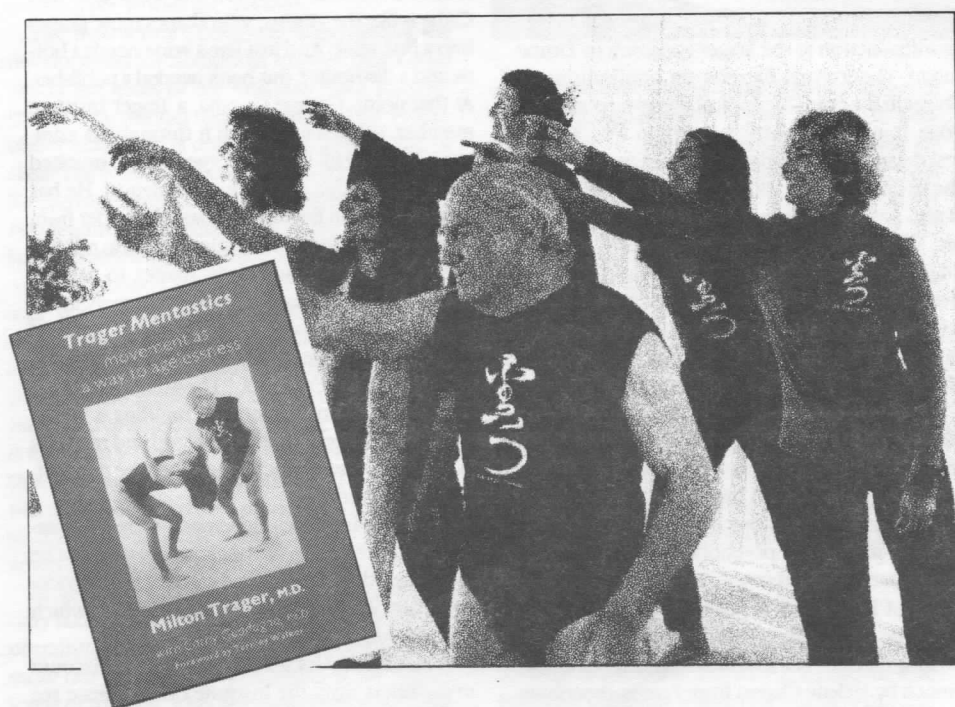


Trager® Newsletter

NOVEMBER 1987

VOL. VII NO. 3

EXTRA! EXTRA! 2 NEW BOOKS AND 3 JOURNALS PUBLISHED!



Long Awaited Mentastics Book Available

Trager *Mentastics*, the long awaited book on Mentastics by Milton Trager, M.D., with Cathy Guadagno, Ph.D., is now published. Cathy, a Trager Instructor from San Diego, has been working with Dr. Trager for five and a half years to bring this dream to reality. It is a wonderful book which expresses the deep poetry of Milton's precious gift to the world. It is geared to the general public as well as to Trager people.

The words in the book are Dr. Trager's, spoken over many years of teaching. The shape of the

(Continued p.2, col. 3)

Deane Juhan's Book is Here

Congratulations to Deane, a Trager Instructor and Anatomy and Physiology teacher, who has just published *Job's Body: A Handbook for Bodywork*. This rich book gives a vividly detailed picture of how the body responds to touch and why bodywork is also mindwork. It offers a body of scientific, historical and experiential data that is invaluable to us as developing Trager professionals.

This project has been nine years in gestation. In his early years of working at Esalen Institute, in California, Deane began looking at the consistent results the different forms of bodywork were get-

(Continued p.2, col. 1)

La Revue Trager 1 est publiée

Le mois de septembre a vu des grands événements. Non seulement le premier colloque en pays francophone et la publication des livres du Dr. Trager et de Deane Juhan (voir ailleurs dans ce Newsletter), mais aussi la publication de trois revues pleines d'articles sur l'approche Trager, dont l'une est en français!

La revue francophone était éditée par Sheila Merle Johnson, avec l'assistance de Louise de Montigny de Montréal et Fabienne Hirsch de France. Le premier article est "L'intégration psychophysique" par le Docteur Milton Trager. C'était traduit avec la participation

(Suite page 2.)

Three Trager Journals Out

Exciting news! September saw the publication of three Trager Journals full of articles about Trager work. Journal 1 is a new edition of the 1982 journal originally edited by Betty Fuller and Don Schwartz, and re-edited by Sheila Merle Johnson. It contains four articles: "Beyond Relaxation: The Work of Milton Trager" by Carol Cavanaugh; "Trager Applied to Muscular Dystrophy" by Tom Molatore and Jeanne English; "Trager Psychophysical Integration and Mentastics" by Milton Trager, M.D.; and "The Trager Approach" by Ray Hosler.

Journal 2 is a brand new one with six articles, some original, some reprinted from other publications. It is edited by Michael Butler, Sheila Merle Johnson, and Don Schwartz. The initial energy for this second journal came from Michael, a Trager Practitioner from New York. He volunteered to work on the editing staff and to write for it. After

(Continued p.2, col. 2)

(Revue, suite)

de Roland Burgalières de Montréal. Il y a aussi deux articles sur l'approche Trager et la physiothérapie par Phil Witt, professeur de physiothérapie et praticien en Trager à North Carolina. L'un parle de l'application du travail Trager au problèmes de la colonne vertébrale et l'autre, des maladies pulmonaires. Ces deux articles étaient traduits par Elizabeth Ormyron et Florence Magneron de Genève. Le dernière article, par Héléne Flore Closset, praticienne de Paris, décrit l'expérience d'un receveur.

Vous pouvez acheter les trois revues, "La Revue Trager 1", ou les deux "Trager Journals" en anglais, du bureau de l'institut avec la fiche "Order Form" qui se trouve dans le dernier "Schedule". "La Revue Trager 1" en français est aussi en vente par l'association québécoise (à l'adresse de Louise de Montigny) et par l'association française (à l'adresse de Fabienne Hirsch).

(Deane, continued)

ting and wondering why. He began a comprehensive program of reading in his attempts to understand, first of all the bodywork books he could find, then on to books in the medical sphere. As he filled in some pieces of his understanding with disparate facts, he saw a need for some kind of synthesis, for a body of information that could bridge the gap between the intuitive bodyworkers on the one hand, and the scientific community that wants to know the hows and whys on the other.

These ideas caught fire through discussions with friends and Deane continued to pursue his own research and refine his ideas through his work at Esalen. Then his meeting and training with Dr. Trager gave him a theoretical boost. Milton's statements that it is all in our minds and how it is in our minds galvanized Deane's thinking. Through the subsequent years of research and writing, Deane has continued to bounce his ideas off of Milton. All these years of hard work have given us, as Trager professionals, a wonderful product to help us understand our work even more.

Deane says these years of research have also brought him an unanticipated gift, that of a new vision of the human body and the relationship between thought and material forms in biological beings. It has turned his whole philosophy around. Deane marvels at how plastic the human organism is, with the nervous system the most plastic of all. He is now convinced that the way we think literally shapes the forms of our bodies. Deane says, "Genetics gives you the blueprint; what you do with it is up to you. You, and only you, are in the driver's seat of your organism, and if you don't get it, then you are at the mercy of unconscious forces." His dedicated efforts have given us a way to understand how Trager work contributes to greater consciousness, for ourselves

and for those with whom we work.

As with the Mentastics book, Trager Institute member George Quasha has shepherded the publication of *Job's Body* through his company, Station Hill Press. Thanks to Deane and George for this contribution to our knowledge. Other exciting news is that the book is being seriously considered by two important German publishers.

The book is available at a 15% discount to members from the Institute office. The order form can be found in your latest training schedule. Quantity discounts are available from Station Hill Press, Barrytown, NY 12507.

(Journals, continued)

an introduction to the Trager approach by Deane Juhan, the journal focuses on applications of Trager in the fields of physical therapy, sports, and yoga. It includes an article by Philip Witt, a physical therapist who is also a Trager Practitioner, on the use of Trager work with chronic spinal pain. It also has "The Trager Athlete" by Michael Butler; "Train Smarter Instead of Harder" by Jann Girard, a triathlete who used Trager to improve her performance; "Trager in Tennis" by Neil Amdur, editor and published of *Tennis World* magazine; and, in the field of yoga, "A Postscript to 'Beyond Relaxation'" by Carol Cavanaugh.

The third journal is the first compilation of articles about Trager published in French. Sheila Merle Johnson is the editor, with assistance from Louise de Montigny in Montreal, and Fabienne Hirsch in France. It contains translations of Dr. Trager's article on psychophysical integration (from journal 1), and two articles about the application of Trager work in physical therapy by Philip Witt, one on chronic pain (from journal 2) and one on lung disease. The fourth is an article written in French by Helene Closset from France, describing the experience of a Trager receiver. The French translations were done by volunteers Roland Burgalières in Montreal, and Elizabeth Ormyron and Florence Magneron in Geneva.

These three journals should be a wonderful way to spread information about Trager in a professional manner. It is hoped that they will satisfy the desire for good quality reprints that many of us have expressed, although there is still a project for having a list of individual reprints, including these articles, available next year.

The three journals are available from the Institute office, with discounts for quantities so distribution to a wider public will be more feasible. The order form can be found in your latest Trager schedule. Additionally, the French "Revue" is available from the Quebec Association, c/o Louise de Montigny, or from the French Association, c/o Fabienne Hirsch.

Mentastics, continued

phrases, the flow of the lines were Cathy's task. When they first discussed this book those many years ago, Milton said to Cathy, "When you work on this book, I want you to have one goal in mind—that when people read this book, they will go into hook-up." So, she wrote and re-wrote, went inside to feel the experience, re-wrote again and worked on each line with Milton. As she says, "The book was written so that every line taken by itself relates a feeling experience which can be picked up by the unconscious mind."

Betty Fuller's image of this process is that the words, concepts, and experiences of Mentastics developed by our beloved Dr. Trager are like the rich and luscious grapes in the field, and that Cathy is like the vintner, who shapes those grapes into a fine wine. And just like a wine needs a bottle and a distributor, this book needed a publisher. At that point, George Quasha, a Trager Institute member, offered to publish it through his company, Station Hill Press. George has also invested a lot to bring this project to completion. He has recently been in Europe, and has a firm offer from Spinx Verlag, a Swiss publishing house, to publish the book in German. Many thanks to Milton, Emily, Cathy, and George. We are extremely lucky to have this fine tool to use for our own personal growth, and to share with our clients, friends, and family. In George's words, "The Mentastics book can be a great instrument for building a Trager practice. If Trager clients purchased and read this book, they would much more likely be committed to our work."

All of the Mentastics movements were purposefully not included in the book, so it would not be overwhelming. The second stage of this particular project is to produce a Mentastics video which will include more movements.

Trager Mentastics is available at a 15% discount to members from the Institute office. Please see your last schedule for an order form. Quantity discounts are available from the publisher, Station Hill Press, Barrytown, NY 12507.

Instructor Dues Correction

Please note that there was an error in the 1988 Membership Renewal Form. The Instructor dues were inadvertently listed as \$25. Those dues are actually \$200.

Practitioner Accomplishment Awards

Don Schwartz

Hearty congratulations to Trager Practitioners Lynette Brannon, Fabienne Hirsch, and Philip Witt on their reception of the Trager Institute's Practitioner Accomplishment Award which is given once every two years in conjunction with the international conference. Presentation of this award reflects not only the winners' active professional Trager practices, but also a contribution to the profession and our membership as a whole. This year's awards are given to three Practitioners who have helped bring Trager to other fields in which they are active in such a way as to open these fields to other Trager Practitioners.

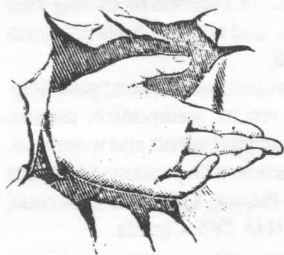
The winners this year are:

LYNETTE BRANNON primarily for her work in developing Trager in the world of sports as well as for her work in producing The Trager Approach video project.

FABIENNE HIRSCH who opened France and Europe for Trager in general, and for her successful effort in having Trager accepted by the Association of Jungian Analysts in France. It has been reported that the Association now refers clients for Trager, and that Trager is the only form of bodywork accepted by them as an adjunct to analysis.

PHILIP WITT who has helped bring Trager to the physical therapy world through research and the writing and publishing of articles. Philip has published two so far, and has informed us that there will be more on the way.

All three winners were announced at the Quebec conference, have had their names placed on the plaque which is kept at the Institute's office, and will be receiving a special certificate in honor of their accomplishments.



The Trager Approach Introduced at an International Physical Therapy Conference

Adrienne Stone



Adrienne is a Trager Practitioner and Tutor from the Los Angeles area. She received the Practitioner Accomplishment Award at our 1985 international conference for bringing Trager into the physical therapy department of Saint John's Hospital. In May of this year Adrienne skipped across the Pacific to Australia, and this is her story about that. We look forward to presenting Adrienne's paper in a future Institute publication.)

It was early 1985. While dutifully reading through one of my Physical Therapy Journals, I came across a call for papers for the 10th International Congress of the World Confederation for Physical Therapy, to be held in Sydney, Australia, in May, 1987.

The sound of it intrigued me. This felt like a rare opportunity to introduce Trager work to Physical Therapists on an international level—plus a great excuse to get me to Australia. The theme of the conference: "Towards 2000." The process began. I submitted an outline and was accepted as part of the program.

Suddenly, 1987, a year that seemed like such a distant time away, had arrived. After much preparation and planning, I was on my way.

Sydney is a wonderful city for a conference. Opening ceremonies were on Sunday at the famous opera house. There were 2,200 registrants

from all over the world. I presented on Thursday, as part of the "holistic health" program. I felt well supported by the surrounding speakers who spoke on various body-mind related subjects. At the end of my presentation, I made certain to leave several minutes for some experimental time with Mentastics movements. I wanted them to "feel" what I had been talking about. It worked!

Almost too soon, after so much preparation and anticipation, the presentation was over. I seemed to be well received with suitable questions coming back to me later. The full paper was published in the proceedings of the conference.

My trip totalled three weeks including time traveling around Australia and the South Pacific—a very satisfying adventure throughout.

Stateside Update: There are five of us currently practicing Trager work on a regular basis here at Saint John's Hospital, Physical Therapy Department. I am presenting three Mentastics movements classes per week. One of these classes is for my out-patients, and two per week for the Pain Management Department's structured out-patient program, a 4-6 week intensive program, eight hours per day of different therapy disciplines. The work continues to take on new depths for all of us. Thank you, Milton, for sharing your self and your gifts with all of us.

Trager In Print

Don Schwartz

1987 has seen Trager in more and more articles—both local and national. The Tennis World article which appeared last May generated a tremendous amount of interest. Trager also appeared in the April issue of Shape magazine, the September issue of "Men's Fitness" magazine, and the July/August issue of the Bostonian, the Boston University alumni magazine.

In January of 1988, East/West Magazine is set to publish a major article on Trager by Instructor Deane Juhan. This is excellent publicity which can benefit the membership directly through increased client referrals. We are in the process of establishing a data base of articles about Trager, so if and when you see or know about an article in any publication, please send us a copy of the article, or let us know about it.

The Quebec Experience

The IVth International Conference was an astounding success. With the participation of more than 225 people who came from Canada, Europe, Israel and the United States, as well as the expression of two languages, English and French, we can consider the international network being a fact.

The objective (goal), "communication", was reached because you had the key. "Lots of love everywhere." "The conference was rich in terms of gathering our spirits together and sharing the energy." "It is hard to imagine a more wonderful experience than this."

Milton gave a public demonstration to launch the event which attracted over 300 people who all joined in hook-up.

The following day was quite a surprise! 150 people registered at the pre-conference day when we were expecting only 90!! However, with the collaboration of everyone, we had a memorable day. A Trager performance: 75 massage tables, 150 participants, 8 Instructors, many assistants, all working together under the direction of Milton. This experience was unique and without precedent.

During the day, the participants gathered into workshops, and the evenings were for entertainments.

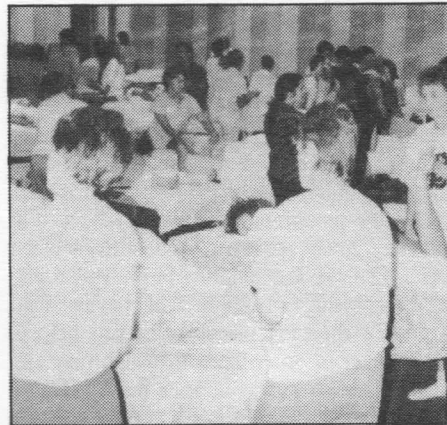
The Regional meeting was the main workshop of the first day. Led by Judith Archer, people from their own regions could share and discuss their needs and expectations from the Institute.

For the following two days, workshop leaders shared the fruit of their experience and professionalism in 20 workshops. Here are some comments: "Workshops were great-quality, variety, leadership." "Only one regret - not enough time was allowed for each of them . . ."

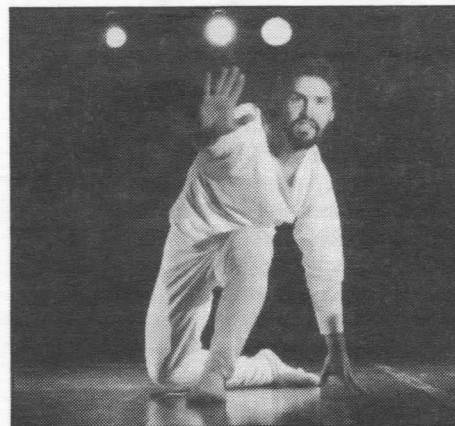
For the first time, all workshops have been taped on cassettes and will be available for those who could not attend them. Check the newsletter for further information.

"International Fantasia" was an impressive performance. The team of the show used all of its creativity, invested time, energy and love to create a dazzling success. From the public, the wonder quickly changed into an ovation. The atmosphere became electrified and for the performers, it was like receiving a huge thank you all at once! The success of the show brought everyone together in a loving relationship that lasted during the confer-

"The Conference was very rich in what it provided in terms of gathering our spirits together and sharing the energy. It is hard to imagine a more wonderful experience than this."



Pre-Conference Review Day—Journée Pré-colloque



Conference Show—Spectacle au colloque

ence. The "International Fantasia" team thanks everyone in the audience for their enthusiasm. Thank you to all of those who made it possible.

The Conference had the honor of launching the two new Trager books: "Job's Body" by Deane Juhan and "Trager Mentastics" by Milton Trager with Cathy Guadagno, as well as the first publication of two Trager Journals in English, and one in French.

The commemorative plaque for the Practitioner of the year was presented during the banquet. Lynette Brannon, Fabienne Hirsch and Phil Witt received the plaque for their contribution in promoting the Trager approach in their field of work. Our sincere congratulations!

A hospitality room allowed exchanges and

friendly chats during the conference. Posters, business cards, documents from many Practitioners and videos were shown. This room was a good place to communicate.

The members of the Coordinating Committee would like to thank all those who worked towards making this Conference a success by sharing their time, energy, ideas, and talent. Communication was the key to it all.

To finalize this project, we still need your help. We would like to receive testimonials, photos, your story. Please use your talents and write to us. We will read your article with pleasure. Send your material to: Diane Paquet, 4365 Wilson Avenue, Montreal Quebec H4A 2V3, Canada.

L'expérience au Québec

Le IVe colloque international fut un succès éblouissant. Le réseau international est un fait accompli avec la participation de plus de 225 personnes venant d'Europe, des Etats Unis, d'Israel et du Canada et aussi avec deux langues qui s'expriment: l'Anglais et le Français.

Le ballon d'envoi de l'événement Trager à Montréal fut la démonstration publique avec Milton. La soirée a attiré plus de 300 Québécois. Le hook-up planait dans la salle.

Le lendemain matin, oh surprise! 150 personnes se présentent à la journée pré-colloque, nous en attendions environ 90. Malgré tout, avec la collaboration de tout le monde, cette journée fut mémorable. Une performance trager: 75 tables de massage, 150 participants, 8 profs, plusieurs assistants travaillant tous ensemble sous la direction de Milton. Cette expérience est unique et sans précédent.

Le programme réunissait les participants en ateliers durant le jour et les soirées faisaient place à la fête.

La rencontre des régions a été l'atelier principal de la première journée du colloque. Animée par Judith Archer, les participants regroupés par région ont discuté et partagé leurs besoins face à l'Institut.

Des animateurs et animatrices chevronnés-és ont partagé le fruit de leur expérience et de leur professionnalisme dans une vingtaine d'ateliers. Voici quelques commentaires: "Workshops were great—quality, variety, leadership." "Un seul regret, les ateliers étaient trop courts . . ."

Pour la première fois, tous les ateliers ont été enregistrés sur cassette et les absents pourront se les procurer bientôt. Surveillez le Newsletter à cet effet.

FANTAISIE INTERNATIONALE, a marqué notre première soirée. L'équipe du spectacle a déployé toute leur créativité, investi du temps, de l'énergie, de l'amour pour créer une réussite éblouissante. Létonnement des spectateurs s'est vite transformé en ovation. Dans la salle, l'atmosphère est devenue électrisante; pour eux c'était comme recevoir un immense merci d'un coup! Le spectacle a été d'une telle réussite qu'elle a plongé tout le colloque dans une relation d'amour. L'équipe du spectacle (trageristes de Québec et St-Hyacinthe) dit merci aux spectateurs pour leur enthousiasme. Merci à tous ceux et celles qui ont rendu tout ça possible.

Le IVe colloque a été le tremplin pour le lancement de 2 livres: Job's Body de Deane Juhan et Trager Menstastics de Milton Trager avec Cathy Guadagno et de la première publication de la Revue française en Trager.

“L'objectif de la communication a été atteint parce que vous en aviez la cle. Beaucoup d'Amour partout.”

La plaque du praticien de l'année a été remise lors du banquet dansant. Les récipiendaires sont: Lynette Brannon, Phil Witt et Fabienne Hirsch. Tous trois ont contribué au développement de leur milieu, nos plus sincères félicitations!

Un local d'accueil aménagé durant tout le colloque a permis les échanges, la placote, la lecture de plein de documents, cartes d'affaires, affiches. Ce petit local sympathique et bien aménagé a été un lieu privilégié de communication.

L'équipe de IVe colloque dit merci à tous ceux et celles qui ont participé à l'élaboration de ce colloque en partageant temps, énergie, idées et talents. La communication fut la clé. Pour finaliser ce projet, nous avons besoin de votre aide. Nous aimerions recevoir articles sur le colloque, photos, la petite histoire. Alors ne vous gênez pas, exploitez vos talents de journaliste ou de chroniqueur. Vous envoyez votre matériel à Diane Paquet, 4365 Wilson, Montréal, H4Q 2V3.



Photo: Carol Campbell

The Next Conference

The next few months will hopefully see exploration in a few regions of the possibility of hosting the next International Conference in 1989. The committees who have put on past conferences have always emerged voluntarily from the membership and have made their proposals to the Board of Directors and the Executive Committee. Sometimes there are more than one proposal and, therefore, a choice to be made. Considerations are sufficient man/woman-power, energy, enthusiasm, skill and experience; locations that hopefully vary to serve different parts of the membership; easy access to members, etc. If you and your area are interested, contact the office for assistance in making a proposal.

The Tragers Say Thanks for an Unforgettable Experience

Don Schwartz

Emily and Milton wish to express their great appreciation for the wonderful experience they had in Quebec—presenting the two classes, participating in Trager promotion, attending the conference, and seeing Montreal and Quebec City. It was a truly unforgettable experience. The Tragers were particularly impressed with the strong sense of community they experienced in Quebec, and the many loving kindnesses which the Quebec Trager folk brought to them.

Conference Show Video For Sale

For those members who went to the Quebec conference, the Friday night show put on by the Quebec City crew, headed by Michel Van Waeyenberge, was one of the highlights. This committee of Trager people rehearsed several days a week for several months to put on three of the acts for the show—with professional choreography and costumes. They also drafted Sheila Merle Johnson and worked out dancing and singing introductions for the other acts, some with tap dancing, some with waltz, some with masks.

Some of the other acts were Cathy Guadagno dancing, Denis Lafontaine playing saxophone, Leatrice Wolfe-Doblin singing with dulcimer, Ric Watson and Elleva Joy McDonald doing "contact improvisation", and many more. The last act was a very special improvisation with Roger Tolle dancing and Michael Jones playing piano. The show was a knock-out!

The Quebec City committee made arrangements for the whole show to be videotaped, and that heartfelt tape is now available for sale in the US and Canadian VHS format. It will be a wonderful souvenir for those who were present, and a lovely taste of what was missed for those who weren't.

You can order the two hour tape from the office for \$20. US, plus \$6.00 shipping and handling for the first tape, and \$3.00 per tape for each additional tape ordered. CALIFORNIA RESIDENTS, please add 6% sales tax.



Photograph by Louis Montplastr

The Fourth International Conference Committee/Le Comité du Quatrième Colloque Internationale: (from left to right/de gauche à droite) Suzanne Laroque (Montreal), Jacqueline Romano-Toramanian, Diane Paquet, Denis Lafontaine, Suzanne Laroque (Quebec), Noella Blain, Roland Burgalières, Mariette Joyal, Louise de Montigny

Watson et Elleva Joy McDonald qui dansait le Contact Improvisation et pleins d'autres. Le dernier numéro et une improvisation très spéciale de Roger Tolle qui dansait et Michael Jones qui jouait au piano. Le spectacle était spectaculaire!

Un vidéo était fait de cette soirée merveilleuse et c'est maintenant en vente au bureau de l'institut. Ce vidéo sera un merveilleux souvenir pour ceux qui y étaient, et un gout délicieux de l'expérience pour ceux qui ne pouvaient pas y être. Le prix est \$20 US, plus \$6. (frais postales et administratifs). C'est en VHS, format US et Canadien.

working. It was a glorious experience. There were many interesting workshops and lectures on professional topics and a great Friday night show, put on by the Quebec City Trager people. So, on behalf of all the members of the Institute, thanks to all of you who made this experience possible.

Video du Spectacle en vente

Pour ceux qui ont participé au colloque de Québec, le spectacle de vendredi soir était un moment merveilleux. Ce spectacle était monté par un comité de Trageristes de la ville Québec, dirigé par Michel Van Waeyenberge. Ils ont répété plusieurs jours par semaines, plusieurs mois de suite pour monter trois numéros, avec la chorégraphie et des costumes professionnelles. Ils ont aussi créé avec Sheila Merle Johnson, des introductions dansantes et chantantes pour les autres artistes — avec, claquettes, avec veste, avec masques.

Parmi les autres artistes étaient Cathy Guadagno qui dansait, Denis Lafontaine qui jouait au saxo, Leatrice Wolfe-Doblin qui chantait avec dulcimer, Ric

Bravo, Conference Committee!

Sheila Merle Johnson

A great word of thanks and acknowledgment to Louise de Montigny and her hard-working International Conference Committee! Personally, this conference was one of the high points of my Trager career. The committee created an elegant and warm environment for exploring professional issues and friendly net-

Comite du Colloque, Bravo!

Sheila Merle Johnson

Un grand merci à Louise de Montigny et à tous les membres du Comité d'organisation du quatrième colloque internationale! Personnellement, c'était une des plus belles expériences de toute ma carrière en Trager. Le comité a créé une ambiance élégante et chaleureuse pour explorer des questions professionnelle et renouveler des connaissances personnelles. Il y avait beaucoup d'ateliers et conférences très intéressants et un spectacle merveilleux le vendredi soir, monté par les Trageristes de la ville de Québec. Alors, de la part de tous les membres de l'institut, une grande reconnaissance à tous ceux qui ont créé ce colloque.

Fourth International Conference Audio Tape Orders

M.A. Bjarkman

Ms. Bjarkman, who calls herself "M.A.," is a Trager Practitioner and member of the Board of the Association for Manistic Psychology. At the last minute, M.A. decided she wanted to record as many of the conference workshops as possible. M.A. could be seen constantly scurrying from workshop to workshop. She worked very hard, and has generously offered to handle the tape orders. Our hearty thanks for your work M.A.!

These are unedited direct session recording; THEY ARE NOT STUDIO QUALITY. The price is therefore virtually at cost. Unless indicated, all audiotaped sessions are in English and French. Please circle the tapes that you want to order on the order form.

Cassettes Du 4eme Colloque International

M.A. Bjarkman

MA. Bjarkman, une praticienne d'Indiana, a offer au dernier minute d'enregistrer les ateliers au colloque sur des magnetophones personels. Un grand remerciement a M.A. pour son travail. Elle a aussi offert d'en faire des copies pour les membres d l'institut.

Ce sont des cassettes pas edites, faites directement dans les ateliers. Ils ne sont pas d'une qualite professionnelle. Le prix, donc, est tres bas. tous les cassettes sauf le numero un sont en francais et anglais.

S'il vous plait, encerclez les numeros des cassette que vous voulez, sur la fiche a cote.

1. Sports Highlights, the Latest News on Trager and Sports (English only) by Lynette Brannon
 2. Trager Work integrated into Veterinary Practice—Trager as a Means of Communication with the Animal
Integration du Trager par un Medicin veterinaire—Le Trager® comme moyen de Communication avec l'animal by Alain Alain
 3. Body Images and Trager Approach in a Jungian Perspective
Images du corps et l'approche Trager dans une optique jungienne by Fabienne Hirsch
 4. Mentastics and Using the Body—How to Work without Effort
Les Mentastics et l'utilisation du corps—comment travailler sans effort by Sheila Merle Johnson and Carol Campbell
 5. Trager Contraindications: Borderline Cases
Les contre-indications du Trager: les cas limites ou borderlines by Dr. Maurice Hirsch and Yvette Fournier
 6. Body-awareness in Cerebral Lesions: Avenue for Trager
La conscience due corps chez les cerebroles: avenue pour le Trager by George Tano and Alain Ptitio
 7. Harmonic Overtone Chanting as an Adjunct to Trager
Vocalisation et harmonique un complement au Trager by Gayle Hannah
 8. The Trager Approach and the Evolutionary Process
Le Trager et le processus evolutif by Harriet Katz
 9. Trager work with Adult Children of Alcoholics and Dysfunctional Family Systems
Trager pour adultes venant de familles perturbees et souffrant de problemes d'alcool by Susan Cooley Ricketson
 10. Extending Mentastics into Effortless Dance
Passer des Mentastics a la danse, sans effort by Roger Tolle and Michael Jones (on Piano)
 11. Using Trager for Work with Boundries, Bonding, and Grounding
 - Utiliser le Trager dans le travail sur les limites, les liens, et l'enracinement by Natasha Heifetz
 12. Integrating Trager in our Professional Environment
Integration du Trager dans notre melieu professionnel by Jean-Louis Marie, Jacqueline Romano-Toramanian and Denis Lafontaine
 13. How to Choose the Mentastics for Your Client
Comment choisir des Mentastics pour vos clients by Amanda Hartsong
 14. Tell Me What Trager Is?
Dis-moi ce qu'est le Trager by Gail Stewart
 15. Can Your Trager Practice be Improved by Efficient Marketing?
Comment accroitre le nombre de vos clients grace a un marketing efficace by Lynette Brannon, George Quasha, and Harriet Katz
 16. Trager and Yoga—How They Can Work Together
Trager et Yoga: Les affinities by Carol and Jim Day
 17. Closing Panel—How to Consolidate the Regions (in English)
 18. Panel de cloture - Consolidation des Regions (in French)
- SPECIAL CONFERENCE BY DEAN JUHAN
19. The Skin as Surface of the Brain (in English)
 20. Le peau comme surface du cerveau (in French)

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A Summary of the Regional Meetings at the Fourth International Conference

Mark Snyder

In a stroke of logistical genius the regional meetings, co-led by Judy Archer and Linne McAleer, were held on Friday afternoon, at the Fourth International Conference in Montreal, so that they could, at least theoretically, continue throughout the rest of the conference. It was partially as a result of this that I became the author of this article.

The regional meetings were held in the main ballroom where Milton had performed a demo that morning. 128 Institute members gathered into 8 regional groups ranging in size from 8 to 28: Midwest (MW)-8; Southeast/west (SE)-11; Europe (EU)-13; English speaking Canada (CE)-20; Quebec (QE)-27; California/Mexico (CM)-11; Northwest (NW)-13; Northeast (NE)-25. The format for discussion was a series of questions with answers arrived at through brainstorming, then prioritized. The top three were then presented to the whole group.

The answers showed an interesting balance between consensus and diversity. Themes echoed from different parts of the world, the voices reflecting the great diversity of needs and experiences of the individuals and regions. Out of the variety of needs, wants, problems and solutions expressed, were two main issues which underlay all the explicit concerns. First: How can we make a good living as a Trager practitioner? What tools can we develop and use to further the work and our livelihoods? This is an issue that emerged at the Eastern Regional Trager Symposium. Second: How can we create and maintain a responsive, responsible central organization and still allow for local control and autonomy? This is a crucial and appropriate issue for an organization in the stage of development in which we find ourselves. We are at a turning point where policies need to be set and decisions to be made. Who is going to make them and by what criteria? The membership said "We are!"

Here are the questions which were asked and answered in the regional meetings. The most frequent answers appear under each question.

Rank	Question/Response	# of Votes
	1) a Which services provided by the Institute <i>are</i> working?	
1	Tutors	37
2	Handbook	35
3	Roster	30
	1) b Which Institute services <i>are not</i> working?	
1	Difficulties getting to advanced trainings	38
1	National Exposure	38
2	Institute Responsiveness	15
3	Tutors	11
	1) c What new services do you want?	
1	Professional Videos (e.g. Mentastics)	44
2	National Promotion and Support	41
3	More Options for Advanced Trainings and CEU's	35
	2) What would the Institute need to look like in five years for you to continue membership?	
1	More Instructors and Opportunities for Advanced Trainings	65
2	Practitioners Association Local Autonomy and Responsibility for Institute Decisions	34
	3) What do you want in your own region?	
1	Local Symposia	28
2	Unified Sub-Regions	27
3	Regional Offices	20

When one looks at these responses as a whole a number of interesting relationships emerge. Tutors and the tutorial process received the hard earned recognition they deserve as the number one choice for "What's working" and placed third under "Not working". Obviously, the Tutors and the process are highly regarded and accomplishing their job, but there are still some bugs to be worked out. The discussion in the NE group centered on two problems, cost and distribution. How can tutorials be made more financially attractive for both the Practitioner/Student and the Tutor? How can Practitioners in remote areas get the tutorials they need? Travelling group tutorials were suggested as a solution.

Two topics repeated as responses to questions 1)b and)c. Each touches on or relates directly to one of the two background themes cited above. The first, national exposure/promo & support, or

"name recognition", is being dealt with on an individual basis with Gail Stewart's Communication Workshop, and nationally with the Trager Video; but the membership is asking for more. More, like the handbook, new newsletters, Dean's, and Milton's and Cathy's books, all of which were mentioned in response to (a), but also, exposure on the pages of national publications in advertisements as well as articles. (This is my personal feeling, also.)

The second topic is the problem of scheduling, affording and being accepted into advanced trainings. The proposed solution (in the form of a request for a new service) was more options for trainings and CEU's. This subject was also ranked 1st in response to question 2. This reflects the frustration many have felt in trying to fulfill their Practitioner requirements and, also, the recognition of the limits of this "mortal coil".

Autonomy/control/responsibility overwhelmed the responses to questions 2 and 3. Practitioners identified local autonomy, a Practitioners association, regional offices, local symposia, and unified regions and sub-regions as their top priorities. The membership is starting to create its own vision of the organization, and they want to take their parts in the process of realizing that vision. It was mentioned more than once in Montreal that the Institute is at a stage analogous to adolescence, and a case was made to support that. However, I think it is much more useful to look at the decisions which need making, and the direction in which we want to go than to bring up the confusing feelings, memories, and associations of adolescence which are not relevant to a professional organization of adults faced with a predictable, although difficult phase of development. These issues are complicated and emotionally charged among healthy members of the species as it is. We need and want to coalesce the individual visions into a cohesive whole that will bring Trager Psychophysical Integration the acceptance and respect it deserves.

Note: Interpretation and extrapolation were necessary in completing this summary, and to make it comprehensible as well as comprehensive because the data was not complete. If anyone would like a copy of the raw data they may write to me w/SASE at 11 W. Mill Rd., Long Valley, NJ 07853.

Regional Liaison Update

Judy Archer,
Regional Coordinator Liaison

Judy has been serving for about a year in the volunteer Regional Liaison position. She was placed in a pioneering job of observing, reflecting, and facilitating the development of membership regions as well as communicating the problems and issues that emerged from her work. This is her final article as Regional Liaison Coordinator, but we hope to be hearing from Judy in the future.

In conversations with Practitioners and Regional Coordinators, I have been asked if I ever got discouraged in my supporting role of Regional Liaison.

I would like to answer by acknowledging that the joys and learnings, much out-weighted the discouragements. In retrospect the fun for me was the challenge of integrating further—What could be lighter, freer, and effortless?

The times I felt most discouraged, were when I invested too much in how it should be. I was not open or accepting that “how it is right now” is just perfect. Things were perfect in the sense that I was given opportunities to deal with situations that challenged me to grow and learn.

When I was able to let go of my notion(s) of how it should be, I became more open to my colleagues' ideas. I discovered much to my own surprise and delight that the moment I'd given up on my point of view, was also when I was most open to co-creating with a group.

When I was a part of the Toronto group, I discovered that others did not share my urgency or need for the pace of “accomplishing things” to be faster. The process of regional development is not something we can push or force or make go at any particular rhythm. The process of moving with a group can be slow. When two or three people decide on a direction and it is not fully supported, the inaction of other group members can be an opportunity to re-evaluate and refocus. Some of us who are more vocal need to allow quiet spaces and time for less vocal members to speak up. Those who are reflective and slower to take action, are a valuable resource to the group. During times of inaction, I have often found in retrospect, that a lot of inner work had been going on with group members. Thus I see both action and inaction, as being necessary parts of the ebb and flow of the organic process. As we move into a larger collective, we move more in harmony with the rhythms of nature which are slower.

WHAT HAS MADE THE DIFFERENCE IN REGIONAL GROUPS?

Several regions discovered over a 5-6 year time period that the more they were able to work through conflicts, tensions and competition

between group members, the more they freed up their energy to work toward the group's purpose. Again the working through of differences followed the various individual's rhythms. Energy and commitment will vary as people move, leave or return to the work. Change continues to be a constant.

Finally I needed to remind myself, in all of this, to TRUST THE PROCESS.

THANKS!

I would like to thank all the Regional Coordinators with whom I've had contact. You continue to be a source of inspiration and support in all that you're doing.

REGIONAL COORDINATOR LIAISON JOB IS OPEN

The needs and focus of the regional liaison position are currently being re-assessed by the Executive Committee. Under consideration is, whether the duties should be undertaken by one person or should be divided between several people. If you are interested please contact the Executive Committee or call Don Schwartz at the Institute's office.

While I have completed my term as Regional Coordinator liaison, I remain open to talk with members who would like to volunteer, or to talk about any regional issues. I can be reached at: Box 841, Orillia, Ont., L3V 6K8, Canada. My phone number is: 705-325-2055.



Michigan

In Metropolitan Detroit, there are six Practitioners, one of whom is a Tutor and Introductory Workshop Leader. Another five people are still active at various levels of Student status. Two Practitioners and two Students live in nearby Ann Arbor. There are also five Practitioners that

live upstate in Grand Rapids or northern Michigan, too far for get-togethers, but some coming to town for assisting. There have been two Beginning trainings and one Intermediate training in the past two years and a number of Introductory Workshops.

In the last year, the Michigan Trager Community has held four meetings, with attendance averaging about 6.

In the last week, I have talked to many of the local members. Although there is unanimous support for the importance of occasional get-togethers, there are various degrees of frustration at what has been accomplished by the meetings and by the extent of interaction that has occurred.

The movement is not growing as fast as we had thought it would. There seemed to be an initial reservoir of interest in Trager that was tapped for one-days and for trainings, consisting mostly of local massage therapists and Trager clients. But many recently planned one-days and an intended Beginning training have not gone, for lack of involvement.

In the Detroit area, only Peggy Clancy has been a full-time Trager Practitioner. For others, clients and trainings must be fit in around jobs.

There is concern about the stringency of training track requirements. For Peggy, the cost of tutor trainings has not been matched by tutorial fees. For Practitioners, fitting in an annual training and anatomy sessions has been difficult, particularly given the traveling required. For students, the inability to charge for sessions seems to have slowed rather than hastened progress through the training track; trades with fellow students lapse and the students feel like they periodically need to restart the process.

There is also concern expressed about the future of the whole Trager movement. It is noted with concern that people such as Marilyn Krueger, Gary Brownlee, and Susan Sapienza have resigned or cut back on their involvement.

In small local groups, leadership tends to fall on one or a few shoulders. Such leaders can understandably begin to feel burned out or sensitive to perceived lack of support. In such small groups,

continual contact with the larger Trager world is important to strengthen enthusiasm and vision—traveling tutors, availability of trainings, attendance at the international meetings, etc.—but financial considerations and some internal dissension have cut into these endeavors.

At our meetings, there has been a lot of talk, but a perceived lack of action. For example, a recent attempt to schedule a one-day experiential workshop with a choreographer/movement educator familiar with Trager (B. Wetsig) drew only four registrants. Yet it is hard for students to keep paying for education without seeing money coming in.

A core of Trager people still want to gather for meetings and others might join if the meetings seemed worthwhile. Leadership of meetings has been laissez-faire. Perhaps someone needs to take charge. For example, everyone agrees that we should do more group Mentastics, yet only at the 1st meeting did we actually get off our chairs and do them. There is also support for co-educational activities—not to compete with trainings, but to devote part of a meeting to, let us say, (and with table at hand); special considerations with elderly clients, or how handle emotional releases, or how to decide on fees, or how to deal with especially tight necks or when to introduce Mentastics with clients, etc.

Some of us feel that the Trager movement has avoided dealing with negativities or sexual feelings. These questions have not been dealt with openly in our meetings.

Booths at holistic health fairs and lecture demonstrations in non-credit hoisting health courses have been tried. These have felt good, and have drawn some clients to the few local Practitioners.

This is a critical time for the Detroit Trager Community. The early growth has slowed and we are groping for what directions to move in next. Yet everyone expresses their belief in the value of Trager work, and that will, we hope, carry us forward.

CREDITS

Editors: Sheila Merle Johnson and Don Schwartz

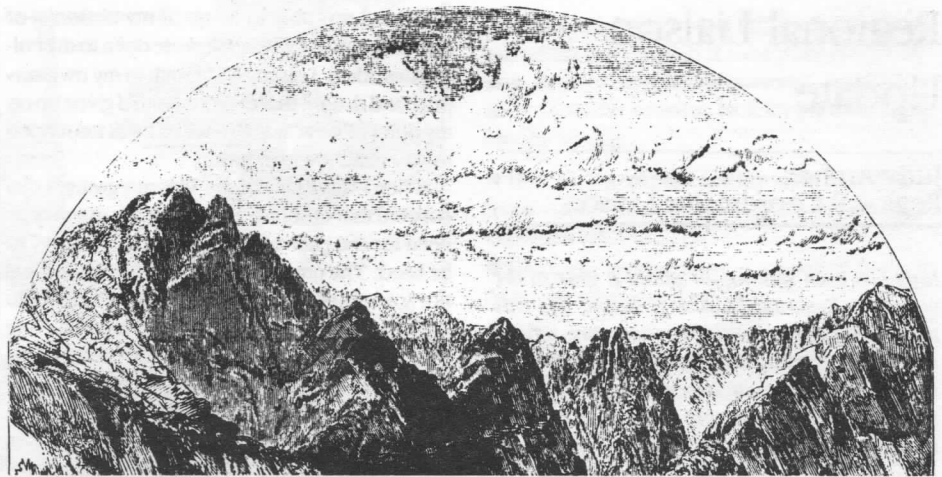
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Colorado

M.E. Warlick

The Trager community in Colorado is just beginning to come together as a region.

Over the past few years we've had several excellent trainings here. Don't let Betty's stories of the rattlesnake at the P1 training last August alarm you. Colorado is a great place to come for a training! Recently, the number of new Practitioners has grown and we now seem to have reached a critical mass of people who are interested in seeing something happen here on a regional level. We will be meeting for a pot luck supper on October 16, to organize and decide

what we want from a regional group. We would also like to find ways to serve as outreach to those Trager people in nearby states who might feel rather isolated, so send us your comments as well!

In the meantime, we have been getting together at Practice Days supervised by Tutor Nan Davis (Denver). On October 18th, Nan and Tutor Ru Wing (Boulder) will be supervising a Practice Day together. These are not advertised in the Newsletter, but we usually hear about them through a telephone tree. Nan has also been giving a Mentastics Class. You might want to contact her for dates and times. Nan and Celeste Rogers (Colorado Springs) both had good results over the summer doing demonstrations at local health fairs. Many of us would like to see more of that kind of thing going on in the area, so that the Trager name will be better known in Colorado.

Southern California

The Whole Life Expo was a success. We paid for our booth and now have some funding for our region. Special thanks goes to Tony Robson who coordinated the event and all the Practitioners and Students who gave of their time and energy to make this possible.

We are asking everyone in the South to please keep us informed of the response you get even six months or longer as a result of the exposure at the Whole Life Expo. Send this information to Harriet Katz.

Our next meeting will be at Murrieta Hot Springs to celebrate our endeavors at Whole Life Expo. We are needing a New Expo Coordinator and a New Regional Coordinator.

Our experiment to separate into two groups in Southern California, to consolidate the regions, hasn't been effective so we are inviting San Diego



region to join the Orange County and LA areas for our meetings.

Office Activities

Don Schwartz

This late Summer/early Fall has been the most intense time the staff of the Trager Institute's office has ever experienced. In addition to our many normal office routines, we handled preparations for the conference, producing and distributing the three Trager Journals—two English and one French, distributing the two books, *Trager Mentastics* and *Job's Body*, producing the Fall schedule and this newsletter, working on service mark and regional guidelines, developing 1988's budget, planning 1988's renewal process, and responding to the many positive developments from the conference.

A special thank you to *Gina Von Staden*, *Kathy Wittenberg*, and *Fran Grange* for their volunteer help at the office. It's fun to volunteer, just give the office a call! My dream is the formation of a team of volunteers who would specialize in handling our membership mailings. Doing our mailings "in house" would be less expensive, faster, and more efficient; and, with a team doing it, the work could be done with fun in four to six hours in a spirit of "hook-up."

The renewal process this year began in October, when we mailed out the initial notices. Your membership renewal is due by January 1, 1988, and there will be a charge for late memberships—after January 5. As I said in the renewal letter, we want to produce the 1988 membership roster as soon as possible after January 1, so I am hoping that everyone will renew on time, and be in the roster.

With the Institute now handling the three journals and two books, we have greatly expanded the products we offer the membership through the Institute. I want to emphasize that your purchase of our products supports the ongoing efforts of our organization, and is greatly appreciated by all of us at the Institute.

I want to thank everyone involved in the production of the Quebec conference. It was truly a magnificent experience for me. A couple of people at the conference approached me with stories of having sent in materials to the office with no subsequent reply from the office. These stories are, of course, disturbing. Sheila Merle Johnson, our executive director, Jenny Rocchi, Marcia Koski and Sandra Rugoff, our office staff, and myself all want to serve you well. Mistakes are human, inevitable, and correctable. If and when we make a mistake, *we want to know about it and fix it*. So, if you don't receive a response from the office in a reasonable amount of time, please call us, or send a post card. The one thing that does take a lot of time is the certificate. It must get cal-

ligraphed, and then have two different signatures placed on it. Therefore, it usually takes two months to get your certificate after we have received your Practitioner materials. However, you are to receive a post card immediately when we receive your materials. And, if you need a letter confirming your Practitioner status, just let Sandra know, and she'll send one to you.

Marcia has finally received her long-awaited training application and registration software and this has brought much more efficiency to the many aspects of this process. This will be a tremendous boon for Marcia in her role as registrar, and will make it easy for the office to handle sponsorship of many more trainings. Once this software is fully refined and operational, we will begin working with "desk top publishing" software to improve the production efficiency of our schedule.

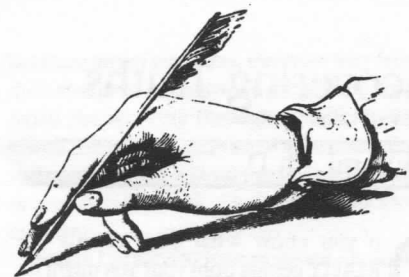
I want to give a big thank you to *Harriet Katz* who has been coordinating the logistical aspects of Dr. Trager's trainings in Laguna Hills. The production of these trainings has been going very well. The reports from the trainings are excellent, and we owe Harriet our gratitude for her conscientious work on our behalf. Thanks, too, to Trager practitioner, Tony Robson, for his excellent work as models coordinator at the November Reflex/Response class in Laguna.

Finally, welcome to Jose (with an accent over the "e") Romero, our first member from the fair town of Ouagadougou. For those of you who are curious as to this town's whereabouts, it can be found in the nation of Burkina . . . and, . . . if you *must* know, . . . that's in the continent of Africa.

A Poetic Clarification

Don Schwartz

There has been some well-justified confusion regarding the authors of the "There is a way of being . . ." poem which appears at the beginning of our current Trager brochure. This poem was written many, many years ago by Betty Fuller and myself. We are pleased that it has been used by many members, and we ask that if you plan to use the poem in the future, please contact the Institute office to request permission. Thanks!



Write Us About Your Practice!

Don Schwartz

Many members who attended our Quebec conference told me of simply wonderful happenings in their Trager practices, and I encouraged these members to write them down for articles in the newsletter. With publication of this newsletter, we are celebrating a year's worth of improved and expanded newsletters. But, we always have a need for articles by our members about their practices. So, if you are experiencing good things in your practice, I encourage you to write them down and send them into the office. If you know what you want to say, but don't know how to say it, Institute member Nanna Bolling has volunteered her editing services. Just send in what you have to her, and she'll get it to the office. Nana's address is: Box 148, Lemont, PA 16851. Articles may be edited here.



Uncovering Truths

Lia Aurami, Ph.D.

Do you know what your clients are REALLY getting from you? You might be surprised! And if you knew, would writing brochures and ads be easier for you? Would telling people what you do be easier?

The most powerful information you can obtain for attracting clients are these three truths:

1. What are your future clients going around muttering to themselves about what they want or need? What discontents or desires are they consciously experiencing which will lead them eventually to call you, to inquire? In what words do they express their "felt need" for your services? What do people say about why they called you, when they finally do call for their first appointment or inquiry? (These are all essentially the same question.)

2. What are the words your clients use to describe their positive experiences, the benefits of your work, after sessions?

3. What have people told you about the qualities of your Being which they find inspiring, encouraging, or energizing? The ways in which each of us positively affects others are usually outside their normal awareness, but you can pick up clues by watching and listening carefully. These qualities of you are communicated in every moment of contact, not just during your work. These qualities uplift others, offering new possibilities of lightness, freedom, joy, and so on.

I believe you will be most effective in attracting clients if your communications to people convey all three kinds of truth IN THE LANGUAGE OF THE POTENTIAL CLIENTS, not in your own professional or personal words.

This isn't easy. Most of the ads, brochures, etc., which come to me for evaluation are in the service provider's language. This is the opposite of the Trager approach. We are the best catalysts for growth and freedom when we START FROM WHERE THEY ARE NOW.

I'm going to recommend a few ways of getting these precious truths, or expanding your awareness of them. You and I know that many powerful truths get effectively communicated without words. In some cases, verbalizing actually dilutes the effect. Nonetheless, I believe that working toward increasing your ability to verbalize these truths gives you more options. It helps you create brochures, ads, etc. It helps you when you meet people, telling them what you do.



Also, helping your clients verbalize these truths increases some levels of their awareness of the effects of you and your work. The power of the work increases—and they can talk about it more easily, so you receive more word of mouth referrals!

One method of getting at more of these truths is both verbal and nonverbal: simply going inside yourself and quietly asking for more awareness about what specific felt needs most of your clients have, what they get from your work, and what qualities of your Being are most helpful to them. You can find more awareness right away, or by increasing your alertness to these questions in the future. A second thing you might do is get into the habit of asking ONE of the following kinds of question each time a person inquires about your service or makes a first appointment:

- What are you experiencing now which leads you to consider Tragering?
- What have you heard about my service and how it might help you? What are you most aware of needing right now?
- What would you like our work together to change about your body/life?

Invent additional such questions. Write down all the answers you get and keep them together in a file. As you collect more and more, read through them now and then, looking for patterns, for answers you get most often. You might even find specific words you can feed back out to the public in talking, advertising, etc. These are the words with which *your* unique potential clients will resonate. You want to use words which, when seen or heard, will cause the person to say "Oh, this is about me. This is relevant to me. I need to pay attention here!"

A third way of gathering information is to ask each client one question at some point in each session. Here is a collection of questions. Again, write and collect the answers, look for patterns—and use the words!

- How do you experience my work as different from other bodywork/Tragering you have experienced?
- Have you received any unexpected benefits from our work together?
- What kinds of people would you recommend my Tragering service to?
- What kinds of people do you think would benefit from Tragering?
- What kinds of people do you think Tragering from me would be suitable for?
- How could my service be improved for you?
- What aspects of our work make you feel uncomfortable?
- What is the best thing about me or my Tragering work, as far as you're concerned? What have you told others about me and my service?
- What would you tell a friend about my work?
- How would you describe my Tragering work as different from anything else you've ever experienced?
- What sorts of changes are you experiencing in your life/body as a result of our work (play) together?

Don't be too surprised if the answers you get are not in the words *you've* been using. If you can express their needs and benefits in their words, you're really able to convey your usefulness and relevance in a loving, clear, powerful, nonpressuring way.

I hope this was a painless introduction to a "hard" subject often called "market research." It's really about establishing a loving dialogue with people. Go for the truth, and the truth shall set you free!

Lia Aurami, Ph.D., uses many approaches to facilitate business expansion for providers of services which aim to increase health and consciousness. Based in Seattle, Lia works with these service providers on strategic and market planning, on prosperity consciousness, on health, and on the way to organize business activities. She offers channeled and "regular" individual consultations, workshops all over the country, and printed materials. Lia is a certified Wingsong Consultant on personal and business issues. Her marketing advice for Trager Practitioners is included in the Trager Handbook. Please write Lia at: PO Box 45664, Seattle, WA 98145 for a free list of inexpensive booklets, description of services, and workshop schedule.

Trager Work and Sports: A January Pilot Workshop For Trager Practitioners

Lynette Brannon

Trager Work and Sports is for Trager Practitioners who are interested in sports, fitness or clinic oriented work. It is taught in a series of two four-day weekend workshops. The next Part I is scheduled for January 9-12, 1988 in Austin, Texas. Part II will take place in May-June, 1988. It is lead by Coach John Percy and myself. Guest speakers include a podiatric physician, chiropractor, orthopedic surgeon, physical therapist, athletic trainer and swim, bike, and track

coaches.

The workshop was designed from the work John and I have done together over the last three years. We believe that Trager Work, when used in conjunction with proper coaching and training techniques, contributes significantly to optimal mental and physical performance in athletes.

Trager Work and Sports is a natural outgrowth of my dual interests in Trager and athletics, and I have been working on its development for many years. Part I has already been presented once as a pilot class, and was well received. Workshop participant Linda Sherman of Colorado commented, "I feel much more knowledgeable and competent to communicate the benefits I've always known Trager work to have for the athlete and, in particular, to other professionals working with the athlete. I highly recommend this seminar to *any* Practitioner whether or not their practices now include competing athletes. This statement echoes similar responses we have had

from many of the participants.

One of the main points made in the workshop was learning to let results of Trager speak for itself. The athletes who volunteered as subjects for our students all felt that they received good, effective work. They were excited that Trager practitioners have an opportunity for special training to work with athletes.

The medical professionals were equally enthusiastic about the results that Trager had obtained with their patients. Their presentations gave everyone a clear idea of how we can assist them in helping their patients meet their health care goals.

Trager Work and Sports is currently being run as a pilot project and is undergoing assessment for possible inclusion in the Institute's curriculum either as an adjunct course or as a Training Track elective. For a comprehensive brochure describing this class, please contact me at: 1825-A Waterston, Austin, TX 78703, 512-480-0362.

Parkinson's Support Groups

Cathy Guadagno

Nationally, more than 400,000 people suffer from Parkinsonism, most of them, older Americans. Parkinsonism begins to occur when certain brain cells die for unknown reasons, thus gradually reducing the tissue that secretes dopamine. Dopamine is essential for the central nervous system's control of muscles. Medication used for Parkinson's patients is designed to supplant the lost dopamine.

During the past ten months, I have spoken to all six Parkinson's support groups located throughout San Diego County. Most of the groups are attended by an older population, many of them with their spouses. I have learned as much from speaking to the groups as they have from me. One surprising reality I encountered was that in every group, more than half of the Parkinson's patients were not able to take the standard medication due to side effects.

When I demonstrate the Trager approach to the support groups, they allot me one hour. What I say and do with the group depends on the size and response of the people in the audience. Practitioners usually accompany me which makes it more supportive and fun for us all.

In one memorable presentation the spouses of the patients were instructed to put their hands on the upper arm of their partners, and we all went into Hook-up. The Parkinson's patients could feel

the relaxation resulting in reduction of tension and tremors. They were delighted! Then I suggested the patients turn to their spouses and give them the same feeling they had just received. They did not believe they could do it. But after going into Hook-up by asking, "What can be softer?", they touched their partner's arm for about one minute. Upon finishing, one woman immediately remarked, "That's amazing. Despite my husband's tremors, I feel relaxed from the way he touched me."

Mentastics is a wonderful tool for patients with Parkinsonism. The movements that are most appropriate and enjoyable to teach in such a group setting are Shifting Weight, Kicking the Legs and Arm Mentastics (see the *Trager Mentastics* book for instruction). Teaching Parkinson's patients how to incorporate Mentastics into their daily lives can help them lose much of their rigidity and improve their balance.

The excellent video tape of Dr. Trager speaking to a Parkinson's group in Miami is an inspiration to the patients. Dr. Trager truly demonstrates how the feeling of Hook-up and ease can influence the relaxation of the debilitating tremors that accompany Parkinsonism.

The video tape, Mentastics and the Trager table-work offer hope to Parkinson's patients. But most of all, they begin to feel self-worth and learn the feeling of peace from Hook-up so they may approach their lives with a more profound sense of awareness and enjoyment.

Editors' Note: We are negotiating with the National Parkinsons Foundation to make this tape available to Institute members.

Notes From Dr. Trager

Dr. Trager has started using a scribe in most of his classes. The scribe takes down quotes Dr. Trager indicates and transcribes them later for distribution to the students. In the August, 1987 Practitioner 2 class, John Christianson, from Ojai, California, was the scribe and submitted the notes to the office for publication. Following are some selected quotes from Dr. Trager in that class.

- Feel the weight, play with the weight that you feel.
- Come to a point where it's a happening, and you won't have to worry about learning.
- It's soft, it's free, it's nothing—it's too easy.
- Don't try to make a part go where you think it should go.
- How heavy is it? How much tension? I want your mind to feel—this is the basis of the whole work.
- I just don't grab it and go. There's a pause. I get ready! Very important.
- Look how casual, how nothing. Just standing at the table allowing it to happen.
- You do the whole session with your mind, not your hands.
- This is beyond relaxation. This is peace. You can't go wrong.

Board of Directors

Linne McAleer

The Board is currently considering two major areas of Institute functioning. The first involves an examination of leadership structure of the Institute, specifically the position of Executive Director. This is being done at Sheila Merle Johnson's request to study some ways in which the Institute can expand towards the future and address certain activities, such as public relations, advertising, and fund raising for which we have lacked the resources and personnel to date.

The second area of attention is the 1988 budget. We are eagerly awaiting the reports from the regional brain storming session at the Quebec conference to help guide us in setting priorities.

A Day in the Life of the Executive Committee

Carol Campbell

EXECUTIVE COMMITTEE: Accountable directly to the Trager Institute Board of Directors. Sets Institute policy. Handles problems and difficulties. Funnel problems and difficulties to the appropriate committees or groups. Deals with some financial questions, Training Track questions, and the administration and execution of Institute priorities established by the Board. Meets monthly. (from "The Trager Institute Policy Manual")

Well, that sounds impressive, but who are these guys and what do they really do? The current Executive Committee includes Trager Practitioners Elna Adams, Pam Johnson, and Deborah Van Buren, as well as Betty Fuller, Sheila Merle Johnson, Gail Stewart, Don Schwartz, and me. Trager Practitioner Henry Bornstein also meets with us as an advisory member. We meet one day a month from 10 AM to 6 PM and the following is a typical day in the life of this committee.

The meeting gets way shortly after 10. We confirm meeting dates over the next few months (these dates are published in the newsletter). We accept the previous meeting's minutes. We add any new items to the existing agenda for this



meeting (the agenda, plus support materials, was mailed to us in the week prior to the meeting). There is a call for "old business".

"Old business" is a report on the quest to find a brochure writer. We'd like someone in the local area who can prepare an affordable, snappy, appealing, and informative brochure. What we seem to find is some combination of too wordy, too glossy, too new age, too expensive. We find a firm in Texas. We like the sample brochures they send us. They lead us to believe we can afford them. Can we deal with this long distance? On the phone they are unhelpful and the price goes up. Meanwhile, a local copywriter has prepared some text which has been sent out for member input. The input is "back to the drawing board". A new, local brochure writer is submitting copy and a bid. Further report at next meeting.

Other "old business" items include our continuing clarification of the job of Regional Liaison, regional development issues, and a review of the Quebec conference. It's 11:30 AM and we're on to "new business." As usual, since the Executive Committee is currently standing in for the as yet unreconstituted Training Track Committee, there are a couple members who have written with problems meeting their continuing education requirements. Alternatives are considered, time frames examined, solutions found. Next, someone has written with a grievance about the behavior of a fellow Practitioner. The letter is forwarded to the Standards and Ethics Committee.

After each agenda item has been discussed, our thought process, and any decision made, is recorded in full on tape which is then transcribed as the minutes for that meeting. These minutes are mailed to each Committee member within the following week. Those of us with tasks to do between meetings, letters and articles to write,

information to gather, etc., will find our name in bold next to the assignment as it appears in the minutes.

An hour for lunch and we're back. On to a discussion about the class selection process for Milton's classes. There are problems. How can we make it work better? Next, there is proposal to set up a better procedure for crediting those who assist at trainings. How are we keeping track of the accumulated hours, the number of days in a given class? The office staff will review their record keeping procedures and report back. New input form the lawyer on our service mark guidelines is reviewed. New questions to ask the lawyer. An "old business" item for next meeting. Next, a review of some new class proposals. The Committee discusses the business and legal issues and forwards curriculum/teaching staff questions to the Instructors Committee.

It's 5:30 PM. It's been a long day, but a fulfilling one. We've talked and joked and wrangled and listened and made some progress. Our process is pretty streamlined these days. We're all here because we want to be. One last item. There's a proposal that the Executive Committee have a regular report in the Newsletter. Did someone volunteer? Was it me? 5:55 PM. End of meeting.

Note: Trager Practitioner and Executive Committee member Pam Johnson has moved temporarily from the Bay Area to Cambridge to attend a graduate physical therapy program at Boston University. Pam will maintain her contact with the Executive Committee as a non-voting member. She will continue to receive all agendas and minutes, make input, and attend meetings if and when she happens to be in the Bay Area.

Instructors Committee

Gail Stewart

AUGUST MEETING REPORT

The meeting started with a peer review process stimulated by feedback from sponsors and assistants from recent trainings. In addition to personal feedback for each instructor, a general theme emerged at the meeting requesting clearer definition of assistant's roles at trainings, and attention to the possibilities for further development of the Instructor/Assistant relationship in classes.

PERSONNEL REPORTS

Gary Brownlee is currently on leave of absence as Instructor; however, during this time he will continue to act as Introductory Workshop Leader, Supervised Practice Session Leader, and Tutor.

Fabienne Hirsch is a Provisional Solo Instructor. This is a period in which she teaches alone, and her feedback is reviewed with her Instructor Committee supervisor.

Marilyn Krueger has resigned from the Institute as of June, 1987, for personal reasons. We recognize and thank Marilyn for her contributions both to the spread of Trager work, and to the development of Trager students. We wish her well in her new ventures.

Bill Scholl is an Instructor Trainee, he is part way through his training period of co-teaching Beginning trainings.



An open letter from the Standards Committee:

We just want to let you all know that we are still alive and well and functioning. It was with much relief and sadness that we saw the completion of the Code of Ethics. Relief, at the completion of the task and sadness at the loss of a reason to get together. We enjoyed having the focus of the Code as a vehicle for working on our own communications.

Communication is what the Standards Committee stands for. We view our job as one of facilitating communication among members of the Institute and between members of the Institute and the public under the rubric of the Code of Ethics. Ideally the only things we as a committee will have to work with are those situations that don't get cleared up at the grass roots level.

We see a step-by-step process in the emergence and solution of questions and problems. The first step is simply to consult material that you already have on hand such as the Handbook or other printed resource material. If the answer is not there, you can talk with the people who may be able to answer your question or the people who are directly involved with your problem.

If that does not work, then you can consult with a Tutor, Instructor, 3rd party mediator, the Tutor Review Committee, or Instructors Committee. Next comes your approaching the Standards Committee. Resolution may come at this point, or the Standards Committee may refer the problem to the Executive Committee with its (the Standards Committee's) recommendations. Although this process may appear simple, it is often difficult to put it into practice. At any step along the way we are open to assisting you.

When a problem gets communicated to us we attempt to view the situation as neutrally as possible. That means to weed out the emotional tone that is often relayed in the process. We ask ourselves "what is going on here?" and respond from these. We may write letters to gather information from all involved sources and suggest further interaction between those involved. We may respond to the communicating party with clarification of Institute policy and Code of Ethics. We may recommend that the Executive Committee take some type of action.

We sincerely hope though that when problems or questions arise you will talk to each other, bringing to your conversations the attitudes of easiness, lightness and awareness of resistance that we bring to our tablework, thereby resolving your

differences. And when you have had a successful resolution of a problem we'd love to hear how you did it, written please, from the viewpoint of principle and process rather than personality.

In ease & lightness,

The Standards Committee

Elna Adams
Julie Green

Jeanne Iams
Sue Holper

Committee Meeting Dates

Don Schwartz

Below is a listing of our three major committees and their future meeting dates. Letters, suggestions and other input for all of these committees should be mailed to the Institute office. Executive Committee input should be in no later than two weeks before the listed meeting date. Instructors Committee and Board of Directors should be in no later than one month before the meeting date.

Generally, the Board of Directors meets every two months, the Executive Committee meets every month, and the Instructors Committee meets twice a year. For the meeting dates beyond those listed, please check with the Institute office. If you have any questions, especially on the form of your input, please call me at the office between 10:00 AM and 4:00 PM, Monday through Friday.

COMMITTEES	MEETING DATE(S)
Instructors Committee	May 16-18, 1988 Sept. 20-22, 1988
Executive Committee	December 11, 1987 January 7, 1988 February 8, 1988 March 2, 1988 April 11, 1988
Board of Directors	December 16, 1987 February 17, 1988 March 30, 1988

Tutor Review Committee

Rosie King-Smyth

The Tutor Review Committee members for 1987 are Fawn Dutcher, chairperson, Peter de Zordo, Sue Holper, Daya Goldschlag, and myself. Our consultants, Julie Greene, the original chairperson of the committee, and Gail Stewart of the Tutor Training Staff, assist us when we need historical perspective. We are a committee of volunteer Tutors committed to the essence of the Tutor program: namely, facilitating feedback. We don't have authority to set or to change policies; but we do have authority to make recommendations to the committees that have that responsibility—that is, the Tutor Training Staff, Instructors Committee, and/or Executive Committee.

One of our major functions is to appoint Tutor Trainees and Tutors based upon input from Instructors, Tutors, Tutor Supervisors, Milton, and Students and Practitioners who receive Tutorials. In order to do this it is important for us to maintain our neutrality in the evaluating process. Sometimes, partly because we are only able to meet every 2 to 8 weeks, the process can be lengthy and involved.

We have also spent part of our time in the last 10 months compiling the responses from the Regional Tutor Peer meetings. On the basis of these, we are currently in the process of formulating recommendation for the further revision of continuing education requirements for Tutors. This process is a continuation of early volunteer Tutors' brainstorming sessions of Spring, 1984, out of which the current Tutor Training Track was formed and is still evolving. We received more input from the Tutor Meeting at the Quebec conference.

The Tutor program has an impact on everybody in the Trager membership. We are the committee to write to if you have any comments about how the Tutor program is working for you.

Instructor Tutorials on the Road

Many of the Instructors are available to give one or two tutorials when they travel to teach. Tutors have priority for these tutorials. Some Instructors are willing to work in the evening after teaching; some will only work during the day which usually means scheduling an extra day or two around the training. In any case, the Instructor needs to be contacted far in advance to set up the appointment.

Readers Committee

Volunteer members of the Readers Committee for 1987 are Deborah Van Buren, Chairperson, Judith Reich, Rosie King-Smyth and Heidi Koubenec, international consultant. Our committee originated out of appreciation for new Practitioners' personal statements. Our function is to read and respond to each statement individually. As a result of that we found a need to clarify the guidelines for writing personal statements. First, we put together a form to be included in the student packet to be distributed in the Beginning trainings. We also created a form letter of acknowledgement to be sent along with our more specific personal comments to each new Practitioner.

Part of our learning process as a committee has been discovering how we can communicate with the Executive Committee and in turn receive their support, guidance, and approval for our work. We've also worked closely with the Institute office staff and felt supported by their efforts as well.

We are often impressed and encouraged by the freshness and enthusiasm that new Practitioners bring to conveying their experience of their learning process and selfdevelopment in the Training Track.

We are a new committee formed in June 1987. Our responses are to those Practitioners whose paperwork has reached the Institute since then. Since we are only able to meet once every two months, our responses can be delayed. If you are a new Practitioner who has not received a response from us, please be assured that one will be coming to you.



Tutors Coming To The Winter Olympics?

from Chris Bruels

The Alberta Trager Community would welcome Tutors planning to attend the Calgary 1988 Olympics and who could extend their stay to include sessions and tutorials. Contact: Rosemary Entwistle, 516 Sunderland Avenue, Calgary, Alberta, CANADA T3C 2K4 (403) 244-1550.

Educational Support Status Changes

Below is a list of members who have received new educational support statuses as of August, 1987. Our hearty congratulations to all, and good luck in your new role!

INTRODUCTORY WORKSHOP LEADERS

Carolea Burgess
Patricia Schneider
Sheri Bellis
Mary Kelly

SUPERVISED PRACTICE SESSION LEADERS

Jan Andersson and Ola Hagg as a team.
Nina Johnson
Ru Wing
Patricia Schneider

MENTASTICS LEADERS

Denis Lafontaine
Donna Walters
Joe Griffin

TUTOR LIST

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
Mill Valley, CA
415-388-9503

Sue Holper
Oakland, CA
415-534-5803

Sally Pooler
Oakland, CA
415-658-1563

Carol Campbell
Santa Cruz, CA
408-429-8216

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

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

Benna Kolinsky
Boonville, CA
707-895-3883

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

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

Adrienne Stone
Santa Monica, CA
213-451-4625

Kathleen Zuhde
555 Pier Avenue #1
Hermosa Beach, CA 90254
213-374-4717

Maryann Zimmermann
San Diego, CA
619-488-1921

South Pacific

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

Barbara Goodman
Honolulu, HI
808-595-4252

Jackson Friedman
Honolulu, HI
808-737-0363

Europe

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

Claudine Bergamaschi
Sevres, France
1-45-34-88-46

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

Antonia Faeh
Stein, Switzerland
071-59-18-28

Monika Sutter
Zurich, Switzerland
01-201-7211

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

Northwest

Barbara Lee Allin
Portland, OR
503-282-0269

Nancy Bonifield
Seattle, WA
206-542-8090

Kim Burg
Seattle, WA
206-789-6437

Gwen Crowell
Seattle, WA
206-522-9384

Daya Goldschlag
N. 2428 Stevens
Spokane, WA 99205
509-328-6215

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

Carlos Martin
Portland, OR
503-238-4010

Southwest

Lynette Brannon
Austin, TX
512-480-0362

Nan Davis
Lakewood, CO
303-232-4766

Bill Scholl
Austin, TX
512-482-9444

Ru Wing
Boulder, CO
303-444-0838

Barbara Nehman
416 Brook Glen Drive
Richardson, TX 75080
214-235-7328 W
214-235-7329 H

Laura Waldman
Austin, TX
512-467-9503

Midwest

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

Peggy Clancy
Bloomfield, MI
313-626-3251
313-353-3350

East

Rita Lustgarten
Trumansburg, NY
607-387-6695

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

Asimo
Scarboro MN
207-883-3960

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

Ken Wieder
Housatonic, MA
413-274-6089

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

Pam Johnson
Cambridge, MA
617-354-6494

Canada

Michel Van Waeyenberge
Quebec, Quebec
418-525-6711

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

Louise de Montigny
Monreal, Quebec
514-843-8382

Amrita Daigle
Quebec, Quebec
418-683-4668

Kiara Fine
212-1860 W. 2nd Ave.
Vancouver, B.C. V6J 1H9
604-732-8932

Amanda Hartsong, Ph.D.
452 Grace St.
Toronto, Ontario M6G 3A9
416-588-4439

David Pinto
Toronto, Ontario
416-488-2024



Photo: H.F. Closset

Training Track Problems?

Sheila Merle Johnson

Some Trager Practitioners find themselves in difficult situations from time to time with respect to meeting the training part of the annual Practitioner continuing education requirements. Some of those problems are really due to a misunderstanding of the Phase A requirements. Phase A is usually the first three full calendar years after someone becomes a Practitioner. This means that if someone became a Practitioner sometime during 1986, they would not need to begin their Phase A trainings until the full calendar year of 1987. They would then have training requirements for 1987, 88, and 89. However, some people take their first training during the calendar year they become a Practitioner. If this same 1986 Practitioner took their P1 during 1986, their Phase A then would be 1986, 87, and 88.

The need for this phase of post-Practitioner

training was strongly affirmed by the Training Track Committee of Practitioners and Instructors who worked for three years developing the current training program. They were responding to feedback from the field and from Institute members. On the one hand were concerns that Practitioners needed to be even better trained and more skilled than they are before working with the public, and on the other hand were economic concerns about extended training and development without income. The compromise was reached of approving Practitioners at a basic level of skill and letting them continue their needed training while charging for their work.

The committee was also concerned about the economics of these requirements. Some Practitioners are fine about taking a training a year during this phase, and even traveling for them. Some even take more than the minimum number of trainings. However, for those for whom this is a hardship, they structured Phase A so that the whole three years' requirements could be satisfied close to home, given that the person is relatively close to one of the many regions where Trager trainings are conducted. A Practitioner can take and then repeat the Practitioner 1 training during two of the first three years of Practitioner-ship; then, in the other year, they can assist five or more days in a Beginning or Intermediate training. This can happen during any of the three years; there is no particular order. This considerably lowers the travel and the cost of Phase A training requirements.

Given the above flexibilities, some members still have difficulties meeting the training requirements in a timely fashion. In this situation, the Executive Committee, acting as the Training Track Committee, does consider responsible proposals for alternatives to, or adjustments of these requirements. If you find yourself in such a situation, please write to the Executive Committee, at the Institute office, explaining your situation.

Attention Students: Practitioner Essay Guidelines

The Readers Committee of the Practitioner Selection Committee has developed some guidelines for the personal statement that Students need to submit with their Practitioner application packet. If you have not yet written your statement, please follow this form:

The title of the paper is "My Learning Experience and Evolution through the Trager Training

Track". You can have your own subtitle. The statement needs to be typed, 2-3 pages in length, and double-spaced. The Readers Committee says, "This is to be a personal statement that will communicate a sense of your learning process and self-development—more clearly, the struggles, successes, questions, learning edges, insights and discoveries you make in the process. You may pull information from your practice session journal as a basis for creating this statement, but please do not send in your journal with your packet." Please include at the bottom of the last page of your statement your name, address, the Trager trainings and Instructors you have had, and the names of any nearby Tutors.

Curriculum Questions

Gae Henry

"5 Years . . . what it will take for me to remain involved in the institute?"

We were asked to consider this question at the Regional Meetings at the Conference in Montreal. I have been thinking about it ever since. These are some of my thoughts: Milton has given us a gift that is forever.

Milton says this is better than perfection, because it keeps getting better and better. I couldn't agree more.

I believe one way to insure the quality of the work and thus to insure that it continues to get better and better is to offer continuing education of a kind that has at its root and focus this thing that Milton has given us.

I have recently taken a Practitioner Practicum and this experience has shown me that it is not necessary for all advanced training to be with Milton for continuing education to be extremely meaningful.

Returning from the conference, questions began to resonate in me as I thought of what it would take for me to continue to be involved.

What do I want from continuing education? What do others want? What must be included for us to call it Trager education? What do we already have that could be used to create a curriculum. A modular piece of a curriculum? How can we individualize our curricula? Do we already have the personnel?

How can the desires for education expressed by the regions in the conference be integrated into trainings that will suit a particular region or need and still be Trager education? How can we address the financial needs of members? How often will alternative trainings be allowed to replace a class with Milton or a Practitioner Practicum?

I am very curious to know what others think about these questions, and other similar questions and concerns that they have. I think that working together, we can all help create a Trager curriculum that will insure that Trager work will continue to be supported by high quality and relevant continuing education. I invite you to send your reflections on these questions to me at: 2069 Fulton, Berkeley, CA 94704, USA.

Selection Process For Dr. Trager's Classes

Sheila Merle Johnson

For the past year we have been experiencing a problem of the demand for Dr. Trager's classes outpacing the supply, resulting in Practitioners being rejected from trainings for which they have applied. Perhaps you are one of them. This problem is being addressed by several committees within the Institute.

The Instructors Committee is examining the development of additional classes that could satisfy the goals of the Training Track for continued Practitioner development. The Practitioner Practicum is one example of this kind of class. The Executive Committee assesses requests for postponement of annual continuing education requirements from qualified applicants who have not been accepted into trainings.

The Selection Committee for Dr. Trager's trainings has been applying selection guidelines which are designed to be as even-handed as possible in allowing access to these trainings, while ensuring the appropriate competence level for each kind of training. The purpose of this article is to inform you about these selection policies, so that you might better understand in the case that you are not selected for a particular training, and so that you can make a more informed choice when considering which training to apply for.

In general, Training Track requirements are only taken into consideration at the lower levels of training since there are more options and/or more time between requirements at the higher levels of training. Also, rejection from a previous class is only taken into consideration when there are more equally qualified applicants in any category than places for a given class. A drawing is the final resort in any such case of equally qualified applicants.

PRACTITIONER 2 SELECTION

The primary criteria for P2 selection are the applicant's need to satisfy the annual continuing education requirement and the length of time since the applicant's last class. For the latter criterion, consideration is given to those whose last class was the least recent, to allow for integration time between classes and for maximum rotation of access to Milton.

PRACTITIONER 3 SELECTION

To allow the greatest rotation of access to Dr. Trager's trainings, the primary criterion for selec-

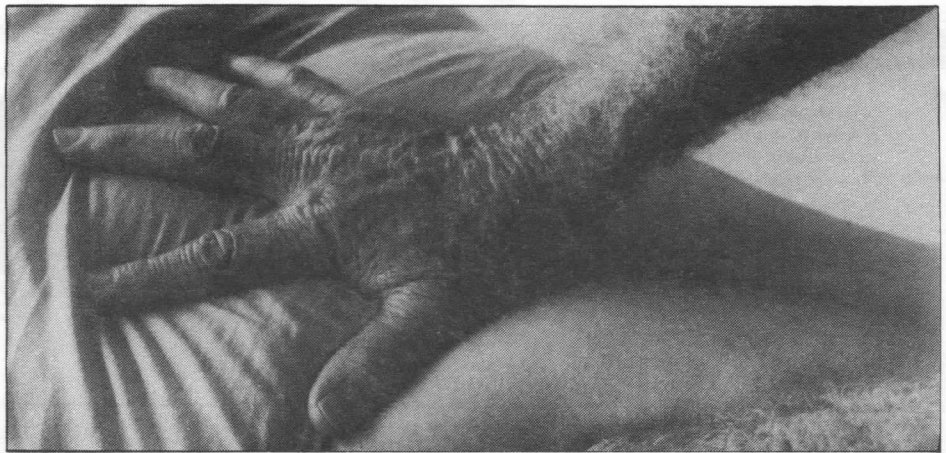


photo by Robert Sites

tion for the Practitioner 3 training is the length of time since the last class with Dr. Trager. The people who have been with him the least recently are selected first. Since there are many Training Track alternatives at this lever (Practitioner Practicum, assisting, etc.), continuing education requirements are not considered. Also, since equal access to Dr. Trager is of prime importance, rejection from a previous class is not considered either.

Since there are only two P3 trainings a year, this class often has the most applicants, and, therefore, the most rejections. The number of these trainings has been reduced since the Practitioner Practicum has become available. This frees Dr. Trager to teach more P2s and P4s. Applicants for the P3 need to be prepared to consider taking the Practitioner Practicum and/or repeating the P2.

P3-P4 TRANSITION

There is a change in intent and focus of the trainings at this point. The P1, P2, P3 and the Practicum are trainings where Practitioners can clarify technique, work on moves, body use, etc. Dr. Trager has made it clear that he wants students in the P4 and P5 to be less focussed on technique and available for more feeling work. He wants more advanced people in these classes. The selection policies for these two kinds of classes reflect this desire.

PRACTITIONER 4 SELECTION

For any given P4, the first people selected are those with the greatest number of trainings taken and the longest time in the field. This is tempered by the length of time since the last training with Dr. Trager to allow for the greatest rotation of opportunity to be with him. It is also tempered by any imminent training requirement need, such as for Tutors, Introductory Workshop Leaders, etc. as well as for Practitioners.

The current effect of this preferred selection of people with more experience is that frequently

there is little or no room for those with the minimum prerequisite of 3 Practitioner trainings. Most people selected for P4s have had 4 to 5 Practitioner level trainings. They have often taken the P1, 2, 3, and Practicum, and/or repeated some of these levels. This kind of preparation is usually what is needed before taking the P4. For this reason, rejection from a P4 class for an applicant who has only the minimum prerequisite does not constitute a reason for acceptance into a future P4 class. It is better for these applicants to repeat a P1, 2, 3, or take the Practitioner Practicum.

PRACTITIONER 5 SELECTION

For any given group of P5 applicants, the people with the most experience in trainings and in the field are chosen first. Among these people, consideration is given first to those who have been with Dr. Trager the least recently. These criteria are designed to meet Dr. Trager's request for top quality students in this class, and to rotate the opportunity to be with him. As with the P4, there is frequently no space for those applicants with only the minimum training prerequisite of 5 Practitioner level trainings. Most first-time P5 applicants have taken 6 to 7 Practitioner level trainings—including the P4 at least twice.

CONCLUSION

These policies are an attempt to balance several different needs. There is the great demand for Dr. Trager's classes, the demand for high quality in these classes, the need to prevent overload of Dr. Trager's teaching schedule, and the need to allow equal access to Dr. Trager. The realities of class selection are not always easy, but hopefully having more information about what those realities are will allow you to have clearer expectations, more informed class choices and less disappointment in the case of rejection.



THE TRAGER INSTITUTE

10 OLD MILL ST. • MILL VALLEY, CALIFORNIA • 94941-1891 • USA

FIRST CLASS—PLEASE FORWARD

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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*

This instructional tape is a study guide and review of Deane's "Trager Body" course, Part 1 and 2. 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 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.

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 reproduction 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 dollar 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 _____