



TRAGER FAMILY NEWS

Membership Newsletter of The Trager Institute

December, 1982

Vol. V, No. 4

What is Lighter... Iron Bars?

Marilyn H. Krueger

What is lighter . . . iron bars . . . what is freer . . . Cell Block B . . . what should it be like . . . clanging of security gates . . . what is freer, what is lighter? Seem incongruous? Not to many of the men within the criminal justice system in Minnesota, to whom these phrases and sounds are familiar and a part of their everyday life.

Dr. Milton Trager came to Minneapolis in the fall of 1979. At that time, I was the Treatment Director of a community corrections program, an alternative to incarceration for adult male felons. I had heard from an acquaintance that this Dr. Trager was going to give a demonstration of his work at Lutheran Social Services of Minnesota. In lieu of doing a psychotherapy group that evening, I decided to take eight of my clients from the treatment program to this demonstration. All of us (my clients and myself) left that demonstration somewhat awed. I also left that evening with a subtle sense of a new direction and some puzzlement over just what it meant.

Working in the social services field since 1970, and in specific in corrections since 1972, I was increasingly frustrated with the more traditional forms of therapy with clients and definitely felt that there had to be something that could fill the gap that I felt both personally and as a therapist. As Treatment Director, I had added many innovative programs to our treatment plans (such as cliff climbing, winter camping) which were physically oriented, but even these did not seem to give a sound sense of integration of body self/spiritual self that seemed to be what we were after. Primarily, our focus

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ADVISORY COUNCIL MEETING

December 21, 1982 at 7:30 p.m. at The Trager Institute Office.

We want a wide representation of views on our agenda topics: Training Track and 1983 Dues.

Bay Area members attend, distant members please write in.

A Postscript to "Beyond Relaxation"

Carol Cavanaugh

Little did I know, when Jerome Neuman asked me to write an article on Trager work ("Beyond Relaxation", published in the September/October 1982 issue of *Yoga Journal*) how many effects would stem from his request. Few articles which I have done have been as difficult to write (how do you describe Trager work in writing?); few articles have had as profound an influence on my life. I finished the article in March 1982; by May it was clear to me that I had to learn to do this work. I took a deep breath, cleared off my calendar, pulled out my credit cards, bought a massage table and enrolled in Carol Campbell's June training.

The beginning training course was marvelous; Carol is a gifted teacher and her assistant Gary Brownlee added so much with his sensitivity and warmth. After having spent years refining the subtlest nuances of yoga poses, it was alternately frustrating and thrilling for me to be a raw beginner again. The placement of hands, the strokes, the "feeling" quality — all had to be learned from scratch. In this new field, I was presented with the opportunity to make a whole new beginning.

My field work period has continued to present me with many opportunities to grow, personally and professionally. Of particular value to me have been those Trager sessions which I have given to my yoga students. The chance to actually feel beneath my hands restrictions in joint movement and areas of muscular blockage has been of incomparable value to me in understanding my students' needs and designing individualized yoga programs for them. On a subtler level, the one-to-one nature of the work and the emphasis on hook-up have increased my sensitivity to deeper currents in the human body than I was previously able to perceive. I have several times been working on a leg and suddenly knew intuitively that it was lifeless; energy was not moving into it. One time, as I continued to work on one of my students, I felt some indescribable movement of energy into her foot, although no physical change had occur-

red there. She gave feedback that, yes, normally she had little sensation in that foot, but something had awakened there a moment before. To feel energy flowing beneath my hands in that way made this formerly abstract concept seem concrete and pragmatic. It changed my conceptual framework about working with bodies, and encouraged me to approach other humans with a deeper respect for the many levels on which we connect.

Trager has even found its way into my group yoga classes. The theme of one recent class, for example, was to be maximizing opening in the joint between

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Special All Teachers Pre-Conference Review Day

In conjunction with our Spring Conference, The Trager Instructors are offering a Special Review Day on Thursday, May 19, 1983. There is a special discount price of \$30 with all proceeds benefiting The Trager Institute. This will be a wonderful opportunity to work with many different teachers, to upgrade your work, and to polish your skills before the Conference. It will be held either in Mill Valley, or at the Grand Ballroom of The New Flamingo Hotel, our conference site, depending on the number of registrants. Special arrangements have been made with The New Flamingo Hotel for a reduced rate if you wish to spend Thursday night there. To reserve your space in the All Teachers Review Day, send your check for \$30 addressed and payable to The Trager Institute by no later than Feb. 15th.

Membership Renewal for 1983

Membership renewal notices are being sent out to everyone who joined in the first quarter of 1982. Those renewals are due on or before Dec. 31, 1982. The notice contains a letter, renewal form, and a pre-stamped envelope. If you have any questions about renewal, just call the Institute's office. Renewal notices for those members who joined in the second quarter of 1982 will be mailed in late January/early February.

In Memoriam

Esther Laser Feldman

April 9, 1891 - November 9, 1982

Emily Trager's mother, Esther, would have been 92 years old this April. She was born in Lithuania and came to the USA at age 10. At 18, she married Morris Laser, Emily's father. Some years after his death she married Mr. Feldman. During one period in her long life Esther lived with her brother, Samuel Horowitz, and his sons in New York. When they grew up, the boys changed their name to Howard, but were better known worldwide as "The Three Stooges," one of America's best-loved comedy teams.

For the past several years, Esther lived in Honolulu near Milton and Emily who supervised her care. Recently in their regular visits they all began to sing together. Her last night, Esther asked, "Is Milton going to sing the song with me?" as they entered her room, and indeed he did. She and Emily joined him in the prayer: "May the words of my mouth, and the meditations of my Heart, be acceptable in Thy sight, my Lord and my Redeemer." Then they sang together, "He who maketh peace in His high places, may he make peace for us, and for all Israel, and say ye, Amen." Just a few hours after their visit, Milton and Emily received the call that Esther had passed away peacefully in her sleep. The Trager Institute sent flowers from all of The Trager Family to express our sympathy and to bless Esther for giving us our Emily.

Iron Bars (cont. from page 1)

in therapy had expanded to include giving our men experience in activities that would expand their choices and integrate spirituality with behavior change. Without this integration, we felt that behavior change would be temporary at best.

After the demonstration, Trager work seemed like an appropriate direction to explore, with the end result being my helping plan the first Minnesota training in June of 1980. The Administrative Director of the community corrections program where I worked and myself both took the Beginning Training taught by Betty Fuller. We both began Tragering our clients in the program immediately, working on dining room tables, couches, anything . . . until our tables came. As time passed, Mentastics and Trager Work became a normal part of our programming. I found myself taking my table with on our climbing trips, pausing during psychotherapy groups to do Mentastics, and with a constant waiting list for the table work. It became clear to me that this work added a special component to our therapy program. Although we learn by seeing and doing,

feeling is the real truth, and Trager Work and Mentastics gives our clients a new way of being, feeling in their body selves to go along with the changes in behavior. We observed changes in behavior becoming more consistent, and frequently these changes took place without the traditional progress in verbal therapy preceding them. In fact, it appeared that the Trager Work facilitated work in the therapeutic area.

For example, one of our younger clients (18) was experiencing seizure-like activity any time he was under great stress in therapy. After exhaustive medical exams, no organic cause had been found. Since there seemed to be a very direct link to his internal strong desire to change and the seizure activity, the doctors advised us that they hoped the seizures would end with therapeutic resolution. After two sessions of Trager Work and the learning of Mentastics, seizure activity stopped (and has not recurred) and his therapeutic processes went forward and he has successfully reentered community living.

This is, of course, a very dramatic example of what kind of impact I have found Trager Work to be in my work. There are many, many other clients who have experienced our work and who have been able to come through blocks in their psychological processes and to really integrate their behavior changes with how they feel about themselves.

As a worker in the corrections field, I have often spoken of the "fight or flight" attitude of our clients. Previously, when speaking of this, I was referring to the frequent difficulty of being able to keep people in therapy . . . there is always either a battle around the behavior (fight) or the client runs away (flight). In order to do treatment, you have to be able to keep the client in therapy. Interestingly, with all of the correctional clients that I have done table work on, there is a strong holding pattern in the hips and legs . . . as if they have been consistently poised for this fight or flight movement. It has become clear to me that this holding pattern in the body contributes to behavior of the person and that changes in the body then contribute to changes in behavior, that doing Trager Work and Mentastics frequently contributes more to behavior change than any form of traditional therapy does. More importantly, it provides a day-to-day self-reinforcing experience in that the client is continually reminded of a new way of being in his body-self that reinforces a new way of being in his thinking-self and with such integration, finds peace within his spiritual-self.

My work with clients in the correctional field expanded to include those beyond the singular community corrections program. I began doing workshops with staff of other therapeutic programs which led to work with their clients . . . both juvenile and adult. Then, within the

last year, I began working within the jail system itself, doing Mentastics with clients within the jail walls. This had led to clients forming Trager Pods on the cell blocks to do regular Mentastic classes on a weekly basis. Thus one can walk down the halls, with cell-blocks to either side and see people walking lighter, freer, with the familiar Trager jingle . . . sometimes with arms reaching through bars to give me the Trager "hello". Mentastics has given them a new way of being, even in prison, and in continually receive feedback from the prisoners that it has enabled them to deal better with the stresses of being in jail and given them the opportunity to change some ways of interaction with each other (it is difficult to be poised for "fight or flight" when one's way of being with oneself has been integrated to be lighter, freer). I am now working with both adult male and female offenders as well as juveniles. Within the next six months, I expect to no longer be doing "traditional" psychotherapy with these clients and be doing only Trager Work. I have no doubts the Trager Work has effectively filled the gap I was experiencing in doing traditional therapy with these clients and the changes in behavior that we have thus far observed continually reinforces this belief.

THE TRAGER CONFERENCE:

A Note From Don Schwartz

I just toured and lunched at The New Flamingo Hotel which is the site of our Spring Conference next year, and I am extremely excited by this place. The New Flamingo is beautiful, spacious, clean, and has everything we need for a perfect conference. The hotel's management is professional, accommodating, and most supportive. The ballroom is huge, the meeting rooms have all wood walls, the pool, gigantic! and there's plenty of outdoors space perfect for Mentastics, dancing and flying. This incredible conference site, our planning committee, the time, the price, the place — only one hour from San Francisco, all together are making for a wonderful Trager experience this May, and I hope that we all can make it, and if not all of us, then four or five hundred will do! I simply cannot overstate my enthusiasm for how well this conference has come together.

A Letter From Emily Trager

Dear loving students, friends, family,

This letter wants to begin in many different ways. What do I talk about first? There is so much in my heart and mind that has to do with our being with you for 5 weeks. Believe me it is hard to come back to our world over here after that.

As I said in my last letter, I wish there was a gadget that could tune every one of you into our experiences in the classes — workshops with Milton. So much happens that furthers the work and its meaning. You know that I have no reason to do a selling job to entice more people to attend the workshops. If we were interested in promoting on a big scale, we could hire a professional and get it done in a big way. We are just satisfied and happy that we have so many wonderful people with us. I spoke about the responsibility that all of us in the Trager connection now have. The world needs what you are all putting out. Just this morning I listened to a program about an organized group (many years old) that sponsors hate and divisiveness in America. It was appalling. If the same people were on to "hook-up" that is so much a part of "Tragering", how beautiful life would be. And You are out there doing something about it. We love you.

Before I go into telling you something about our experiences

on this last time out I want to clear something up. In my last letter I mentioned that I would like to talk about a lot things but only a certain amount of space was allotted me. Nobody has ever told me how much space I could use. It was my cop-out — writer's cramp. Also I don't like to be a pig. If I were a writer I wouldn't need so much space to express myself.

We left home on August 14th on the S.S. Independence for Los Angeles. It was our first vacation attempt in 7 years. It was a lovely experience, and it would be lovely if we could repeat it when we go across the Pacific to you again. But they say it was a one-shot attempt to find out if people were interested.

The Mandala experience was almost as exciting as it was last year when Milton was one of the speakers. Many of the people remembered him and stopped to talk. The 2 half-day workshops there cannot be described adequately. I hope some of you, away from California come to take part in the next one there. Milton is invited to come back for the conference and will have the 2 workshops. Six students volunteered to do 15 minute "Trager experience" on the people who signed up for the workshop. Mandala cleared out a cafeteria for us and felt that Milton should talk

to the group. You know that he couldn't do that — he has to work, and talk comes easily then. Before we knew what was happening, students kept coming in with their tables! 16 of them got to work and it created a sensation! Everybody got worked on — to their delight. They made it clear that they expect Mandala to do it again in August. You should let the Institute know if you want to take part.

A wonderful surprise was the arrival of the *TRAGER JOURNAL* when we got there. I hope you all have a copy. Do you know about the article by Carol Cavanaugh in the October *Yoga Journal*? Lovely! *The Trager Journal* is almost a must for your office. Another surprise was Marilyn Krueger's report on her work at the prison in Minneapolis. She stayed with us the whole month of her vacation. I don't think it is my place to give you the report. It has to have its own place in the News. (See Marilyn's article in this issue)

We are excited about what is going on in Dayton, Ohio with Trager. You will be hearing about that, too, I am sure. Mili Kari has me working on a cookbook of Milton's favorite foods for the Conference in May. We enjoy your letters, calls and visits. Bless you. Love from both of us.

Postscript (cont. from page 1)

the pelvis and the tops of the thighbones. I knew of no better way to introduce this concept than to begin class by giving each student a little "hello leg". Beginning my class with a Trager stroke has also proven useful in encouraging my students to arrive on time!

One experience in my field work period stands out, both in terms of the dramatic nature of the client's response and in the personal change which the session evoked in me. The entire event taught me in a vivid, unforgettable way just what Milton means when he says to "leave yourself out of a session". Soon after I completed the Trager training, I was a participant in the annual Iyengar Yoga intensive at Feathered Pipe Ranch in Montana. As an assistant to the two senior teachers there, I was asked to give special help to a student who had suffered brain damage in a rock-climbing accident in 1974. The accident had interrupted the nerve pathways which controlled the extensor muscles of his left hand, but had not interfered with the

flexor muscles leading to that area. Consequently, any attempt on his part to move or use that hand — including conscious attempts to stretch or relax it — would cause the hand to curl instead into a tight fist. I had many opportunities to observe him as we worked with him in yoga class, finding ways to help him practice such seemingly impossible poses as handstand, headstand, and backbends. The yoga classes helped him to open unused joints, stretch stiff muscles, and maximize circulation, and to realize that he was not a cripple; with some extra assistance he could do as much as anyone else. But as I watched him I felt that we were not helping him with a more subtle problem. There was a driven forceful quality to his nature that led him, for example, to go for long runs at top speed immediately after a strenuous yoga workout, instead of relaxing as the rest of us were doing. It was always instructive to me to watch him forcefully grab his left hand with his right and almost violently yank his

fingers apart to prepare for handstand. The only way he knew to relax was to force his body into an open position . . . thereby creating even more tension. Looked at in this light, his injury had a macabre appropriateness: he lacked even the neurological pathways which would allow him to let go.

Naturally my hands were itching to give a Trager to this person, so I gave him a session one evening after yoga class ended. Although I worked on his whole body, I concentrated particularly on his hand, making up strokes as needed to get his spastic, curled-up hand to lengthen out. Ever so gently, I encouraged his fingers to stretch, to move out of their fist and extend. Although his fingers still had stiffness within, their mobility increased and I felt encouraged. I had helped this person; my confidence in my ability to do Trager work was bolstered. I suggested that we meet again the next day for about a half hour, so I could work a little more on his hand.

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An Exhaltation of Workshop Leaders*

This fall, to celebrate the autumnal equinox, Milton Trager and the Trager Instructors invited a bevy of dedicated Trager people to join the already existing ranks of Trager Introductory Workshop Leaders. The current TIWL's have done wonders this past year introducing large numbers of the public to the Trager Approach through their one day workshops. We thank these pioneers for their wonderful and effective contributions to the Trager network and we welcome and congratulate the newly appointed TIWL's. The best to all of you!! BRAVO!!

*Pun intended.

Current Introductory Workshop Leaders

*Lynette Brannon — Austin, TX
Ana Cooper — Santa Cruz, CA
Gary Brownlee — Los Angeles, CA
Roseann Gould — San Francisco, CA
Amanda Hartsong — Kingston, Ontario
Mili Kari — Yuba City, CA
**Barbara Hewitt — Austin, TX
Cynthia Ferris — Santa Cruz, CA
Sage Madrone — Calistoga, CA
Julie Greene — Oakland, CA
Deane Juhan — Big Sur, CA
Jackson Friedman — Northampton, MA

Newly Invited Workshop Leaders

Mark Bauman — Palo Alto, CA
Gwen Crowell — Seattle, WA
Jaqueline Flechon — Paris, France
Tom Frankenberg — Los Angeles, CA
Michael Gilman — Port Townsend, WA
Sigrid Grosskopf — Mexico City, Mexico
Lael Keen — Boulder, CO
Marilyn Krueger — Minneapolis, MN
Delores Kvigne — Mill Valley, CA
Elizabeth Davis — Dayton, OH
Jerome Neuman — San Francisco, CA
**Bill Scholl — Marble Falls, TX
Deborah Simon — San Francisco, CA
Jerry Teplitz — Williamsburg, VA
Carmela Tuck — San Diego, CA
Nancy Winters — San Diego, CA

Supervised Practice Session Leaders

In response to a growing need in various parts of the country, a few Trager Practitioners have been specially approved to lead Supervised Practice Periods in regions where there are not regular Instructor Review Days. Here is a list of these people:

Lynette Brannon — Austin, TX
Gwen Crowell — Seattle, WA
Jackson Friedman — Northampton, MA
Lael Keen — Boulder, CO
Marilyn Krueger — Minneapolis, MN
Roland Burgalieres — Outremont, Quebec
Gary Brownlee — Los Angeles, CA

*means newly approved to teach alone

**means approved to co-lead

The Resistance Class and Clinic

Sheila Merle Johnson

The Resistance Workshop and Learning Clinic this fall were among the most exciting experiences ever with Milton. Milton taught more of the resistance work, or reflex response work, than ever before. Learning this work requires a great deal of experience and solid grounding in Trager work as we regularly apply it. Yet it is different enough to make us all feel like beginners — a healthy and exciting experience! Even more thrilling was seeing the results of the reflex response work in the learning clinic. Through the devoted efforts of Delores Kvigne, Gail Dailey, Betty and Don, we had close to 50 volunteer subjects in the clinic, with a great variety of problems and disabilities. One of the subjects was Michael Smith, who was paralyzed from the chest down in a motorcycle accident. He drove out here from Arkansas with his wife Alicia in his hand-operated pick-up truck just for the clinic. Milton and the students worked with him all three days. Much of the work with him was videotaped. On the last day, he experienced response in the muscles of his abdomen and lower back for the first time since the accident, 3 years ago. Several of us were moved to tears as he sat up and could hold himself more erect than when he arrived. This was one of many moving episodes. Organized as it is now, the learning clinic offered a wonderful opportunity to observe and practice the reflex response work and the regular Trager work on people in great need under Dr. Trager's wise and experienced guidance. The workshop and clinic will be offered again during Milton's spring visit, and every spring thereafter. We urge those of you who have taken several Intermediates and who have been in the field a long while to start thinking about applying for the spring. We also invite those who took the Advanced classes in other formats to consider taking all or part of this class. More information will be forthcoming in the next newsletter.

Thank You!

An extra special thank you to Lu Tunner and Jeanne Stoenner for their volunteer work here at the Institute's office in Mill Valley!

CREDITS

Editors: Betty Fuller & Don Schwartz
Assistance: Delores Kvigne
Conference Insert Editor: Mili Kari
Conference Insert Art: Judith Masur
Typesetting & Layout: Classic Graphics
Printing: Pronto Press

Milton On The East Coast Special Advance Notice

Plans are in progress now for Milton and Emily to make an East Coast and a Mid-West trip this spring and early summer to conduct Intermediate Trainings. **All dates are tentative NOW**, but are near to what will probably evolve. **YOUR PROMPT RESPONSE TO THIS NOTICE WILL HELP DETERMINE THE FINAL OUTCOME.**

1. If you want to enroll in one of the three trainings listed below, please **WRITE** to The Trager Institute **NOW** to make a **tentative** reservation.
2. Early in 1983, you will receive a special flyer with exact information and an enrollment form.
3. At that time, follow instructions exactly and return the form with your non-refundable deposit to secure your reservation.
4. All Trager Practitioner and Practitioner Candidate members in good standing who have satisfactorily completed a Level One 3-day Intermediate with Betty Fuller and/or Milton Trager are eligible to apply.

Dr. Trager will also present public demonstrations before each training. We urge you to notify all your friends and colleagues of this unique opportunity to experience Milton in person.

ACT NOW!

FIRST RESERVED/FIRST SERVED!
Miami, Florida — week of April 18
Washington, D.C. — week of April 25
Dayton, Ohio — week of May 2

The Trager Training Track Task Force Advisory Committee Meeting October 10, 1982 Report

Natasha Heifetz

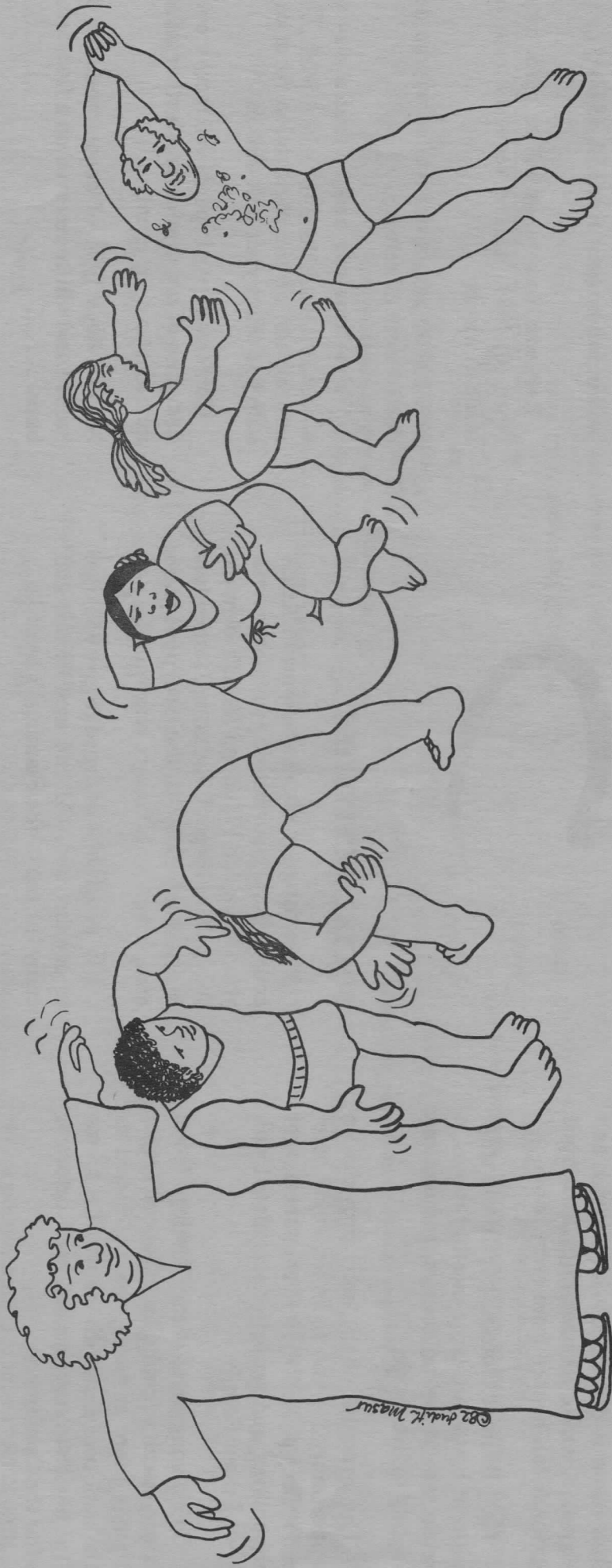
The Committee met on Sunday, October 10, from 7-10 p.m. Present were Luanne Daly, Julie Greene, Sheila Merle Johnson, Don Schwartz, Lu Tunner and myself.

We recommend at this point that: The Instructors prepare statements of the criteria they use to evaluate at the Practitioner Candidate level and at the Practitioner level. (What do they look for?) We recommend that these criteria be given out at the Beginning Trainings so that the student will know from the onset what will be looked for at the Evaluations/Learning Sessions/Assessments, and give focus to their learning and practicing.

We recommend longer Beginning trainings — at least 6 - 14 days, to be

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The Second International



Trager Conference and Celebration

May 20, 21, 22, 1983

CONFERENCE SITE

The Conference will be held at the New Flamingo Hotel, at 4th Street and Farmer's Lane, Santa Rosa, California. This resort is approximately an hour from San Francisco in the heart of the beautiful Redwood Empire.

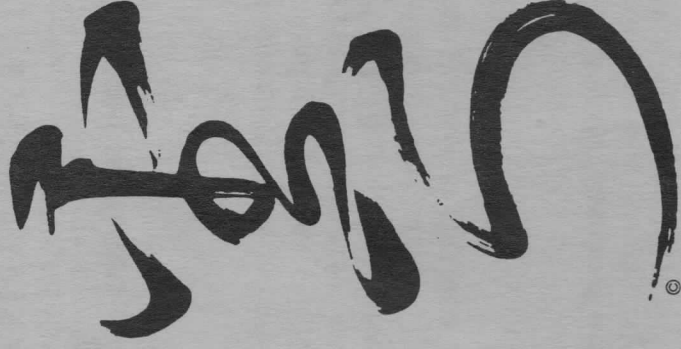
The four wings of the hotel are connected by glass enclosed walkways, abundant with a variety of plants and flowers. Each spacious room is decorated with warmth and charm. A view of the beautiful landscaped grounds can be seen from every room.

The Flamingo Hotel also features a magnificent ballroom, large meeting rooms, a restaurant, a cocktail lounge, and dancing nightly to live music.

The structure of the hotel provides an opportunity for you to frolic, enjoy quiet talks, sleep peacefully, reflect on the distant mountains, and get better acquainted with your Trager Family.

The management of the Flamingo Hotel is very much a family. To make our Trager Family more at home, they've offered us the same **conference discount** on the rooms if you wish to stay an extra night before or after the Conference.

DON'T FORGET about the Special Pre-Conference All Teachers Review Day on Thursday, May 19. See your schedule for details.



REGISTRATION

You can come to the conference. There are many possible ways. You may choose to room individually or in groups.

Accommodations include: Room for 2 nights; 7 meals (L/D on Friday, B/L/D on Saturday, and B/L on Sunday); and all taxes and gratuities.

NOTE: Conference registrations *must* be paid in full no later April 10, 1983.

Refunds: No refunds will be made after April 10, 1983. Refund requests must be made in writing.

A \$30.00 administrative fee will be deducted from all refunds.

We've done our best to find a way to afford you the opportunity to attend. The information on the registration form can help you select your best option.

Conference participants will receive confirmation of registration and further information about the events.

NOTE: Each type of accommodation is limited and will be reserved on a first-come basis.

For more information, contact:

Karen Bishop, Registrar
124 Fallon Lane
Sacramento, California 95819
916-452-2386

SOCIAL ACTIVITIES

Plan to enjoy six championship tennis courts. Bring your bathing suit and refresh yourself in the Flamingo Hotel's olympic size swimming pool. Relax and trade ideas in the beautifully landscaped pool-patio area, bright with flowers year round.

The program is designed to give you time to connect with old and new friends and enjoy the use of the Flamingo's facilities.

The Flamingo is located within a short drive from some of the best wineries in California, the beautiful Russian River, and the scenic splendors of the Sonoma valley.

**TRAGER CONFERENCE
MAY 20-22, 1983**

Flamingo Hotel

Santa Rosa, California

Accommodation Possibilities: Package includes 7 meals, Conference fee, room for 2 nights and all taxes and gratuities.

- Gimme Space - 1 bed for 1 person \$180.00
- Close Encounters - 1 bed for 2 people \$300.00/couple
- 3's Company - suite includes 1 king/queen & 1 single bed
for 3 people \$155.00 each
- for 2 people \$360.00/couple
- Dazzling Duo - 2 beds for 2 people \$160.00 each
- Foursome - 2 beds for 4 people \$140.00 each
- Pod Party - 2 doubles and 2 single beds for 6 people \$130.00 each

Other possible ways to come to the Conference:

- Feed Me - Includes all meals and Conference fee; lodging
not included \$100.00
- On My Own - Includes Conference fee and banquet; food and
lodging not included \$60.00
- Saturday evening Banquet for guest \$25.00

- Space for each type of accommodation is limited and will be reserved on a first-come basis.
- A \$30.00 deposit will reserve your choice of accommodations.
- A 10% discount will be given if paid in full by January 26, 1983.
- The Conference is open to current members of The Trager Institute. Members are welcome to bring guests to use hotel facilities and attend the banquet and meals at Conference discount rates listed above. Workshops are open to members only. Guests wishing to attend Workshops are welcome to join The Trager Institute as Friends of Trager for \$15.00.

**TRAGER CONFERENCE
REGISTRATION FORM**

Name: _____
Address: _____
Phone: Home () _____ Work () _____

Accommodations:

- Gimme Space Dazzling Duo
- Close Encounters Foursome
- 3's Company Pod Party
- 3 people couple

Feed Me On My Own Banquet Only

Second choice _____ or _____

Who will be your roommate(s)? _____ or _____

choose one for me and my preference is:

- my sex
- opposite sex
- smoking
- non-smoking
- other _____

Meals: Vegetarian Meat

- Do you need assistance in our country? What can we do for you? Please enclose a note.
- I would like to participate in an informal performance evening. My solo/group act idea is enclosed.
- I would like to be a wandering entertainer, I can _____ and will perform at various times during the conference.

TOTAL AMOUNT ENCLOSED \$ _____ in full* \$ _____ deposit

*Deduct 10% if paid in full by January 26, 1983.

*Make check payable to **Trager Conference**.

*No refunds after **April 10, 1983**.

*Return to:

Karen Bishop, 124 Fallon Lane, Sacramento, California 95819

FROM THE CO-ORDINATING COMMITTEE

It's not how much you do, but how you do what you do that counts.

We are coming together — to teach and learn from one another. An exchange of ideas, an exchange of selves. This conference is a way to provide a setting for the giving and partaking of ourselves. You might be more talented and creative than you imagined. Scan the following list of talents needed to enrich the conference. Come! Help! Partake of yourself!

Can You:

- Give a welcoming hug
- Interpret a foreign language
- Design a table centerpiece
- Assemble bouquets
- Prepare trays of fruit, cheese, etc.
- Pick-up someone at the airport
- Give someone a place to stay
- Set up chairs and tables
- Sing, dance or play an instrument
- Lead Tai Chi, Yoga or morning meditation
- Assemble program folders
- Make up name tags

These are just a few ideas. Even the simplest task is often the one most needed to be done. The one note that lets the song be sung. Please add your notes to the space at the right.

Our idea is to co-create a conference for the purpose of coming together to learn, to teach each other, learn from each other in a way that we can take in and give out from the heart. These joyful, working people and the committees they oversee are as follows:

Executive Producer: MILI KARI

Keeps the information flowing. Contact Mili Kari, Box 915, Yuba City, CA 95991, (916) 673-6507. All input graciously received.

Secretary: GAIL DAILEY

Records and transcribes minutes.

Accommodations: MARY CAMPISI

Every/anything that includes Registration and Transportation.

Hospitality: DEBORAH SIMON

Medical emergencies, Entertainment, Hugs. Making you welcome.

Program: SUSAN DELUXE

Plan and schedule, speakers, workshops, and program.

Budget and Publicity: DON SCHWARTZ

Coordinates financial matters. Media coverage — radio, TV, and newspapers; information to members of The Trager Institute.

Logistics: PHILIP HOLSWORTH

Supports entire conference by providing chairs, tables, projectors, mics, etc. as needed.

The responsibility for the committees has been taken — now the opportunity to participate by “doing” is open to you. To those who have already responded, thank you — to those who would like to, here's your opportunity . . .

1. I'd like to contribute to _____ Committee. Have them contact me to help out:

- Before the Conference
- During the Conference

2. Has the _____ Committee thought about doing: _____

_____ ? I'll help _____

3. Other conference thoughts, perspectives, or ideas uniquely yours, are honored in this space: _____

TRAGER T-SHIRTS

The new batch of T-Shirts is here. We do not have all the colors we wanted nor were we able to get the French Cut in 100% cotton. The 50% blend is however, a good quality from Hanes.

TRAGER T-SHIRT ORDER FORM



NAME: _____
 ADDRESS: _____

REGULAR STYLE T-SHIRTS:

| Color | Small | Medium | Large | X-Large | Price | Amount |
|----------|-------|--------|-------|---------|-------------|--------|
| Lilac** | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Purple** | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Burgundy | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Royal | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Navy | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Black | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Lt. Blue | _____ | _____ | _____ | * | @\$9.50 ea. | _____ |
| White*** | _____ | _____ | _____ | * | @\$9.50 ea. | _____ |

FRENCH CUT: 50% cotton/50% Polyester

| | | | | | | |
|----------|-------|-------|-------|-------|-------------|-------|
| Lilac | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Fuschia | * | _____ | _____ | * | @\$9.50 ea. | _____ |
| Navy | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Burgundy | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| Red | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |
| White*** | _____ | _____ | _____ | _____ | @\$9.50 ea. | _____ |

(Include \$1.50 for the first shirt and .50 for each additional shirt ordered)

Postage _____

*not available.

**50% cotton/50% Polyester

***Logo printed in black

TOTAL \$ _____

Please enclose check or money order for total amount payable to the Trager Institute, 300 Poplar Ave., Suite 5, Mill Valley, CA 94941.

Allow four (4) weeks for delivery.

Washing tip: Turn T-shirts inside out when washing and drying.

Address all inquiries to attention:

Delores Kvigne

Thank you.

WINTER/SPRING 1982-83 COURSE SCHEDULE

"Membership in the Trager Institute is a Pre-requisite for ALL Trager Trainings."

BEGINNING TRAININGS

CONTINUING EDUCATION CREDIT FOR CALIFORNIA REGISTERED NURSES IS AVAILABLE FROM ALL TRAGER TRAININGS.

| | | | |
|--|----------------------------|---|---------------------------|
| Dec. 27-Jan. 1 | Bolinas, CA | Gail Stewart | \$400 |
| Non-residential: Sleeping bag arrangements available CONTACT: Penny Post, P.O. Box 954, Bolinas, CA 94924, 415-868-0647 | | | |
| Jan. 23-28 | Mill Valley, CA | Sheila Merle Johnson | \$450 |
| Non-residential: Sleeping bag arrangements available CONTACT: Sheila Merle Johnson, 112 Janes, Mill Valley, CA 94941, 415-332-7559 | | | |
| Jan. 28-30, Feb. 4-6 | Santa Cruz, CA | Carol Campbell | \$400 |
| Non-residential CONTACT: Twin Lakes College of the Healing Arts, 200 Seventh Ave., Santa Cruz, CA 95062, 408-476-2152 | | | |
| Feb. 19-21, 25-27 | Honolulu, HI | Carol Campbell | \$500 |
| Non-residential CONTACT: Sara Michael Davidson, 44-436 Kaneohe Bay Dr., Kaneohe, HI 96744, 808-254-1741 | | | |
| Feb. 24-28 | Seattle, WA | Betty Fuller Deane Juhan | \$500 |
| Non-residential: For Physical Therapists CONTACT: Cinamon, 4125 Ashworth Ave. N., Seattle WA 98103, 206-625-1117/634-1756 | | | |
| Feb. 25-27, Mar. 4-6 | Seattle, WA | Cathy Guadagno | \$450 |
| Non-residential: Sleeping bag arrangements available CONTACT: Gwen Crowell, 12718 - 8th Ave., N.E., Seattle, WA 98125, 206-367-3939 | | | |
| March 2-6 | Boulder, CO | Sheila Merle Johnson | \$450 |
| Note: Public demonstration 3/28 evening CONTACT: Lael Keen, 2730 - 17th St., Boulder, CO 80302, 303-449-2232 | | | |
| Mar. 13-19 | Toronto, Ontario | Cathy Guadagno | \$450 US |
| CONTACT: Norma Fine, 63 Dell Park Ave., Toronto, M6B 2T7, 416-783-9863 | | | |
| Mar. 14-20 | Marble Falls, TX | Carol Campbell | \$600 |
| Residential: 7 day intensive CONTACT: Lynette Brannon, 3803-B Speedway, Austin, Texas 78751, 512-454-9768; or Barbara J. Hewitt, 613 Baylor, Austin, TX 78703, 512-477-8708 | | | |
| Mar. 14-20 | Montreal, Quebec | Gail Stewart | \$450 US |
| Non-residential CONTACT: Roland Burgalierres, 514-279-1813 | | | |
| Mar. 18-20, 25-27 | Washington, D.C. | Betty Fuller | \$475 |
| Non-residential CONTACT: Sandy Zimmerman, PMTI, 7826 Eastern Ave., NW, LL-1, Washington, D.C. 20012, 202-726-1150 | | | |
| Mar. 20-25 | Mill Valley, CA | Sheila Merle Johnson | \$450 |
| Non-residential: Sleeping bag arrangements available CONTACT: Sheila Merle Johnson (see above) | | | |
| Mar. 23-29 | Quebec City, Quebec | Gail Stewart | \$400 US |
| Non-residential CONTACT: Amrita Daigle, 3141-A Milleret, Quebec, Quebec G1X 1N5, 418-658-4851 | | | |
| Mar. 31-Apr. 2, Apr 4-5 | Portland, OR | Sheila Merle Johnson | \$450 |
| Non-residential: Sleeping bag arrangements available NOTE: Public demonstration 3/30 evening CONTACT: Carlos Martin, 2917 N.E. Everett, Portland, OR 97232, 502-238-4010 | | | |
| April 13-17 | Madrid, Spain | Sheila Merle Johnson | TBA |
| CONTACT: Teresa Fernandez Herrera, Puerta Sierra II, Grados 5, Majadahonda (Madrid), Spain | | | |
| Apr. 2-10 | Santa Cruz, CA | Carol Campbell | \$400 |
| Non-residential: two weekends and three weekday evenings CONTACT: Twin Lakes College of the Healing Arts (see above) | | | |
| Apr. 8-10, 15-17 | Amherst, MA | Gail Stewart | \$450 |
| CONTACT: Jackson Friedman, Inner Arts, 42 Pleasant St., #1, Northampton, MA 06010, 413-586-8890 | | | |

| | | | |
|---|----------------------|-----------------------------|--------------|
| Apr. 25-29 | Paris, France | Sheila Merle Johnson | TBA |
| CONTACT: Michel Meignant, 1 rue de l'Etang, Louveciennes, Yvelines, 78430, France, 918-33-25 or 918-45-93 | | | |
| Late April | Miami, FL | Carol Campbell | \$500 |
| Non-residential CONTACT: Educating Hands Clinic, 320 N.E. 23rd St., Miami, FL 33137, 305-576-6542 | | | |
| May 7-9, 14-16 | Berkeley, CA | Gail Stewart | \$435 |
| Non-residential CONTACT: Gail Stewart, 415-841-4732 | | | |

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.

| | | | |
|--|---------------------------|---------------------|--------------|
| Dec. 18-20 | Los Gatos, CA | Betty Fuller | \$325 |
| Residential CONTACT: Getting In Touch, P.O. Box 1225, Los Gatos, CA 95030, 408-353-1138 | | | |
| Jan. 28-30 | Mill Valley, CA | Betty Fuller | \$350 |
| Residential: Sleeping bag arrangements available CONTACT: The Trager Institute, 300 Poplar Ave. #5, Mill Valley, CA 94941, 415-388-2688 | | | |
| Feb. 4-6 | Del Mar, CA | Betty Fuller | \$350 |
| Non-residential CONTACT: Cathy Guadagno, San Diego Trager Center, P.O. Box 901, Del Mar, CA 92014, 714-481-6215 | | | |
| Feb. 11-13 | Seattle, WA | Betty Fuller | \$350 |
| Non-residential CONTACT: Gwen Crowell, 12718 8th Ave., Seattle, WA 98125, 206-367-3939 | | | |
| Feb. 18-20 | Marble Falls, TX | Betty Fuller | \$350 |
| Residential: Board and room extra. CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768 | | | |
| Mar. 4-6 | Miami, FL | Betty Fuller | \$350 |
| Non-residential CONTACT: Educating Hands Clinic, 320 N.E. 23rd St., Miami, FL 33137, 305-576-6542 | | | |
| Mar. 30-Apr. 1 | Yellow Springs, OH | Betty Fuller | \$350 |
| Non-residential CONTACT: Patricia Brade, 395 W. Center College, Apt. 150, Yellow Springs, OH 45387, 513-767-1816 | | | |
| Mar. 11-13 | Washington, D.C. | Betty Fuller | \$320 |
| Non-residential CONTACT: Sandy Zimmerman, PMTI, 7826 Eastern Ave., NW, LL-1, Washington, D.C. 20012, 202-726-1150 | | | |

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.

| | | | |
|--|---------------------|----------------------------|--------------|
| Jan. 7-9 | Honolulu, HI | Milton Trager, M.D. | \$375 |
| Prerequisite: 3 Intermediate trainings with Dr. Trager. Non-residential. CONTACT: The Trager Institute | | | |
| Jan. 14-16 | Honolulu, HI | Milton Trager, M.D. | \$375 |
| Prerequisite: 1 Intermediate training with Dr. Trager. Non-residential. CONTACT: The Trager Institute | | | |
| Mar. 4-6 | Honolulu, HI | Milton Trager, M.D. | \$375 |
| By application only. You must have had at least one Intermediate with Dr. Trager to apply. A \$50 deposit payable to Milton Trager, M.D. will serve as your application. Mail to The Trager Institute. | | | |

TRAGER ALTERNATIVES DAYS

The Trager Approach in special circumstances (re: people in wheel chairs, lying on their sides, etc.)

| | | | |
|--------------------------------------|-------------------------|---------------------|-------------|
| Jan. 31 | Mill Valley, CA | Betty Fuller | \$50 |
| CONTACT: The Trager Institute | | | |
| Feb. 21 | Marble Falls, TX | Betty Fuller | \$50 |
| CONTACT: Lynette Brannon (see above) | | | |
| Mar. 24 | Washington, D.C. | Betty Fuller | \$50 |
| CONTACT: Sandy Zimmerman (see above) | | | |

REVIEW AND MENTASTICS CLASSES

| | | | |
|--|----------------------------|---|-------------|
| Dec. 18 | Santa Cruz, CA | Carol Campbell | \$30 |
| REVIEW DAY CONTACT: Twin Lakes College of the Healing Arts, 200 Seventh Ave., Santa Cruz, CA 95062, 408-476-2152 | | | |
| Dec. 18 | San Francisco, CA | Delores Kvigne Deborah Simon | \$5 |
| MENTASTICS 9 am - 10 am CONTACT: Delores Kvigne, 349 Richardson Way, Mill Valley, CA 94941, 415-388-7633 or 388-2071 | | | |
| Jan. 6 | Mill Valley, CA | Sheila Merle Johnson | \$40 |
| REVIEW DAY, 9 am - 7 pm CONTACT: Sheila Merle Johnson, 112 Janes, Mill Valley, CA 94941, 415-332-7559 | | | |
| Jan. 22 | Santa Cruz, CA | Carol Campbell | \$30 |
| MENTASTICS DAY, 9 am - 7 pm CONTACT: Twin Lakes College of the Healing Arts (see above) | | | |
| Feb. 12 | Santa Cruz, CA | Carol Campbell | \$30 |
| REVIEW DAY, 9 am - 6 pm CONTACT: Twin Lakes College of the Healing Arts (see above) | | | |
| Feb. 12 | Berkeley, CA | Gail Stewart | \$35 |
| REVIEW DAY CONTACT: Gail Stewart, 415-841-4732 | | | |
| Feb. 24 | Mill Valley, CA | Sheila Merle Johnson | \$40 |
| REVIEW DAY, 9 am - 7 pm CONTACT: Sheila Merle Johnson (see above) | | | |
| Feb. 28 | Boulder, CO | Sheila Merle Johnson | \$45 |
| REVIEW DAY CONTACT: Lael Keen, 2730 - 17th St., Boulder, CO 80302, 303-449-2232 | | | |
| Mar. 15 | Washington, D.C. | Betty Fuller | \$50 |
| REVIEW DAY — (Level I) CONTACT: Sandy Zimmerman, PMTI, 7826 Eastern Ave., NW, LL-1, Washington, D.C. 20012, 202-726-1150 | | | |
| Mar. 17 | Washington, D.C. | Betty Fuller | \$40 |
| MENTASTICS — (For TI Members and the Public) CONTACT: Sandy Zimmerman (see above) | | | |
| Mar. 22 | Washington, D.C. | Betty Fuller | \$35 |
| REVIEW DAY — (Level II) CONTACT: Sandy Zimmerman (see above) | | | |
| Mar. 29 | Yellow Springs, OH | Betty Fuller | \$50 |
| REVIEW DAY CONTACT: Patricia Brade, 395 W. Center College, Apt. 150, Yellow Springs, OH 45387, 513-767-1816 | | | |
| May 2-4 | Paris, France | Sheila Merle Johnson | TBA |
| REVIEW CLASS: residential CONTACT: Michel Meegnant, 1 rue de l'Etang, Louveciennes, Yvelines, 78430, France, 918-33-25 or 918-45-93 | | | |
| On-going Mentastics | San Diego, CA | Peggy Reynolds | \$5 |
| CONTACT: San Diego Trager Center (see above) | | | |
| On-going Mentastics | Portland, OR | Carlos Martin | \$5 |
| CONTACT: Carlos Martin, Everett Community Ctr., 503-238-4010 | | | |
| Mentastics Classes | TBA Los Angeles, CA | Gary Brownlee | TBA |
| CONTACT: Gary Brownlee (see above) | | | |

ONE-DAY INTRODUCTORY WORKSHOPS

| | | | |
|--|--------------------------|---|-------------|
| Jan. 8 | Denton, TX | Lynette Brannon Barbara J. Hewitt | \$35 |
| CONTACT: Lynette Brannon, 3803 B Speedway, Austin, TX, 512-454-9768, Barbara J. Hewitt, 613 Baylor, Austin, TX, 78703, 512-477-8708 | | | |
| Jan. 15 | Houston, TX | Lynette Brannon Barbara J. Hewitt | \$35 |
| CONTACT: Lynette Brannon or Barbara Hewitt (see above) | | | |
| Jan. 15 | Calistoga, CA | Sage Madrone | \$35 |
| CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986 | | | |
| Jan. 16 | Palo Alto, CA | Mark Bauman | \$35 |
| CONTACT: Mark Bauman, 745 Webster, Palo Alto, CA 94301, 415-324-1824 | | | |
| Jan. 16 | Los Angeles, CA | Gary Brownlee | \$35 |
| CONTACT: Gary Brownlee, 11465 Venice Blvd., #1, Los Angeles, CA 90066, 213-398-5366 | | | |
| Jan. 23 | Oakland, CA | Julle Greene | \$40 |
| CONTACT: Julie Greene, Holistic Health Associates, 2080 Mountain Blvd., Suite 203, Oakland, CA 94611, 415-535-2434 | | | |
| Jan. 23 | San Francisco, CA | Deborah Simon Delores Kvigne | \$35 |
| CONTACT: Deborah Simon, Sacramento Street Center, 2859 Sacramento St., San Francisco, CA 94115, 415-922-3478 or Delores Kvigne at 388-7633 | | | |
| Jan. 29 | New Orleans, LA | Lynette Brannon Bill Scholl | \$35 |
| CONTACT: Lynette Brannon (see above) or Bill Scholl, Rt. 2, Box 10, Marble Falls, TX 78654, 512-693-2601 | | | |
| Feb. 5 | Midland, TX | Lynette Brannon Barbara J. Hewitt | \$35 |
| CONTACT: Lynette Brannon or Barbara Hewitt (see above) | | | |
| Feb. 6 | Portland, OR | Gwen Crowell | \$30 |
| CONTACT: Carlos Martin, 2917 N.E. Everett, Portland, OR 97232, 503-238-4010 | | | |
| Feb. 12 | Houston, TX | Lynette Brannon Barbara J. Hewitt, Bill Scholl | \$35 |
| CONTACT: Lynette Brannon, Barbara Hewitt or Bill Scholl (see above) | | | |
| Feb. 20 | Calistoga, CA | Sage Madrone | \$35 |
| CONTACT: Sage Madrone (see above) | | | |
| Feb. 20 | San Francisco, CA | Deborah Simon Delores Kvigne | \$35 |
| CONTACT: Deborah Simon (see above) | | | |
| Feb. 27 | Oakland, CA | Julle Greene | \$40 |
| CONTACT: Julie Greene (see above) | | | |
| Feb. 27 | Palo Alto, CA | Mark Bauman | \$35 |
| CONTACT: Mark Bauman (see above) | | | |
| Mar. 12 | Calistoga, CA | Sage Madrone | \$35 |
| CONTACT: Sage Madrone (see above) | | | |
| Mar. 20 | San Francisco, CA | Deborah Simon Delores Kvigne | \$35 |
| CONTACT: Deborah Simon (see above) | | | |
| Mar. TBA | Palo Alto, CA | Mark Bauman | \$35 |
| CONTACT: Mark Bauman (see above) | | | |
| Apr. 4 | Calistoga, CA | Sage Madrone | \$35 |
| CONTACT: Sage Madrone (see above) | | | |

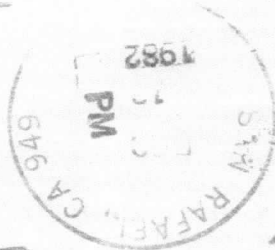
SUPERVISED PRACTICE DAYS

| | | | |
|---|-------------------------|------------------------|-------------|
| Jan. 22 | Marble Falls, TX | Lynette Brannon | \$20 |
| CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768 | | | |
| Mar. 26 | Marble Falls, TX | Lynette Brannon | \$20 |
| CONTACT: Lynette Brannon | | | |
| Apr. 23 | Marble Falls, TX | Lynette Brannon | \$20 |
| CONTACT: Lynette Brannon | | | |

| | | | |
|--|----------------------------------|-----------------------------------|-------------|
| May 19 | Mill Valley or Santa Rosa | The Trager Instructors | \$30 |
| PRE-CONFERENCE REVIEW DAY CONTACT: The Trager Institute | | | |

PLEASE FORWARD

FIRST CLASS

GO FOR THE GOLD!!
Trager Conference Insert
 THE TRAGER INSTITUTE
 300 Poplar Ave., Suite 5
 Mill Valley, CA 94941
 (415) 388-2688
**Postscript** (cont. from page 3)

Our second session began in pretty much the same fashion as our first. For about 15 minutes I continued to play with his hand using the strokes I had created the night before, and congratulating myself silently on my ability to innovate. Then I wanted to listen for a minute to a tape which was playing in the background, so I stopped trying to do Trager or to work miracles, and just tuned into what was going on in the room at that moment. And suddenly the most amazing thing happened in between my hands — his tight fist let go and rested in mine as soft as a baby's. His fingers didn't stretch, improve their mobility or increase their flexibility — movements created by doing — instead they released from a core place deep within: not-doing. I was so thoroughly blown away by the sensation arising from his tissues — I cannot even write about it now without crying — that I just stayed with him for another 45 minutes. Mostly, I waited. When his hand forgot the lesson which it had learned, curled into a fist again as it did every 90 seconds or so, I touched it with the least pressure I could give and the complete absence of tech-nique, until from within him the softening came again. In those 45 minutes I reached almost as deep a connection as I have ever had with a person. Eventually, when his hand stiff-

ened I could just think "Let go" and relaxation would come into his muscles. This connection was affecting me too; from feeling his tissue I had a deep experience of what "clenching up" and "letting go" in the human organism are. So from being there and empathizing with him, something within me had to let go too, in my personality if not my muscles. Therapist and patient disappeared, and mutual connection emerged. I didn't even know him well enough to know his last name, but I have to thank him for what he taught me, and thank you to Milton and all the Trager family, for giving me the opportunity to receive such a special gift from the universe.

Training Track (cont. from page 4)

arranged and played with to find the most effective systems for learning. Possibilities: 6 days together; 2 3-day sessions; 2 weeks together, 2 weeks at different times; once or twice a week for whatever time; etc.

We recommend that 2 evaluations be given at the Practitioner level, perhaps 2 at the Practitioner Candidate level. We recommend that the Instructors choose enough people where possible so that

Trainees and Practitioner Candidates can have a choice of Evaluator(s) (Assessors?) (Learning Session Facilitator?) who will make up a committee (peer review?) who should receive training in feedback and criteria of evaluation and who would meet whenever possible to share ways of promoting quality and arriving at some uniform approach to enhancing learning.

We recommend that prospective students receive 4 to 6 Trager sessions before training and 10 by the time they reach Practitioner — the more the better.

DUES — Asked for feedback re dues structure, the Committee supports a graduated dues structure starting at perhaps \$25 at Beginning Training, \$35 at Practitioner Candidate level and \$50 or more at the Practitioner level. The Texas committee members including Lynnette Brannon, Barbara Hewitt, Bill Scholl, feel \$100 is a good amount for professional dues which would enable the Institute to provide more services. (Our present dues are quite low for a professional organization.)

The next meeting is on Sunday, November 7, 1982. Please come if you are interested — after that it would be difficult to integrate new members into the committee. The meeting is at 2830 Benvenue, Berkeley, CA 94705, promptly at 7 pm.