



THE TRAGERSM INSTITUTE

MEMBERSHIP NEWSLETTER AND SCHEDULE

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THE TRAGERS IN MINNESOTA

John Foxen, M.D. and Marilyn Krueger

In the third week of July, Milton and Emily Trager arrived in the Twin Cities (Minneapolis/St. Paul) of Minnesota and the local Trager Community opened its arms in welcome. The Tragers' home away from home was a lovely house snuggled in the hilly woodlands of suburban Minnetonka. This was the home of Trager Practitioner Connie Larson and her husband, Loren Benson who spent the summer touring Alaska by motorhome.

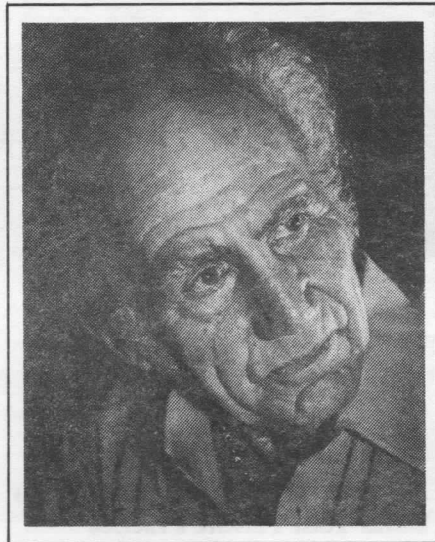
Milton's primary work site during his Minneapolis visit would be the offices, exam rooms, and auditorium of the Fairview Hospital Chronic Pain Rehabilitation Program (Fairview Pain Clinic) at Fairview Deaconess Hospital in central Minneapolis.

The Fairview System is one of the largest hospital networks in the Twin Cities. The medical staff physicians of the four large hospitals (hundreds of doctors and over one thousand hospital beds) refer patients with chronic pain issues to the Fairview Pain Clinic. In addition, the clinic is just across the Mississippi River from the University of Minnesota Hospitals complex and the University of Minnesota Medical School.

The Fairview Chronic Pain clinic is becoming well-known in the Twin Cities as a successful program whose innovative team mixes holistic alternative methods such as acupuncture, reflexology, yoga breathing techniques, mental imagery and Trager Work with the more traditional methods of physical therapy and physical medicine.

The pain clinic's Program Director, Marianne Bushbaum, has integrated Trager Work into her program with the help of Marilyn Krueger, Trager Practitioner, who works as a consultant to the pain clinic, and John Foxen, Trager Practitioner, family physician and Associate Medical Director of the Pain Clinic. Marianne has been so pleased and impressed with Trager that she happily offered her pain clinic to act as host and sponsor for Milton's visit and as a forum where doctors, other health workers, students (from the Fairview System and the University of Minnesota) and the general public could all come together to witness and learn about Milton's work and share some time with Milton and Emily and all of us in hook-up.

During this visit Milton taught a Practitioner 2 class and the students from Minnesota felt particularly blessed—warm and sunny Minnesota summer days . . . the chance to observe



Milton working in the pain clinic . . . and just having Milton and Emily with us.

However, Milton was reaching people far beyond the Trager Community. One day he gave a demonstration to approximately forty students and faculty at the University of Minnesota Medical School. He spent two half-days seeing a number of the pain clinic's most challenging patients in private consultation with the pain clinic staff. Also, on several half-days each week Dr. Trager worked in public presentations both with patients from the pain clinic and individuals referred from local M.D.'s. These public sessions had been publicized throughout our Twin Cities medical community and the audiences (at any one time averaging 10-20 people who were allowed to come and go as their schedules permitted over a three hour period of demonstration) were made up of a wide variety of M.D.'s from various specialties, physical therapists, nurses, students, teachers and allied health professionals.

One of the most effective and successful features of the above sessions was that Milton often had the opportunity to see a specific patient on two or three occasions over the weeks. That meant that in many cases, the client Milton worked on was an individual then well-known to the audience and sometimes even a client of someone in the audience, which allowed for a rich dialogue between Milton and the patient's physician or

therapist. In many cases we all left the sessions not only with the usual glow from sharing closely with Milton's work, but also with very specific strategies and new direction for our future work with these clients.

Milton worked with a wide variety of client issues: a 13-year-old girl with cerebral palsy who is slowly gaining the ability to walk through her work with reflex-response; a woman with spastic torticollis (facial and neck muscle spasms); a C-spine injured former policeman quadriplegic who is regaining control of his limbs through reflex response work; and many varieties of pain syndromes involving head and neck, spine and extremities. Basically, Milton saw the most challenging clients we could find and through hook-up and the hands-on work we shared moments of peace, joy and triumph with everyone in the room.

On one morning of this trip, Milton also had the opportunity to do a Mentastics Class with some of the staff and prisoners at the Hennepin County Adult Correctional Facility in Wayzata, Minnesota. The facility houses up to 450 adult male inmates for a period of up to one year. The men in Milton's class were

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**ALL YOU WANT FOR CHRISTMAS/
HANNUKAH IS THE TRAGER
VIDEOTAPE!!!!? SEE PAGE 2!**

C	R	E	D	I	T	S
Editors						Sheila Merle Johnson and Don Schwartz
Assistants						Marcia Koski, Heidi Koubenec, Gayle Wilson
Design & Layout						Crowfoot Graphics
Typesetting						Rippens & Tate
Printing						Pronto Press



being exposed to Mentastics for the first time and were primarily the clients of the Chemical Health Program at the facility which is headed by Candace Clausen, Trager Practitioner (Candace and Marilyn created this program for the workhouse four years ago). It is virtually impossible to use words to describe the connection/hook-up that occurred between Milton and these men, as well as within the whole group (including the Correctional Staff). As he moved about the room, touching each of them, cajoling some of them, you could literally see each of the men move out of the "prison" and into a sense of being with themselves and with a lot of joy and fun.

All too quickly, we found ourselves saying goodbye to Milton and Emily. As we were thinking back over the several weeks stay, there was much thankfulness for their presence: Milton's joy in working; Emily's supportive sharing of herself; local Trager students who helped in transportation, overnight room-ins, etc.; clients who were willing to be worked with in public settings; the warmth of welcome at Fairview Pain Clinic; and the wonderment of this work that we do in the world.

Our Minneapolis/St. Paul Trager Community had deeply enjoyed the opportunity to serve as hosts to Milton and Emily, and as they travelled back toward Southern California, we here in the Midwest hold on to their spirits. Milton's work here touched many patients and health workers and excited new curiosity and questioning. We're receiving many new inquiries about the work, and, as we continue to develop, all of us here say a deep and heartfelt "thank you" to Milton and Emily.

A SPECIAL THANK YOU

Emily and Milton want to say a heartfelt "thanks" to everyone in Minnesota who made their visit so beautiful.

"THE TRAGER APPROACH" VIDEO TAPE

An Effective Promotional Tool to Build Your Private Practice

This video tape introduces the viewer to The Trager Approach through interviews with satisfied clients, Trager Instructors, Dr. Trager himself, as well as adjunct health and sports professionals who refer clients for Trager work. There are also demonstrations of the table work as well as Mentastics. These various elements are woven together with beautiful background music and lovely visuals.

The tape provides a simple and effective means for the Trager Practitioner to promote his or her private practice. It could be shown during demonstrations, at health fairs, or in other presentations of Trager work to the community. Students may use it to interest friends and family in receiving practice sessions.

This 18-minute documentary was provided with funds contributed by our membership. Accolades go to Video Project committee, Laura Waldman, Lynette Brannon, and Bill Scholl, who have volunteered countless hours of work over the last three years to produce this exciting program.

The video tape is available to all members of the Trager Institute for \$50. plus \$6. postage and handling. This is an introductory price which is good through December 31, 1986. California residents will add \$3. for sales tax. To order, simply mail your check payable to the Trager Institute to our office. Allow six weeks for processing and delivery. The tape is in VHS format; BETA users contact the Institute for ordering information.

TRAGER PRACTITIONER PRACTICUM

A New Training for Practitioners

In 1987, an exciting new Trager training will be available for graduates of the Practitioner 3, 4 and 5 level classes. The Practitioner Practicum, a three-day training, is unique in that it will be taught by a team of Trager Instructors, assisted by Instructor Trainees. Since there will be 4-6 teaching staff at each Practicum and 12-20 students, there will be a great deal of individual attention for the participants.

The tablework will be reviewed and refined through intensive practice on separate parts of the body. The participants will have an opportunity to observe several instructors simultaneously demonstrating each part of the body that is worked on. In addition to this comprehensive review, update, and deepening of table work, each student will have several opportunities to work on the teaching staff for feedback. There will be daily Mentastics with time to focus on Mentastics practice questions that participants have. There will also be daily discussion times to cover other practice questions. As a group, the staff will all participate in every phase of the training, working together as a team to move to deep levels of hookup and feeling in all aspects of Trager Psychophysical Integration. It is anticipated that humor will undoubtedly play a significant role in this particular training as well.

This innovative training design has been requested by many students since they first saw all the Instructors working at the same time at the 1985 International Trager Conference in Santa Rosa, CA. That experience, along with the Great Trager Trade Day with Milton, himself, in which all of the Instructors assisted, was the first chance most students had had to meet and observe Instructors other than those of their own Beginning, Intermediate and Practitioner 1 trainings. A pilot project offered in 1983-84, had several Instructors assisting Milton in the old Practitioner 3 during which students worked on pieces and parts and had brief opportunities to work on the Instructors for their feedback. Difficulties in scheduling enough Instructors and finding enough time in an already full training with Milton led to the development of this new offering.

The fee for the Practitioners Practicum is \$450. The present schedule includes one training in the Spring, April 23-25, 1987, and one in the Fall, probably in November. Please see the schedule section of this newsletter for application and prerequisite information.

If you are calling the Tragers for any reason, please call them between 10:00 AM and noon California time on weekdays. Thank you.

SEPTEMBER 25-27, 1987: OUR FOURTH INTERNATIONAL TRAGER CONFERENCE An Invitation from Quebec

COMMUNICATION: THE KEY TO OUR PROFESSIONAL FUTURE:

We invite you to share with us your creativity to make this event an explosion of lightness!

List of our committee:

- 1- Show
- 2- Registration
- 3- Hospitality
- 4- Translation
- 5- Logistic
- 6- Program co-ordination

All you have to do is to mail your inscription form below to: C.O. du IV colloque international en trager, a/s Josee St-Pierre, 93 Rg des Gres, St-Etienne des Gres, Quebec, Canada, G0X 2P0.

Show . . . Show . . . Show . . .

The Trager group of Quebec city has taken on the task of organizing the talent show for the up-coming conference. We will be coordinating the different acts and offerings to be presented that evening. We are calling now for your ideas and participation. Let us know what you would like to do. Our star-search has begun, including a search for a master of ceremonies. This could be the night you've been waiting for. The spotlight is on you.

Registration

This committee is responsible for receiving and confirming all registration, and for the distribution of tickets, passes, orientation materials, etc. . . . Participation in this committee is a wonderful opportunity to make personal contact with our many guests.

We especially encourage those who speak more than one language to join us in making this a "light" and enjoyable service to all and for all.

Hospitality

Open to all who wish to assist in welcoming, guiding and generally helping people to find their way around. This includes escorts for Milton and Emily.

Photographers with their own cameras are invited to capture the events of the conference on film. (Cost of the film will be re-imbursed by the institute).

Someone is needed to distribute Trager information that has been collected from around the world; such as videos, films publicity, media reports, etc. . . .

We invite you to send us whatever creative input you might have regarding the over-all color and flow of the conference, especially regarding the opening and closing ceremonies.

Your participation in the activities of this committee will bring life and rhythm to the three days of the conference and help to bind together the larger events.

Translation

The extent of translation services to be offered at the conference has not yet been determined. But any individual capable of simultaneous translation can contact the committee to let us know you are out there.

Logistics

This committee is the lifeblood of the conference. This is a great committee choice for you out of towners to assist the whole conference to flow smoothly.

Program

With each passing year, the circle of Trager practitioners is growing, and with it the richness and variety of new and wonderful experiences.

This committee wants to hear about your creative evolution, your path of learning and discovery; those special experiences that have touched you. We want to bring that energy into the program of workshops to be scheduled for the conference. It is a time and place for you to share and communicate the knowledge and professional skills that help you in your practice.

Here are a few suggested topics for the workshops. There is room for many more ideas.

- client-Practitioner communication
- marketing tools
- working on clients with particular needs (chronically ill, elderly, pregnant women, children, athletes, etc. . . .)
- Mentastics and aquatic Mentastics
- hook-up
- code of ethics
- relationship with other professionals (health, psycho-therapy)

Practitioners from all around the world will be involved. The collective potential of such experience is invaluable. Don't hesitate to let us know how you would like to be a

part of it. Workshops may be presented by one or more individuals, and paired leadership is a possibility.

Persons expressing interest in the same topics will be put in contact with each other, and a working arrangement can be decided amongst them.

Long distance communication need not be an obstacle. In fact, it can be an opportunity to improve the creative means which which we share ourselves and our ideas.

COMMUNICATION: LA CLEF DE NOTRE FUTUR PROFESSIONNEL

C'est sous le theme de la communication que vous etes invite a partager avec nous tous votre creativite afin de faire de cet evenement une explosion de legerete!

Liste des comites:

- 1- Spectacle
- 2- Registrariat
- 3- Animation
- 4- Traduction
- 5- Logistique
- 6- Programmation

C'est tout simple. Vous n'avez qu'a poster votre formulaire d'inscription "benevole" a: C.O. du IV colloque international en trager, a/s Josee St-Pierre, 93 Rg des Gres, St-Etienne de Gres, Quebec, Canada, G0X 2P0

Spectacle . . . Spectacle . . . Spectacle . . .

Le groupe de trageristes de la ville de Quebec a decide de prendre en charge l'organisation d'un spectacle. Cela implique entre autres, la coordination des numeros venant d'ici et d'ailleurs.

Pour realiser un spectacle riche en couleurs, nous avons besoin de votre participation. Les trageristes qui desirent presenter un numero ou etre maitre de ceremonie, faites parvenir vos projets. Devenez l'etoile d'un soir!

Registrariat

Ce comite est responsable de la reception, de la verification, de l'enregistrement, ainsi que de la distribution des documents a chaque participant. C'est une excellente occasion pour les "multilingues" de prendre contact avec chaque trageriste. Plus vous serez nombreux, plus la tache sera legere et agreable!

Animation

Un appel a tous est lance . . . Pour ceux qui desirent accueillir, guider ou informer les participants, ou encore escorter Emilie et Milton.

CONFERENCE PARTICIPATION FORM

PARTICIPATION A LA CONFERENCE

Name/Nom, Prenom: _____

Address/Adresse: _____

Telephone: (Work/Travail) _____ (Home/Maison) _____

Languages: French/francais _____

English/anglais _____

Others (specified) _____

autres (specifier) _____

1-Committees: Check the one you would like to join./Je suis interesse(e) a/au(x) comite(s)

- | | |
|--|--|
| <input type="checkbox"/> Show/Spectacle | <input type="checkbox"/> Translation/Traduction |
| <input type="checkbox"/> Registration/Registrariat | <input type="checkbox"/> Logistic/Logistique |
| <input type="checkbox"/> Hospitality/Animation | <input type="checkbox"/> Program-co-ordination/
Programmation |

2-Workshops: Enter the topics you would like to co-lead in order of preference/Oui, je voudrais presenter dans un atelier:

1-/1e choix (sujet) _____

2-/2e choix _____

3-3e choix _____

Briefly describe your interest in and contribution to the above topics./Decriver votre interet et capacite par rapport a ce sujet.

3-Here are my additional ideas, suggestions, comments, responses, offers of help and words of encouragement/Suggestions, idees, commentaires, etc.:

4-I would like to nominate _____ for the Trager Perpetual Plaque of "Professional Accomplishment." I feel this person is qualified for the following reasons/Je voudrais nommer _____ pour etre inscrit(e)s sur la Plaque d'Accomplissements Professionnels dans le Trager. Justifier votre choix:

De plus, les photographes amateurs sont invites a faire valoir leurs talents (le cout des films sera defraye par l'institut).

D'autre part, En vue d'etablir un local Trager, nous desirons: video, films, articles de journaux, poster, revues, enfin tout... de meme que toutes idees, activites et images donnant une vue d'ensemble du Trager.

Enfin, Nous sommes a la recherche d'idees originales pour ouvrir et clore ce 4ieme colloque et pour assurer les moments d'animation.

C'est l'occasion de manifester votre creativite. Bienvenue a tous!

Traduction

L'envergure des services de traduction qui seront offerts au colloque n'a pas encore ete determinee.

Si quelqu'un possede des qualites pour la traduction simultanee our autre, veuillez nous le communiquer. Nous serons enchanes de faire votre connaissance.

Logistique

Un comite central pour la bonne marche de toute la conference. Une opportunity pour les gens de l'exterieur de participer activement a la mise en place materielle de la conference.

Programmation

D'annee en annee, le cercle des praticiens s'elargi, les experiences sont de plus nombreuses, variees et interessantes.

Alors, ce que nos recherchons, c'est votre creativite, votre cheminement, vos experiences pour venir enrichir la dynamique des ateliers, y communiquer votre bagage de connaissances et votre savoir faire professionnel.

Voice les themes suggeres: (cette liste n'est pas exhaustive; il y a place pour d'autres idees.)

- communication client/praticien
- outil de promotion du trager
- besoins particuliers (handicapes, malades chroniques, personnes agees, enfants, adolescents, femmes enceintes, sportifs etc. . . .)
- notion de mentastics
- "Hook-up"
- mentastics aquatiques
- ethique professionnelle du praticien
- le trageriste et les autres professionnels (sante, psychologie etc. . . .)

Des quatre coins du globe nous attendons votre implication essentielle et precieuse. Chaque atelier pourrait etre mene par une ou plusieurs personnes. Dites-nous dans quel champs d'action vous vous sentez le plus a l'aise, ou votre contribution pourra profiter a tous et soutenir notre interet et si vous desirez etre paires.

La coordonatrice du programme vous couplera s'il y a lieu, avec un ou des partenaires qui partagent le meme centre d'interet que vous. Ensemble vous pourrez planifier votre atelier. Dites vous que la distance ne represente qu'une occasion de developper des moyens de communication plus creatifs.

TRAGER PSYCHOPHYSICAL INTEGRATION

An Additional Tool in the Treatment of Chronic Spinal pain and Dysfunction

Phil Witt, M.S., P.T.

This article presents an overview of one physical therapist's successful experience in combining the techniques of Trager Psychophysical Integration with traditional physical therapy intervention for the treatment of chronic spinal pain and dysfunction. Some of the problems surrounding the current treatment of persons suffering from chronic back pain are discussed. Trager Psychophysical Integration is defined and the procedures and process of the technique are described. The benefits to the patient and therapist are reviewed prior to the description of a case study report of one patient's experience with this treatment intervention

Phil Witt is an assistant professor in the University of North Carolina's Division of Physical Therapy, a Trager practitioner, and a practicing therapist with Piedmont Rehabilitation Services of the Division of Physical Therapy.

Just ten years ago, few physical therapists were interested in concentrating their practice on the treatment of chronic pain. Our success rate was not high and we too easily labeled people in long-term pain as "chronic pain patients." That label conjured up the image of malingering, the quack, the workman compensation case, the lawsuit, and the psychological cause of the pain. All these scenarios do exist, but the physical therapy profession is finally accepting the fact that most chronic pain has a physical origin that needs to be addressed with physical intervention. These patients may also have a psychological problem that is aggravating their condition or that predisposes them to injury that also needs to be addressed successfully. Trager Psychophysical Integration combines a primarily physical approach and accomplishes psychological changes as well.

Treatment of people with chronic back pain is a complex and difficult task. The paucity of sound clinical research on the efficacy of various approaches combined with the difficulty in accurate diagnosis have led to a myriad of treatment approaches professed by a number of health professionals and non-professional "healers." The result has been both good and bad.

Patients have tried many unfounded treatments in hope of relief from their pain, at

times to their detriment. At the same time, physical therapists have expanded their scope of traditional training to learn some worthwhile techniques. Over the last ten years, to treat spinal pain, they have accepted numerous techniques as being useful, such as mobilization, manipulation, deep tissue massage, muscle energy, craniosacral techniques and Feldenkrais Awareness through movement and functional integration.

All of these techniques have added to our ability to help the patient with back pain and have led physical therapists to become much more interested in treating this population. Our treatments have become more successful as indicated in the article, "Physical Therapists Score High in National Survey on Back Pain Relief" (*Progress Report*, 1986).

One technique I have found to be of tremendous benefit is Trager Psychophysical Integration, a unique and gentle technique for improving movement dysfunctions. It assumes that the therapist merely provides the learning tools and gives the appropriate physical and verbal movement cues for the patient to change movement patterns for the better. It utilizes gentle, passive movements that emphasize rotation and traction and a system of active movement termed "mentastics."

The most unique component of the Trager work is the attitude and level of concentration of the Practitioner. The work requires the therapist to be able to clear his/her mind of everything except the patient. Effort, force and trying hard are counterproductive. The therapist works within the patient's pain-free range and provides a sense of how it feels to be able to move freely and painlessly. The Mentastics are designed to augment and eventually replace the need for the passive tablework.

There is a real difference between doing the movements that make up the Trager work and "Tragering" someone. This concept sinks in about the 90th treatment. It takes time to

learn that the less one tries to help the patient get better, the more progress is made.

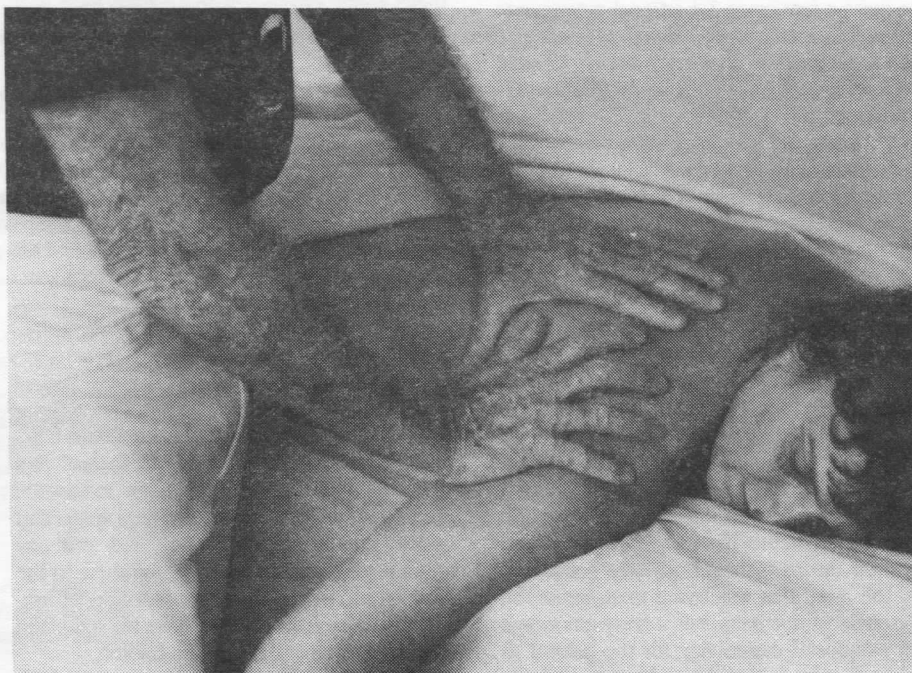
In the following case study, be aware that it is very difficult to describe a series of movements that adapt constantly to the reaction of the patient. This work, like other similar work, is learned by doing under the supervision of a trained Instructor who can relay not only the technique but also the sensory experience of the therapist that goes along with the work.

Mentastics

Mentastics is best described as gentle, free flowing, dance-like movements whose main goal is to increase the patient's self awareness and provide the patient tools to increase his/her ability to move and control the pain. A variety of Mentastics can be used and combined with awareness through movement lessons to enhance outcome.

The unique feature of Mentastics (and the passive tablework) is that instead of requiring the patient to control the movements as in regular exercises, the patient is encouraged to "let go." In practice, this means that the patient is instructed to initiate a movement and then to let go of the muscle tension and allow the weight of the body part to carry the motion to completion. The better the patient becomes at this, the larger, the freer and more effective the movement becomes.

Typically, patients feel a little foolish at first; however, once they begin to feel some relief from the pain and stiffness that has been plaguing them for years, they start to loosen up and enjoy doing the exercises. At this stage, the therapist no longer has to encourage patients to comply with the active movement component of the treatment program. Ordinarily, it initially takes about two weeks for them to really get the idea of what they are supposed to do. Once this has happened, they





learn new movements very quickly and begin inventing their own.

Patients should not be given a quota on how often or how many movements to perform. In the early stages, the movements should be done three times per day for about ten to 15 minutes each session. They should be told from the start that if they do these movements gently, freely and painlessly, they can do as many as they would like to and that the more they do, the better their progress will be.

Tablework

The tablework consists of a series of gentle, painless movements that resemble general mobilization techniques. On one level, that is how this approach works. There are quite a few grade 2-4 rational movements and a fair amount of manual, cervical and lumbar traction incorporated in the patterns. On another level, the work acts as a relaxation technique. The gentleness and the extensive body rocking that takes place allow the patient slowly to give up muscular and mental control and sink into a very deep state of relaxation not unlike that experienced in hypnosis. On the third level, the Trager work acts as a movement re-education tool much as does the Fendenkrais work. The technique is different but the purpose is the same.

When these means of change—mobilization, relaxation and movement re-education—are combined, the entire neurophysiological makeup of the patient changes. Not only do they experience relief of pain but they experience a reintegration of their body parts and a reintroduction of their mind to their body. For years these patients have had a running feud between the pain their body was producing and the mind that was trying to suppress the awareness of this pain. It is a fairly emotional and wonderful experience for the patient to realize that his/her mind and body can func-

tion together to affect positive movement change. In these patients, it is not uncommon to experience significant improvement in their psychological well-being.

Trager Psychophysical Integration is easy to do and is fun for both the therapist and patient. It is almost too easy to perform, like putting together an erector set ("so easy that only a child can do it"). The work is very basic. It does require that the therapist be in a state of relaxation. It requires that the therapist give up the notion that it is he/she who is doing the work that will cure the patient. People today are very much in tune with all that is bigger, better and faster. It is sometimes difficult to let go of that pace and just feel the weight of your patient's head and the subtle changes in muscular force and react to these subtle changes without frustration and without thinking "Oh, would you just relax, please."

Case Report

A 50-year-old professional male came to me with a complaint of chronic low back pain. He had seen an orthopedic surgeon in the past who told him that he had a lumbar disc problem. He had been seeing a chiropractor once a week for several years for an adjustment that made him feel better for a few hours. He had had this problem for about five years.

It was significant enough that the patient was unable to do the things he liked and was angry about the limitation, but he could function at his job, which was intellectual and required little physical effort. My evaluation indicated that this person exhibited spinal and pelvic movement dysfunction and that any attempt to correct an underlying cause to the pain would be futile without first re-establishing this person's ability to move his spine and pelvis in a free and integrated fashion.

A series of mentastics was instituted, which

included such movements as

- lying supine with knees bent and allowing both knees to flop to one side and then the other side;
- lying in the same position but spreading the legs a little apart and allowing one leg to flop into the midline and then the next;
- lying supine with the legs extended and hip hiking one leg and then the other;
- lying supine and grabbing both knees and allowing the body to flop from one side to the other by bringing the legs over first;
- walking with a little kick at the end of the swing phase in a manner similar to one in which you try to shake off a piece of paper stuck to the bottom of your shoe.

There are many other mentastics for all spinal levels.

The tablework consisted of gentle rotational movements with traction performed first on the neck, then the legs, abdomen, chest, back and shoulders. The entire body was worked on because this person had adapted his entire movement pattern to accommodate the years of pain. The first session lasted approximately an hour and a half. Subsequent sessions lasted an hour or less. Because of our schedule, our treatment sessions were not regularly timed. However, over the next month, I saw this man six times. Each time the tablework was performed and the number of active movements that the patient was to perform at home was increased. This patient was amazed that after all of this time, someone had something to offer that he could do for himself. After one month of work, the patient was free of pain, his ability to move had increased dramatically, and his anger level had reduced significantly.

The patient continued to exercise and remained painfree. Over time, the patient slowly stopped exercising and maintained a painfree status. Approximately one year later, the patient had a weight lifting accident and re-injured his back. He reinstated the movement program, and successfully took care of his back by himself.

This is one brief case study demonstrating a patient in which Trager Psychophysical Integration was an effective basis for treatment. The reason that physical therapists should be familiar with this approach is that understanding of the Trager work will improve the use of all of the other techniques used. The therapist may find out that they work in a Trager-like fashion now no matter what treatment they are using. Knowing the Trager system, physical therapists will increase their sensitivity to musculoskeletal changes in the patient's condition, which will lead to a different approach to patient care in general. ■

This article has been reprinted with permission of Whirpool, a physical therapy journal. It appeared in their Summer, 1986 issue.

VISION OF THE REGIONS

by Judy Archer

Practitioners and students are collaborating with each other to create active and supportive Trager practices. We are sharing our successes in small groups and through the newsletter to inspire each other to grow further. We are trading Trager sessions, doing Mentastics together and keeping ourselves open, flexible and growing with our exchange of feedback. Regional and inter-regional groups are creating conferences, and professional development events.

Co-operation among sponsors, tutors and teachers is facilitating continuing growth of the Trager membership. Regions are being actively created—each with different feelings, flavors, and structure. There are recognizable differences and the spirit of our Trager work shines through all of us and our groupings—be they pairs, groups, regions or inter-regional groups.

We are able to recognize in each other the common themes that have drawn us all to the Trager work that we share. It is very special to know that even as we work alone in our practices we are a part of something much bigger than each of us. (This vision is an invitation to fellow Practitioners and students to share your vision of how you see the regions evolving. It is also an invitation to participate actively in developing regional guidelines as I describe further below.)

Regional Guidelines—Request for Input

At a planning meeting on June 20, 1986 in Mill Valley, convened by Jan Stevens and Linne McAleer, 2 Board Members, I was asked to coordinate the development of regional guidelines. After some research on what is involved I am clearer on the help I need. My goal right now is to create a three to five person committee who would help gather input from members in the larger regions. The committee would work together to draft recommendations to the Board of Directors which would be published in the newsletter and discussed by the Board.

Ideally the committee would include representatives from the North East, North West, South West, Texas, and Europe and possibly Canada. As a committee we would continue to evolve the process of dialogue to develop guidelines that have membership and board support.

Context—Why Guidelines

The main purpose of guidelines is for us, as Practitioners, to develop a broad framework which will prevent problems in the future. They would provide a basis from which regions could grow as each of us asks ourselves—How would I like my region to be? that may inspire us to shape the level of self-government in the regions we want.

To facilitate your input I have developed (with input from Sheila Merle Johnson, Don Schwartz and Jan Stevens) a list of categories for the guidelines.

Regional Activities

What activities do you see evolving in the regions?

FLASH!

We have just received our first guidelines committee member. Her name is Glea Pruitt of 10846 S.W. 63rd St., Portland, OR 97219. Her number is: 503-244-0938. Glea will be attending the Northwest Regional Meeting this October, and hopefully, our committee will grow from there.

Meetings

Who should the regional meetings include? Practitioners? Students?

Teaching of Trager

By whom? Any limitations or guidelines?

Dues

What dues and for what purposes? eg: Suppose dues are collected to do joint advertising and participate in a health fair. Could a Practitioner not participate in dues, but choose to contribute towards one health fair on an event-by-event basis?

Self-Government

What degree of self-government do people want? Are there questions, issues that we could encourage to be dealt with locally, and only if they aren't resolved, be sent on to say, an Ethics Committee or the Executive Committee, or the Board of Directors.

Publications

How do you want to use publications such as the Trager newsletter.

Do you see regions having their own publications, newsletters or announcements?

The above list is not exclusive—if you feel a category is missing, please add it and send it to us. I have left out two categories because these issues are being clarified by other committees. Pam Johnson is currently heading a committee on scheduling trainings. Also there are already draft guidelines (contact Jan Stevens) being developed on regional conferences.

These categories may be used to focus your suggestions, input and feedback. If you are in a region where there are other Practitioners, the above outline could focus your discussions and one person could record comments from the group. You could indicate how many people are suggesting a particular point. This will help us to get the importance or emphasis of your suggestions.

In conclusion, from my perspective it seems as though many regions are developing more quickly than we could have foreseen. Our continuing sharing, dialoging and co-operation will serve as a base for a growing community of Trager people.

Where to Send Your Input on Guidelines

To your committee member in your area or to me (before October 31, 1986) at 25 Manor Rd., East, Toronto, Ontario, Canada M4S 1P9, or after that c/o The Trager Institute, addressed to Judy Archer.

Towards the end of October or November, I will be travelling across the U.S. generally towards the S.W. (when I said in my proposal—available to travel—I had no idea about this) I will be travelling with my husband Michael Jones, partly to promote his music and develop further opportunities.

I would also like to write or phone ahead to Trager people and meet with you individually and in groups and get your input on guidelines in person. And hopefully you can help guide me to other interested Practitioners in the next state or region. We hope to reach southern States and spend four to six months in California.

Before I close, I would like to thank all of you who have contributed news to the newsletter so far. A reminder is that your regional news doesn't have to be big news. When one of us met with a peer, traded a session and shared something simple and special to the two people it can be an incentive to others to take the same step. I continue to be delighted that 2 Trager friends might travel two to three hours to meet and exchange their sessions.

Please feel free to write in point form, or to jot a short note and we'll include it in the newsletter.

NETWORKING

Judy Archer

I was asked to prepare an article on networking for our next roster which is due to be updated in early 1987. I would like to include ideas from members. For example:

How do you use the roster to network with members?

When you are travelling, or going to a training, what have you found to be useful ways to network?

How do you use the roster to refer potential clients, students, or Practitioners?

I would love to dialogue with you or receive any ideas you have on networking. Call me or write me—point form is fine, or leave a message and I'll call you back. I'm at 416-288-2202 until approximately October 31, 1986.

CALLING ALL MEMBERS!

The regional development process is slow but steady. The need for Regional Coordinators is growing, too—but not so slow! We have been looking at what our current coordinators are doing, and out of that comes our first job description. If this volunteer position appeals to you, just contact me at the addresses listed below.

1. Collect input, opinions, feedback from regional members, issues and policies being developed for the Trager community.
2. Write a summary of regional activities for the newsletter, quarterly or as news emerges.
3. To foster, nurture and encourage regional growth and self government.
4. To facilitate information input to regional guidelines.
5. Help regional groups decide how often to meet and how much organization to want as a group.
6. Be a catalyst when the group decides they want to meet.
7. Potentially share this job with a partner(s).
8. Be a connecting link for the region and communications with Mill Valley.
9. How many Regional Coordinators would we like to have? I would prefer to have 10 plus keen people who represent regions where there are a large number of Practitioners and Students. I'd also like to have people who have the time and energy to do the job (you choose the duration of the job) and people who are willing to be sounding boards for other Regional Coordinators and myself. If you are interested, write or phone

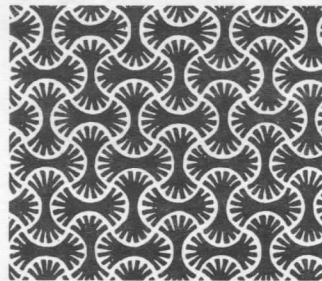
Judy Archer at 25 Manor Road, East, Toronto, Ontario, M4S 1P9 (before Oct. 31) or c/o The Trager Institute after Nov. '86.

MONTREAL/ QUEBEC CHAPTER

by Judy Archer

From Roland Burgalieres, I hear that a Provincial association of Trager Practitioners has been chartered.

I also hear that lots of Trager demonstrations, and gifts of Trager sessions have raised money for the International Trager conference next September.



NEW JERSEY

by Barbara Coxeter

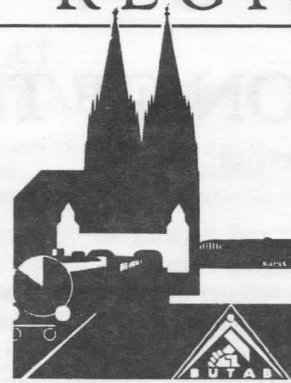
Registration for the Eastern Regional Trager Symposium is in full swing. Forty persons have pre-registered; 350 registration packets are out in the U.S. and Canada and 60 in Europe, according to Jim Day, Symposium Coordinator.

"How to Build a Successful Trager Practice," is the theme of the symposium to be held Oct. 10-12 at Appel Farm in Elmer, N.J. Choices among four Friday intensives and nine Saturday and Sunday workshops promise to be enriching and rewarding to all.

A Symposium Committee meeting will be held at Appel Farm on Monday, September 15 at 3:30 p.m. (dinner included). Everyone able to assist (even in a small way!) is welcome and urged to attend. Contact Jim Day, 609-392-7653, for information and directions.

Any donations to the symposium's professional material display would be greatly appreciated. Anything you believe has contributed to the success of your practice is welcome—fliers, service explanations, advertisements, intake forms, etc. Please send two copies of such materials to Maxine Guenther, 30 Denise Dr., Red Bank, N.J. 07701.

We look forward to reporting highlights of the Eastern Regional Trager Symposium in the next newsletter!



EUROPEAN NEWS

Judy Archer

Fabienne Hirsch writes that she's delighted to be able to write to me in French. A nucleus of Trager Practitioners are regrouping to think and exchange about creating a dynamic association of Practitioners in France, Switzerland and Belgium. Everyone is putting in energy and taking concrete responsibilities so the Trager spirit will grow.

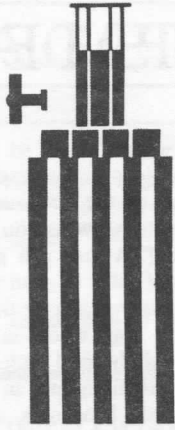
The highlights of their October '85 and February and April '86 meetings are as follows. The idea of a Trager newsletter was developed by Fabienne and Claudine Bergamashi. Claudine is the editor with support from a reading committee. The newsletter includes letters, summaries of sessions from the 2nd international conference, a translation of the code of ethics. Meetings are attended by people from Zurich, Israel, Geneva, Toulouse, Bordeaux, and Perpignan. Those who aren't there send letters of support. A representative from Paris attends a Zurich meeting and summarizes input for the French group. A Zurich person is invited to attend the French meetings.

The meeting in Zurich (May 31, June 1, 1986) consisted of trading Trager sessions, Mentastics and discussion.

Groups in Europe will share the minutes of their meetings and coordinators for each country will share them internally within each country. Participation in the newsletter from other countries is also welcome.

I am left with a sense of lots of involvement, shared responsibilities and lots of warmth.





NEW YORK CITY TRAGER NEWS

by Michael Butler
and Ken Wieder

The chartering of a New York City area Trager Professional Organization seems likely in the near future. Since December 1985, an energetic group has been cooperatively setting up Beginning Trainings, spurred in part by Texan Bill Scholl's vision of teamwork in hook-up. Profits from the first training were used to establish an operating fund for advertising and other promotional activities which will benefit all of this area's twenty to twenty-five Certified Practitioners, as well as the wider circle of those now on the Training Track. By mutually supporting the Intros, Demos, Mentastics classes and other events sponsored individually, we seek to increase the number of new students, expand our own practices, and foster a potential client base broad enough to accommodate a full-time practice for each new graduate to Practitioner status.

Inevitably, the coming-together of Trager Practitioners spawns a multiplicity of projects. Operating a full-time information center, creating a professional setting for shared office space, pooling secretarial resources, and meeting informally to develop Trager (and non-Trager) skills, are just a few of the ideas being suggested.

A recent Health Fair, with participation coordinated by Michael Butler and Roger Tolle, generated a windfall of almost five hundred dollars. Practitioners in New York, New Jersey, and Connecticut each donated two full sessions to support the effort, which were sold to the public on a special "buy one, get one free" basis. Many of the purchasers have subsequently become regular clients, or have recommended friends and relatives to the work.

The operation of a joint bank account for the New York City area Trager Professionals has also made it possible to retain a professional public relations person, Trager Student Alan Coleman. Since New York is a center for the national and international publishing industry, our local efforts may eventually influence much larger markets.

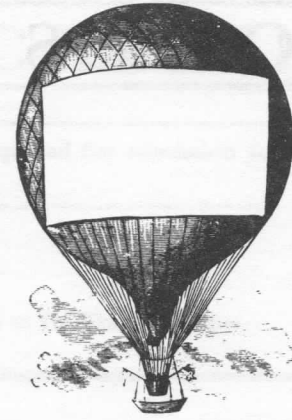
TORONTO

Judy Archer

In May, we met to brainstorm—what can we say about Trager work? What is Trager? What is our vision of the work? A meaningful exchange evolved of what the work meant for each one of us. It's as if each one of us spun a web which captivated the attention and involvement of the others in the group. The tone was quieter and allowed us to connect closely with each person there.

In June, we continued a brainstorming of ways of opening doors for the work. A smaller group (5) had a more spontaneous meeting. A upcoming promotional event was planned. We shared news of the Mill Valley meeting and some perspectives on the role of the Board of Directors. After a review day with Marilyn Krueger we enjoyed a pot luck supper in August.

In August, Lucida Bassis and Paul Clifford both moved to Vancouver. We'll miss them.



WEAVING THE W.E.B.

The WEB (West East Bay) Regional Trager meetings continue to focus primarily on peer support.

On a beautiful April Saturday morning, the WEB sponsored an Aloha Brunch for Milton and Emily to which Practitioners, students and Trager friends were invited from all Northern California. The gracious room glowed with the reflection of everyone's Hook-up, as people recounted how knowing Milton and Emily or Trager work had touched their lives; and Milton and Emily offered personal encouragement and stories. And of course there was singing!

The WEB meetings begin with a session of Mentastics, led by members in rotation. It's a great way to see how others teach Mentastics, to review the broad selection of Mentastics, and to place us in Hook-up before sitting down to talk.

In May we had a round table discussion of where our practices are going. Many of us were in that difficult, pregnant stage, with significant changes coming but still waiting to see how those changes would manifest. June saw a small meeting with several meetings planned—we all know how *easy* planning is for small groups! We also discussed the wild-fire spread of interest in Robin Norwood's *Women Who Love Too Much*, how people seem hungry right now for taking charge of their own lives. In August, we wrote out invitations to the following meetings while discussing the growing feeling of inner peace which makes possible moving on to new locations or new aspects of our work. Sophia Peetz also spoke to us about the Alcyon Community in Oregon.

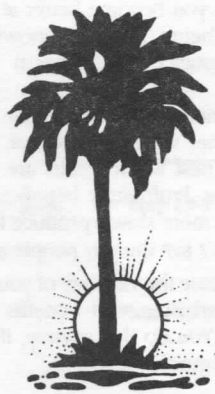
Thursday, September 18, Natasha Heifetz will present "Developing and Maintaining a Successful Practice." And on Monday, November 3, "What is *Integration?*" will be the subject of a round table discussion. WEB meetings are 7:30-9:30 at 15 Alvarado Road, Berkeley (please park at least 1 block away), and begin with Mentastics. For information, call Maggie Eoyang, 415-547-3664.



SOUTHERN CALIFORNIA

Harriet Katz

The Southern California Regional Meeting will be held on Saturday, October 18 from 12 to 3 p.m. in the Institute for Human Potential (Psynetics), 23011 Moulton Parkway, Laguna Hills Business Park. Besides the general meeting there will be a discussion of business practices and support materials. Call Harriet Katz at 714-494-9984 or 714-960-9995 for information.



INCREASING WORD OF MOUTH REFERRALS

Lia Aurami, Ph.D.

Doing things to encourage word of mouth referrals is the fastest, least expensive, least-effort way to expand your Trager practice. If you can't yet afford to do other kinds of promotion, put your time and money here. Word of mouth is going to happen anyway, so you may as well get the greatest return on it. That's true even for successful practices. If a successful practice doesn't get good word-of-mouth, no amount of other promotion will sustain it.

Even if you rely only on word of mouth by choice, you should consider doing things to facilitate it. You want to be sure you reach the attention of the people who are "right" for you, so your clients need to be able to speak clearly about what you offer. The "right" people can't choose to come to you if they never hear about you!

Word of mouth includes what past and present clients tell others. It also includes people who meet you at parties or events you attend, people who hear you talk or attend your classes or read your articles and then tell others about you.

If you want to increase favorable word of mouth, here are some of the many things you can do:

1. Is Tragering really your Right Work, which expresses your individual Highest Purpose? Inner alignment definitely affects what is said about you. The more conscious you are of specifically how Tragering expresses your specific Life Purpose, the better.

2. Are you One with yourself, always increasing your self-knowledge and self-acceptance/forgiveness? Are you helping others to move from fear/guilt/separateness to love/peace/Oneness, within themselves and toward others, through your Tragering work? If this is not the ultimate nature of your work, word-of-mouth will be less than spectacular.

3. Are you an example of what Tragering can do for a person? Good word of mouth depends on your credibility as an example of what you are "preaching."

4. It also depends on your impeccable integrity and honesty. Impeccable. No slips.

5. Do you give your clients more than they expected? And do you also help them define what Tragering can and cannot do for them, so their expectations are realistic and they are more likely to be satisfied? Expectations give people a way to decide whether they are satisfied.

6. The ultimate key to successful word of mouth is client satisfaction. Do you find out in their own words how satisfied they are and how you can improve their satisfaction? Indirect measures of satisfaction, like number of clients or income, are not adequate.

7. Are you really competent at Tragering? If not, expect poor word of mouth. Be always learning and improving your ability.

8. Do you radiate confidence in your abilities and your worthiness? If not, don't expect others to rave about you!

9. Is your "image" suitable to the people you want to reach? People won't tell their friends if they have to apologize for your dress, office, or setting. This is true whether your desired clients are professionals or hippies. You need to have an image suitable for YOUR target market.

10. Do you tell people what your personal goals are for doing Tragering? Do you describe what you offer, and tell people in words who your desired clients are? They can't tell everyone in their personal network about you, but they will tell the ones who are relevant to your self-description. Help them be able to verbalize specifically who you are and whom you seek to help.

11. Do you talk with your clients and others about the differences between Tragering and other forms of bodywork or personal change methods, and the specific benefits of Tragering with respect to these other approaches? You need to help them clearly understand and be able to verbalize these differences/benefits.

12. People do business with people they like. How can you become better at creating rapport and being friendly, showing your genuine acceptance and concern for your clients?

13. How dramatic and immediate are your results? Whether we like it or not, word of mouth works best when results are dramatic and immediate. Profoundly beneficial results which happen more slowly produce less word of mouth. That's just the way people are.

14. To increase the visibility of your results, help clients verbalize what benefits they are experiencing. You do this anyway, if you ask about their progress.

15. There are various ways to explicitly ask for referrals. A sign on the wall, such as "My practice continues to grow as you tell your friends. Thank you!" A card you give them asking for names of folks to send your brochure to. Your verbal request for them to let others know about your work—said with a sunny, confident, light-hearted smile!

16. Do clients and others have an abundant supply of your cards, brochures, article reprints, or other print material? Do you have a newsletter or other periodic contact to remind past clients about you?

17. Do you ask enthusiastic clients for letters of testimonial, and are these letters in a notebook in your waiting room?

18. Always say "Thank YOU" loudly, clearly, and promptly, to anyone who refers someone to you.

19. If you have an attitude of abundance, you'll get more referrals. People pick up on, and avoid, vibes of neediness, financial desperation.

20. You might consider offering very short introductory sessions so people can tell others they have nothing to lose by trying your offering. You might even consider offering a satisfaction guarantee; some Practitioners may find this unsuitable, of course.

Word of mouth, like every other kind of promotion, aims to reach the attention of responsive people with a clear, truthful, relevant message. Only then do they have the choice to resonate with you and contact you.

Word of mouth is part of the joyful connecting which helps us realize our universal Hook-up together. Help it be a beauty-full clear process!

Lia Aurami, Ph.D., is a Business Expansion Coach for small service businesses which aim to increase health and consciousness. Based in Seattle, she facilitates market planning-flowing and prosperity consciousness. Lia offers booklets, workshops, individual consultation, and a support group. Her marketing advice for Trager Practitioners may be found in the soon to be published Trager Handbook. Contact her at P.O. Box 45664, Seattle, WA, 98145, (206) 633-5737.

"Milton is the conduit so that the client can do it." Thus spoke Trager Practitioner Vibeke Gerkins of Garden Grove, California, as she observed Milton work on her husband, and saw wonderful things happen. Emily and Milton were so happy with this session, and with Vibeke's spontaneous comment, they wanted to share it with you.

BUILDING A SUCCESSFUL PRACTICE

Natasha Heifetz

EDITOR'S NOTE: At a recent Executive Committee meeting, the idea emerged to invite our successful Practitioners to share their thoughts on creating a successful Trager practice. The thought was to have the Practitioners selected informally give their personal views of this subject in their own styles.

Natasha Heifetz was the first person to come to mind. She has had a booming practice for many years, and is also a Trager Tutor. Not only did we invite Natasha to write this first article, but we also asked her to choose the next practitioner to write for the next newsletter, and that Practitioner will do the same. This, then, will be a regular feature in our newsletters.

A Game of Tag and I'm "It"

Don Schwartz, in his capacity of conduit, called me one day to announce that I had been invited by the Executive Committee to write this article as the first in a series on the subject of "Successful Practice." The following is an informal compilation of my thoughts and feelings. It is my vision of the essential ingredients in the process of manifesting a right livelihood in the realm of *Private Practice*.

Definitions

Private: carried on by the individual independently

Practice: a frequently repeated act, habit, custom; repeated exercises done to gain skill; performance, action carrying out a theory; usual method or procedure; ritual ceremony; professional activity.

Conversation with Yourself

I hope the following questions will help to

clarify and draw the parameters of your practice as they did mine.

Who do you want your client (guests) to be—the differently-abled, dancers and athletes, artists and musicians, psycho-therapists and psychologists, M.D.'s, general public, movie stars. Let your mind roam.

How many clients a week do you need economically. When you make financial plans, figure it takes 2 to 3½ years to establish a full-time practice. I suggest planning for providing other financial support to supplement the growing practice as long as necessary, so that financial anxiety (First Chakra Blues) and your practice don't become mixed.

How much do you want to charge? (Usually depends on community, credentials, experience and excellence.)

How many clients can you see a week without overworking? (Physically and emotionally?)

How much time do you need between sessions? (Taking care of yourself.)

How to Let the World Know You Are There Waiting to Practice

One way is to send out announcements to the professionals of your community (including the bodywork practitioners) offering a free session. I recommend beginning with the psychotherapeutic community because I find them the most likely to understand what we do. Consider contacting chiropractors, physical therapists, holistic clinics (if there are any), your local Easter Seal or Parkinson Foundation, and depending on the community, the medical community. In the announcement, explain that you are expanding your practice, or beginning one, or that you are opening a new office. Whatever. Put in many concise details. Talk about the work and your credentials. Follow up with phone calls. If your work is good, out of those free sessions, sooner or later, people will want to see you.

There are other ways. Advertising, media campaigns, working or volunteering in a public facility to showcase your work—all those ways can sell the work. However, if your practice does not sustain itself after some pushing in that way, if it doesn't grow by word of mouth, then there is something that's not happening and it is time for re-examination, scheduling a tutorial, etc.

Opening Up the Time for Your Practice

I have found it is very useful to schedule time in your appointment book for as many hours a week as you want your practice to be. (Start with perhaps 10 hours a week and work up.) During that time, when you do not have a client, occupy your time with Trager-associated activities: outreach, studying, writing for the Trager Network News, work with your regional group, etc. This will make a vacuum to be filled. For example, if you want to have a practice of 12 clients a week, and say you have decided you will do that in 3 days, 4 sessions each day, set aside the time you need and

begin to fill it. I think it is best and easiest to build a practice up gradually, trading and giving away a couple of extra sessions each week, until you are at the level you want to be. The outcome of filling your time with volunteering (if the work is good) will inevitably bring clients, (not necessarily the same people). If the work is good, the practice is built by word of mouth. That's a very sound base.

Good Work

I believe one should give away the work until there is a certain *consistency*.

If you are presented with a client's condition that you are not sure about, consult or refer. Develop a referral list of people you can trust.

Do not be afraid to say, "I don't know." Clients can tell if you are not sure and they will appreciate your honesty.

What goes into good work? Please refer to *everything* in the *Practice Guide*.

Further thoughts: it doesn't have to be great work or magical work; it doesn't have to be Milton Trager's work to sustain a Trager practice. But the work has to be at an adequate level and when I think of what that means to me, the word *fluidity* comes up, a certain fluidity of the work, so that there is a grace to it, fluidity between types of rhythms, between types of moves, smooth transitions between parts of the body.

Hook-up also comes to mind. What is hook-up? Milton says it's a *feeling* of the vast ocean of pleasantness all around us (and I feel inside us also). This vast ocean of pleasantness inside and outside puts us into touch with the natural laws, in touch with other people on a deep level. Hook-up allows meeting in a clear space. Some people call it a state of meditation, some a prayer-state, and for some, compassion (empathy). Perhaps it is a continuum of fine nervous system frequencies which resonate on the same level as the autonomic nervous system. Without *consistency* in hook-up, it is difficult to maintain a practice. Hook-up is what gives the work its lasting effect.

Development of Work Style

I have seen Milton working now for six years. One of the many outstanding things I have noticed, is that he works differently with every client. No two sessions are the same. There is in fact really no single routine appropriate for everyone.

In addition, I have been touched so many different ways by Milton (I'm talking literal hand-touching). I don't mean different "moves." I mean different pressure, different feelings, different "Hmmm"s, always soft, sometimes firm, sometimes light.

I have seen Milton adapt his touch constantly to his client's tissue and soul so that it is always different, always current.

We never walk in the same river twice.

Confidence

How important is a sense of confidence? It's everything. You can only work from who

you are. Milton has said many times, "you can only give what you've got." However, one can practice coming from a place of confidence even if one isn't confident. Remember the feeling of confidence from other experiences and keep recalling the feeling. Experience the work of confident Practitioners and develop a touch that expresses confidence and belief, belief in what you are doing, and self-belief. This feeling will be transferred immediately to the person you are working on. The feeling comes from self-trust and it sets up trust.

Trust

Trust, or the lack of it, *begins* at the moment of first contact. Fluidity, confidence, hook-up all feed trust. Trust allows the client the room to expand; the feelings of safeness give the client the security to be vulnerable, allowing change to happen.

It is essential to act *appropriately, consistently*, creating a familiar safeness so as to allow receivers to most benefit by relaxing their usual controls, so that old patterns can dissolve and new organization be explored. The intent is that clients will allow themselves to let go and expand so that they can experience the freedom of not holding and the available energy and lightness that comes from that.

Environment

Make an environment that is conducive to trust and letting go.

It's Who You Are that Counts

Self-trust, self-confidence are essential attributes in building and maintaining a practice. Milton exudes self-confidence. He walks to the table and he talks to people; he *listens*. He is always confident with his clients. He is confident of his process which I experience as one of *feeling* and *wondering* and asking, "well, how could this be?" How can this tissue, this movement be potentiated?

I feel he does this without deciding which way it should be but rather he allows the vision of the client's healing process to be empowered.

Empowerment is built into his process. He feels what is there and then he asks "Hhmmm?" He follows. First, he just feels. It's essential to acknowledge what is there, *without judgment*, in order for there to be change.

Acceptance and Self-Acceptance

In my experience, Milton acknowledges the current state of the body/being, it is an acceptance of what is. This allows the client also to accept, often on an unconscious level, his or her own current state, and thus to have a reference point for change.

Presence

Is presence a result of being in hook-up? What I have learned from Milton and from exploring this issue with my clients is that a

sense of presence is at the top of the list of essential qualities. Being present with them, listening, hearing, noticing, focusing, giving, receiving.

This brings me to how I view my role in the work—as a witness, as a person who listens, a person who empathizes, a guide, a facilitator, an educator, a catalyst. I believe my clients and I participate in a process of mutual potentiation.

Being there and witnessing my clients' processes with them, being focused, in hook-up, for so many hours a day, feeling and wondering, is a *luxury*.

Instant gratification.

Verbalization

Being able to talk about the work and really believing in the work are mutually important. For many people Trager is a whole new world, a new dimension, a new level of experience. I have heard it said that it is so wonderful that it almost doesn't seem real. Being able to verbalize helps in the integration of the "wonderfulness." I suggest practicing speaking about your work from your heart and your mind, from the congruent state of inner and outer balance, from your core, and facilitate your clients doing likewise.

Being Real

Being authentic is what all my teachers have taught me—to be real, to allow myself to come from a real place which means to me that my language and intent come from congruency of mind, soul and body and the integrity and coherence of the inner and outer being, a true expression of my heart.

People know when you come from that place. It gives *them* permission to come from that place and so much more happens.

Expectations

The paradox of having intent, but not expectations, constantly presents itself when practicing. One of my clients said that what he appreciated in my work was that I didn't have a program for his body. I didn't have one way that I wanted it to be so that it left all kinds of potentialities for him.

I have *some* idea of how I will experience things but I don't have expectations about what my clients will experience, so that I am always noticing what's happening at the time.

Maintaining a Practice

Curiosity arises out of the survival instinct and it's necessary for the survival of a practice.

Structure: It is extremely important to have a well-organized body. Otherwise, trouble develops.

Endurance: One must have the capacity for a lot of physical and emotional contact with people—a lot of focused, present, spiritually-intimate contact. If a lot of intimacy is a problem, then you need to figure how many hours are not a problem and that is how big your practice can be, for the moment. If focusing and maintaining contact are problems, so will be developing and maintaining a practice.

Taking Care of Yourself

Potentiate/develop "who you are."

Receive as many Trager sessions as possible.

Use *Mentastics*.

It is extremely important, in order to maintain yourself, that you know what helps you and heals you. What do you need for yourself? How much break between sessions, proper nutrition, a lighter schedule, perhaps meditation after sessions, perhaps note-taking, perhaps a vacation every 6 weeks, perhaps grounding exercises.

My definition of *Grounding*: making an electrical connection with the earth that facilitates boundaries. My perception is that Milton is very grounded, present, having his boundaries clearly in place. I think a successful Practitioner has to have clear boundaries so that clients have the luxury of exploring their own.

To help facilitate clear boundaries between myself and my clients for whom boundaries are an issue, I tend to make my current state very clear. If I am tired, I tell them. I think that is essential. They learn that the work is good no matter how I am feeling, and that I will feel better after the session. It helps greatly to validate their vision, to understand that if they feel a certain energy coming from me, it is not because of them. This facilitates the bonding process and helps to establish boundaries.

Trager is excellent for working with the issues of bonding and boundaries.

Hints

- Use *Mentastics* to empower your clients.
- Respect the wisdom of each client's process.
- Practice tolerance.
- Pay attention to allergies and sensitivities.
- Use clean sheets every time.
- Don't answer questions that haven't been asked.
- Instead, ask questions.
- Pay attention to closure, being sensitive to abandonment and rejection issues.
- Model "how to be" for your clients.
- Celebrate every session.

In Somma

I was once asked how I do so many sessions in a day, week after week. My response was that I do each one just like the first, as best I can, *present* and *practicing*.

Thank You . . .

to Fawn Dutcher who, as Chairperson of the Program Committee of the last Conference, invited me to present a workshop on my vision of what makes my practice work. This request stimulated much asking and contemplation.

Also, to Sheila Merle Johnson for her brainstorming and encouragement; Don Schwartz for his constant support and conduitedness, and Mary Kelly for encouraging me to the point of offering to transcribe a tape of my meanderings which provided me with the first draft of this article.

GUIDE TO INSTITUTE STRUCTURES

by Sheila Merle Johnson

My first article, in the March, 1986, issue of the Trager Network News, described some of the history of our Institute, especially how it has been shaped over the last 10 years by the energy of volunteers. I would like now to describe in more detail the history, development and activities of the current advisory and decision-making groups of the Institute.

History of Decision-Making

In the earliest years of the Trager Institute, all decisions were made by the Executive Director, Betty Fuller, together with Dr. Trager. Then, as more Instructors were appointed, an Instructors Committee formed and met twice a year to handle almost all of the administrative and educational decisions of the Institute, with Betty taking care of business in between.

As the organization grew, the number of business questions to be handled and issues to be resolved increased greatly. It became clear that the volume of work to be done could not be handled by one committee meeting only twice a year or by one person working in between meetings. It also seemed desirable to have more varied points of view represented in the consideration of the non-educational issues. Gradually, during this period, decision-making processes differentiated into the various bodies operating today, and clarification of who decides what is still going on in a lively way.

Describing these different bodies may tend to represent them as fixed entities, so while I do want to describe the current structure, I also want to emphasize how much change and development is going on. As has been true throughout its 8 years of existence, the Institute seems to be growing slowly and organically toward some ideal of functioning which can accomplish the pragmatic needs of the organization while reflecting the principles of Trager work itself. This is the creative tension of balancing the rigidity of institutionalized structure with the fluidity of growth and responsiveness.

The major thrust of our organization over the last couple of years has been towards more member participation, through increased committee activity, active feedback loops and the development of regional networks. Some of the newer groups described below are the result of this thrust towards more participatory structures, and the longer standing bodies are in continuing transition towards this goal.

Standing Committees

The following groups are relatively permanent structures which address ongoing functions within the Institute.

Board of Directors

The Board of Directors is the longest standing body in the Institute, since it is a required structure for a non-profit corporation in California. The Board is legally responsible for all Institute activities, including financial management, and the Directors may be held liable for any legal actions or financial problems involving the Institute as a whole or any of its members. This is a pretty heavy responsibility for these individuals. It was carried in the early days of the Institute by Betty Fuller and two of her friends, prominent Marin County service-oriented people who were experienced in non-profit groups.

Three years ago the Board expanded to five people and radically shifted membership and function. The new Board included three Trager people, with Betty remaining as one of them, and two new non-Trager people. Each of the Board members brought to the group a special perspective on leadership and a dedication to the support of Trager work. They became a working board and began to meet every two to three months to deal with the large issues facing the Institute—financial and legal viability, administrative efficiency, development of purpose, expansion of Trager work, safeguarding the interests of the membership, etc.

The current Board reflects that same composition, format and sphere authority. The Trager members are Betty Fuller, Jan Stevens, and Lynn McAleer. Jan and Lynn are both Trager Practitioners; Jan brings to the Board a background in business and organizational development, and Lynn is a Registered Nurse working in education. The non-Trager members are Will Wells, D.C., and a Chiropractor with a strong interest in bodywork disciplines, and Conrad Knudson, Ph.D., a biofeedback consultant who runs his own company.

The Board now meets one evening every other month and deals with the issues mentioned above—those larger questions that have to do with vision, planning and purpose. One of the issues the Board considers annually is short and long range planning and budget setting. This planning is based on input from members, which has come in from the last conference, from various member planning meetings initiated by Jan and Lynn

during trainings and from members' direct communications. In planning such as this, the Board always checks to see that the proposal supports the purposes of the Institute as stated in the by-laws.* Computerization of the office and a new brochure are examples of projects now underway that the Board initiated in response to member input.

In considering plans for member meetings and projects, the Board discusses their legal and budgetary aspects and their relationship to the purposes of the Institute. Under this category falls the biannual selection of the International Conference Committee, the general development of the regions, regional symposia, the Video Project, etc. Also, the Board deals with the larger political issues, such as the question of offering courses in South Africa, for which member input was pulled in through the regional network.

Executive Committee

While the Board of Directors considers the overview and deals with the larger and long-range questions facing the Institute, the Executive Committee (EC) handles the day-to-day business, the pragmatic issues that face us on a regular basis. The Executive Committee came into being a couple of years ago when Betty Fuller, then Executive Director, asked for help with her tasks. Since that time, Carol Campbell, Gail Stewart, Don Schwartz and myself have been meeting all day once a month to take care of the ongoing business of the Institute. Jan Stevens has been a regular consulting member and this year three Practitioner advisory members have joined the EC. They are Elna Adams, Pam Johnson and Deborah Van Buren. We are currently taking time at each meeting to study possible restructuring of the composition and organization of the Executive Committee to include broader representation and to relieve some of the long-working people of their volunteer efforts.

The EC considers such things as the use of the service marks by members, non-members, and regional groups; the specific budgets and presentations of member meetings and projects; the business aspects of classes; the demographics and some of the financial and legal aspects of regionalization; sponsor and scheduling conflicts; advertising and public relations, etc. since the Training Track Committee disbanded after the approval of the current training track, the EC has been handling Training Track clarification, exemp-

tions and additional requirements.

The Executive Committee also handles everything that does not clearly fit into the spheres of activity of all the other committees and boards of the Institute. Sometimes this means creating new bodies to study and explore issues, complaints or questions that arise. Since for so much of the Institute's history there has been little in the form of written policies, a fair amount of EC time is involved in clarifying and writing down those policies that have existed in the realm of tradition and in developing new policies where needed. The Executive Committee and the Board of Directors work from a vision of the Institute as a whole, attempting to weigh individual ideas and requests against the needs of the larger group, and to balance present needs and future visions.

Instructors Committee

The Instructors Committee (IC) consists of all the Instructors and Instructor Trainees. The IC has three-day business meetings twice a year, with some members doing projects in between meetings. The Instructors Committee oversees Instructor training and development, the educational and promotional support services (Introductory Workshops, Supervised Practice Sessions, Mentastics classes and Tutorials), and some aspects of the professional training track curriculum. The IC cannot add new requirements to the training track; that is the task of the training track committee (temporarily the EC) with Board approval. Rather the IC deals with the selection and content of courses that can satisfy existing requirements, and the selection of the teachers of those courses.

The Instructor's Committee oversees the Tutor Training Program, which is headed by the Tutor Training Staff, Gail Stewart, Gwen Crowell and Marilyn Krueger, and the Tutor Review Staff, with Julie Greene in charge. This group, with input from all Tutors, deals with the content and process of Tutorials and Tutor training. The IC envisions similar committees for Introductory Workshop Leaders, Supervised Practice Leaders and Mentastics Leaders as well. Development in this area is just beginning.

Standards Advisory Board

This group was formed at the request of the Executive Committee several months ago. Elna Adams is the chairperson. They have been working on developing a code of ethics for the Institute. Their other functions are to be in the realm of peer selection and developing procedures for grievances involving Practitioners or Students, whether it be grievances between peers, between Practitioners or Students and Tutors, or between members of the community (clients and practice clients) and Practitioners or Students.

Scientific Advisory Board

This committee is just beginning at Executive Committee request, with Michael Stulberg, M.D., a professor at the University of California Medical Center in San Francisco, at its head. So far its function has been to advise

on matters of research. It is expected to grow and become more active as this area of Institute activity increases.

Ad Hoc Committees

The following groups have been formed for specific purposes and will disband when that function is complete.

Video Project Committee

Three years ago, three Practitioners from Texas, Lynette Brannon, Laura Waldman and Bill Scholl, came forward with a proposal to produce a professional videotape of Trager work for public relations purposes. The Board approved their proposal and their committee was formed. They have worked very hard over these years on the creative aspects and the management of this project. They have worked with the Board on various budget and project changes and with an assortment of video professionals. Their project is near completion, with the finished tape due for distribution very soon.

Anatomy and Physiology Committee

Chaired by Will Wells, D.C., this committee has been studying how to evaluate equivalency of non-Trager anatomy and physiology courses for our training Track. The Executive Committee asked Will and a group of Trager-oriented health professionals to study this issue in implementation of the current training track.

Scheduling Committee

The Executive Committee has been receiving increasing numbers of complaints about scheduling difficulties from students, training sponsors and Instructors. Since Pam Johnson, a Practitioner and former training sponsor, had already completed a volunteer survey of Instructors on this issue because of her own scheduling problems, she was asked to chair a committee to study the current system. The committee will be conducting a larger survey, including sponsors, and will be making proposals to the Executive Committee regarding scheduling.

International Conference Committee

This committee is time-limited, since each biannual International Conference has a new committee approved by the Board of Directors. The wisdom gathered by previous committees is passed along in a "Black Book" which is added to each time by the current group. The current committee is in Quebec Province, Canada, and is chaired by Louise de Montigny in Montreal. The various conference committees have come forward each time out of the membership and have proposed themselves and their location. That process will happen again in 1988 for a conference in 1989.

Regional Organizations

This is one of the newest and most varied structural areas in the Institute. The various regions of our network are still not completely defined, but within the general areas that exist

there are some places where coordinated member activity is highly developed and others where that is just beginning to develop.

Regionalization has been a major growth area in the Institute over the last year and a half. Jan Stevens has been a strong Board supporter of this movement and initiated the regional "Town Meetings" at the 1985 International Conference. Out of these meetings grew fledgling organizations in several parts of our network, and several people volunteered to be Regional Coordinators in their areas. These people serve as coordinators and communicators, linking the regions among themselves and with the central headquarters. A few months ago, Judy Archer, a Practitioner from Toronto, Canada, accepted the position of the overall Regional Liaison. She will be applying her background in communication and organizational development to the development and formalization of our regional network.

While there are many issues yet to be examined in regional networking, I see this as the most exciting area of development within our organization. Regional networking can allow for more real member participation in the development and government of the Institute. I hope that the regions will develop in such a way that some of the decision-making functions, such as Practitioner selection and grievance processes, could take place at the local level rather than in the central headquarters. I hope that more projects will be decentralized and more members will be volunteering for them through the regional network.

Conclusion

The people working in these various bodies volunteer their time and energy and travel at their own expense. They contribute greatly to our Institute. We survive by volunteer energy. Our power base has never been a fixed hierarchy. Decision-making has always been a living, organic growing thing, influenced by those members who cared enough to participate, to voice their ideas and to act on them. I am familiar with the processes of almost all the groups described here. While the individual committee participants often have personal opinions, the group process is one of gathering and honoring input from a larger constituency, of searching for the larger picture, of balancing individual opinion with a larger vision.

I hope this description will clarify the current structures, to the extent that it is possible in a fluid, growing organization. I also hope that it will encourage those of you who have ideas in any of the areas described here or ideas for change or development in areas not mentioned here to communicate and participate. That is the way we have grown, and the way I hope we will continue to develop as an organization.

* If you wish a copy of the purposes of the Institute as stated in the by-laws, please write to the Institute office in Mill Valley.

CURRENT 1986 TUTORS

No. California

Elna Adams
Oakland, CA
415-547-2661

Natasha Heifetz
Berkeley, CA
415-548-6072
415-848-3544

Gail Stewart
Berkeley, CA
415-841-4732

Sheila Merle Johnson
Mill Valley, CA
415-332-7559

Fawn Dutcher
Mountain View, CA
415-967-4727

Julie Greene
Oakland, CA
415-658-3763

Sue Holper
Oakland, CA
415-534-5803

Pamela Johnson
Oakland, CA
415-548-3865

Sally Pooler
Oakland, CA
415-658-1563

Linda Edwards
Redwood City, CA
415-365-4245

Carol Campbell
Santa Cruz, CA
408-429-8216

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

Daya Goldschlag
San Francisco, CA
H-415-668-2002 626-6840
W-415-922-3478

Peter de Zordo
San Francisco, CA
415-668-4998

Betty Fuller
Tiburon, CA
415-388-2688

Jean Iams
Oakland, CA
415-654-1130

Cheryl Wells
Forestville, CA
707-887-1206

Delores Kvigne
San Francisco, CA
415-~~668-2002~~ 661-9505
415-331-4650
ans.service

So. California

Gary Brownlee
Culver City, CA
213-823-2836

Cynthia Harada
Los Angeles, CA
213-820-5920

Cathy Guadagno
La Jolla, CA
619-459-5399

Carla Montagno
Santa Barbara, CA
805-965-4795

Susan Komatsu
San Diego & Brea, CA
619-692-1766

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

Adrienne Stone
Santa Monica, CA
213-451-4625

Kathleen Zuhde
Manhattan Beach, CA
213-823-7710
213-374-4717

South Pacific

Sage Madrone
Kawaehae, HI
M-808-935-2981

Barbara Goodman
Honolulu, HI
808-595-4252

Jackson Friedman
Honolulu, HI
808-737-0363

Northwest

Barbara Lee Allin
Portland, OR
503-244-5728

Nancy Bonifield
Seattle, WA
206-542-8090

Kim Burg
Seattle, WA
206-525-9119

Gwen Crowell
Seattle, WA
206-522-9384
206-367-3939

Marylou Mowrer
Mt. Vernon, WA
206-336-5222

Southwest

Lynette Brannon
Austin, TX
512-480-0362

Nan Davis
Lakewood, CO
303-232-4766

Bill Scholl
Austin, TX
512-453-4567

Ru Wing
Boulder, CO
303-444-0838

Midwest

Beverly Cox
Indianapolis, IN
317-283-2551
317-257-1818

Marilyn Krueger
Minneapolis, MN
612-781-3540

East

Regina Doris Kujawski
Ft. Lauderdale, FL
305-491-8519

Asimo
Newburyport, MA
617-462-2729

Kay Shubert
Reston, VA
703-471-4278

James & Carol Day
Trenton, NJ
609-392-7653

Ken Wieder
New York, NY
212-496-7546

Nina Johnson
Chevy Chase, MD
301-657-4262

Cynthia Popp-Hager
Boylston, MA
617-869-6269

Bodhi Rovner
New York City, NY
212-787-5167

Eastern Canada

Roland Burgalieres
Montreal, Quebec
514-527-5750
514-228-5226

Louise de Montigny
Montreal, Quebec
514-843-8382

Amrita Daigle
Quebec, Quebec
418-683-4668

Norma Fine
Toronto, Ontario
416-489-8248

Karen Goren Hortig
Toronto, Ontario
416-656-2700

Amanda Hartsong, Ph.D.
Kingston, Ontario
613-542-2000

David Pinto
Toronto, Ontario
416-534-6950

Europe

Danie Thocaven
Bruges, France
56-28-16-32

Claudine Bergamaschi
Sevres, France
1-453-88-46

Fabienne Hirsch
St. Maur, France
14-885-0638

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

Monika Sutter
Zurich, Switzerland
01-780-3977

Helene Closset
Lagny/Marne, France
2-00-752-80

GREETINGS FROM MICHEL

Hello! My name is Michel Van Waeyenberge, and I would like to share my Trager Practitioner experience in Quebec City with you.

Over three years ago, I started to practice, with an associate, Amrita Daigle. My clientele grew and I now have an average of fifteen clients a week. We are both sponsors. Amrita has been one for four years and I have been one for two years.

We derive much satisfaction from organizing trainings and are encouraged by the fact that about 60% of the Students involved will finish as Trager Practitioners.

We feel our success is due to giving the Students our full support by supplying them with all the information they need to follow the Training Track via phone conversations and in-person meetings. We are all very happy with the new Training Track.

Here in Quebec City, we have organized two Trager Marathons. One in 1983 and another in '84. Both have been outstanding successes. We advertised Mini-Trager sessions, \$5.00 for half an hour, and our inscription board was full of names a week in advance. We feel that this is a wonderful way to promote Trager.

The idea for a Marathon came from Amrita after she had returned from a visit to California. We are now in the process of planning our 1986 Marathon, which will take place on Friday, October 31st from noon to 11:00 PM. There are eight of us from Quebec City who will participate and we are expecting fifteen other Practitioners. We will have two large rooms and are expecting to receive approximately one hundred and fifty persons.

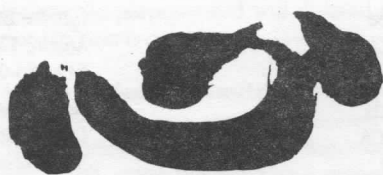
We would like to invite Practitioners and Students from all over the world to participate.

Please call me at 1-418-525-6711. It's a nice way to visit Quebec City, and we even have bedrooms available for you. Practitioners will work at the tables and Students at the Reception.

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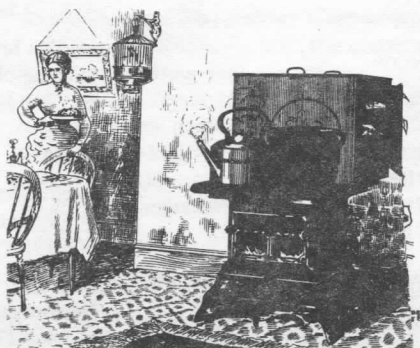
If you are interested in planning a Marathon where you live, don't hesitate to contact us. It will be a great pleasure for us to answer your questions.

Trager has changed my professional life completely (I used to be an Economics teacher). Now my professional and my private life are full of good feelings and happiness. Thank you, Milton. Thank you, Emily.



CONGRATULATIONS

... to Trager member BJ Hurwich and Gary Reiss on the birth of their baby girl, Eliana Hurwich-Reiss, born at home on March 26. "She's a happy, healthy baby," BJ writes, "and we're completely in Love with her. The labor was long (2 days) but doing a home birth was a wonderful experience."



EMILY'S RECIPE FOR BEER BREAD OR PIZZA CRUST

3 c. whole wheat flour
 1/2 t. baking soda
 1/2 t. baking powder
 3 T. brown sugar
 1 beer at room temperature

Mix ingredients until moist. Let set for 2 to 3 minutes. Bake in a loaf pan at 350 degrees for 1 hour. You may roll it out for pizza crust.

That's just a sample of "WITH ALOHA FROM EMILY," 28 pages of Love and Light with pictures of Milton and Emily and Emily's comments under each recipe.

Learn how to make Milton's favorite cookies, and if you do, save one for him. The 45 recipes include: Earth Bread, Noodle Kugel, Topsy Chicken, and for chocaholics (the Institute office staff), there's Harper's Bazaar Mousse au Chocolat and Gateau chocolat. All for the special price of \$3.00 plus 56 cents for postage and all proceeds go towards support of the Institute.

HYMN TO THE BODY

by Meribeth Dennis

Meribeth is a Trager Practitioner from Lubbock, Texas. This poem is part of the personal essay she wrote for her Practitioner application.

How I love the bodies I work with

from the giants of men who barely fit on this large table
 to the tiny softness of others

Learning from the giants that they have a place of tiny softness

that few people hear

and that they love to share with someone.

Around the world can be done easily
 even on a three hundred pound bear.

How they love to be treated gently
 and held with soft hands.

They carry that softness to others in their lives

a new found place of peace.

Learning from small soft bodies

about strength in softness

picking up a scapula

and sliding under it to

touch the little muscles

and wish them well.

As people's bodies let go, I whisper thanks to those places that are looking for home.

One of my friends has cancer and she finds peace on the Trager table and takes it home.

One client said, "I've never experienced that kind of peace in my entire life."

And his life has been spent healing others through psychotherapy.

When I heard him, I realized that I had a gift for hookup

and my hands could be my tools.

I decided that god doesn't give us a gift she doesn't want us to use.

So I started my Trager training, so I could best use my tools.

He lives far away, but since has told me that his life has been on a major healing journey after that experience.

I will travel to work with him more.

He gave me the words of encouragement that made the difference.

REMEMBER YOUR TUTORIAL

All Practitioners please note that your annual continuing education requirements include a Tutorial session. Since the end of the year is approaching, make your appointment to get your C.E. Tutorial as soon as possible in case you have not already done so. Our Tutors do get busy and have holiday activities as well as Tutorial sessions.

UPDATE FROM THE STANDARDS ADVISORY BOARD

Volunteers comprising the Trager Standards Advisory Board have been meeting weekly since February. Our first job has been to collect existing written statements of the Trager Institute, compare them with other models such as physical therapists and Rolfers use, and then edit, revise and expand them into a full-fledged Code of Ethics for the Trager community. We want to represent our profession as a whole in the same spirit that we approach our tablework. What a satisfying project it has been! Through hours of meetings, homework, love, laughter, and self-searching, vigorous talk, four of us have brought our different viewpoints and concerns to eventual agreement in the most truthful statements we could make. We will be presenting our draft in the next *Newsletter* for response from the entire Trager community. A revised draft will then be presented to the Executive Committee for final approval.

The Standards Advisory Board is mandated to fulfill two other functions besides the one described above. One is to oversee the approval of new Practitioners and reinstatement of those who have been away from the work for a period of time. This job, which has until now been done by office staff and Instructors, will eventually be carried out by a peer Selection Committee.

The other function of the Standards Advisory Board is to mediate differences which arise among Trager professionals or which involve the public or the Trager Institute. Our viewpoint is that problems are opportunities to learn. We are already assisting Practitioners in their relations with clients and are designing procedures for dealing with "grievances." A Mediation Committee is being formed to continue this process.

If you would like to contact the Standards Advisory Board, write Elna Adams in care of the Trager Institute.

TRAGERING IN WEST GERMANY

Cheryl Loomis

Born in the U.S.A., I came to Europe five years ago. A California client of mine suggested that I might like working at a beauty and health spa in Monte Carlo. Soon after arriving in Monaco, I began working there. My treatment room had one wall of glass looking out to the harbor, the palace and the sea. My employee lunches were served by waiters, the napkins were cloth, the meals were served in courses. My clients were wealthy and many showed their appreciation for this new treatment called Tragering by giving gracious tips. Once I received a 10-speed Peugeot bike in my favorite color, blue-green. My monthly salary was secure and as stable as my scheduled work hours which left me little time for play. There was little trust between my fellow employees. However, we all agreed that our boss was terrible. After 1½ years, I left the Principality wanting to see more of Europe.

Now I live in Berlin. Beyond the windows of my treatment room are two big trash cans, which is what many people living in Berlin see out of their windows. During the treatments I close the curtains. My present clients are people that come from many different strata of the social spectrum. I charge 100DM per treatment, which is not all people can pay. The national medical insurance does not pay for any portion of the price. I also do trades. My clients don't often refer other clients to me but on the other hand, they continue to stay my clients for long periods of time.

This summer I met a Greek gynecologist on the island of Crete. I Tragered him and some of his patients who had just given birth. I came back from my summer vacation in time to work once again on the staff of ISTAF, a yearly event held in Berlin, a competition for world class athletes in light athletics. Some of the athletes just want good hard massages. But some others tune in to Tragering. I always feel happy if they win.

Considering its geography, politics, history and weather, Berlin is not always the easiest place to feel what is lighter, what is free-er. I've been here for three years now and wonder when I will leave it forever, but so far just keep creating more roots. I get lonesome for other Tragerers. I used to trade treatments with German Practitioner Heide Koubenec, who used to also live here behind the wall, until she left for the states. When attending a Practitioner workshop last fall in Paris, I experienced a wonderful lack of competition between fellow students who arrived from different parts of France, Belgium, Germany and Israel. All were very hungry for the contact and the learning. I'm not sure how everyone else in Europe figures out how to incorporate their Trager work into their lives or communities. In Berlin there was no market for me when I first came here. Much time and slowly getting to know people is wrapped up in what progress I have made. If my main pursuit was making money with Trager work, I could have stayed in Palm Springs, California where I once worked for a few months in the winter. I live now with less financial security but more personal freedom that I used to. For the freedom I am thankful. And for the financial situation there is a German saying, "Was lange waehrt wird endlich gut." In English this means, "What takes a long time will finally be good."



The Standards Advisory Board hard at work. From left to right: Elna Adams, Sue Holper, Jean Iams and Julie Greene.

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THE COMPUTER, THE ROSTER, AND YOU

Don Schwartz

I am pleased to announce that we have completed the basic data entry process of our membership files, and have become fully operational with our computer, an IBM AT. We are using it for all membership records, scheduling, and class information, word processing, mailings, and accounting. Everyone at the office is very happy with how the computer is working out, and we may very well be getting a second terminal right around the time this newsletter is being produced.

Putting our membership records into the computer has affected decisions about our next roster. The data entry process is vulnerable to clerical error and raises some questions about specific membership information. We want to take advantage of our 1987 renewal process to double check each renewal with our computer record. The renewal form will contain an improved roster section so that we will be able to know *exactly* what information you wish listed in our membership roster which is available to the public. It will also ask you to list your completed trainings to make sure we have your history complete. While all this is going on, we will be producing our first "Trager Handbook" for distribution to the membership. After renewal is complete (the first week of January), we will print out the roster on our own equipment, have it laid-out, printed, and mailed ASAP!

We are all aware that a new roster is direly needed. Waiting a few months longer will enable us to produce the roster much more efficiently, and with much greater accuracy. Your patience is deeply appreciated. By the way, it will be an *alphabetical* (by state, province, or nation) roster!

FLYER BEWARE

On occasion, trainings cancel. We suggest that you avoid airfares with built-in penalties for cancellation in order to save yourself those penalties.

We are making some policy changes and graphic format improvements in this newsletter/schedule.

- 1) Please note that now all training fees listed are in U.S. currency.
 - 2) If there is a discount for prepayment in full, or for special groups, it will be listed in the "NOTE" section.
 - 3) All trainings are non-residential unless otherwise stated in the "NOTE" section.
 - 4) In response to student requests, we have changed the cancellation and refund deadline to five weeks in advance of the class for Institute sponsored classes. This is due to the current imposition of airline cancellation penalties.
 - 5) Students whose registration is confirmed in any given training, and who want to transfer to a different training will be subject to the standard cancellation and refund policies for withdrawing from a training. Additionally, they will be required to go through the normal application/selection process for the new training they wish to take.
 - 6) You will notice that the training prerequisites for Practitioner trainings are now listed using our current training names. We know there is some confusion for students who took classes long ago under the old names, and how those old classes fit into the new training prerequisites. If you have any questions about what trainings you qualify for, or how you qualify, just call the Institute office.
 - 7) We can no longer allow for post-dated checks; and, as announced in a previous newsletter, we are initiating service charges \$10—for returned checks.
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DEADLINE FOR NEXT SCHEDULE IS DEC. 15th.

Schedule forms submitted by the leader, must be received in the office by the deadline to be included in the next schedule. Please send all completed schedule forms (1 training per form) to:

**The Trager Institute, 10 Old Mill St.
Mill Valley, CA 94941-1891. Thanks.**

Sponsors: Please note the above date so that you may have your early 1987 training listed.



TRAGER TRAINING SCHEDULE

Membership in The Trager Institute for Psychophysical Integration and Mentastics is required for admission to any Trager training. This does not apply for Public Mentastics Classes and Introductory Workshops.

BEGINNING TRAININGS

In addition to training fees, Beginning Students will need to pay their membership dues in The Trager Institute prorated by quarter for the first calendar year.

FOURTH QUARTER TRAININGS

\$50 DUES: Includes \$10 for 4th quarter and \$40 for following calendar year (in addition to training fees)

Oct. 12-17 Paris, France	Fabienne Hirsch with Betty Fuller	TBA
CONTACT: Fabienne Hirsch, 17 Av la Fontaine, 94100 St. Maur, France, 14-885-0638		
Oct. 17-19 Mexico City, Mexico & 24-26	Cathy Guadagno	\$350
NOTE: Sleeping bag arrangements available CONTACT: Sara Atri, 835 Reforma/1100 Mexico D.F. Mexico, 011-52-5-520-0623		
Oct. 21-26 Austin, TX	Sheila Merle Johnson	\$675
NOTE: Res. Fee includes room & board CONTACT: Bill Scholl, 3416 Foothills Ter., Austin, TX 78731, 512-453-4567 or Lynette Brannon, 2801 Bonnie, Austin, TX 78703, 512-480-0362		
Oct. 21-26 Indianapolis, IN	Carol Campbell	\$475
CONTACT: Beverly Cox, 5016 N. Winthrop Ave., Indpls, IN 46205, 317-283-2551		
Oct. 31-Nov. 2 Los Angeles, CA	Gary Brownlee	\$500
NOTE: \$450 if paid in full by Oct. 6 CONTACT: Gary Brownlee 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836		
Nov. 15-17 New York City, NY & 21-23	Gary Brownlee	\$475
CONTACT: Ken Wieder 306 W. 92nd St., #1F New York, NY 10025, 212-496-7546 or Roger Tolle, 292 W. 92nd St., New York, NY 10025, 212-787-5167		
Nov. 17-22 Toronto, Ontario	Carol Campbell	\$475
NOTE: Canadian residents fee: \$390 CONTACT: Bayla Goldstein, 117 Coldstream Ave., Toronto, Ont. M5N 1X7 Canada, 416-489-8090 or Charlotte Levinson, 416-967-3489 or 416-845-5837		
Nov 17-22 Mill Valley, CA	Sheila Merle Johnson	\$475
NOTE: \$450 if paid in full by Oct. 17. Bed & Breakfast available CONTACT: Mary Kelly 2121 Turk Blvd. #2, San Francisco, CA 94115, 415-563-5032 or Peter de Zordo, 412 16th Ave. S.F. CA 94118, 415-668-4998		
Nov. 28 Philo, CA & Dec. 12-14	Carol Campbell	\$475
NOTE: Wellspring Renewal Center (Near Mendocino) CONTACT: Benna Koliinsky, 707-895-3883 or M-707-462-1640		
Dec. 15-20 Los Angeles, CA	Gary Brownlee	\$500
NOTE: \$475, if paid in full by Nov. 13, 1986 CONTACT: Gary Brownlee 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836		
Dec. 16-21 Minneapolis, MN	Gail Stewart	\$500
CONTACT: Marilyn Krueger, 1519 6th St., N.E. Minneapolis, MN 55413, 612-781-3540		

FIRST QUARTER 1987 TRAININGS:

\$40 DUES: (in addition to training fees)

Jan. 6-11 Massachusetts	Sheila Merle Johnson	\$500
NOTE: Residential Fee TBA CONTACT: Cindy Popp-Hager, P.O. Box 733 Boylston, MA 01505, 617-869-6269 or Asimo 617-462-2729		
Jan 13-18 Phoenix, AZ	Carol Campbell	\$475
CONTACT: Jeanne Pace, 26605 Navaho Place, Sun LAke, AZ 85248, 602-895-7304		
Jan. 23-25 & Jan. 30-31 Seattle, WA	Gwen Crowell	\$475
NOTE: Sleeping bag arrangements available CONTACT: Gwen Crowell, Abintra Wellness Center, 438 N.E. 72nd St., Seattle, WA 98115, 206-522-9384		
Feb. 6-8 Carmel, CA & 13-15	Carol Campbell	\$475
CONTACT: Monterey Institute, 884 Carmel Valley Rd., Carmel, CA 93923, 408-624-1006		
Feb. 27-Mar. 1 Los Angeles, CA	Gary Brownlee	\$500
NOTE: \$475, if paid in full by Feb. 10, 1986 CONTACT: Gary Brownlee 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836		
Feb. 28-Mar. 2 New York, NY	Gail Stewart	\$475
CONTACT: Roger Tolle, 292 W. 92nd St. #5C, New York, NY 10025, 212-787-5167 or Ken Wieder, 306 W. 92nd St. New York, NY 10025, 212-496-7546		
Mar. 3-8 Quebec City, Canada	Sheila Merle Johnson	\$475
NOTE: Canadian residents' fee: \$410+ CONTACT: Amrita Daigle (or Michel Van Waeyenberge) 675 Marguerite Bourgeois, Quebec City, Quebec Canada G1S 3V8, 418-683-4668 or 418-525-6711		
Mar. 11-16 Sarasota, FL	Gary Brownlee	\$500
NOTE: \$475, if paid in full by Feb. 6, 1987 CONTACT: Connie Pounders, 1227 Second St., Sarasota, FL 33577, 813-957-0251		
Mar. 20-22 Berkeley, CA & 27-29	Gail Stewart	\$475
CONTACT: Gail Stewart, P.O. Box 3277, Berkeley, CA 94703, 415-841-4732		
Mar. 23-28 Austin, TX	Carol Campbell	\$475
CONTACT: Bill Scholl, 3416 Foothills Terr., Austin, TX 78731, 512-453-4567		

SECOND QUARTER TRAININGS

\$30 DUES: (in addition to trainings fees)

May 12-17 Boulder, CO	Sheila Merle Johnson	\$500
NOTE: \$450 is paid in full by April 7 CONTACT: Bob or Ru Wing, 797 30th St. Boulder, CO 80303, 303-444-0838		
May 19-24 Springfield, OH	Gail Stewart	\$475
NOTE: Sleeping bag arrangements available CONTACT: Carrie Fitzsimmons, 1126 Woodlawn, Springfield, OH 45504, 513-324-3439 or Anna Brinkman, 22 Belaire Ave. #2, Dayton, OH 45420, 513-254-7201		

INTERMEDIATE TRAININGS

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

<p>Oct. 22-26 Toronto, Ontario NOTE: Canadian residents' fee: \$390 CONTACT: David Pinto, 193 Indian Grove, Toronto, Ontario Canada, M6P 2H4, 416-534-6950 or Karen Goren Hortig, 89 Greensides Ave., Toronto, Ontario Canada M6G 3P8, 416-656-2700</p>	<p>Gail Stewart</p>	<p>\$450</p>	<p>Jan. 14-18 Austin, TX NOTE: Residential: Fee includes room & board CONTACT: Bill Scholl, 3416 Foothills Terr., Austin, TX 78731, 512-453-4567</p>	<p>Gail Stewart</p>	<p>\$600</p>
<p>Nov. 14-18 Honolulu, HI CONTACT: Jackson Friedman, 874 Iwi Way Honolulu, HI 96816, 808-737-0363</p>	<p>Gail Stewart</p>	<p>\$450</p>	<p>Feb. 21-25 Detroit, MI CONTACT: Peggy Clancy, 5836 Cochise, W. Bloomfield, MI, 313-626-3251</p>	<p>Gail Stewart</p>	<p>\$600</p>
<p>Nov. 19-23 Seattle, WA NOTE: Sleeping bag arrangements available CONTACT: Gwen Crowell, 438 N.E. 72nd St., Seattle, WA 98115, 206-522-9384</p>	<p>Cathy Guadagno</p>	<p>\$450</p>	<p>Feb. 25-Mar. 1 Montreal, Quebec NOTE: \$400 if paid in full 45 days in advance CONTACT: Roland Burgalieres, 4440 Parthenais, Montreal, Quebec H2H 2G5 Canada, 514-527-5750 or Louise de Montigny, 4139 Drolet, Montreal, Quebec G2W 2L5 Canada, 514-843-8382</p>	<p>Sheila Merle Johnson</p>	<p>\$450</p>
<p>Dec. 3-7 New York, NY NOTE: Sleeping bag arrangements available CONTACT: Ken Wieder, 306 W. 92nd St. #1-F, New York, NY 10025, 212-496-7546</p>	<p>Sheila Merle Johnson</p>	<p>\$450</p>	<p>Mar 4-8 Mill Valley, CA CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941, 415-388-2688</p>	<p>Betty Fuller</p>	<p>\$450</p>
<p>Dec. 6-10 Santa Cruz, CA NOTE: Sleeping bag arrangements available CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216</p>	<p>Carol Campbell</p>	<p>\$450</p>	<p>Apr. 1-5 Paris, France CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 14-885-0638</p>	<p>Sheila Merle Johnson</p>	<p>TBA</p>
			<p>Apr. 8-12 Zurich, Switzerland CONTACT: Monika Sutter, Pfannenstilstrasse 18, 8820 Wadenswil, Switzerland, 01-780-39-77</p>	<p>Sheila Merle Johnson</p>	<p>TBA</p>
			<p>May 6-10 Boulder, CO CONTACT: Nan Davis, 8621 W. 10th, Lakewood, CO 80215, 303-232-4766</p>	<p>Gail Stewart</p>	<p>\$450</p>

PRACTITIONER 1 TRAININGS

This class is open ONLY to Certified Practitioners.

A Practitioner 1 is the first professional level class. It is designed to: (1) give professional Trager Practitioners an opportunity to review and practice their skills with their peers; (2) discuss issues arising from their practices; (3) prepare Practitioners to work with Dr. Trager. The training includes an update on moves, any current changes and variations on themes and Mentastics correlated with the moves. Contexting these more technical aspects, a Practitioner 1 class is a 3-day immersion in hook-up, with much sharing, group process and laughter.

All Practitioner 1 classes are taught by Betty Fuller

<p>Oct. 19-21 Paris, France NOTE: This is a combined PI & PII class CONTACT: Fabienne Hirsch, 17 Av. la Fontaine, 94100 St. Maur, France, 14-88-506-38</p>	<p>TBA</p>	<p>Dec. 5-7 La Jolla, CA CONTACT: San Diego Trager Ctr., P.O. Box 2896, La Jolla, CA 92038, 619-459-5399</p>	<p>\$400</p>
<p>Oct. 23-25 Zurich, Switzerland CONTACT: Monika Sutter, Pfannenstilstr. 18, 8820 Wadenswil, Switzerland, 01-780-39-77</p>	<p>TBA</p>	<p>Dec 10-12 Mill Valley, CA NOTE: Bed and Breakfast available CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941, 415-388-2688</p>	<p>\$400</p>
<p>Oct. 30-Nov. 1 New York, NY CONTACT: Ken Wieder, 306 W. 92nd St., #1-F, New York, NY 10025, 212-496-7546</p>	<p>\$400</p>	<p>Jan. 23-25 Honolulu, HI CONTACT: Jackson Friedman, 874 Iwi Way, Honolulu, HI 96816, 808-737-0363</p>	<p>\$400</p>
<p>Nov. 5-7 W. Bloomfield, MI NOTE: Sleeping bag arrangements available CONTACT: Peggy Clancy, 5836 Cochise, W. Bloomfield, MI 48033, 313-626-3251</p>	<p>\$400</p>	<p>Feb. 4-6 Austin, TX NOTE: Residential - Sleeping bag arrangements available CONTACT: Lynette Brannon, 2801 Bonnie Rd., Austin, TX 78703, 512-480-0362 or 512-327-6164 or Bill Scholl, 3416 Foothills Terrace, Austin, TX 78731, 512-453-4567</p>	<p>\$400</p>
<p>Nov. 16-18 Washington, DC CONTACT: Nina Johnson, 4831 Leland St., Chevy Chase, MD 20815, 301-657-4262</p>	<p>\$400</p>	<p>Feb. 26-28 Mill Valley, CA CONTACT: The Trager Institute, 10 Old Mill, Mill Valley, CA 94941, 414-388-2688</p>	<p>\$400</p>
		<p>June 9-11 Mill Valley, CA CONTACT: The Trager Institute, 10 Old Mill, Mill Valley, CA 94941, 415-388-2688</p>	<p>\$400</p>

PRACTITIONER 2 CLASSES AND ABOVE - REGISTRATION INFORMATION

There is a minimum and maximum number of participants for each class. **Since registration will vary, it may happen, from time to time, that spaces in a given class may remain open after the selection notification date, so check with the Institute office.** Conversely, if we have too many applicants for a given class, we will maintain a waiting list.

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

All registration is handled through the Institute office. Registration confirmation as well as all logistical information will be provided by the office. Please address all of your questions to the office. Most trainings will have a local logistical coordinator who will be listed on your training information sheet. They will be of service to you at the training. Trainings outside of California may have a higher fee.

1) Registration Fee and Class Fee:

To register send a \$100 check or money order payable to The Trager Institute, together with your application to The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891. If accepted into the training, the full balance of the class fee is due by the deadline listed below. **Non-U.S. members use ONLY International money order in U.S. currency, drawn on a U.S. bank. No post-dated checks will be accepted.**

2) Application:

Enrollment is by mailed application ONLY. No phone reservations will be taken. To apply, fill out the enclosed application form and mail it with your registration fee to the Institute. Your application will be refused if your check is improperly made out, if your registration fee does not accompany your application, or if the prerequisites have not been met. Participants are selected from among qualified applicants after the application deadline listed below. If selected, your registration fee becomes non-refundable.

3) General Prerequisites for Application:

- Current Institute membership in good standing.
- Appropriate professional status for desired training (see below) with assessment completed and on file at the Institute. (see below for additional training prerequisites.)
- Check with the office regarding any confusion about how older training histories fit into the specific training prerequisites.

4) Cancellation and Refund Policies:

(The timing of the cancellation and refund deadlines is influenced by the 30-day penalties charged by many airlines.)

- If there are not enough students five (5) weeks before a given training, the training may be cancelled.

- If a class registrant cancels out of a training at any time up to five (5) weeks prior to the training date, and the place is filled by another full-paying participant, the student who cancelled will be refunded all but \$20 of the \$100 registration fee. If the place is not filled by a full-paying participant, the student who cancelled will be refunded all but the \$100 registration fee.

- Five weeks or less before training, if the student cancels and the place can be filled, the student will, as before, receive back all of the money except for \$20 of the registration fee. If the place cannot be filled, they will receive no refund—the full class fee will be kept by the Institute.

- Students who are confirmed in a training and wish to transfer to another training will be subject to the cancellation and refund policies listed above. They are also subject to the regular selection process for the new training.

5) Deadlines:

The chart below indicates: a) the dates applications must be received at the Institute for each training; b) the date notification of selected participants will be mailed; c) the special date non-U.S. students may phone the office to find out their application status; and d) the date the balance of the class fee is due.

Training Dates	Application Received	Notification Sent	Phone Day	Balance Due
Jan. & Feb. '87	Sept. 1	Sept. 8	Sept. 10	Nov. 1
Mar. & Apr.	Nov. 1	Nov. 8	Nov. 10	Feb. 1
Apr. Practicum	Feb. 2	Feb. 9	Feb. 11	Mar. 1
May	Dec. 1	Dec. 8	Dec. 10	Mar. 1
June & July	Feb. 2	Feb. 9	Feb. 11	May 1

Notes About Numbers

Practitioner trainings are numbered 1, 2, 3, 4, and 5 to differentiate them, but please don't get caught in the "numbers game" of trying to rush through them, taking just one of each in sequence. Once you are past Practitioner 1, the biggest difference in the trainings is the format: for example, some have larger or smaller groups; some have more observation of Milton or more Mentastics. Each type of training offers something unique and special. You are encouraged to repeat classes which please you. In some cases, you may be required to do so, to fill gaps in your learning. Either way, the training sequence is not designed to be linear or rigid but, like the work, to flow and respond to each person's needs.

PRACTITIONER 2 CLASSES AND ABOVE

PRACTITIONER 2

Milton Trager, M.D.

May 2-4, '87, Mill Valley, CA
May 7-9, '87, Mill Valley, CA

\$425
\$425

Usual Class Size: 18-24 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed a Practitioner 1.

Dr. Trager has given Betty Fuller special approval to teach Practitioner 2 level classes in Europe.

Oct. 19-21 Paris, France

Betty Fuller TBA

CONTACT: Fabienne Hirsch, 17 Av la Fontaine,
94100 St. Maur, France, 14-885-0638

NOTE: This is a combination P1/P2.

PRACTITIONER 3

Milton Trager, M.D.

Nov. 21-23, So. California
Jan. 23-25, '87, So. California
June 13-15, '87, So. California

\$450
\$450
\$450

Usual Class Size: 14 participants

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 2 Practitioner level trainings, including a Practitioner 2.

PRACTITIONER 4

Milton Trager, M.D.

Nov. 14-16, So. California
Feb. 14-16, '87 So. California
July 11-13, '87 So. California

\$475
\$475
\$475

Usual Class Size: 12 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 3 Practitioner level trainings, including a Practitioner 3.

PRACTITIONER 5

Milton Trager, M.D.

Dec. 12-14, So. California
Mar. 27-29, '87, So. California

\$500
\$500

Usual Class Size: 8 participants.

Additional Prerequisites: Applications will be accepted ONLY from Certified Practitioners who have already successfully completed at least 5 Practitioner level trainings, including a Practitioner 4, and who have been participants in a training with Dr. Trager in the 18 months prior to the desired Practitioner 5 training. Enrollment preference will be given to applicants with greater training and experience, with selection input from Dr. Trager.

NEW CLASS:

PRACTITIONER PRACTICUM

Taught by Instructor Staff Members

April 23-25, '87, Mill Valley, CA

\$450.

Usual Class Size: 12-20 participants.

This training provides an opportunity to refine table work skills through intensive practice on separate parts of the body. There will be daily Mentastics with a focus on students' questions. Participants will also work on Instructors for feedback. With a teaching staff of 4-6 Trager Instructors, students will receive a great deal of individual attention. This training satisfies Practitioner continuing education training requirements.

Additional Prerequisites: Applicants will be accepted ONLY from certified Practitioners who have successfully completed at least 3 Practitioner level trainings, including a Practitioner 3.

ASSISTING AT MILTON'S TRAININGS

Assisting in trainings with Dr Trager is an exciting way to further your experiences of the work. If you qualify for a given assisting position, according to the criteria below, please apply to the Institute for the training at which you wish to assist.

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

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

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

MAKING YOUR APPLICATION

To apply for these positions, send a separate application, by the class application deadline, to the Institute office. List your 1st, 2nd and 3rd choices. Practitioners can usually only assist at one training in any four month period. Include your name, address, phone number(s) and the training and position you wish. List all Trager trainings in which you have assisted. You will be mailed notification as to whether or not you have the position on the class notification date.

(MV)=Mill Valley, CA
(So.Cal.)=Southern California

PRACTITIONER 2 CLASS

May 2-4, '87 (MV);
May 7-9, '87 (MV)

Prerequisites:

Class Tutors: Tutor status.

Logistics Assistants: Practitioners who have taken the Practitioner 2 and who have assisted in Beginning and/or Intermediate trainings.

Needs: 3-4 Class Tutors, 2 Logistics Assistants, 1 Playmate.

PRACTITIONER 3 CLASSES

Nov. 21-23 (So. Cal.);
Jan. 23-25, '87 (So. Cal.);
June 13-15, '87 (So. Cal.)

Prerequisites:

Class Tutors: Tutor status plus experience as Class Tutor in Practitioner 2 training.

Logistics Assistants: Practitioners who have taken the Practitioner 3 class and who have assisted in Beginning and/or Intermediate trainings.

Needs: 2-3 Class Tutors, 2 Logistics Assistants, 1 Playmate.

PRACTITIONER 4 CLASSES

Nov. 14-16 (So.Cal.); Feb. 14-16, '87 (So.Cal.); July 11-13, '87 (So.Cal.)

Prerequisites:

Class Tutors: Tutor status plus experience as Class Tutor in Practitioner 3 training.

Logistics Assistants: Practitioners who have taken the Practitioner 4 class and who have assisted in Beginning and/or Intermediate trainings.

Needs: 2 Class Tutors, 2 Logistics Assistants, 1 Playmate.

PRACTITIONER 5 CLASSES

Dec. 12-14 (So.Cal.);
Mar. 27-29, '87 (So.Cal.)

Prerequisites:

Logistics Assistant: Practitioners who have taken a Practitioner 5 training and who have assisted in Beginning and/or Intermediate trainings.

Needs: 1 Logistics Assistant, 1 Playmate.

INTRODUCTORY WORKSHOPS

Oct. 18 Nevada City, CA	Daya Goldschlag	TBA	Dec. 13 Los Angeles, CA	Gary Brownlee	\$50
CONTACT: Judy Phillip, 10281 Tillicum Way Nevada City, CA 95959, 916-265-4645			NOTE: Pre-registration required CONTACT: Gary Brownlee, 12025 Beatrice Ave., Culver City, CA 90230, 213-823-2836		
Oct. 25 Arcata, CA	Peter de Zordo	\$40	Dec. 13 Bloomfield Hills, MI	Peggy Clancy	\$45
CONTACT: Barbara Browning, 707-826-0151			CONTACT: Peggy Clancy, 5836 Cochise W. Bloomfield, MI 48033, 313-626-3251 or 313-353-3350		
Oct. 25 East Bay, CA	Julie Greene	\$50	Jan. 11 Monterey, CA, 10:00 AM-6:00 PM	Fawn Dutcher	\$45
NOTE: Pre-registrations required CONTACT: Julie Greene, P.O. Box 20236 Piedmont, CA 94620, 415-658-3763			CONTACT: Monterey Institute of Touch, 884 Carmel Valley Rd., Carmel, CA 93923, 408-624-1006		
Oct. 26 New York, NY	Ken Wieder	\$45	Mar. 1 San Francisco, CA	Daya Goldschlag	\$45
CONTACT: Ken Wieder, 306 W. 92nd St., New York, NY 10025, 212-496-7546 or Roger Tolle, 292 W. 92nd St., New York, NY 10025, 212-787-5167			NOTE: 10 a.m.-4:30 p.m. \$10 deposit required CONTACT: Daya Goldschlag, 2859 Sacramento St. San Francisco, CA 94115, 415-922-3478 or 415-668-8082		
Nov. TBA Ashland, OR	Daya Goldschlag	\$45	Mar. 7 Marin County, CA	Daya Goldschlag	\$45
CONTACT: Daya Goldschlag, 2859 Sacramento St., San Francisco, CA 94115, 415-668-8082 or Sheila Lewis or Joe Sturgess, 725 Indiana, Ashland, OR 97520			10:00 AM-4:30 PM Lunch Included (Deposit Required) CONTACT: Green Gulch Farm, Star Route 1, Muir Beach, CA, 415-383-3134 or Daya Goldschlag 415-668-8082		
Nov. 1 Bloomfield Hills, MI	Peggy Clancy	\$45	***EUROPE***		
CONTACT: Peggy Clancy, 5836 Cochise, W. Bloomfield, MI 48033, 313-626-3251			Nov. 2, Dec. 21 Paris, France	Fabienne Hirsch	TBA
Nov. 8 Atlanta, GA	Ken Wieder	TBA	CONTACT: Fabienne Hirsch, 17 Av la Fontaine, 94100, St. Maur, France, 14-885-0638		
CONTACT: Atlanta Schl. of Massage, 2300 Peachford Rd., Suite 3200, Atlanta, GA 30338, 404-454-7167			Nov. 23 Zurich, Switzerland	Antonia Faeh	\$45
Nov. 16 San Francisco, CA	Daya Goldschlag	\$45	CONTACT: Monika Sutter, Pfannenstilstr 18, 8820 Wadenswil Switzerland, 01-780-39-77		
NOTE: \$15 deposit required CONTACT: Daya Goldschlag, 2859 Sacramento St., San Francisco, CA 94115, 415-668-8082			Nov. 23 Saint-Etienne, France	Helene Closset	TBA
Nov. 23 New York, NY	Ken Wieder	\$55	CONTACT: P. Blachair, 9 Rue Testenoire-Lafayette, 42100 Saint-Etienne, France, 1-60-07-52-80		
CONTACT: NY Open Center, 83 Spring St., New York, NY 10012, 212-219-2527			Dec. 21, Feb. 15, Apr 4, June 21 Paris, France	Maurice Hirsch, M.D.	TBA
Nov. 9 Mountain View, CA, 10:00 AM-5:00 PM	Fawn Dutcher	\$45	CONTACT: Maurice Hirsch, M.D. 17 Av la Fontaine, 94100 St. Maur, France, 14-885-0638		
CONTACT: Fawn Dutcher, P.O. Box 4372, Mountain View, CA 94040, 415-967-4727			Nov. 30 Monterey, CA, 10:00 AM-6:00 PM	Fawn Dutcher	\$45
			CONTACT: Monterey Institute of Touch, 884 Carmel Valley Rd., Carmel, CA 93923, 408-624-1006		

OTHER CLASSES

SUPERVISED PRACTICE SESSIONS

A workshop conducted by an authorized Supervised Practice Leader. It is devoted to the practice of tablework and Mentastics at the individual Student's or Practitioner's level of skill. Correction and guidance is provided by not new material is presented. A fee is usually charged.

Oct. 25 New York, NY	Ken Wieder	\$30
NOTE: 10 a.m.- 5 p.m. \$20 if paid in full by Oct. 7th CONTACT: Ken Wieder, 306 W. 92nd Street, New York, NY 10025, 212-496-7546		
Oct. 26 San Francisco, CA	Daya Goldschlag	\$40
NOTE: 10 a.m. to 4:30 p.m. \$10 deposit required CONTACT: Daya Goldschlag, 2859 Sacramento Street, San Francisco, CA 94115, 415-922-3478 or 415-668-8082		

EUROPE

1986: Nov. 1, Dec. 20, 1987: Jan. 17, Feb. 14, Mar. 7, Apr. 11, May 9, June 20. Paris, France	Fabienne Hirsch	TBA
CONTACT: Fabienne Hirsch, 17 Av la Fontaine, 94100 St. Maur, France, 14-885-0638		
Nov. 27 Geneva, Switzerland	Fabienne Hirsch	TBA
CONTACT: Elisabeth Ormyron 39 Chmn. de Mogeonne, 1293 Bellevue Geneve, Switzerland, 022-741-613		

TUTOR TRAINEE SEMINAR

Open to Tutor Trainees

Mar. 4-5 New York, NY	Gail Stewart	\$10
NOTE: \$25.00 deposit due by Jan. 1 CONTACT: The Trager Institute 10 Old Mill St., Mill Valley, CA, 415-388-2688		

ADVANCED TUTOR SEMINAR

July 4 Zurich, Switzerland	Gail Stewart	\$5
Note: Open to Tutors only and fulfills Tutor Continuing Education CONTACT: Monika Sutter, Pfannenstilstr. 18, CH 8820 Wadenswil, Switzerland, 01-780-3977		

OTHER CLASSES, CONT'D.

THE TRAGER BODY

**Prerequisite: Successful completion of
the Beginning Training**

Oct. 3-5 Zurich, Switzerland	Deane Juhan	TBA
NOTE: Part I CONTACT: Monika Sutter, Pfannenstilstrasse 18, 88200 Wadenswil, Switzerland, 01-780-39-77		
Oct. 10-12 Zurich, Switzerland	Deane Juhan	TBA
NOTE: Part II CONTACT: Monika Sutter Pfannenstilstrasse 18 88200 Wadenswil, Switzerland, 011-41-1-780-3977		
Dec. 5-7 Austin, TX	Deane Juhan	\$315
NOTE: Residential: Fee includes room & board CONTACT: Bill Scholl, 3416 Foothills Terrace, Austin, TX 78731, 512-453-4567		
Jan. 27-29 Toronto, Canada	Deane Juhan	\$200
NOTE: Part I CONTACT: Amanda Hartsong, 613-542-2000		
Jan. 31-Feb. 2 Toronto, Canada	Deane Juhan	\$200
NOTE: Part II CONTACT: Amanda Hartsong, 613-542-2000		
Feb. 20-22 Honolulu, HI	Deane Juhan	\$225
NOTE: Part I CONTACT: Jackson Friedman, 1874 Iwi Way, Honolulu, HI 96816, 808-737-0363		
Feb. 27-Mar.1 Honolulu, HI	Deane Juhan	\$225
NOTE: Part II CONTACT: Jackson Friedman 1874 Iwi Way Honolulu, HI 96816, 808-737-0363		

ONGOING MENTASTICS CLASSES

Palo Alto, CA	Helga Brandt	\$6
TIME: Mondays, 12 noon. Starting Sept. 22nd. NOTE: Drop-in or register. CONTACT: Helga Brandt, 257 Santa Margarita Ave., Menlo Park, CA 94025, 415-322-7339		
Portland, OR	Carlos Martin & Marty Dawson	TBA
NOTE: Times and price vary with the length of the class. CONTACT: Carlos Martin, Common Ground, 503-238-4010 or Marty Dawson, Laurelhurst Clinic, 503-238-4789.		
La Jolla, CA	Cathy Guadagno	\$6
TIME: Wednesdays, 4:00 p.m. CONTACT: San Diego Trager Center, P.O. Box 2896, La Jolla, CA 92038, 619-459-5399.		
Quebec City, Canada	Amrita Daigle	\$5
TIME: Wednesdays, 6:45-7:30 p.m. NOTES: Canadian funds. \$40 for series or \$5 per evening. CONTACT: CEPC, 675 Marguerite Bourgeois, Quebec, Quebec, Canada G1S 3V8, 418-687-1165		

TRAGER ALTERNATIVES

**Prerequisite: Satisfactory completion of
the Intermediate training
The Trager Approach in special circumstances (i.e., people in
wheel chairs, lying on their sides, etc.)**

Oct. 18 Paris, France	Betty Fuller	TBA
NOTE: Less \$25 with PI CONTACT: Fabienne Hirsch 17 Av la Fontaine, 94100 St. Maur, France, 14-885-0638		
Oct. 26 Zurich, Switzerland	Betty Fuller	TBA
NOTE: Less \$25.00 with PI CONTACT: Monika Sutter, Pfannenstilstr. 18, 8820 Wadenswil Switzerland, 01-780-39-77		
Nov 2 New York, NY	Betty Fuller	\$100
NOTE: Less \$25.00 with PI. (May include Mentastics, etc.) CONTACT: Ken Wieder 306 W. 92nd St #1-F, New York, NY 10025, 212-496-7546		
Nov. 8 W. Bloomfield, MI	Betty Fuller	\$100
NOTE: Less \$25 with PI CONTACT: Peggy Clancy, 5836 Cochise, W. Bloomfield, MI 48033, 313-626-3251		
Dec. 4 La Jolla, CA	Betty Fuller	\$100
NOTE: Less \$25 with PI CONTACT: San Diego Trager Ctr., P.O. Box 2896, La Jolla, CA 92038, 619-459-5399		
Dec. 13 Mill Valley, CA	Betty Fuller	\$100
NOTE: Less \$25 with PI CONTACT: Trager Institute, 10 Old Mill St., Mill Valley, CA 94941, 415-388-2688		
Feb. 9 Austin, TX	Betty Fuller	\$100
NOTE: Less \$25 with PI. Sleeping bag arrangements available CONTACT: Bill Scholl, 3416 Foothills Terr., Austin, TX 78731, 512-453-4567 or Lynette Brannon, 512-327-6164 or 512-480-0362		
Mar. 1 Mill Valley, CA	Betty Fuller	\$100
NOTE: Less \$25 with PI CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941, 415-388-2688		
June 12 Mill Valley, CA	Betty Fuller	\$100
NOTE: Less \$25 with PI CONTACT: The Trager Institute, 10 Old Mill St., Mill Valley, Ca 94941, 415-388-2688		

REVIEW SESSIONS

**Prerequisite: Satisfactory completion of the Beginning training.
A workshop taught by an Instructor. It is devoted to the practice
of tablework and Mentastics. The main focus is review and
refinement of existing skills, although new material may be
presented where appropriate. A fee is usually charged.**

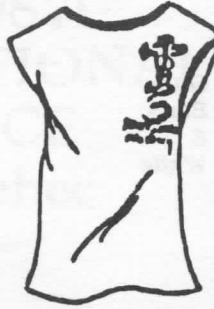
July 5 Zurich, Switzerland	Gail Stewart	TBA
Note: Open to Tutors only and fulfills Tutor Continuing Education CONTACT: Monika Sutter, Pfannenstilstr. 18, CH 8820 Wadenswil, Switzerland, 01-780-3977		

TRAGERSM T-SHIRT



F400 \$11.00

White Mint Green
Plum Coral
Rose
Cobalt Blue
Butternut Yellow
Steele Blue
Black
Claret
Peach
Violet Pink
Lt. Blue



Style F400 Square Body. Shallow scoop neckline. 55% rayon, 45% cotton. Sizes: M, L

HH \$9.50

Lt. Blue
Pale Pink
Lavender
Turquoise
Peach
Yellow
Med. Navy Blue
Maroon
Black
Red
White
Royal Blue
Rose



Style HH French Cut. 50% cotton, 50% poly. Womens: S, M, L, XL

GG \$9.50

Wildberry
Turquoise
Royal Blue
Red
Black Granite
Maroon Tan
White Jade
Lavendar
Med. Navy Blue
Rose Pink
Lt. Blue



Style GG Short Sleeve Crew. 100% cotton, pre-shrunk. Mens: S, M, L, XL

FF \$14.00

Rose
Lt. Blue
Turquoise
Maroon
Black
White

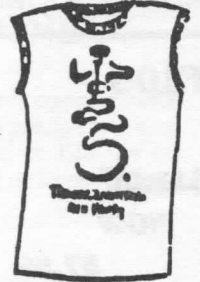


Style FF Crew Neck Sweatshirt. 50% cotton, 50% poly. Mens: S, M, L, XL

DD \$9.50

Black only

Discontinuing
A Limited Stock!



Style DD Muscle Crew Neck. 100% cotton. Mens: S, M, L

F200 \$9.50

Turquoise
Yellow
Lt. Purple
Sapphire Blue
Coral Pink



Style F200 Camisole. Narrow shoulder straps and shaped neckline. 100% cotton, pre-shrunk, with raised ribs every inch. Womens: S, M, L. Girls: size 8-10.

~~EE \$9.50~~
\$7.00

Black
Peach

Discontinuing
Limited Stock!



Style EE Tank Top. With White Trim & Bow. 100% cotton. Womens: S, M, L

~~NN \$9.50~~
\$7.00

Black
Rose
Turquoise

Discontinuing
A Limited Stock!



Style NN Tank Top. 50% cotton, 50% poly. Womens: S, M, L, XL

~~LL \$14.00~~
\$9.00

Special

Turquoise
Mauve Lt.
Maroon
New Pink
Teal
Lt. Aqua
Amethyst
Taupe

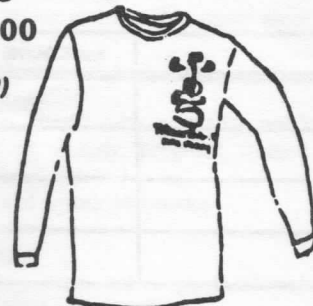


Style LL V-Neck Long Sleeve. 100% cotton, pre-shrunk. Womens: M, L. Girls: size 8-10

~~CC \$14.00~~
\$9.00

Taupe
Rust
Claret (dp. red)
Egg Plant
Teal
Elec. Blue
Plum
Dusty Rose
Amethyst
Steele Blue
Earth Red (maroon)
Purple

Discontinuing
A Limited Stock!



Style CC Crew Neck Long Sleeve. 100% cotton, pre-shrunk. Unisex: M, L, XL. Childs: 10-12.

~~JJ \$14.00~~
\$9.00

Amethyst
Teal
Taupe
Purple
Maroon

Discontinuing
Limited Stock!



Style JJ Turtleneck. 100% cotton, pre-shrunk. Unisex: M, L, XL

AA ~~\$8.00~~
\$5.00

Turquoise only

*childrens
shirt
sale*



Style AA Boys Crew Neck. 100% cotton. Boys: XS, S, M, L

See also styles LL, CC & F200 *0 for small* for small sizes & savings

K100 \$18.00

Only Black & White



Style K100 Cuffed Pants. Covered elastic waistband. 100% pak-knit cotton. Large fits 40" hip. Inseam to bottom of cuff 30". Sizes: S, M, L

1985 Conference Shirt



~~\$20.00~~
NOW

\$7.00

Only a few left!

Mens: Lt Blue
Womens: Aqua

100% cotton knit. It's lovely. Sized to accommodate shrinkage. Womens: M, L, Mens: M, L

F100

~~\$11.00~~
NOW
\$7.50



Lilac
Bright Pink
Aqua
Jade

Limited Stock-Discontinued Style. Give 2nd & 3rd color choices.

Style F100 Sleeveless Crew Neck. Cycling top. Unisex, 100% cotton rib knit. Sizes: L, XL only. Small size: Lilac only.

F300

~~\$11.00~~
NOW
\$8.50



Lt Purple
Bright Pink
Turquoise
Coral Pink
Deep Blue
Bright Yellow
Orange
Red
White

Purple-small only
Amethyst-small only

Limited Stock-Discontinued Style. Give 2nd & 3rd color choices.

Style F300 Sleeveless Light-weight V-Neck. Unisex, 100% flat knit cotton. Sizes: S, M, L

Be sure to request 2nd & 3rd color choices on all orders.

Cut along dotted line



TRAGER T-SHIRT ORDER FORM

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

STYLE NO.	STYLE NAME	1st COLOR	2nd COLOR	3rd COLOR	SIZE	PRICE

*California residents only add 6% sales tax.

Include \$1.75 for the first shirt and .75 for each additional shirt for postage and handling

Send check or money order payable to the: Trager Institute.
Mail to Attn: T-SHIRTS, Trager Institute, 10 Old Mill St, Mill Valley, CA 94941-1891.

Allow four (4) weeks for delivery.

Sub Total	_____
*Sales Tax (.06)	_____
Postage & Handling	_____
TOTAL	_____



THE TRAGER INSTITUTE

10 OLD MILL STREET • MILL VALLEY, CALIFORNIA 94941-1891 • USA



FIRST CLASS PLEASE FORWARD

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*Completed and now available
for sale to Trager students:*

THE TRAGER BODY A Guide to Form and Function for the Trager Student

a 120-minute color video tape

written, produced, and narrated by

Deane Juhan

camera and editing by

Paul Taminan

executive producer

Betty Fuller

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

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

Who can purchase it?

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

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

What uses does it have?

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

- 1) Supervised practice day leaders can use it to orient their demonstrations and deepen the class's understanding of the intent behind the specific moves that are being practiced.
- 2) Tutors can use it in conjunction with their Tutorials, in order to focus their student's attention upon areas where improvement is needed.
- 3) Those who have **not** yet taken "Anatomy for Trager Students" will find that this video is an excellent preparation for taking the course. They will get a head start viewing the illustrations, will have a chance to frame their most important questions in advance, and will find that their comprehension and integration of the material is markedly facilitated. NOTE: The video tape alone does not satisfy the Anatomy & Physiology requirement for Trager Students.

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

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

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

How much does it cost?

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

Where do I get it?

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

Name: _____

Address: _____

Phone: _____

Trager Training
Track Status: _____

Format: BETA _____ VHS _____

Contract:

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

Signature

Date