence and the feeling. We thank everyone who was involved in this incredible success.

Love the Texas Tragerettes,  
Barbara Hewitt and Lynette Brannon

## EAST COAST TRAGER OUTPOST: INNER ARTS

Inner Arts is a center in Northampton, Mass. whose purpose is to facilitate the growth of Trager Work on the East Coast. We give Demonstrations, Introduction to Trager Workshops, coordinate Beginning Trainings, refer the public to Trager Practitioners, and act as a support center for Trager Trainees and Practitioners.

Please tell your East Coast friends about us. We will let them know of Trager Trainings and Practitioners in their area. Word of mouth has been by far our greatest communication success. People have responded wonderfully to Demo's and Intro Workshops. These motivated the first Beginning Trager Training in New York City at the Polarity Wellness Center of N.Y., instructed by Cathy Guadagno and the first Beginning Training in Mass. at Inner Arts, instructed by Betty Fuller. Both Trainings were hot! These 12 enthusiastic Trager Trainees are completing their 30 bodies, bringing Trager into their lives and professions, as well as sharing the Trager experience. More Trainings are scheduled in the fall.

New York and Boston will soon be rocked, elongated and filled with feelings of peace. We feel this is part of the plan in our hearts.

Jackson Friedman

## TRAGER WEDDING BELLS

Betty Fuller

All of us in The Trager Family send love and best wishes for long life and happiness to our newly-wed Trageroids. They include Practitioners, 1 Instructor Candidate, 1 Instructor, 1 Friend of Trager, and 1 member of the Advisory Board.

Deane Juhan, Trager Instructor Candidate, and Andrea Rosenberg were married May 14th, shortly after Milton announced that Deane was an Instructor Candidate. They are already at work as a team leading a July workshop at Esalen on "Foundation of Body Image." On their wedding announcement, Deane and Andrea enclosed the following song from the heart by John Donne.

*My Mime of precious stones, My Empery; How blest I am in discovering Thee!  
To enter into these bonds is to be free; Then where my hand is set,  
my seal shall be.*

David C. Greene, Friend of Trager, married Ruth Brunner in Kauai, on June 4. David has participated in Betty's Gestalt groups and served as her model in the first LA Trager demo. David and Ruth live in Malibu where they celebrated their wedding on July 17th.

Sheila Merle Johnson, Trager Instructor, and Michael Stewart Stulberg, M.D., Advisory Board Member, were married on Saturday, June 26, at their residence in Mill Valley. They met at Esalen where they were introduced by Lois Bateson.

Sacha Kluyers, Trager Practitioner, will be married to Dirk Jan Wondt back home in Holland on August 21. Sacha trained with Betty, and Dirk Jan participated with Betty in an Introductory weekend in Bussum, Holland. Both are graduates of the Antioch University Center for Holistic Studies.



## MEMBERSHIP ROSTER UPDATES: A NEW SERVICE

This Summer, The Trager Institute is developing and initiating a quarterly membership roster update which will contain new listings and key changes. At the moment of this special file is still in development. However, for this newsletter, we have taken all the class lists for the period beginning with publication of June's membership roster and are placing the new members in this newsletter. When the new update is complete, we will publish new members in the geographical format. Here are the new members for this Summer:

(Add this sheet to your current membership roster).

Dianne Goldschlag P  
Star Route Box 237  
Muir Beach, CA 94965  
(415) 388-0382

Barbera McMenemin P  
275 S. Worthington, Sp. 25  
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Gail Black  
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San Jose, CA 95128  
(408) 241-8724

Clover Catskill  
1637 Addison St.  
Berkeley, CA 94703  
(415) 849-2876

Carol Cavanaugh  
338 - 4th Ave.  
San Francisco, CA 94118  
(415) 668-2900 (office)

Aida Figueroa  
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San Mateo, CA 94401  
(415) 342-5267

Patricia Klitgaard  
1426 Spruce St.  
Berkeley, CA 94709  
(415) 848-7845  
(415) 620-9561 (Msg)

Nanci Powers Livingston  
P.O. Box 8712  
Port Alexander, Ark. 99836

Nancy Moore  
P.O. Box 158  
Grimes, CA 95950  
(916) 437-2305

Mark Riegel  
19261 Shubert Dr.  
Saratoga, CA 94070

Gael Roziere  
325 - 13th Ave.  
Santa Cruz, CA 95062

Phil Smith  
c/o Mary Guber  
452 Elwood Ave. #4  
Oakland, CA 94610  
(415) 835-0928

Bill Walker  
1225 Vienna Dr. #214  
Sunnyvale, CA 94086  
Home (408) 744-1186  
Bus. (408) 742-1215  
(408) 742-1339

Edward Alany  
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Santa Cruz, CA 95063  
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Jane del Valle  
P.O. Box 271  
Capitola, CA 95010  
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(408) 423-3846

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Roger S. Redleaf D.C.  
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Providence, RI 02907  
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aka Jan Martinez  
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(714) 481-5109

Robert Trear  
619½ Carnation  
Corona Del Mar, CA 92625  
(714) 673-8399

Tara White  
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Encinitas, CA 92024

Paul Gatts  
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San Jose, CA 95128  
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Mary Van Nostrand Smythe  
2355 Leavenworth #105  
San Francisco, CA 94133

Louis Clemente  
Rebirth Associates  
140 S. Norton Ave.  
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Russelle Bryan  
817 N. Humboldt #304  
San Mateo, CA 94401  
(415) 348-7339

Linda Stephens  
409 Ocean Ave.  
Seal Beach, CA 90704  
(213) 596-7700

Paul Kingston  
19469 Rosemarie Pl. #5  
Cupertino, CA 95014

## TO: Trager Institute FROM: Antioch Holistic Studies RE: Notice for Trager Newsletter

The Antioch University (San Francisco) Holistic Studies program would like to enter into a relationship with The Trager Institute to find a mutually beneficial plan for coordination.

The Antioch program offers a fully accredited Masters degree in Psychology with a concentration in Holistic Studies. One of the fields of concentration within Holism is Somatic Studies. Antioch offers a broad training in body approaches including the history, philosophy, anthropology and psychology of the body. The program puts a heavy emphasis on the self-awareness of the student on the assumption that a practitioner's awareness of his/her own body contributes greatly to effectiveness as a body worker. Conversely, if a practitioner lacks awareness of parts of his or her body or of the relationships among body parts, through fear, trauma, humiliation, or any other reason, then the quality of body work performed must suffer.

Further, the body-mind connection is so crucial that an understanding of the relation between the physical and the psychological is essential for maximal benefit from the Trager Work.

On the other hand, the skill of Milton Trager, M.D. as transmitted through his students will sharpen and deepen Antioch's offering. We look forward to incorporating Trager trainings in the Antioch program.

The Holistic program is planning to be a center for body work. We are also entering into a similar arrangement with the Rolf Institute and the Feldenkrais Guild. We look forward to a dialogue among these approaches and Holism to contrast and enrich the exciting approaches that are now being developed. We anticipate experiential and theoretical seminars designed to broaden our understanding of the bodymind.

The Somatic program will be guided by Don Johnson and Will Schutz. Don, a Ph.D. in philosophy from Yale, is a rolfer and a student of the body. He has written the highly regarded *The Protean Body* and is now completing a book to be called *Body*. Will, a Ph.D. in psychology from UCLA, is a rolfer and has studied with Milton Trager and Moshe Feldenkrais. He has written several books including *Body Fantasy* and *Profound Simplicity*.

The Holistic program requires six quarters (usually 2 years). Requirement for entrance is a Bachelors degree in any subject. Don and Will are working on developing a Ph.D. program that would be a continuation of this Masters program. It is possible to take a set of courses that would qualify you to take the examination for Marriage and Family Counseling Certificate (M.F.C.C.)

If there is sufficient interest in this program representatives from Antioch and The Trager Institute will meet to work out the integration of the two training programs. For full information contact Center for Holistic Studies, Antioch University (San Francisco), 650 Pine St., San Francisco, CA 94108.

## TRAGER BUSINESS CARDS

In the next — Fall — newsletter, we will be reproducing business cards of Trager Institute members which fulfill all the legal requirements. These cards will serve as models for future printings of your business cards.

*"There is no tracking until the pupil is brought into the same state or principle in which you are; he is you and you are he; there is a teaching, and by no unfriendly chance or bad company can he ever quite lose the benefit."*

EMERSON







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



## LEGAL USE OF TRAGER<sup>sm</sup> SERVICE MARKS AND LOGO

Betty Fuller

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

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

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

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

name, organization and work have become better known. These marks include: Trager<sup>sm</sup>, Tragerings<sup>sm</sup>, The Trager Approach<sup>sm</sup>, and Trager Psychophysical Integration and Mentastics<sup>sm</sup>.

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

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

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