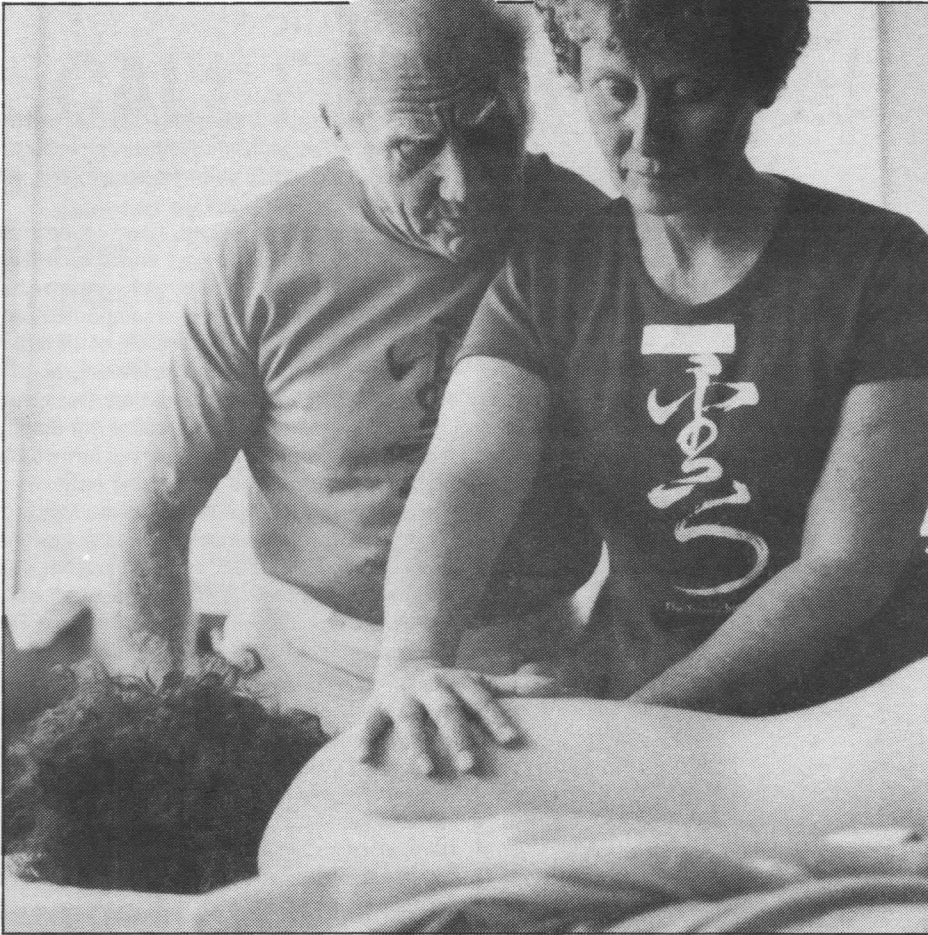


Trager® Newsletter

WINTER 1989

VOLUME VIII NO. 1



Executive Director's Report: State of the Institute

Carlo Rossi

I want to take this opportunity to report on my recent activities and give an overview of the Institute's current status and major areas of emphasis for 1989. I have completed a thorough assessment and analysis of the Institute's structure and function. Included in this process was a review of the Board of Directors, financial processes, administrative processes and procedures, committee structure, trainings and sponsorship, publicity and fundraising. I've spent extensive time interviewing a great many people, gathering input, and receiving thoughts and ideas for change. As a result of this process it is clear that changes must be made, and we must embark on

the development of a long-range plan for the Institute—a plan that includes, if necessary, major restructuring.

Some changes have already taken place. The Executive Committee will officially be disbanded in February. We have developed new cancellation and refund policies for Institute sponsored trainings in response to a growing number of cancellations. We have instituted regular staff meetings and occasional staff working retreats. Efforts have been made to increase input from our membership. I am travelling to four major areas in the United States and Canada this January. And, I hope to make more trips to other areas this year, and in the years to come—especially a journey to Europe. Strict financial controls are now in place. *continued on page 2*

1989 Trager Conference

Anna Marie Bowers

In September of this year, I accepted two serious commitments: to be married, and to be the chairperson for the 1989 International Conference. In both situations I am more and more sure that the right people have come together to create something truly spectacular.

This conference will provide a tremendous opportunity to get to know each other, spend time learning from each other, and enjoy the Midwestern United States. We also will have the opportunity to bring the Trager work into the public eye and thus continue to educate others about this work.

The core committee and I need your help and support—both during the planning process and at the time of the conference. Please look for the *Continued on page 2*

Urgent Notice

Due to our discovery of the actual date of the Jewish holiday, Rosh Hashanah, we have changed the previously published dates for the Fifth International Trager Conference this Fall, in Indianapolis, Indiana. The correct conference dates are now **September 21-24**, with the pre-conference Review Day (otherwise known as the "Great Trager Trade") on September 21st. We have also changed the dates of the trainings scheduled around the conference. Here are the new dates:

TRAINING	DATE(S)
Practitioner 2	September 16-18
Practitioner 1	September 17-19
Tutor Seminar	September 19-20
Trager Alternatives	September 20
Pre-Conference	
Review Day	September 21
The Conference	September 22-24
Practitioner Practicum	September 25-27
1-Day Mentastics Training	September 25
3-Day Mentastics Training	September 26-28
Practitioner 4	September 27-29

Please call the Trager Institute's office at 415-388-2688 if you have any questions.



1989 Trager Conference

Continued from page 1

calls for proposals, translators, and tables elsewhere in this issue. Feel free to contact me with any additional suggestions or ideas. Even though we come from around the world, Trager professionals all have one thing in common: The Trager Approach has changed our lives. Join us in Indianapolis—to: Reach the Mind, Teach the Body, Free the Spirit!

CONFERENCE PROGRAM COMMITTEE

Bev & Ron, Program Committee Co-ordinators

“Trager - Reach the Mind, Teach the Body, Free the Spirit” is the theme for the 1989 Fifth International Trager Conference. In keeping with this theme, the planning committee hopes to offer:

- ♦ Workshops that will reach our minds—to give

us information and ideas about various applications of Trager.

- ♦ Movement that will teach our bodies—to give us an ever deeper sense and feel for the essence of Trager and Hook up.

- ♦ A coming together that will free our spirits—to play, to grow, to share, to celebrate ourselves and our Trager family.

There are direct, non-stop flights to Indianapolis from most major American cities including New York, Los Angeles, and San Francisco. More airline information will be included in the next newsletter and/or conference mailing(s).

Our vision is to create a Trager reunion that will nourish us in our love of our work, and strengthen us as a profession, both internally and in our relationships with our communities and other professions. We on the planning committee see ourselves as coordinators. We invite you to take this opportunity to participate and contribute to the creation of your conference.

Executive Director's Report: State of the Institute

Continued from page 1

Further changes will be coming, but they will not be made overnight. Only if efficiency, productivity, and improved functioning are affected, will changes be made.

The Institute does have a serious financial problem. Although we have ended each fiscal year “in the black”—that is, with a positive balance sheet, this has been accomplished on a precarious basis primarily because of the lack of a long-term financial plan. Establishing this plan is of the highest priority at this time. Our spending and income patterns as well as our training and dues structure will be reviewed further. Our ability to do outside fundraising only comes when our internal operations are in order.

My goal is to have all areas of Institute functioning easy to understand, efficient, and fair. I am working closely with Board and office staff, utilizing their expertise and years of experience. This will result in changes in responsibility, and in Don's case, a shift towards fundraising, writing, marketing, and computer applications.

I am impressed with our organization—the work, the people, and their dedication to the Institute. I am excited about developing a team that will continue to take the work and the Institute to higher levels of achievement. I invite you to participate. Please let me know what you think. This is OUR organization.

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“The Trager Newsletter” is a periodic publication of the Trager Institute for Psychophysical Integration and Mentastics, a California, non-profit, educational corporation which supports and represents Trager® psychophysical integration and Mentastics® movement education, the innovative approaches developed by Milton Trager, M.D.

Contributions to this newsletter from members of the Trager Institute are welcome. All submissions are subject to editing for length, clarity, and appropriateness.

Finding a New Voice

Roger Tolle

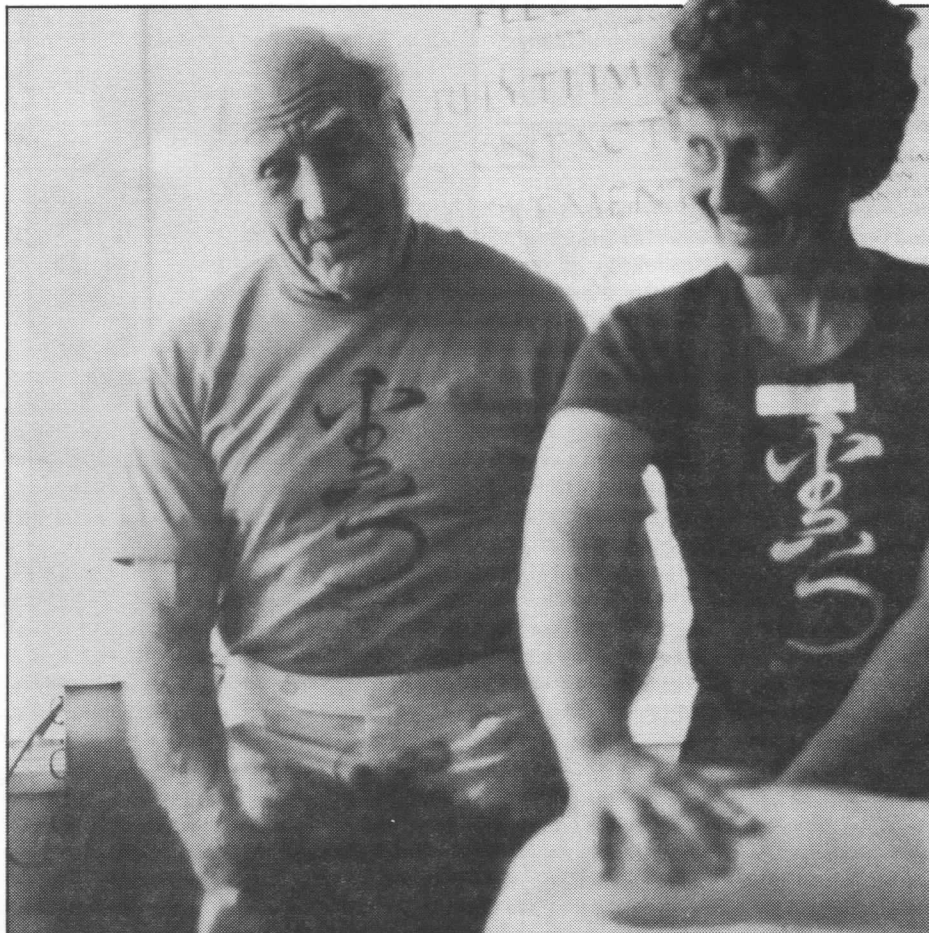
Roger is a Practitioner, Introductory Workshop Leader, Supervised Practice Session Leader, Mentastics Leader, Tutor, and sponsor from Manhattan. Roger has a background in dance performance and choreography.

I've been giving a Trager session to Marge Rivington almost every week for five years. Obviously she loves it, and the personal level of interaction has deepened significantly over the years. More recently our relationship has also included co-teaching a class for her students, and this is what has me all fired up to share with you.

Marge is one of New York's better known voice teachers, especially in the Broadway circuit. Her students have included stars of the stage, movies and some recording artists—Linda Ronstadt, Meryl Streep, Kevin Kline, Maureen McGovern are some that come to mind right now—and a lot of younger, talented hopefuls. As you might imagine, her students don't just stand quietly and sing. They sing while they dance, act and contort their bodies to accommodate the dramatic needs of their characters. And they often sing under a great deal of stress at auditions.

A couple years ago she asked me if I would come to class to see if I could help some of her students free up their breathing. At first my mind got stuck in the logistics of how to get the table set up in the room where they were singing, and how to fit in my working on them with their still having time to sing. I soon let go of those worries and just showed up—for free at first, as an experiment. I figured since I had done some singing and a lot of performing myself, I would let my personal experience be my guide with a big helping hand from Hook-up.

That first day was exciting. Marge and I, and the rest of the students listened as the first student got up to sing her song. Afterward Marge asked her how it felt. It felt tight and too high, she said. Marge looked at me and asked me what I saw. And I said, I didn't know. I needed to feel what's going on. I got up and went over to the student. Not knowing where to begin I took hold of her hand and began to set it in motion. I played with her shoulders, meeting the considerable resistance there with softer and softer hands. Then I asked her if she would begin her song again so I could feel what was going on as she sang. It was clear from her first breath that her method of getting sound out involved a tremendous amount of contained effort. So as she sang I stayed with her, feeling her breath with my hands on her lower ribs, resting my hands on her shoulders, looking for softness with my mind, holding her in Hook-up.



As the higher notes of the song came along, I supported her habitual lifting of her shoulders by lifting them for her so she could feel herself make the sound without the effort. And what a sound it was! High, clear, focused, on pitch. And easy! So easy she couldn't believe it. And tears started to roll down her cheeks.

Who's voice was that, she wanted to know. What had I done? Why hadn't it been that easy before? Could it always be that easy? What had I loosened to allow that voice to emerge, to float free? These questions of hers—and of Marge's—were the exact questions I was asking myself. I'd had in my mind the sound that would thrill my ears. I knew how easy it should look and feel. That's all. I didn't now what I had done but it had worked. I didn't know if it would work again on her or on anyone else. I didn't know how to get her to make that kind of sound with that little effort.

All I knew I had done was to ask, with my mind, what would be more beautiful as my hands acknowledged what her body told me it wanted to do. I had listened with my hands as well as my ears. I had listened with my being to what her being was saying.

Full of questions and without any clear answers, I sat down as the next student, a younger man, got up to sing. Again I just watched and listened, and when Marge asked me what I'd observed, I again said I needed to feel what was going on. This time what I felt in the body wasn't contained effort but a heavy sluggishness, a weightiness that was too hard to move, a lack of sparkle. So as he sang, I started to move him. First his arms, then his shoulders, then his whole body. With all my weight behind my soft hands, I pulled and pushed and danced his music into his body. We must have looked strange, he and his shadow, and I know he felt foolish. So did I. But his voice came sailing out, and the whole class cheered.

This time I had some suggestions. I asked him to run in place while he sang. He tried it and it helped. Then we staged a mock wrestling match, and that did it. He'd been holding back his breath from his voice. Once we got him panting, his sound couldn't help but be supported by his fast-moving breath.

So with the next student, and the next, and for weeks thereafter I would watch and listen, then get up and Hook-up with the singers—become their shadows, their alter egos. Often I'd find my

hands moving instinctually to sculpt for them the feeling of more comfortable alignment by lifting gently on the skull, coaxing the ribcage forward over the hips, or tilting the pelvis one way or another. Sometimes all I'd do is just stand behind a student with my arms around her waist to reassure her that she was singing from a secure place, emotionally and physically. Or we'd dance around the room together to let her feel in her body the rhythmic underpinnings of the accompaniment.

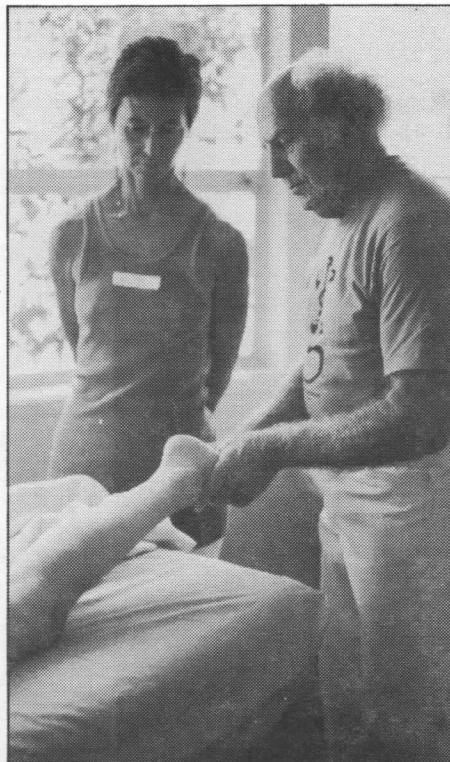
I found myself jiggling shoulders, swinging arms around, and hanging onto waists with all my weight. One tall man needed my whole body riding piggy back on him in order to feel his own power. And with jaws that flew wide open on every word causing distortions in the sound, my hands have become a soft muzzle.

There have been exhilarating moments when a voice breaks free to dazzle us with its power or its sweetness. And there have been touching moments of tears as feelings that have been hiding for years under layers of control and artifice have become available to the singer for the first time.

In the last year, Marge and I have become comfortable with a co-teaching structure, with a very fine accompanist supporting us. I now begin the class with about 45 minutes of physical and vocal warm-up. (Everyone has recognized how tremendously important it is that the full body be ready to support and resonate with the voice.) I guide the warm-up entirely with questions, just like I would teach a Mentastics class. The basic question "What movement does my body want right now?" serves as an opener to connect mind, body and emotions in the present moment. Then we move on to questions like: "What feeling radiates into your chest from swinging your arm like this? What would be a softer feeling in your jaw and throat? How does your weight shifting from one foot to the other help your lower back stay fluid?" and other questions and explorations Trager students and Practitioners would recognize.

As the students begin some easy vocalizing, I suggest images. I guide them with my hands as I talk about a helium balloon attached to the top of their heads and anchors attached to their tails. As they continue to sing easily to the edges of their ranges I have them hang over from the waist to feel the weight of their head hanging freely, gently elongating the chain of muscles that weave their spinal column together.

After the warm-up time, we all sit down to listen to and work with each student in turn on songs which they have prepared. The class then acts as audience with the added dimensions of having supportive feedback from Marge at the end of their first sing-through, and hands-on gui-



dance (or other playful interaction) from me as they sing through it again. They get the kinesthetic feedback on body and breath usage simultaneously with the vocal/musical feedback. They feel how it could feel, hear how it could sound, and see the audience response all at once.

This multi-mode way of learning has been very powerful for many of the students. Their growth has been remarkable in many ways, and seems to build on itself over the weeks. What's more, the questioning attitude creates a safe non-judgemental environment in which each student can have his or her own learning. All levels of development are supported—vocal, emotional, physical, professional, and even spiritual.

As the class has evolved, so have Marge and I. We have not been immune to the power of the questions in our work together, nor to their resonance in our individual private lives. For two highly driven professionals it's not been easy to give ourselves time to rest and renew. And yet, we now look for those times to balance the more active times.

As I write this I feel thankful that the Source in me has been able to so creatively combine my delight in singing and dancing with my Trager training. As a footnote, I have let go of my professional dance career in order to dance on the stage called Life. And recently this Dance has included me singing for the pure joy of it. I'm finding my voice as I find my Voice.

Thank You to Sheila Merle

Board of Directors

The Board of Directors wants to express its gratitude and appreciation to Sheila Merle Johnson for her devotion to her position as Executive Director for three years. Sheila Merle did an exemplary job organizing and getting a handle on the overall functioning and needs of the Institute, as well as clarifying and refining our processes and procedures. She also worked well with the Board in her communications.

Her prism-like brilliance and her devotion to process were demonstrated by her leadership of the Executive Committee which forged a smooth-working, cover-all-the-bases active committee. This has insured a smooth passing of responsibilities to Carlo Rossi, our new Executive Director. At the same time, Sheila Merle has maintained her teaching practice as well as a small private practice with excellent success. She is also an active member of the Instructors Committee.

One of the more amazing sides of Sheila Merle is her singing, entertaining, dancing, improvisation talents all of which were gloriously displayed at 1987's Quebec conference. Thank you for everything, Sheila Merle.

Trager and the Emotionally Troubled Child

Bayla Goldstein

Bayla is a Practitioner, Tutor, and Mentastics Leader from Toronto, Ontario, Canada.

Richard, seven years of age, was prone to destructive tantrums. Generally, he was a ball of tension and even his smile was tense and unnatural. The childcare worker and teacher involved with Richard at the treatment centre had taught him to breathe deeply when he felt himself becoming upset. However, he was so controlled he was unable to relax and enjoy himself. The staff hoped Trager could help Richard.

When Richard first came for Trager he constantly asked questions and drummed his fingers nervously on the Trager table. After several sessions, he stopped this repetitious behaviour and his body began to relax. At one session he actu-

ally let down his guard enough to close his eyes. When he opened them, he smiled a big, beautiful authentic smile. Richard had finally found a situation where he could relax enough to feel safe and happy.

When the consulting psychiatrist heard about this incident, she commented that this relaxation work was the most important thing the centre could do for Richard. The psychologist in charge of the day treatment stated that the Trager Practitioner "made our staff more aware of the role of touch and relaxation in the emotional development of children" and "offered a new lens through which to view children."

Disturbed children often communicate through their body language -and Trager speaks their language.

What Practitioners Should Know About Chronic Shock

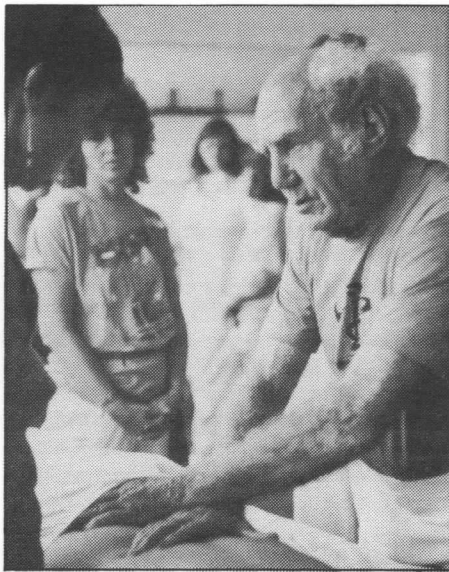
Dr. Susan Cooley Ricketson

Trager Practitioners can offer a special kind of service for people suffering from mental, emotional, and physical problems resulting from co-dependency and substance addictions. To be able to help these clients, the Practitioner must be aware of co-dependency issues in the life of the client, as well as in his or her own experience. One of these issues is chronic shock and its effect on your Inner Child.

When you grow up in any kind of dysfunctional home, you live through traumatic events without resolving the physical and psychological effects of those experiences. As a result, you are left with frozen feelings. If you do not work through them, these feelings remain frozen—in your body—the rest of your life. You live in a state of chronic shock.

As Wayne Kritzberg explains in his book on the subject, human beings naturally go into shock when they are seriously threatened. The purpose of this is to keep you from being overwhelmed or going insane. The process of working through the shock takes place in three phases:

1. When you first go into shock, your body becomes physically and emotionally numb. The color leaves your face and your eyes become vacant. Adrenaline pours through your system.
2. Next is the recoil phase when your feelings, such as terror, loss, or grief, emerge. This phase can last anywhere from a matter of hours to several months.
3. Finally, you process your emotions by dis-



charging them and talking about them with supportive people. You can then integrate the experience into your life. You see that, although painful things will happen to you, you can learn from them and grow as a person.

When you live through a trauma in a dysfunctional home, your body shuts down as you enter the first state of shock. But, because of the rigid rules you learned to live by, you are unable to move through the initial shock to the following phases, and to express your feelings about what happened. The initial shock phase becomes chronic.

People in chronic shock talk about scenes from their past as though they were scenes from a movie they had watched: they are completely detached from their emotions. I have heard many clients recount terrifying incidents from their past with a steady voice and no sign of emotion. One client told me of a time, at age six, when her drunk mother drove into the driveway and smashed her car into the garage. My client ran to the garage door. She saw her mother unconscious, slumped over the steering wheel. The child's first thought was that her mother was dead, and she went into shock. The next day, her mother seemed fine and the garage door was fixed. No one talked about what happened. The little girl had no way to work through her feelings of terror. For other clients, verbal, physical, or sexual abuse, or even witnessing verbal abuse between parents and siblings, has created a feeling of helplessness that is repressed.

When a person lives in a state of chronic shock, where does the trapped emotion go? It stays stuck in your system, unrecognized for what it is. Your range of emotional experience narrows. A part of you shuts down and stays shut down. That part becomes an adversary, a phantom lurking within

you that you must guard against at all times. On an unconscious level, when you start to have strong feelings, your body says, "Uh-oh, here come a lot of emotions. It's time to go numb." This is true for joyful emotions as well as painful ones. Clients have told me how they went through the motions of their own wedding, or the christening of their child, without feeling anything. It is also common for people in chronic shock to equate joy with the absence of pain. They assume that if their lives are temporarily free from crisis, they must be happy. The trapped emotions can emerge in inappropriate responses. You may become intensely angry at spilling salt, and feel nothing when someone sarcastically criticizes you. While watching a movie, you may have a rush of emotion that is unrelated to the story you are watching.

CHRONIC SHOCK IN TRAGER CLIENTS

It is essential for the Trager Practitioner to be aware that a client may be suffering from chronic shock, and that the Trager session may awaken the memory of traumatic experiences. Traumatic feelings not expressed are retained in the body, in the muscles, and during bodywork the memories associated with those feelings may come back. In fact, if a person is experiencing a very dramatic reaction to a particular movement in a Trager session, you can be sure the reaction goes back to a trauma in the person's past. When this happens, the Trager Practitioner must be there for the client, ready to accept and say the appropriate thing. The client needs to be reassured that what is happening, although possibly frightening and painful, is a connecting of feelings with the source of the trauma. This should be encouraged and supported; making these connections can help the person to heal. The practitioner might ask, "Does this go back? Does it remind you of something?" Or you might ask the client to be open about what they are experiencing and affirm them, "Obviously in the past you experienced something that really was that painful."

Returning to the source of the trauma is what we're after. Healing, however, requires that the client have a loving, caring, present person there with them, allowing them to feel their pain, letting them know that it is okay to have these feelings.

One of the most useful things a Trager Practitioner can do is to validate the client's connection with his or her Inner Child. Often this means stressing the client's innocence as a child. What you have on your table is a little infant in a grown-up body, a precious, innocent infant. It will be easier for you to relate to that Inner Child in another person if you can relate to the Inner Child in yourself.

You can validate for your clients that the abuse they received in the past was not okay, and that they were not responsible for the things that happened to them as a child. Frequently, persons suffering from chronic shock are used to having their feelings met with disbelief or minimized, "It wasn't that bad. You're acting like a baby." You might say to the client things that were not said to them the first time around: "It wasn't your fault. I believe you. You're not alone anymore. What happened wasn't about you. It was about them." Or the client may be repressing guilt for not having reached out earlier to tell someone they were being abused. You can help the client work through these feelings by affirming that they were probably smart not to have told anyone, that it might have been disastrous. When clients come to see that the dysfunctional behaviors they developed as children were in fact very wise, intuitive, essential skills for surviving in a dysfunctional home, they find it desirable to let go of those behaviors as adults. Their frozen feelings begin to thaw, and they can start to heal.

Most important for the Trager Practitioner, more than any particular movement, is staying in Hook-up. If you do, then you are being fully present with your client, and that person's Inner Child will sense your presence—your emotional availability—and respond to it. When you have worked on your own healing and recovery, and know what it means to be available for someone else, then you can be open to your clients if they reach out to you, or need your support and understanding. You can be a role model for healthy caring and empathy, as the rigidity and repression of chronic shock begins to break up and their Inner Child reawakens.

In the growth process, painful, difficult memories do not emerge until the person feels safe and is ready to integrate them. If clients experience and share traumatic memories, that tells you that they are starting to feel enough safety in their lives to open up to their pain. Be willing to explore that with them. Schedule regular sessions if they can afford it, and encourage them to start ACOA-oriented individual meetings. The return of traumatic memories also means your clients must be feeling safe with you. Honor that trust and intimacy. You are obviously playing an important part in their lives and recovery.

1. Wayne Kritzberg, *Chronic Shock and Adult Children of Alcoholics*, Health Communications, Inc. Pompano Beach, Florida, 1985.

Trager in a Physical Therapy Clinic

Catherine Travis

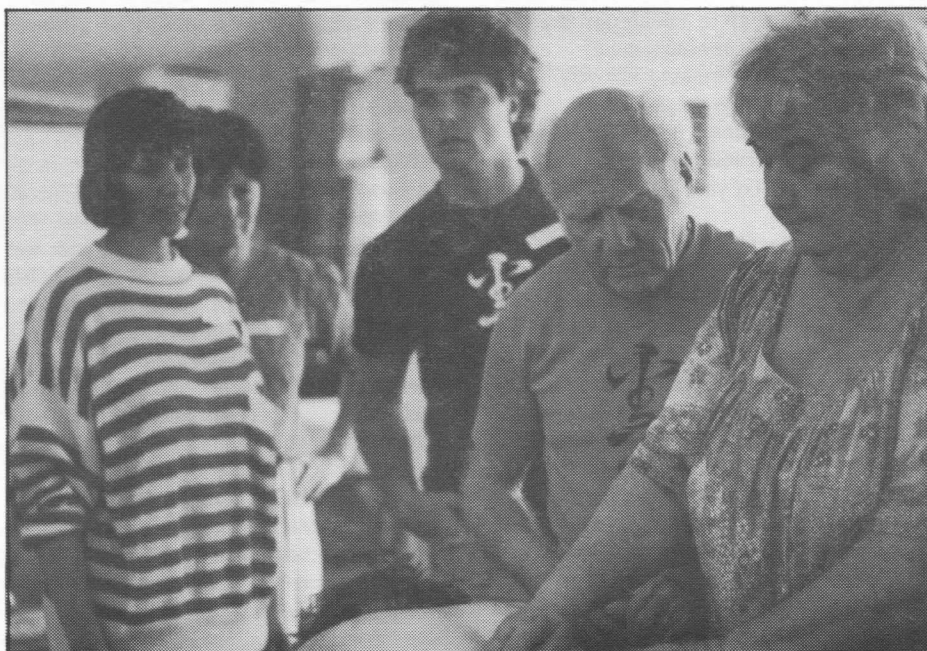
Catherine is a Trager Practitioner and licensed massage therapist from Eugene, Oregon. The focus of Catherine's private practice is traumatic injuries and long-term illnesses. She recently began work at a physical therapy clinic which is the subject of this article.

In October, 1988, I was asked to work at the University of Oregon's Physical Therapy Clinic. The clinic is housed in the same building as the Student Health Center. The clinic is made up of six physical therapists, an athletic trainer, and an L.M.T. The physicians in the Health Center refer patients to us. The usual procedure is as follows: The doctor refers the patient to us. The physical therapist sees the patient and begins treatment, that is, ultra sound, muscle stem, tens, ice massage, exercises, etc. At this point, the physical therapist will have the patient schedule an appointment with me for a Trager session. 70% of my clients have cervical and back pain caused by injury—bike or car accident, sport activity, heavy lifting, etc.—or cause unknown which is characterized by either a slow or gradual onset or an acute episode. The patients will continue with the physical therapists and chart notes are kept for each patient. There is a constant communication between myself and the physical therapists and physicians regarding our work with the patients.

Currently I am receiving specific referrals for Mentastics for the purpose of teaching relaxation and movement quality. I teach standing, sitting, walking Mentastics along with specific moves for their area of injury or stress. Nancy Cogan, a P.T. at the clinic, reports that, "I see Trager work making a very nice contribution here in teaching relaxation and a better quality of movement. It seems from my observation of my patients, that the more traditional types of massage bring about relief of muscle soreness and can decrease muscle tightness and produce a temporary relaxation, but usually the patient reports that it lasts 1-2 days".

Nancy sees the Trager sessions and Mentastics as education for the patients. "To merely treat pain symptoms," she writes, "would probably not have a lasting benefit. Fortunately most of our patients can be easily motivated to work on lifestyle changes." Trager, as movement re-education, and Mentastics address this need to learn how to allow movements to happen and to move with less effort in everyday living.

Next term we will have "in-service" demonstrations. Because we work closely together as a team, we all want to be aware of each other's work. In these meetings we will look at a specific body part, for example the shoulder, and each professional will demonstrate how they would work on this area from their area of expertise. I am excited and challenged. As a L.M.T. Trager Practitioner this is a very encouraging environment. The responsiveness I have received from this team and the openness to Trager and Mentastics has enabled me to touch a youthful population. I feel that many seeds have been planted.





East Bay Trager Outreach Project

Gae Henry

Gae is a Practitioner and Mentastics Leader from Berkeley, California. She is also chairperson of our Training Track committee. This article is about promotional efforts.

We'd done it!!! Six Trager Practitioners from the East Bay Trager Outreach Project (TOP) had just finished our first "gig"—an hour and a half demonstration of the Trager approach to the Golden Gate Unit of the American Massage Therapy Association with about 25 members and guests in attendance.

This story begins some months ago, when Practitioners from the San Francisco East Bay areas started meeting with the intent of coming up with something that would both provide group support for attracting clients and educate the public about the Trager approach. We wanted something that was ongoing, yet

flexible enough not to require that everyone participate each time. After playing with various ideas, we decided that a group demonstration format would allow us to use our collective strengths to best advantage. Thus, the East Bay Trager Outreach Project, TOP, was formed. The participants in our first demonstration before the local AMTA unit were Practitioners Dhyani Berger, Henry Bornstein, Jane Burns, Vicki Carmona, Megan Eoyang, and Gae Henry. Other TOP members who will participate in future demonstrations are Elna Adams, Oni Freeman and Natasha Heifetz.

We designed a brochure that includes both client testimonials and our names and phone numbers. Our display of information would include our TOP brochure, Dr. Trager's Mentastics book, the Trager Journals, the Institute brochure, and copies of selected articles. We started by contacting groups who regularly have various types of demonstrations as part of their meetings or programs.

We began our demonstrations with brief personal introductions and a short verbal description of the Trager approach. Four lucky volunteers from the audience then got onto

tables to receive some neck work. Reading out loud from the Mentastics book before starting the "tastes" deepened the feeling in the room. The audience was invited to ask questions both during and after the table work, and responded enthusiastically. Those who had received the work then had an opportunity to report their feelings.

Next, we cleared away the tables, creating a large, open space for Mentastics. Two TOP members led about 20 minutes of Mentastics while the rest of us used touch and quiet suggestions to deepen the experience of the group. After Mentastics, the group broke up for more informal discussion and individual questions.

This was a wonderful experience for both the TOP crew and the AMTA group. We're excited about working as a team in the future and encourage others to explore the possibilities for similar group projects.

"Trager Mentastics" in Your Office

Madeleine Terry

Madeleine is a Trager practitioner from Richardson, Texas, who has found ways to use her practice to promote the sales of Milton's and Cathy's Trager Mentastics book, and vice versa. Betty Fuller requested that Madeleine share her latest idea with the membership, and here it is!

Barbara looks up and smiles. "I'm on page 160," she reports as she replaces *Trager Mentastics* on the bookshelf in my waiting area. As we walk down the hall to begin her session, she asks, "Would you watch me shimmer my arm? I don't think I get it." We begin the session with this Mentastic, and expand the feeling into other movements, then flow into the tablework.

I encourage my clients to read Dr. Trager's and Cathy Guadagno Hammond's book while they wait, even to come a few minutes early, giving themselves a quiet transition time from their busy worlds into their Trager time. A post-it on the inside fly leaf informs them where the book is available locally along with the store's phone number. Many want a personal copy. They use it as reference; they carry it when they travel. Visually oriented people seem to access "Hook-up" effectively through the writing and photographs. I have found Milton's book to be a very useful tool both in enhancing "Hook-up" as well as in understanding Mentastics.



Southern California

Tony Robson

It is time once again for another Whole Life Expo. This one will be held at the Los Angeles Airport Hilton on February 18, 19, 20th. The dates include a holiday: all day Monday the 20th, Washington's Birthday. So hopefully even more people will attend (last Expo brought in 30,000). All of our past booths at Expos have proven to be successful. They expose more and more people to Tragerwork. They have been fun and rewarding for all those Trager students and Practitioners participating, and they have been paying for themselves.

The major reason for their success has been the continued support of the Institute members in the Southern California Region. This support has taken many forms. Those who have the time commitment come and help out during the Expo at the booth: talking with the public, answering their questions on "what is Trager? . . . how does it work?" and most importantly giving people a "taste" of Trager in 15 minute "Mini Sessions". Others help by donating money toward our expenses (a good booth location now cost between \$900 and \$1000). Many are unable to come to the booth during the Expo to help, so they donate sessions. These are sold at the booth and are scheduled for after the Expo is over. The practitioners who donate "intro sessions" often gain new clientele for their private practice.

All in all our continued involvement in the Whole Life Expo is getting the "word" out on who and what is Trager is. The more people we touch on a consistent basis the more people will benefit from what we have to offer. This Expo will be happening soon, so please think of how you can help and sign up to participate and support our efforts to put Trager in the public's "eye".

Our booth at the February Whole Life expo is being coordinated by Tony Robson. Please contact him at 2002 Cherry Avenue, Long Beach, CA 90806. 213-494-3041.

Colorado

Suzanne Wilner

The Colorado Trager community is growing by leaps and bounds! August 26-28 we held our first Rocky Mountain Regional Trager Community Retreat. Participants came from Colorado and New Mexico and converged in Grand Lake, Colorado. In addition to attending seminars, we played, danced, networked, brainstormed and planted many seeds that continue to strengthen our regional Trager community.

Special thanks go to Nan Davis, Natasha Heifetz, Jo Mednick, Ru Wing and Bob Wing, our seminar facilitators. Each presentation was excellent! Thanks to Natasha for coming all the way from California to join us and for her superb Practice Day before the retreat. Kudos is also due to Winnie Boyle, my co-chairperson, without whom the retreat would not have happened.

In November and December we held meetings to establish a group call Trager Associates-Rocky Mountain Region. One of the main functions of this group will be to act as a vehicle for practice development, community outreach and education. We'll keep you posted on our progress.



Chesapeake

Jean Hopkins

The "Chessies" are finding plenty to celebrate as this year comes to a close, including a successful Beginning training and Mentastics class with Carol Campbell this Summer, the addition of student associates and their energy to our meetings, another lovely exposure for Trager at the Natural Living Expo. in D.C., an Introductory Day with Roger Tolle, Mentastics classes by Joe Griffin, and having an area Tutor again (myself!). In addition, we are celebrating Linda Ford's return as an active member after recovering from an illness.

Discussion at the September meeting and trade-day elicited some shifts for us. We will meet five times a year for half-day gatherings rather than monthly for 2-3 hour meetings. This will reduce travel demands to meetings, and allow more time for Mentastics, play, and exploration. What could be lighter? fuller?

Our 1989 plans include January election of officers and an Intermediate training with Cathy Hammond in March. We are still struggling to find a training schedule which will result in more and reliable student enrollment and less training cancellations. We would appreciate hearing from other regional groups and/or sponsors regarding this issue. We are aware that the New York City sponsors recommend a certain ratio of Introductory days/Beginning trainings/Intermediate train-





ings. Have any others areas had success with this type of formula? Do you wait for a certain level of demand for a training before even scheduling one? Please let us know, through a letter or through this column of any insights and/or positive experience you have had in addressing this sponsorship/timing issue.

Best wishes for a fulfilling 1989!

Southwestern Ontario

Shelly Siskind

The Trager Practitioners of Southwestern Ontario have much news to share.

We have just completed our 1st Beginner Training with instructor Carol Campbell. Twelve new Tragerites were born and the birthing was soft, playful and like all births a miracle! Ten assisted with the delivery.

This week Sheila Merle arrives for a Mentastics Training. We feel London is now on the Trager Map, in a hands-on way.

In addition we have a group office which houses two Practitioners. There is a third room shared by the group which is equipped with an answering machine and Trager literature.

Consolidating, concrete, co-operative seems to sum up the Longer Trager Scene.

New York

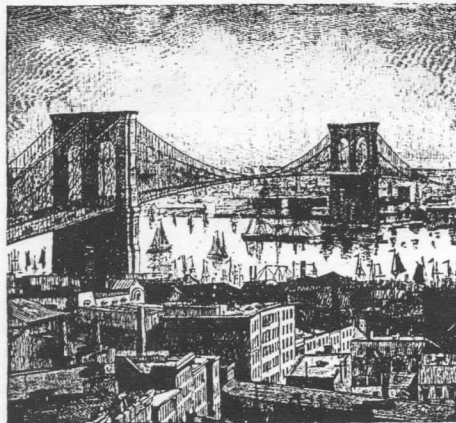
Elizabeth Wieshofer

The big news from New York is that the New York Trager Network had a weekend retreat at the Grail, a Christian retreat center along the Hudson River in Washington Irving country September 23-25. As a group we planned and carried out a very successful and fun weekend. Our planning was extensive yet only about five weeks elapsed between our concept and the reality of the retreat. We had time for trades, and some planned time for a delightful Mentastics class led by Roger Tolle. There was also free time for hiking, making music, laying in the sun (since it was still warm at that time) and participating in a wonderful meditation and ritual using the singing whistles. Our retreat was so much fun we're in the beginning stages of planning our next for the month of March.

Along with two intro workshops, we continue to have monthly scheduled business meetings to decide about future directions to move towards as a group, and to lend each other support.

Our holiday party is scheduled for December 18th, to celebrate all our good times this year, and to ring in the New Year.

Peace to all!



News From Pittsburgh, Pennsylvania

Dodie H. Becker

On November 14, 1988 I gave a Trager Presentation to "The Ciloets" of United States Steel Corporation. The Ciloets are a professional group of women in the Corpo-

ration who hold monthly meetings that are educational for the group and also beneficial to the Corporation.

My presentation lasted 1 hours and 45 minutes during which time I briefly covered Dr. Trager's life, pertinent data and stories from the Newsletters and Trager Journals followed by information about Practitioners I personally know that are physical therapists in hospitals, work for doctors, clinics, etc.

After watching the Trager Video and answering questions we pursued the feeling of Mentastics. The group of sixty women formed a large circle in the auditorium doing the Trager walk, shoulder and arm movements, sky hook and head drops. We ended on a note of such peacefulness that one could hear a pin drop. I gave three-quarters plus members of the group a feel of Trager standing working with the shoulder and hand and ended with a short demonstration on my table doing legs and a touch of neck work.

The Little Wave

Wendy Gayle Spielman, Student

A gentle yet over joyous wave
Brushed it's foam against the Barrier Reef.
It jostled and danced.
It giggled and jumped.

The old barrier reef was wise.
Such a joyful wave, it thought.
Trying to get past to the beach,
Doesn't it know there's only a crash ahead?

The Wave danced and laughed.
The Reef wept inside.
The Reef knew the vastness of the ocean.
The Reef knew the limits of the shore.

The Wave built up energy.
The Reef cried for itself and the wave.
"Crashing is so uncomfortable", The Reef thought.

The Wave danced and jostled.
Laughing with energy,
The Wave leaped over the Reef
And went crashing to the shore.



New Beginnings

Betty Fuller, Founding Director

Happy New Year Everybody! After the "bowl-you-over" challenges of 1988, with all its overwhelms and breakthroughs, I sincerely envision for us all a truly joyous and glorious New Year with a dazzling dance into the nineties.

I am deeply grateful to all of you for the love, light, and life you bring to me personally, to our Trager world, and to the world and universe at large. To all of you Students and Practitioners in the field who bring the personal experience of Peace to everyone you meet and touch, thank you. You have touched me, and I love you. Thank you Milton and Emily for your good health and the renewed vigor and energy you bring to us along with the radiance and inspiration of your Hook-up and love. To the many hundreds of you who have taken the time to communicate your feedback to help guide the direction of our Organization, thank you. Your response-ability has served us all. My deepest appreciation to all of you who have served on the committees, both at headquarters and regional where decisions are made that affect all us. Your own creativity and ability to respond to others has taken us far in our development as professionals.

I am grateful for the support of the experts we employ to help us with our financial, political, legal, and scientific matters. We are blessed with a staff at headquarters who are dedicated to this work, and to the people who do it. They serve us cheerfully and with good humor while handling thousands of particles with minimal snags and maximum results. I have a very special warm fuzzy for our Board of Directors who are ultimately responsible for the whole works. These folks have been responding to your feedback, providing many if not most of the services you have asked for while keeping us on budget and entirely fiscally responsible. My heart-felt appreciation and gratitude for the beautiful job accomplished by Sheila Merle Johnson working with Don Schwartz (and all our committees), to clean up our act organizationally, to prepare the way for Carlo Rossi to take the helm as Executive Director of the Trager Institute. Welcome, Carlo! Thank you for joining us.

We are moving through a transition out of this decade and into not just *another*, but the final decade of this century. We have the Work, the People, the Purpose, the Heart, the leadership at all levels, to meet the challenges and opportunities of this fabulous time in history. I am very happy to be sailing through this voyage with all of you.



Thank You From The Tragers

Don Schwartz

This 1988 holiday season has brought Emily and Milton more than the usual avalanche of holiday cards and gifts, and they have asked me to say a special thank you for all of the warm thoughts you have sent their way. It is truly felt and appreciated.

The office staff, too, want to thank you for the beautiful thoughts you have sent us through your holiday greetings.

Vive La Feeling!

Eva Schilling and Elizabeth Ormyron

A trip to Europe this summer gave us the opportunity to assist at the Beginner training in Saint-Maur, France. We met

at the 100 year old, castle-like home of our instructor, Fabienne Hirsch and her husband, Dr. Maurice Hirsch. The other assistants (7) and students (10) were from Belgium, France, and Switzerland.

The ringing of a cow-bell would call us together every morning at 9:30 for Mentastics. Then we shared *petit dejeuner*, delicious freshly baked bread and coffee. It was wonderful to experience the cultural give-and-take. Instant translations were available for the asking at any time.

Any who have studied with Fabienne will immediately know what I mean when I say that she has an exceptional gift for teaching and natural way with humor which turns learning into play. The day's training concluded with A & P taught by Dr. Maurice Hirsch. Then, off to Paris!

For those of us who needed sleeping bag accommodations, the Hirsch's invited us to stay in the classroom. (Sorry if we kept you awake with our giggling and pillow-talk.) If any of you are going abroad, I would heartily recommend that you consider adding a cross-cultural Trager experience to your itinerary.

Thank You Fred Savage!

Fred Savage is a resident of Victoria, British Columbia, Canada. He has written and self-published a book called *Osteoarthritis: A step-by-step success story to encourage others to help themselves*. Fred's book shares with the reader the approaches he has found useful in dealing with his own osteoarthritis. Amongst these approaches is the Trager work, and he has included Trager and Mentastics in his book.

Fred promotes his book aggressively, and he is also enthusiastic about Trager. Consequently, Fred promotes Trager, Mentastics, and Trager Practitioners in his writing, speaking, TV and radio interviews. He also promotes the *Trager Mentastics* book. It is for all of these generous activities that we want to acknowledge and thank Fred, and wish him continued good fortune. You may contact Fred at: 1230 Palmer Road, Victoria, BC, V8P 2JH7, Canada, 604-382-8366.

Letter From Barbara Goodman

Barbara is a Trager Practitioner and Tutor from Maui, Hawaii. The Tragers were moved by this letter, and Barbara gave us her permission to print it.

July 11, 1988
Kathmandu, Nepal

Dear Emily & Milton,

I've been here a week and a half now, staying with a man I met in Australia many years ago. He is a German Jew whose parents were killed by the Nazis, and who was raised in a Scottish orphanage. He has since become a simple pilgrim—moving freely on the planet, and has 10 acres in the Nepalese countryside where he loves planting trees, growing his food and living an austere life.

The Nepalis, the Tibetans continue to charm me with their innocence and purity, their soft fresh open eyes, and their gentle, accepting hearts. The poverty, the filth, the chaos, is at first overwhelming, but once you begin to meet the people you fall in love with Nepal.

I must share with you one of my most delightful experiences. We went to meet a friend of Gerd's, Dr. Jha, an Ayurvedic doctor, the Indian holistic approach to healing incorporating herbs, massage, diet, etc. We climbed up these stone stairs—a dark and dinghy passage way—into his

"office", a tiny cubby hole not big enough to stand upright in. The floor was covered with dirty faded cushions. The walls were badly in need of paint, and people were coughing and spitting out the open window. The doctor appeared looking tired and disheveled, and as the patients left, we were offered a cup of sweet milky tea. His command of English was very limited, but of course I speak no Nepali and when he mentioned that his back was hurting, I offered to give him a Trager session. I expected him to refuse, but he accepted!

He laid down on the dirty cushions, as directed, and I began to rock his back. After 10 minutes or so, we stopped. He was radiant and glowing and very effusive. "This is better than everything else! . . . I thank you, I thank your teacher! . . . A great man to have discovered this . . . You must teach me . . . This is very important work . . . It is the most KINDful approach . . . You must teach my students at the college!" (He teaches at the University of Nepal, and his oldest son is the outstanding medical student of the year). He is a very learned man who has studied healing for 30 years. Last night we cycled through the dark muddy streets back to his office so I could give him a full session (as best I could on the floor.) He took off his clothes, his forehead covered with a giant red tika & ash streaks across. He was a small man of early 50s, and I worked on him for about an hour surrounded by 3 of his beautiful sons, a sadhu in rags and beads, and Gerd.

I wish I had a tape recording of his responses because he really "got it"—how it affects all the systems, how it goes beyond "faith" and more approximates "sacrifice", the offering up of all

blockages which keep us from being the "Light". You would love him. I would love to find a way to bring a Trager teacher here, but these people are so poor. (The average Nepalese earns \$1.00 a day—it's the 4th poorest country in the world.) He read my palm and told me I'm very broad minded, have a heart like the Ocean, a very kind woman, not a close family life, good karma, good conditions, and that I will find the relationship, the life, I'm seeking.

I leave here on the 16th for south India and my journey to see Sai Baba.

Hope you are well and happy and I am sorry to be missing the Practitioner 5 with Jackson, Tom and Maryann. My love is with you.

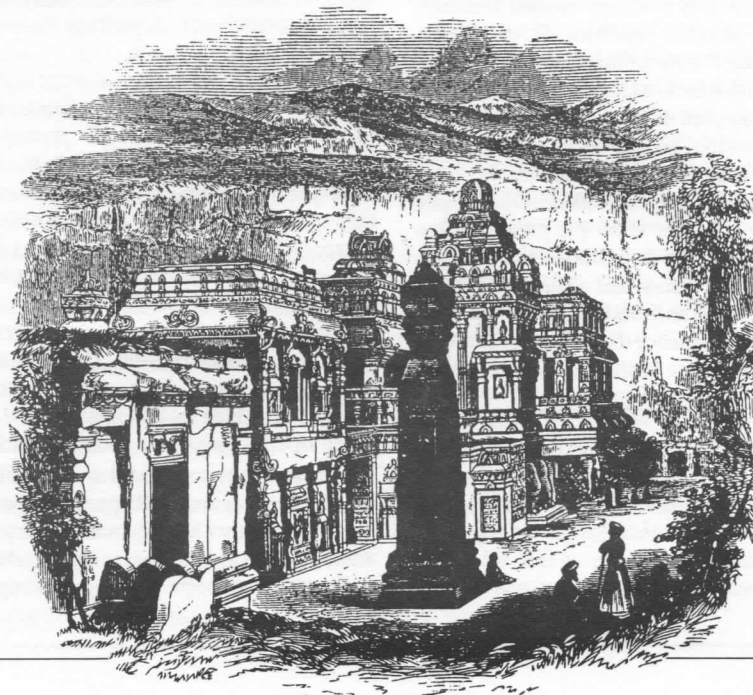
All Blessings,
Barbara

Year of the Trager Babies II

Don Schwartz

Congratulations to Trager Practitioner Leatrice Hope Wolfe-Doblin and her husband, Stuart Doblin, on the birth of their Taurus baby, Emes Kanoa Wolfe-Doblin, on May 19, 1988. Emes weighed in at 8 pounds.

Our best wishes to Trager practitioner Jacqueline Flechon and Angelo Truscio of Paris, on the birth of their baby boy, Lorenzo Truscio who weighed in at 3.1 (kilos, I believe), on March 1, 1988. Jacqueline writes, "*Il ouvre les vanne de l'amour.*"



The Reflex/Response Class: A Personal Report

Cynthia Harada

Cynthia is a Trager Practitioner and registered nurse from Los Angeles, California. She recently served as the models coordinator—a complex, unenviable job—for last November's "Reflex/Response" class in Laguna Hills. The class was coordinated by Trager Instructor Cathy Hammond. The first three days of material was presented by Cathy with Trager Practitioner and physical therapist Adrienne Stone. Practitioner Carla Montagno served as the logistics supervisor. This is Cynthia's thank-you and report.

To all the Trager Practitioners and Students who referred models for the Reflex/Response class, I thank you for your assistance and patience. The quality of models at the class enabled the students to have excellent learning experience.

This year's class was an unparalleled success due to a number of important factors. Cathy Hammond's well thought-out teaching plan assisted the students to approach the material without fear and trembling. Cathy's gentle, encouraging teaching style encouraged their learning. Adrienne Stone's thorough knowledge of her materials and her easy teaching style were most helpful to the students, as well. Because of the preparation and easy attitude of this fine teaching team, the students were quite ready for the "clinic" portion of the class where they work with models who have challenging physical problems. It was such a pleasure to see the students fall right in after Milton's demonstrations, and continue to work well with their assigned models.

Carla Montagno's superb organizational ability as the logistics coordinator allowed the three clinic days to be quietly run with no chaos in spite of the large numbers of people present in the room at all times. Of most importance was the fine spirit of cooperation and willingness present in the Trager folks and models alike. It was most heartening to experience the wonderful effects of this remarkable time in all who were present.

Deane's Three Trainings

Through a complex series of events, three Deane Juhan anatomy classes did not make it into our last schedule. And, we do want you to know about them. Deane will be presenting Trager Body 1 in Boulder, Colorado, on May 5-7, 1989. Trager Body 2 will be presented on May 12-14. Please contact Ru Wing at 303-444-0838, or Nan Davis at 303-232-4766.

Trager Body 1 will be presented in London, Ontario, Canada, on June 10-12. Please contact Shelly Siskind at 519-660-4433.

Carlo Rossi Comes to Laguna

Maryann Zimmermann

Maryann is a Practitioner and Tutor from San Diego, California. She attended a meeting hosted by Emily and Milton last August, with Executive Director Carlo Rossi as the guest of honor. This is Maryann's report.

Dr. Milton and Emily Trager graciously and successfully hosted a "Let's Talk Trager" potluck meeting last August 31st, at their lovely home in Laguna Hills, California. The meeting introduced and featured our new executive director, Carlo Rossi, who offered a safe space to participate and share our ideas, thoughts, and feelings about the Trager work, the Institute, where we think the Trager work was, is, and its future possibilities.

Twenty-six members from southern California, two from Canada, and one from Texas attended the spontaneously scheduled meeting which resounded with Hook-up and celebration. There were sparkling, scintillating sharings, honest feelings, and brainstorming. The atmosphere was charged with aliveness and an escalating momentum, resulting in a 6-10 PM meeting that felt timeless and light in its essence.

Milton and Emily greeted guests as we arrived and introduced us to Carlo. After feasting on a variety of delicious foods, Carlo opened the meeting by telling us the personal and professional aspects of what he is about. His enthusiasm sparked others to open and share. From the feedback of the meeting, it is apparent that similar meetings in other areas would be very worthwhile. We are growing, developing, changing, expanding, and the timing is ripe, and right, and now!

European Town Meeting

Don Schwartz

At last December's Board of Directors meeting, Board President Gary Beal announced he was making a trip to Europe in January, and that he would like to meet with as many European Institute members as possible. Executive Director Carlo Rossi made some phone calls, and arranged a meeting in Geneva, Switzerland, on January 26th. The meeting's European organizers then began spreading the word.

The meeting will give everyone an opportunity to share their viewpoints and visions, needs and desires, both in terms of what they wish to receive, and what they wish to contribute. The meeting also offers us the opportunity to create a stronger base for contact and communication, and feeling of international "hook-up." This meeting marks a new era of more direct contact between the Institute's leadership and our members—especially our members from overseas. And, we hope that Carlo will be able to make a journey to Europe soon, and meet with even more members by touring several countries. We will have a report on the January meeting in our Summer newsletter.

New Special Status Members

MENTASTICS LEADERS

Mary Kelly
Gae Henry
Henry Bornstein
Jacqueline Romano-Toramanian
Mark Bauman

SUPERVISED PRACTICE LEADERS

Marylou Mowrer

INTRODUCTORY WORKSHOP LEADERS

Jacques Hebert
Monika Ammann-Sutter
Bodhi Rovner

TUTORS

Connie Pounders
Sigi Salkowitz
Carolea Burgess
Jean Hopkins
Maurice Hirsch
Bob Wing

Trager to be Presented a Second International Conference for Somatic Educators

Roger Tolle

All Trager Students and Practitioners are encouraged to attend the second international meeting of somatic educators and health professionals, "Life in Motion," which will be held at New York University in New York City, on March 30, 31, April 1 & 2, 1989. The first day will highlight 6 modalities, Trager among them—I will guide the 3 hour introduction to Trager work. The following three days will be devoted to stimulating panel discussions, lecture/demonstrations, hands-on sessions and archive video-viewing. There will be an in-depth look at change, optimal health and productivity by exploring topics such as quality of life, responsibility and communication.

Joan Borysenko, Ph.D., author of *Minding the Body*, *Mending the Mind*, and Tom Hanna, publisher and editor of *Somatics Magazine* will be among the keynote speakers.

Costs; Pre-conference day (Thurs.) - \$65.00. Conference (Fri. Sat. Sun) \$200 (pre-reg) \$225 (regular registration)

For more information call: Shelley Hainer, Conference Director at 212-864-0755.

New Prerequisites For Taking Review and SPL Sessions

Please note that in order to support a minimum standard of practice to be met in our Review Days and Supervised Practices sessions, registrants must have had either a tutorial and/or a class within six months of taking one of the above mentioned trainings. This new policy is in response to the occasional student who comes into one of these trainings very "rusty" and is unable to participate in a useful way in the class or workshop.

Executive Committee Report

Cheryl Wells

Since the last two meetings of the Executive Committee (EC), several projects have progressed.

PILOT PROGRAMS

Carlo Rossi has begun to formulate a preliminary format for pilot program proposals which will set a standard for application, evaluation, and implementation.

We are looking into the feasibility of a pilot class addressing insurance billing issues to meet members request for this information.

SERVICE MARK GUIDELINES

Henry Bornstein has been updating the newly revised service mark guidelines to be published upon approval at a later date.

REGIONAL AND BUSINESS GUIDELINES

Carlo is gathering data about how the different regional Trager groups conduct fundraisers, develop promotion, run their business meetings, maintain records, and adopt by-laws. The purpose of this clearinghouse of information would be to make it available to other regional groups. To assist Carlo in this endeavor, send copies of any promotion, by-laws, etc. to Carlo at the Institute or speak to him directly when he travels through some of your regions this January. There are some great ideas out there, so let's pull them together!

MEMBERSHIP RENEWAL

Don and Carlo have designed a renewal certificate to be sent out yearly to current renewing Practitioner members.

Carlo has been stepping into his role as Executive Director with gusto tempered with insight from experience, handling membership concerns and taking on more and more of the functions of the EC with the gentle assistance of Sheila Merle and Don. Read the Newsletter for future developments.

Instructors Committee Report

Bill Scholl

We were delighted to be able to spend a great part of our Fall, 1988 meeting with Executive Director Carlo Rossi. We were able to spend our time with Carlo doing some goal-setting and brainstorming about the future shape and function of our committee as well as the Institute. The members of the Instructors Committee feel that this is a major way we can serve the Institute, and we are planning to continue this process at future meetings.

We have decided to try to have two Instructors present in all of Milton's Practitioner 2-5 classes. We feel that this will accomplish several goals. It will help free Milton to do more work on individual students; it will allow Instructors to be brought along further in their development by being with Milton more regularly, and will allow larger classes, giving more Practitioner the opportunity to study with Milton.

We have requested the formation of a selection committee to discuss and decide upon the applicants for Instructor. The committee will be broad-based, consisting of our Executive Director, several Instructors, Practitioners, and Board members. The committee is to further develop and weigh the qualities needed in new Instructors, and carry out, with further input as needed, the selection process. We are very pleased with the high caliber of our applicants.

We are also requesting that IWL and SPL committees be formed. These committees would have as a model the Tutor committee. They will be responsible for selection, training, on-going education, feedback processes, and annual re-certification.

We have all affirmed our current policy concerning assistant pay, which is that, as a rule, we do not pay assistants. However, under special circumstances of need, Instructors may negotiate special agreements. We believe that the value received by assistants in their own learning and in the ability to fulfill continuing education requirements is equal compensation for time and energy given to assisting.

In closing this report, I want to acknowledge those of you who have taken the time to contact our committee. We appreciate your interest, and we invite all of you to write us with your feedback and your suggestions.

Office Activities

Don Schwartz

This column appears regularly in the newsletter. It is written primarily to give members some feeling of the activities that go on around here, and is my humble contribution towards helping members feel a little more connected with "the Institute". I have been hearing that members who have not been here for a training have varying images of the Institute's physical plant. So, let me tell you that our Institute offices are in a church, in two small rooms which were formerly used for "Sunday school" classes. One room has two desks, one computer, and most of our file drawers, whilst the other room—the one I'm typing in at this moment—has four desks, three computers, two printers, a copy machine, a postage meter, and a typewriter. The two rooms are very crowded, and often times we have five or six people working here on top of the ringing telephones and grinding printers. We would like to expand our offices, but the resources are not available yet to do so. We all make the best of the situation.

Before I get into our current projects I want to make a plea for members to take advantage of the Institute's structures for handling complaints about other members—of any status. In my conversations with those who have had problems either with their peers, or members of other statuses, their problems have not been communicated with persons in the organization who can take *positive action*. My suggestion that the complaining member write letters to the appropriate people is often not taken. It all seems to stop in the conversation with me, or whomever, and the member is left with a bitter taste.

We all want to have the best Trager Institute possible, and it is with that spirit that I ask you to take advantage of our Standards and Grievance committee chaired by Practitioner Elna Adams, from Oakland, California. If you need and request anonymity, or, if you need to communicate on a *completely anonymous basis*, it will be honored. If, for any reason, you need or wish to take your grievance to Carlo Rossi, simply address your letter to him here. Whoever you mail your letter to, if you wish anonymity, please mark your envelope "Personal and Confidential." By expressing your complaints to the people who can take action, you initiate a process which can lead to improvement in your own personal situation, and improvements in general Institute functioning and membership relations. I encourage you to do so. Thanks!

Often times I wish we could have our annual membership renewal at any other time than the end of the year—the holiday season. This December has been a monumentally busy one with the annual rush of membership renewals on top of the holiday hustle and bustle. Perhaps some day our annual renewal deadline will be June 1st! In any case, it appears that we are having a usual renewal; but, we'll know more about it at the end of January. At that time we will have completed the renewal process and begin work on rushing your annual membership roster to you.

We observed a disturbing trend this renewal period. The vast majority of members who renewed early did so with completed renewal forms. That is, they had completed all of their continuing education requirements for the year including the annual tutorial. This makes the renewal process efficient. However, many members who have renewed at the last minute have done so by sending in uncompleted renewal forms, thus necessitating additional clerical work to follow up and communicate with these members. In addition to the additional expenses involved, this is unfair to the members who do renew early and completely. We will be considering renewal policies for next year which encourage the sending in of completed renewal forms.

Many of you have seen revised application, cancellation, and refund policies in our first 1989 schedule. These changes have been made in response to a growing number of last-minute cancellations which, in turn, are due to a growing number of applicants who have not had as serious an intention to actually take the class as is necessary. We hope these new policies will serve to make a smoother application and selection process, and that trainings will be more secure.

We are now sending annual renewal certificates to renewing Practitioners this year. If you are a Practitioner, and did not receive a certificate, or if you received one bent or damaged, please notify the office and we'll send you a new one.

We will soon add a fourth computer terminal. Its presence will be a modest step forward for us at the office. We are looking forward this year to working with "DTP", desk top publishing. As we introduce "in-house" production of our printed materials, you may see variations in quality over time. That will be an inevitable result of this kind of transition. However, as we become more familiar with our DTP programs, and as the programs themselves improve, I believe we will have a very good quality of printed literature being produced at a great savings to our membership. I anticipate this process taking 12 to 18 months.

We welcome our new employee, Dodie Young, who will be handling our mail order products along with other office functions. Dodie has a

background both in computers as well as retail sales, and we look forward to having her enlightened attention to our mail order products—especially the T-shirts.

Call For Entertainment

The Midwest is often referred to as the cross-roads of America. We would like to see this theme reflected in the Talent Show. Our concept is to have various regions of our Trager family contribute something to the show: a skit, a song, a dance, a combination of these, or whatever! Doing this would provide your area with a fun way to come together, share your creativity, and strengthen your Trager community.

We need a volunteer coordinator(s) or group to pull this all together. Please let our Program Planning Committee know of your interest by March 20th, 1989. You do not need your show contribution planned by this date, just your, or your groups', commitment to be involved.

Send responses to Beverly Cox-Eland, 5010 N. Winthrop Ave., Indianapolis, IN 46205.

Call For Tables

As you know, Trager work requires tables! There is not a sufficient number of Practitioners and students in the Indiana, Illinois and Ohio area to provide enough tables for the Great Trager Trade day. The only way we can make this wonderful experience happen is for some of you to be willing to travel with your table. We need this commitment from you by March 20th, 1989. Please help us plan for this day by sending your response to:

Send responses to Beverly Cox-Eland, 5010 N. Winthrop Ave., Indianapolis, IN 46205.

Call For Translators

We would like to offer as much of the conference as possible in the language spoken by the Trager family. To do this we need fluent translators. Please let us know of your ability to help.

Send responses to Beverly Cox-Eland, 5010 N. Winthrop Ave., Indianapolis, IN 46205.

FIFTH INTERNATIONAL TRAGER[®] CONFERENCE

Reach the Mind, Teach the Body, Free the Spirit

CALL FOR PROPOSALS

Please provide the following information. Programs will be selected by the Program Committee and reviewed by the Executive Committee.

1. BASIC INFORMATION

- a. **Length:** Most sessions will be 2 hours in length. However, there will be a limited number of 4 hour sessions intended to provide greater depth of experience. Check if applicable:
 2 hour 4 hour
- b. **Type of Presentation:** (lecture, discussion, demonstration, experiential, etc.)
- c. **Please indicate if you are willing to present more than once during the conference:**
 one time two times three times
- d. **In which language will you conduct your session?**
 English French

2. ATTACH THE FOLLOWING DESCRIPTIVE MATERIAL

- a. Presentation Title
- b. Presentation Description (40 word maximum)
- c. Presenter(s) Description (25 word maximum, if more than one presenter add 15 words per presenter)

3. **INCLUDE A FULL DESCRIPTION** of your session, not to exceed 300 words, typed, including what you would like to accomplish in the session and how it applies to Trager. In addition, include a statement describing what qualifies you to offer this presentation.

4. EQUIPMENT NEEDS, ROOM NEEDS, SPECIAL REQUIREMENTS, ETC.

We generally expect handouts and supplies to be provided by presenters. Chairs are provided only upon request.

Is your session likely to be noisy enough to disturb other sessions near you? _____

Unless you request it, smoking will not be permitted during workshop sessions. _____

Indicate the minimum/maximum number of participants you can handle in your session.
(We reserve the right to limit a session, if necessary, due to room size.) _____

Name _____ Phone _____
Day (please include area code) Evening

Address _____ City, State _____ ZIP _____

Mail proposal to: Ronald A. Maier, 206 W. Kelsey, Bloomington, IL 61701. Phone: (309) 828-2965

September 21, 22,
23, and 24, 1989
Indianapolis, Indiana

Don't keep your ideas,
solutions, research
findings or techniques
to yourself.

Impact the future

Advance your career

Demonstrate your
professional abilities
by participating
as a presenter
at the Fifth International
Trager Conference

CALL FOR TABLES TRAGER WORK REQUIRES TABLES!!

To make the great Trager Trade day possible, we need your commitment to bring your table. This wonderful experience can only happen with your help.

Check this box if you will
be bringing your table:

PROGRAM PROPOSAL DEADLINE — MARCH 20TH, 1989

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Promote Your Practice with "The Trager Approach" Videotape

An Effective Promotional Tool to Help Build Your Private Practice

This 18 minute professionally made documentary introduces the viewer to the Trager approach through interviews with satisfied clients, Trager Instructors, Dr. Trager himself, as well as adjunct health and sports professionals who refer clients for Trager work. There are also presentations of the table work as well as Mentastics. These various elements are woven together with beautiful background music and lovely visuals.

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

To order your tape, send US \$56. (includes shipping and handling) to the Trager Institute, 10 Old Mill, Mill Valley, CA 94941. California residents please add \$3.00 for sales tax. Your check should be made payable to the Trager Institute.



East/West Magazine Reprint Available

An edited version of "Moving with Milton Trager", the article by Richard Leviton which appeared in the January issue of "EastWest" journal is now available from the Institute office. This reprint is professionally typeset and artfully presented with photographs on a conveniently folded 11" by 17" sheet. This article is the first separate reprint we are offering members. It is useful as an adjunct to your Trager brochure. And, like the Trager brochure, we are happy to announce that you will be able to order it directly from Pronto Press. Prices below include all shipping and handling charges.

QTY.	E. OF THE MISSISSIPPI	W. OF THE MISSISSIPPI	AL & HI
25	\$12.	\$11.	\$16.
50	21.	20.	26.
100	36.	35.	43.
200	63.	62.	75.

The prices above are for shipping by UPS. Unfortunately, the only way to get the reprints to Alaska and Hawaii in a reasonable amount of time is by UPS second day air. If the members from Alaska and/or Hawaii want to join together and order a minimum of 500 or more, we will get the package from Pronto Press and mail them by Printed Matter to save you some money on shipping. Also, we do suggest that all members consider pooling their resources in placing orders so that you can keep your price per piece down. To place an order make your check payable to, and mail it to: Pronto Press 3100 Kerner Boulevard, San Rafael, CA 94901

Contributions to this newsletter from members of the Trager Institute are welcome. All submissions are subject to editing for length, clarity, and appropriateness.