

Trager® Newsletter

SUMMER 1989

VOLUME VIII NO. 2

Executive Director's Report Institute Restructuring

Carlo Rossi

In my last newsletter report, I discussed the need for change based upon my extensive review of the Trager Institute's structure and functioning. At the direction of the Institute's Board of Directors, I have begun the process of major Institute restructuring. Along with the Board, I recognize that sweeping changes must be made if the Institute and Trager work are going to continue to grow and expand. These changes, beginning with a dues increase in 1990, will affect all members. The goals of this restructuring effort are: a significant increase in member services; a regionalized system that will mean more support for Students and Practitioners; and a restructured training program—including fee structure—that will continue to guarantee a very high level of professionalism while upgrading the requirements for entry and exit from the training track.

To assist in this restructuring effort, I will assemble a strategic planning task force to begin to construct the framework for our restructuring. The task force, which will convene this Summer, will be made up of regional representatives from throughout Canada and the United States, and

will represent a cross section of all categories of Trager members. In addition, this Summer, I will be traveling extensively throughout the European Trager community gathering and bringing back their feedback for incorporation into our task force meetings.

Focussing on three major areas, training track, membership, and financial, the task force will make specific recommendations and develop a plan that will be announced at the International Trager Conference held in September, in Indianapolis.

It is obvious that change, especially major change, can be difficult for people to deal with; however, I find this restructuring process exciting because on the other side of change is growth, expansion, and creativity. I firmly believe that we have before us the opportunity to create an Institute that truly works for all our members; an Institute that supports, reflects and respects the beauty of Milton Trager's work.

I am looking forward to your involvement in this process and hope that you will communicate with me as we embark on developing a new direction for the Trager Institute.

have your questions answered by Milton and/or several different Instructors.

If you have not yet received a registration form contact the conference registrar: Don Bowers, 3460 West 133rd Street, Cleveland, Ohio 44111, 216-251-1413. After he has received your registration, he will be sending you a confirmation letter which also includes a few questions. Please complete the form and return it to him. We apologize that there are not currently provisions to accept registrations using credit cards. Check or money orders would be appreciated, and will prevent any delay in processing your registration.

We need your help for the Great Trade Day! In the past this has been a very exciting, adventurous day, and we would like to offer it as part of the conference. The best way to insure this is to make sure we have enough Trager tables for each working pair. If you are planning to attend the Great Trade Day, and you can travel with your table, we need to know as soon as possible. If at least 1 out of every 3 registrants will bring a table, we will have enough.

The classes around the conference are beginning to fill, so please get your registration in early. A reminder: Send your registrations for both the English language anatomy class, the French language anatomy class, the Practitioner 1, Trager Alternatives, Pilot Class, Teaching Mentastics to Clients, Mentastics and Body Use to the conference registrar listed above. Registration for all other classes should be sent directly to the Institute's administrative office in Mill Valley.

We will have have space for some exhibitors of Trager-related products. Please contact the conference registrar for more information about exhibiting your product or service.

The location of the conference will be the Hilton hotel in downtown Indianapolis, Indiana: 31 West Ohio Street, PO Box 1966, Indianapolis, IN 46206, U.S.A. The Hilton's phone number is: 317-635-2000. Several places of interest are located close by, and there is a natatorium five blocks away. The hotel also boasts two superb restaurants, two lounges with live entertainment, a multi-lingual staff, and many professional services you would expect from such a facility.

The program is a large part of the conference, but the international gathering of Trager professionals of all levels in one place is the key ingredient of a successful conference. Set aside the dates of September 21-24, and join us in Indianapolis. See you there!

Reach the Mind, Teach the Body, Free the Spirit

September 21-24, 1989 Report from the 1989
Conference Committee Chairperson

Anna Marie Bowers

Your steering committee has been working very hard over the last few months, putting together the best possible schedule for our 1989 International conference. We are still sorting through the submitted suggestions, and at this point we hope to offer at least 20 different workshops!

We have negotiated a special contract with USAir and United Airlines for reduced fares to and from the conference. To obtain these fares, contact Merchant Travel, Inc. at their toll-free number, 1-800-257-2444. Either or both airlines fly to

Indianapolis from major east and west coast cities such as Los Angeles, New York, Toronto, San Francisco, etc.

I would like to extend a special invitation to all new Students and Friends of Trager. The conference is a great place to meet lots of people who have been doing Trager work for a number of years. These people are a good source of information and they have many experiences to share with you. We have tried to make the conference affordable for everyone—the registration cost includes dinner of Friday and Saturday nights, and brunch on Sunday. As part of the Great Trade Day registration, we are including lunch. The Great Trade Day is an excellent opportunity to

Trager and Osteoarthritis

Fred L. Savage

Fred is a "Friend of Trager" from Victoria, British Columbia, Canada. He is the author of the book, Osteoarthritis: A step-by-step success story to encourage others to help themselves. Mentastics and Trager work were part of that which Fred discovered to be helpful. You may contact him at: 1230 Palmer Road, Victoria, B.C., V8P 2H7, Canada, 604-382-8366. Since this article involves Trager in relation to a particular medical condition, I need to remind our members that Trager is not a medical or therapeutic approach, nor a treatment for any kind of dysfunctional condition. It is, rather, an educational approach, and this needs to be emphasized in our communications with the public and with health professionals.

Our knowledge about how the human body works is greater than ever before but sickness seems to remain a growing problem. In this respect it may be of interest if I comment on my experiences with osteoarthritis and how a new life style and Trager bodywork helped me live comfortably with it.

Osteoarthritis is a common joint disorder which affects roughly 3 million persons in Canada and 27 million in the United States. It has been around since prehistoric times and evidence of it is to be found in dinosaur skeletons. Overuse, strain, injury or disease causes osteoarthritis and if one lives long enough there is little chance of escaping it.

"Keeping The Human Body Active Reduces Risk of Osteoarthritis" is the title of an article written recently for a Toronto Globe and Mail column by Dr. Ken Walker, M.D. He quotes from a report by Dr. John Bland who is associated with the clinical Immunology unit at the University of Vermont. Here are five excerpts from the article which may help people understand their osteoarthritis a little better.

"Once there is more destruction of cartilage than repair, patients develop osteoarthritis . . ."

"It does not always follow a downhill course . . . we must get rid of the notion that cartilage cannot repair itself . . ."

"The key (to joint rejuvenation) is the right combination of rest, exercise, and weight-bearing . . ."

"Exercise is the pumping mechanism that pushes nutrients into the joints providing the means by which to repair cartilage . . ."

"With exercise one patient started to show less

arthritic changes in the hips at 85 years of age."

I desperately needed Dr. Walker's message of commonsense and hope four years ago when I first experienced the pain and depression of osteoarthritis. At that time medication (NSAIDS) had proven ineffective, physiotherapy had helped only slightly, hip joint replacement surgery had been suggested. I had pain day and night in my knees, hands, shoulders and back. Walking, lying down, driving, dining out, those mundane everyday activities which we all take for granted, caused me severe distress.

I experimented on my own and reduced pain by changing footwear, diet, posture, clothing, chairs, mattresses, exercises, walking, body mechanics and more. I reduced pain further through the use of orthopaedic seat and back supports, orthotics, rest periods, etc.

This improved my life but I continued to look for something which would make my muscles softer and more pliable. I found the answer, May '87, in Trager bodywork and Mentastics.

I think back to that first Trager bodywork session, how my muscles refused to relax, how I instinctively blocked each gentle movement, how my legs refused to follow the Practitioner's gentle manipulation. Hook-up was something that I had read about but did not experience.

Monthly bodywork sessions became lessons and a measure of my progress. Daily Mentastics movements reaffirmed the bodywork. I gained a feeling of lightness, unexpected flexibility with little or no pain. I suspect that this helped to maintain the beneficial pumping action about which Dr. Bland wrote. I now have a new physical and mental awareness with less stress, less tension and almost no pain.

I suggest that relief is available for most of us but it is something which must be learned and used by the individual. Each of us responds differently to treatment, similarly each of us has to find our own pattern of self-help.

"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.

Trager at the C.M.T.A.

Gae Henry

As some of you may have read from our last newsletter, Gae is a Practitioner and Mentastics Leader from Berkeley, California.

"Come for a fun start to your day with Trager Mentastics. Awaken your body/mind with movements that are gentle, boyant, and grounding . . . This hour of Mentastics, led by certified Mentastics leaders and members of the Trager Outreach Project, can help you start the day refreshed and ready to go."

This quote is from the California Massage Therapy Association's Annual Convention presentation brochure. The C.M.T.A.'s convention was held in San Francisco, this May 10-14, and for three of the days, Mentastics was offered for early risers (One day at 8:00 AM, and two days at -gulp- 7:00 AM).

We weren't sure how many of the 170 conferees would get up for an hour of Mentastics which started two hours before the rest of their conference program. Attendance surpassed our wildest expectations!! The first day there were 50 people in attendance. The second day there were 476, with a little less than half being "repeats." Day three has 35 people in attendance, with over half being there for the first time. That means in three days, we exposed over 90 bodyworkers to Mentastics movements and the Trager approach.

From a comment of those participating, it was apparent that Mentastics sessions were enjoyed by all. We heard many times that this was "a GREAT way to start a conference!"

The East Bay Trager Outreach Project was formed by Practitioners in order to promote public education about the Trager approach, and to provide mutual support to its members. Practitioners participating in this event were Henry Bornstein, Jane Burns, Vicki Carmona, Megan Eoyang, Julie Greene, and Oni Freeman. And East Bay Practitioners who would like to become involved in our Trager Outreach Project are encouraged to call our TOP "hotline" at: 415-841-3766.

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The Simple Story of a Foot

Uparathi

Uparathi is a client of Amrita Daigle, a Practitioner, Tutor, Introductory Workshop Leader, and Supervised Practice Session Leader from Quebec City, Quebec, Canada.

I already knew the relaxing effects of Trager; I had heard about the beneficial effects, but hadn't experienced them yet. Then, there was that story with my foot. Ho! Nothing serious! Just a small pain to that bump, you know, just behind the big toe . . . I had to walk very consciously—and rather slowly—whenever I had to wear heels.

I had been walking slowly for two or three weeks when I went to my next Trager session with Amrita Daigle. Of course, I told her about this, and since I also know visualization techniques, I put a special ray of light right on the spot where it hurt while Amrita was taking special care of my foot.

When I came down the table and put my feet on the floor, there was a miracle! The aching was gone; I mean COMPLETELY GONE! The rest of that day, and the following day, I really felt . . . "MIRACULATED!" I observed all sorts of reflexes and thoughts that were going through my body and head!

I couldn't get over that "non-sensation" in my foot, that curious absence of pain. I became conscious that my body had adapted to the pain, had modeled itself around it; it had finally adopted that new pattern. My preceding visualizations must have been inefficient because my body had identified that sensation as normal.

I think that's where I really understood how Trager works: it erases from the body the illness-pattern and program it again to the health-pattern; it shows the way to health, it reminds it how health "feels." And it is simply marvelous to rediscover it.

So, thanks to the method; and thanks also to Amrita, who masters it so well.

Une Simple Histoire de Pied

Uparathi

Je connaissais déjà les bienfaits due Trager en matiere de detente; j'avais egalement entendu parler de ses merites therapeutiques, mais sans avoir eu l'occasion de les experimenter.

Et puis, il y a eu cette histoire avec mon pied. Oh! Rien de bien grave! Une petite douleur a cette bosse, vous savez, juste derriere le gros orteil. Il fallait que je m'applique a une marche très consciente—et plutôt lente!—quand j'avais a porter des talons mi-hauts. Ca faisait peut-être deux ou trois semaines que je tranais ainsi de la patte.

Bien sûr, a ma seance suivante de Trager avec Amrita Daigle (Quebec), je lui en ai parle. Comme je connais aussi les techniques de visualisation, j'ai bombarde l'endroit en question de lumiere en même temps qu'Amrita s'occupait de mon pied avec une attention particuliere.

Quand je suis redescendue de la table et que j'ai pose les pieds par terre, miracle! La douleur n'était plus la; plus DU TOUT. J'ai passe le reste de la jour-

née, le lendemain et le surlendemain . . . en "etat de miraculée"! Je me suis mise a observer toutes sortes de reflexes et de reflexions qui me passaient qui par le corps, qui par la tête!

Je n'en revenais pas de cette non-sensation dans mon pied; de cette absence de douleur. J'ai alors pris conscience que mon corps s'était "adapte" a la douleur, modele autour d'elle, en quelque sorte; il avait fini par adopter comme sien ce nouveau "pattern." Mes visualisations precendentes devaient demeurer inefficaces parce que mon corps n'identifiait plus cette sensation comme "anormale."

Je crois que c'est la que j'ai vraiment compris comment travaille le Trager: il efface le pattern acquis de la maladie et fait redécouvrir au corps ce qu'est le pattern santé; il lui en montre le chemin, il lui rappelle comment à se sent, le "sain."

Et c'est tout simplement merveilleux de le redécouvrir.

Merci a la methode. Merci aussi a Amrita qui la matrise si bien.

Daycare Just Added!

We are pleased to announce a certified, professional infant and toddler daycare service on site at the conference if you have a need. Children between the ages of six weeks and four years are accepted. There will be one trained teacher per five children. The hours available are 9:00 AM to 6:00 PM, Thursday, Friday, and Saturday; 7:00 PM to 11:00 PM, Saturday evening; and 9:00 AM to 3:00 PM on Sunday. The cost will be no more than \$20. per day, per child, possibly less. Due to logistical needs, we MUST know of interest by NO LATER than July 25, 1989. Please contact: Beverly Cox-Eland, 5010 North Winthrop Avenue, Indianapolis, IN 46205, 317-283-2551 with the following information: age your child will be at the time of the conference, how many children you plan to enroll, and any special mental, emotional, or physical needs your child has. Please join us at the conference, and rest assured that your child will have a safe, creative, fun playtime at the same time you are!

From Milton's Classes

Often times, there are "scribes" at Dr. Trager's classes who record Milton's words as he goes from table to table making comments about Students' work, or the work in general. Here is a selection of statements.

Every touch is meaningful, and in a session I figure we have about 5,000 touches.

The feeling of weight, I am playyyyyyying. If you are feeling the weight, you are part of what you are doing, and then rapid strides will come. . . I will never get in trouble using the weight of any part of the body.

Let's Hook-up, not deliberately. . . feel Hook-up, and your client will feel it, too. Hook-up can't be taught, but it can be caught.

The unconscious mind of the client is the therapist, not you. When you ask, "How should it be?" you are asking the depths of the unconscious mind. Expect an answer, don't demand one. . . It is very important to know to what degree the unconscious mind influences the body.

Your rhythms should be constant, abrupt changes will wake your client up.

Ask yourself, "What is freer?" Do nothing about it.

We're talking about feeling, not manipulation. Be a part of this feeling.



Milton autographing Abraham's copy of Trager *Mentastics*.

Reconnecting With Milton

Abraham Szyller, M.S.W.

The office staff bears about every Practitioner training that Milton teaches. The usual report is: It's the best training we ever had. I've been frustrated, however, in getting students to write a bit about the positive personal experiences. Finally, Abraham Szyller has volunteered to express his class experience. Abraham is a practicing psychotherapist and doctoral candidate. He is involved in applying the Trager approach in the chemical dependency unit of a large psychiatric hospital. He has been practicing Trager for 5 years, and lives in the New Orleans area.

I went to the Practitioner 2 training in southern California with mixed feelings. I had been having a difficult time fitting the required training in my busy schedule. The only training that was available and that was practical for me was a repeat of the Practitioner 2 which I had previously taken. Even though I knew intellectually that the training sequence was of secondary importance, there was some resistance and resentment at "repeating" a training.

However, as soon as Milton came into the training room my ambivalence melted. I had not been with Milton—except for a brief contact—for

almost 2 years. My heart smiled in response to his warm, generous, outgoing smile. This began a rich 3 day experience.

First, I connected with the essence that is Milton Trager. He is the prototype of which in the Judaic tradition is known as a mensch. The word, "mensch," does not have an exact English equivalent. It combines the qualities of a gentleman: courage, warmth, sensitivity, generosity, and a good heart.

The training was a reconnection via Milton with "Hook-Up." Milton is fond of saying that "Hook-Up" is like the measles: "you catch it from someone who has it." And, Milton is a great ignitor or initiator in the sense of initiating others into a special mystery school. Milton would probably not accept my description as stated here. I imagine he would say, "That's just words." However, for me, the exposure to him, to his energy, evokes reverberations past the cognitive level to the innermost levels of the self.

In my daily work of psychotherapy and body-based practices which include Trager, I find the most effective work I do is when I am at an intuitive level—in "Hook-up." At that level, perception bypasses the cognitive limitations without the loss of benefits that pertain to the cognitive level. I enjoyed hearing Milton at times interrupt someone saying "That's just words . . . stay in "Hook-up."

I have had many important teachers in my life and a few have been Teachers with a capital "T." Milton is a Teacher. For me, Milton goes to the Source and his teachings show me the way to the Source. Milton Trager's very person and actions are a major learning, a path in life. He does not indulge himself in theory or philosophy. I appreciate that. Higher education and the New Age teachings have a super-abundance of theories and abstract concepts.

I consider Milton the antidote to that imbalance. He incorporates the theories in his life. He lives them and passes them on by his example. Sometimes in my practice I get caught in the mechanics of the method, in the sequence of the steps, etc. When this happens, my work and my clients are deprived of the best that I can do. At such times I may remember Milton and his teachings: "Feel it all around you. Feel the Hook-up," and then I reconnect with larger dimensions of life in body, mind and spirit.

I consider Milton Trager a gift to all of us who have experienced him, and I encourage students in training to persevere until they can experience Milton. For me, Trager work is not merely a system or approach, it is a way of life. As a result of Milton's teachings we all benefit and our families, friends, and clients also benefit. Thank you Milton, and Shalom.

A Bay Area Trager Trade Day

Nancy Gardner and June Celeste are hosting the Second Semi-annual Trager Trade Day for northern California, on Saturday, August 12, 1989, 12:30 PM - 6:00 PM, at the Institute's Mill Valley facility. Enjoy a day of giving and receiving with other members of the Trager community. \$10.00 will cover the costs of mailing, rent, and other expenses. Any funds left over will be donated to the Institute. Please bring sheets, and you may wish to eat beforehand as there will be no lunch break. To register, mail a check payable to, and addressed to: June Celeste, 8 Hamilton Court, San Rafael, CA 94901. Questions? Call Nancy at: 415-258-0391, or June at: 415-454-2648.

NOTICE:

The Conference is in need of more translators. Contact Don Bowers 216-251-1413.

Calling All Practitioners!

Remember! Receiving a successfully-passed annual Practitioner renewal tutorial is a continuing education requirement for all Practitioners. Please save yourself and our office a lot of trouble by getting your tutorial soon, rather than waiting till the end of the year. If you become a Practitioner in the calendar year 1989, you need not have a post-Practitioner tutorial for renewal. We have published the Tutor list in this issue for your convenience.

So You Want to be Paid

Congratulations to Trager Practitioner Chris Rosche of Cupertino, California on the publication of her book, Insurance Compensation Guidelines for Bodyworkers. Chris' book is a comprehensive manual which makes the business of insurance billing clear and easy to understand. It contains sample forms and documentation. For ordering information, write Chris at: 10441 Pharlap Drive, Cupertino, CA 95014; or, call her at: 408-732-3376.

Anatomy Update

Elna Adams

Six days in January completely changed my viewpoint of the human body. I took anatomy class from John Zahourek, of Zanourek Systems Inc., at Cal State Long Beach. Each student was assigned a Maniken, a model of the skeleton made from a durable resin, for their use during the class. From 9 AM to 8 PM we mashed and rolled terra cotta plasticene into simple shapes that amazingly became the muscles of the body when placed on the 28" high Maniken. The process of building muscles and placing them correctly on a model was incredible. As the body shape took place under my hands I saw patterns and relationships of muscles that I had never seen as I studied my many anatomy books. Now, when I study an anatomical atlas I also see the things I first saw when working with clay. Through the visual experience of seeing them in three dimensions via the clay, patterns and relationships became more clear. Through the tactile experience of the clay I gained a heightened sense of the body's textures and shape. Lightly feeling the contour of the clay model translates directly

to the real thing. My ability to sense, see and feel the body were enhanced by working with Maniken.

As a result, the anatomy class I teach has become a multi-dimensional visual and kinesthetic exploration of the structural relationships of the body. I purchased a Maniken from John Zahourek and use it along with a full size skeleton to present the placement, relationships and function of muscles, bones, blood vessels, nerves and major organs. This class begins and/or adds to the process of building a clear image of how the body is put together. To that end I also use drawing, coloring, hands on exploration, movement and many many pictures.

As a Trager Practitioner, I can feel more deeply (with my mind) into the tissues when I have a clear sense of what is under my hands. It is to my advantage to know where major blood vessels go, where major nerves are, the directions of muscle action, some basic ideas about the nervous system, where the organs and glands are, etc. The more I know about structure and movement, the more I can relax and trust myself and the process of Trager work. I continually find out that "less is indeed more," and I am gentler, lighter, easier, and freer than I was before. Knowing the structure, weight and "feel" of the body as I move it lets me bring more meaning and understanding to the question: "What is easier?"

In my anatomy classes, I incorporate the use of Maniken as described above. I also use "Red," a full-size skeleton, The Anatomy Coloring Book by Kapit and Elson, our primary text, the Nova video tape, "Miracle of Life" plus many books and charts.

For Quicker Results

Lynette Brannon and Barbara Ayres

Lynette is a well-known Practitioner from Austin, Texas, who specializes in the application of Trager work to sports and athletics. Barbara, owner of Fitness By Design, an Austin-based health and fitness consulting company, has been a racewalker for nine years, and an instructor in the sport for six years. Barbara conducts racewalking workshops throughout the country under the name of "Heel 'n Toe." Barbara and Lynette have come together to write this article because they see Trager and racewalking as true compliments to each other. As an injury-free, non-intimidating and easily-accessible sport, racewalking provides the answer to an activity for Trager Practitioners and clients to use to practice their newly-learned movement skills and experience quicker results.

As Trager Practitioners it is important to provide clients with effective and sensible guidance on ways to enhance our Trager work outside the office. Because the level of physical fitness plays such a key role in optimal body functioning, it seems only logical to engage in an aerobic and physical activity that complements Trager. Racewalking is a sport which can do just that.

The question is why would such a sport be so good for Trager clients? Racewalking is different from fitness walking in that it is a progression of steps so taken that unbroken contact with the ground is maintained and the advancing leg must be straight when the body is directly over it.

Racewalking uses more muscle groups than jogging and other forms of fitness walking. It utilizes muscles on both the front and back sides of the body, increasing strength, muscle balance and posture as well as better insuring participants against further injury. So, for a Trager client who is suffering from back or knee problems, or from bad posture—to name just a few, racewalking can strengthen those muscles and increase the recovery process. Suited for all incomes, ages, and levels of physical fitness, racewalking is an injury-free, easy-to-learn sport that involves both upper and lower body movement.

Other advantages of racewalking are that it provides a constructive discipline for all of us to practice functional movement outside the office. Also, it could serve as a non-intimidating, accessible channel for the unexercised person to improve their physical condition along with Trager. For those interested in relieving stress, racewalking as an effective aerobic exercise proven to be a good release for tension and stress, can compliment Trager, and speed up the process of increased relaxation.

Just as a student who wants to be at the head of the class must work outside the classroom, improving and sharpening his skills through homework, so must we all work outside the office in order to see the best results. We must incorporate what we have learned into our everyday movements, thus improving our physical and mental condition. Racewalking is the sport which can act as the tutor, encouraging us to develop a fitter, stronger body working together with the Trager process for a healthier, happier life.



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Sage Madrone
Oviedo, FL
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Cindy Popp-Hager
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Princeton, FL
305-258-5071

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Karen Hortig
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Michael Madrone
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604-386-4468

David Pinto
Toronto, Ontario
416-488-2024

Michel Van Waeyenberge
Quebec City, Quebec
418-525-6711

Power Source

Waverly Evans

Waverly is a certified Practitioner from Houston, Texas.

all along
I thought it was you
who gave me a magic feeling
of gentleness and sensitivity
in the midst of life's chaos
when it was me almost
finding my own softness.

all along
I held you high above me
so far from me
yet I felt as close as your next thought

did anyone else love you as I did
or was I all but
seeing a reflection of myself?

all along
I was awed by your power
to see and feel me
with the slightest touch
when I was very nearly
reaching deep inside myself.

up to now
I gave you credit for my feelings
while I tried to own yours.
now I claim my freedom—
what I feel
comes from within me.
what I give
I give to myself first.

A Note From Elena Mazzotti

Elena Mazzotti is a Practitioner from St. Nom-la Breteche, France--near Paris. She came to Mill Valley to take the May Practitioner 2 class. This training with Dr. Trager was a very moving experience for her. She learned much about herself, and was finally able to release very deep-seated tensions that were holding her arm and shoulder.

The following are words that came to her head after the experience:

My Holding Pattern found a note today:
"No longer needed, you may go your way."

But, oh . . . so sad to part from you I can't just say—Go now—After you've worked so hard for me, night and day.

Lighter's the touch now, And freer the way
Please, do come back sometimes So we can play . . .

A Poem By Suzanne Wilner

Suzanne is a Trager Practitioner from Denver, Colorado. This poem was submitted together with her personal statement for her Practitioner status. Suzanne writes, "It conveys a glimpse of the joy and en-lighten-ment I experience with Trager."

We need only be the wave
wonderous child
willing to be free
speaks to me
through movement
colors flavors
Yes! - Thank You
that feeling
take it with you
the wave of a thousand streams
dreams you.

You are aware as am I
of a wakefulness
life in motion
waterfall endlessly
surging life force
flows through me
to/through you
as we become one
in the wave
bonding all beings
as one
one world one universe one wave
freely
I see now
clearly
all that I am

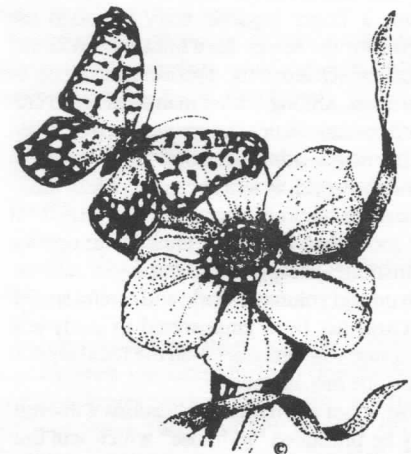
Beam all the way out to my edges . . .

Ahhhhhhhhhhhh

It can be this light - always?!
I could play this way forever
I'm in love with the wave
It frees me to be me
all the way out to my edges—and beyond!

May The Wave Be With You . . .

So beloved one
the way to weigh
is through receiving
not doing/acting on
that which you weigh . . .
allowing the answer
to flow through you
on a wave
Slurp
Ummmmmm Delicious
I want more
. . . I don't know what happened,
but I feel like a wave
I am a conduit
for light,,,
What could be lighter?



A Meeting in Europe

Elizabeth Ormyron

As was reported in our Winter, 1989 newsletter, Trager Institute Board of Directors president Gary Beal took a trip to Europe, and took advantage of that trip to have a meeting on January 26, 1989, in Geneva, Switzerland, with European Trager members. Trager Practitioner Elizabeth Ormyron has submitted the report of that meeting for us.

The meeting opened at 7:15 PM, with each person giving their name, status, country, and specific issues of personal concern. A meeting agenda and structure was formed, and Nirva MacAvoy, of Paris, France, took the minutes.

As an introduction, Gary explained recent changes within the Trager Institute's administration which had become urgent in view of the increased size of the Trager network. Previously, most decisions concerning the Institute and its members were made by the Executive Committee, a group of Practitioners who met every month. The long intervals between meetings and lack of professional administrative experience made it difficult to deal efficiently with the many and varied problems of an ever-growing Institute.

So Gary, a professional management consultant for large businesses and organizations, became a member of the Board of Directors, and as of last June, accepted the office of President. He also, as a result of his positive contact with the Institute, became a Trager Student! Gary provided the impetus for the search for a full-time Executive Director which led to the discovery and hiring of Carlo Rossi. Among Carlo's mandates are to create and maintain better communications between the Institute's administration and members around the world, as well as creating a firm financial base for Institute operations and growth. It costs more than \$300,000. annually to operate the Institute—despite low employee salaries, much unpaid volunteer work, and careful spending. Carlo has been empowered to study and restructure—as necessary—all the fiscal aspects of Institute management.

Most, if not all, Trager publications will eventually be produced "in-house" which will dramatically reduce typesetting and layout costs. The money thus saved may, for instance, be used to fund a research project. The research conducted until now has not been rigorous enough in design, and has, therefore, not had satisfactory scientific recognition. If any Practitioner has ideas for a project, or a source of funding, Carlo would welcome that information. Cost and design are key issues. This research will probably not be carried out this year, but it is a major priority.

Informing the medical world about the intrinsic value of Trager work is one of Dr. Milton Trager's priorities. We were informed that in France, Jean-Louis Marie, a medical doctor and Trager Practitioner, is giving Trager sessions twice-weekly in a hospital setting. Elizabeth Ormyron asked that Trager Practitioners working in specific medical or para-medical areas publish their experiences. This can facilitate dialogue between Trager Practitioners and members of the medical profession.

It was pointed out that in Europe, where Trager work is not known to the general public, we need help and more information for the media as well as marketing to the conservative-minded public. A research program would be most helpful, and in the meantime, anything "professional" would be welcome. Linda Rehsteiner of Zurich, Switzerland, suggested inviting medical practitioners—who have noticed positive changes in their patients receiving Trager work—to be present at a session.

Regarding the Training Track, Gary insisted that it is essential to maintain the high standards of practice and reputation of Trager work, based on the quality of each certified Practitioner. This Track is currently being examined with an eye towards improvement and therefore, the provision of increased confidence to the public in the standards of practice of all Practitioners.

Gary considers that the way trainings have been organized so far has been somewhat random. More careful planning, as far as dates and places of training are concerned, will prove beneficial to all—Students, Practitioners, Tutors and Instructors, and this is an important issue for Carlo. Trainings in far-off places will only take place if a follow-up structure for Students can be guaranteed. Carlo is directly responsible for the Training Track, and welcomes any input Practitioners send him. Monika Amman-Sutter mentioned that, according to statistics she has established, 50 percent of Students who have taken a Beginning Training in German-speaking Switzerland are still active members of the Institute. This relatively high rate is the fruit of her continuous support and contact with students. Gary's opinion was that the existing support system, which has many merits, relies too much on individual Practitioners, and this is a sector which needs revising. One option would be to hire a part-time European coordinator, who would be responsible for following up Students, for keeping closer contact between Europe and the United States on all levels, dealing with financial problems that arise in transferring money, etc. In order to finance such a coordinator, each European Practitioner would have to pay around \$100. annually.

Comments and questions from absent Practitioners were read, and Gary noted them. He will

take all input back to the next Board Meeting, together with his feeling of commitment among Practitioners in Europe. Carlo Rossi plans to be in Europe during the summer of 1989, and will take all these questions further.

There was a general feeling among the European Practitioners present that this meeting was an important step towards a better, closer relationship with our Institute. We are supported and there is new energy. Thank you Gary. The meeting ended with warm hugs all round at 10:00 PM.

Greeting From the Texas Trager Community

Waverly Evans

Waverly is a newly certified Trager Practitioner from Houston, Texas. She has received the mantle of regional coordinators from Lynette Brannon of Austin, Texas. Waverly practices Trager and massage at the Beauty Terrace of Neiman-Marcus in Houston.

We said farewell to Bill Scholl in February—he has moved to Princeton, Florida. Through his superb teaching and support (and his Pooh bear hands), Bill has been instrumental in the development of the Texas Trager community, helping us grow from tentative Students to graceful Practitioners. Now he teaches throughout Europe and Canada, as well as the U.S. He promises to return to Texas, often to lead trainings. He hopes to spend more time here than he did when he lived here! We already miss you, Bill.

We congratulate and welcome two new Texas Trager Practitioners: Julie Kennicott and Linda Wise. Both Julie and Linda live in Houston, and do Trager in offices with psychotherapists who specialize in recovery issues.

Carol Currens of Houston has had both her knees operated on in April. Monie Kinney, of Austin, came down and gave her Trager sessions while she was in the hospital, and has been staying with her this past month, continuing with Trager work, and helping her out—a Trager friendship above and beyond the call of duty.

Lynette Brannon will be teaching an Introductory Workshop in June, for the American Massage Therapy Association Texas state chapter meeting in Austin. This will be an excellent opportunity to spread awareness of Trager amongst the community of massage practitioners. Lynette is also working part-time as a groomer with Herrmann's Royal Lipizzan Stallions. She says of the horses,

"They're the most graceful, beautiful, dancing, Hook-up horses!" All day long these horses are brushed and touched, and their coats and manes are incredibly shiny and soft. Lynette says, "The horses are everything we (Trager Practitioners) seek to bring to people: agility, confidence, playfulness, and energetic. They seem to be in Hook-up all the time. They're just magic!" She promises to share more stories as they travel throughout the country.

I am new at writing this column, so please keep me in touch with your Trager experiences. If you're in an outlying area, we in the bigger cities invite you to visit for a weekend of trading in pods. Contact me about arranging a free place to stay. Let's continue to honor our connection to each other, and to take better care of ourselves by reaching out more for support. And as we grow individually in our work, the Texas Trager community can grow in strength, too.

The New York Trager Network News!

Elizabeth Wieshofer

Happy Spring, Everyone! The New York Trager Network continues to meet for informal monthly business meetings and potluck dinners. Not only are we enjoying each other's company but also we're busy planning upcoming events.

Over the weekend of February 17-19, we participated in our second NYTN retreat at the Grail House in Cornwall-on-Hudson. It was an intimate and wonderful weekend spent doing Trager trades, eating great food we helped prepare, taking walks, and having a group Mentastics session. Roger supervised us through a group practice session. We placed and connected in a Trager-like way.

Other local activities for the Spring include preparing for the upcoming Whole Health Expo, May 20-21 in New York City. We will have a booth for Trager sessions. The Expo will be a great opportunity for us to express our love of the work to the general public.

Bodhi moved to the rolling green hills of Iowa, but will be returning to New York City in June, maintaining some of the tutorial ties here.

Roger has been traveling to Washington D.C. and Richmond, Virginia and is serving as tutor for that area as well as the greater New York area.

So, that sums it up for the New York Trager Network for now.

From the W.E.B. Community

Megan Eoyang

The West/East Bay (W.E.B.) Trager Community continues quarterly meetings for Mentastics and mutual peer support on the following dates and times:

Thursday, June 15, 7:30 PM Friday, September 15, 7:30 PM Thursday, December 14, 7:30 PM

Meetings are at 15 Alvarado Road, Berkeley. For directions or information, call me at: 415-547-3664.

Weekly Mentastics groups continue (with a Summer break) at the same address on Wednesdays at 6:00 PM. For information and to confirm the class is happening on a particular Wednesday, call the recorded message at: 415-388-2688.

Colorado

Suzanne Wilner

Great News! . . . Colorado now has over thirty Practitioners and more than forty Students! We have had six trainings here since January, all well attended. Nan Davis and Jo Mednick are leading Mentastics classes twice a week and have done several demonstrations this year; Ru Wing and Nan Davis are conducting Practice days on a regular basis, and Bob Wing has been doing numerous Introductory Workshops. Our group, Trager Associates—Rocky Mountain Region, has now submitted its bylaws to the Trager Institute's administrative office for review.

Bub and Ru Wing are bringing Peter Levine here for a workshop on August 26th, and 27th, and Chris Rosche is coming to do an insurance workshop on October 21st and 22nd called "Decoding the Insurance Puzzle."

In sum, there is much Trager "movement afoot" here in Colorado, and the momentum continues to grow and surge. It's exciting to watch this evolutionary process and especially wonderful to be a part of it. With this kind of energy building here, there's no telling what may happen! Stay tuned for the next action packed episode.



The "Barbara Allin" Caper

Marcia Koski, Registrar

*From the files of The Trager Institute
(A Solved Mystery)*

It began like any other morning. When I got to the office, Don Schwartz, Administrative Director, was at his desk having breakfast, his usual . . . steamed milk, turkey sandwich, chocolate chip cookie and potato chips. I started to update the Tutor List, when I noticed Barbara Allin was missing . . . In her place was someone named Linda.

I decided to investigate.

Maureen, the new administrative assistant, walked in. She was taking Sandra Rugoff's place. "Barbara Allin's disappeared," I told her. "No she hasn't. She changed her name to Linda," she replied.

Strange, I thought. Trager people don't change their names to Linda. Trager people change their names to Chakra, Bhadrena, Asimo, Nirava and Ranjita. Could this be the start of a new trend? I decided to wait and see.

Two weeks later, a mysterious envelope addressed to Linda Allin was returned to the office. It was stamped "ADDRESSEE UNKNOWN." The plot thickened. I quickly checked the address in the computer. It was correct. I decided to take action.

I picked up the phone and dialed the telephone number listed for Barbara-now-Linda Allin on the computer screen. A voice answered.

"Hello."

"Is this Barbara Allin?"

"No."

"Is this Linda Allin?"

"Yes."

"Is this Linda Allin who used to be Barbara Allin?"

"No."

After careful interrogation I was able to put the facts together. I reported them to Don the next morning. Trager Student Linda Allin, it turned out, was Tutor, IWL, and SPL Barbara Allin's daughter. She used to be Linda Beddard, but changed back to Allin after her divorce. Since Maureen was new, she changed "Barbara Allin" to "Linda Allin" instead of "Linda Beddard" to "Linda Allin." I changed Linda from "Beddard" back to "Allin," but so that Linda would not be confused with another member named Linda Allen (spelled with an "e") she decided to change her first name from Linda to Ayla.

(continued on back page)

Remembering Dorothy May 29, 1989 Memorial Day

We were just hanging out, Dorothy and I, on a rainy mid-March weekend here in Marin county, in northern California. Trager Practitioner Brian Zimmerman, Dorothy's husband, was attending a workshop in San Francisco. When he returned each evening, he'd regale us with tales of the workshop, and we'd all chow down and just bask in the beauty of the Bay and city views, and our appreciation and enjoyment of each other. Brian and Dorothy played like kids and it was obvious that they were still crazy in love after 10 years of marriage.

I met Dorothy at a Santa Rosa, California, Trager Conference years ago and we re-connected at the North West Regional meeting in September, 1988. In all this time, we had actually spent no more than 2 or 3 hours together along with other Trager folk, mostly laughing ourselves silly. This weekend the laughter continued as we both just kicked back in celebration of Rest and Recreation. We became sisters and best friends as we shared our life stories, our thoughts and our feelings. We enjoyed deep, easy silences; we read a little, snacked some, and just schmoozed. Because I was still recuperating from a five-week illness in which I blew all my circuits, I still had to rest and sleep a lot. No problem: Dorothy began and completed two exquisite pieces of crochet, gifts for her family.

To my great delight, Dorothy was also a fan of "Beauty and the Beast," so we watched hours of tapes just wallowing in romance! Best of all, she taught me to use my microwave to do veggies. (I had only mastered frozen food and re-heating coffee!) On our only warm, sunny day, I made it upstairs to the garage and we drove around Marin, walked around Tiburon, sat and rested, schmoozed and basked in the sun. Dorothy really inspired me to complete the letting-go of my workaholic patterns which brought on my collapse in the first place. She made life seem so light and easy and full of fun just being there and doing nothing. For me all this was a whole new beginning.

This magical weekend greatly accelerated and truly changed my life and my healing. Brian told me later that Dorothy had experienced this time as a great healing in her life, also. I know that every time I microwave asparagus, broccoli, and popcorn, I remember Dorothy and I know she's thrilled that have now mastered corn on the cob and sugar peas! On Good Friday, Dorothy was badly injured in an automobile accident and early

Easter morning, she left her body. Brian was with her; feeling and communicating with her presence all those long hours in the hospital and he was there to release her when she had to go. Today, Memorial Day, Brian and I had a long talk on the phone. We shared laughter and tears in celebration of Dorothy, amazing and utterly delightful Dorothy. Bon Voyage, my friend, from all of us who knew and loved you and your healing ways.

With love and light,
Betty Fuller

Trager In Print

Don Schwartz

This has been a rich season for us in terms of getting the Trager word out there. The office has received four publications with Trager articles. They are:

- "Trager Psychophysical Integration" by Trager publishing perennial, Philip L. Witt, P.T., Ph.D., in the Spring, 1989 issues of *Physical Therapy Today*.
- "Effectiveness of Trager Psychophysical Integration in Promoting Trunk Mobility in a Child with Cerebral Palsy: A Case Report" also by Dr. Witt, published in *Physical and Occupational Therapy in Pediatrics*, Vol. 8(4), 1988, The Haworth Press.
- "The Trager Approach" by Judith Lin, a chapter of the book, *Hands-On Healing* by the editors of *Prevention Magazine Health* books, published by Rodale Press, 33 E. Minor St., Emmaus, PA 18098, 215-967-5171.
- "Moving with a Bodywork Pioneer," an excerpt of Richard Leviton's interview with Dr. Trager, in the book, *Meetings With Remarkable Men and Women: Interviews with Leading Thinkers on Health, Medicine, Ecology, Culture, Society, and Spirit*, from the editors of *East/West*. You can order this book through *East/West Health Books*, 17 Station Street, Brookline, MA 02146, 617-232-1000.

Our gratitude to the above authors, editors, and publishers for helping us to get the word out about Trager.



Roster Corrections

Barbara Allin, Practitioner Tutor,
Introductory Workshop Leader,
Supervised Practice Session Leader
4420 NE 63rd Avenue, Portland, OR 97218
503-282-0269
(See "The 'Barbara Allin' Caper"
elsewhere in this newsletter.)

Harris Zeff, Student
15 Alvarado, Berkeley, CA 94705
415-841-4732

Eve Capkanis, Practitioner
moving to Orlando, Florida

Elizabeth Ormyron, Practitioner
022-774-16-13.

Carolea Burgess, Practitioner, Tutor
Introductory Workshop Leader
Mentastics Leader
Wildwood Road, PO Box 77
Storrs, CT 06268
203-429-4420

To Twilah

Don Schwartz

We finally received and used some good black and white pictures for our last newsletter. As it turns out, several pictures of one particular Practitioner were used in the newsletter, but, the administrative staff had no idea who said Practitioner was! It took awhile, but we discovered that this mystery woman was none other than Twilah Dugan of Anchorage, Alaska. Our apologies for not identifying you, Twilah, at the time, and our thanks to you for gracing our pages!

Anyone Going to South Dakota?!

Anyone, Students, Tutors (especially), and Practitioners, if you are traveling and are close to Sioux Falls, South Dakota, please contact me, Nancy Everist, 225 East 28th Street, Sioux Falls, SD, 57105, 605-336-6962. I have recently finished the Beginning training. Thank you.

A Delicate Issue

Don Schwartz

I really need your response to this issue. One of the many perennial questions the office has received from Students and Practitioners has been about professional liability insurance for individual Practitioners. Luckily, Maginnis and Associates in Chicago, has become available as a source of an excellent policy for individual members at a reasonable price. Their telephone number is: 1-800-621-3008.

Maginnis and Associates is a very large insurance brokerage. They handle the American Massage Therapy Association's (AMTA) account. According to one of the account executives at Maginnis, the AMTA has 8,000 members who pay a large annual membership dues, and the individual professional liability policy comes automatically with the annual dues. The brokerage is able to offer this policy for the AMTA membership because of the large size of the membership.

In my discussions with Maginnis over the years I have addressed the possibility of the Trager Institute offering the individual professional liability policy to our members. There are barriers to us doing that. The biggest one is that our Practitioner membership of about 700 people is small compared to the AMTA's 8,000. However, the benefits of all of our Practitioners having professional liability insurance coverage never escapes me. I believe it is possible for us to arrange a domestic or North American Institute-wide participation in an insurance program, and I want and need for you to participate in this dialogue.

You see, the only possible way it could happen would be for our Practitioner dues to include the cost of the insurance. Based upon hearsay, I figure the policy per member would be somewhat between \$150. and \$350. annually—excluding dues. Would you be willing to have that? That's what I need to hear from you. If a large number of members say, "Yes!," and if very few members say, "No!," I can bring that information back to Maginnis for further exploration, and develop a more formal membership survey. Just call or write me at the Institute's office. Thanks!

Welcome Deane Juhan!

The Trager office staff welcomes Trager Practitioner, Instructor, Anatomy Instructor, and world-famous author, Deane Juhan, to his new home, Mill Valley. For those Trager sponsors and other members who wish to

Reflex/Response Models Requested

Cynthia Harada

Cynthia is a Trager Practitioner and Tutor from Los Angeles, California.

This year's Reflex/Response workshop will be held this year in Laguna Hills, from October 31 through November 5. It is anticipated that the last 3 days will be clinic days during which models will be participating. These models must have some neuromuscular impairment resulting from illness, injury, or trauma. If you know of anyone who may be a model, please send a written referral to me at: 1625 Barry Avenue, Los Angeles, CA 90025. Please, no telephone calls.

Referrals received no later than July 31st must contain the following:

Referring Practitioner's/Student's name, address, and phone number.

Model's:

1. Name, address, and phone number(s).
2. Age.
3. Diagnosis.
4. How is the person impaired? How extensive is the impairment?
(Be specific, but brief.)
5. Brief history including medical treatment.
6. How much Trager work has been received?
From whom?
7. Has this person been a past R/R model? If so, when?
8. Special conditions: For example, speech problems, needs crutches, braces, wheelchair, unable to use a limb, etc.

The requested information is essential as it is used by Dr. Trager to decide on appropriate models. Only written referrals containing the above information received by July 31st will be considered. Please do not call. You will be informed of receipt of your referral and will be contacted if any questions arise. Final decisions will be made by September 25th.

contact Deane, his new address and phone number are: 105 East Strawberry Drive, Mill Valley, CA 94941, U.S.A., 415-383-1452.

Seeing Milton

In order to devote his energies solely to trainings, Dr. Trager has discontinued giving private sessions in general. He is still seeing Practitioners who have had trainings with him, and who need to consult with him with their clients, and will continue to give some sessions to Practitioners. Appointments have to be made with the Tragers directly, but please contact the Institute if you have any questions concerning eligibility.

Going to Hawaii?

Emily Trager

Milton and I just returned from a wonderful 10 day trip in Hawaii, on the island of Oahu. Barbara Goodman was our guide and assistant for the whole trip beginning with greeting us with a huge bouquet of Protea. Our heartfelt thanks to Barbara for the great amount and quality of attention she gave us.

We were impressed by all the Trager students who came to Milton's 1-day seminar. And, we want everyone to know that the Trager people in Hawaii feel very isolated, and would love to have Trager members to contact them. Just consult your membership roster before your trip to Hawaii. Aloha!

Three Instructor Candidates Named

Carlo Rossi

I am pleased to announce that Amrita Daigle (Quebec City, Quebec, Canada), Antonia Faeh (Gais, Switzerland), and Karen Hortig (Toronto, Ontario, Canada) have been selected as Instructor Candidates by our Instructor Candidate Selection Committee. The three candidates will be embarking on an intensive training program. Our hearty congratulations to all three, and best wishes in the years to come.

Our thanks to the eleven applicants who initially petitioned the committee. We found all applicants to be long-time, devoted members of the Institute who possess a wealth of talent. We look forward to all concerned making significant contributions to the growth of the work and the Institute.

How Mentastics Saved My Life or Mentastics in Not-So-Everyday Activities

Megan Eoyang

Megan is a Trager Practitioner and Mentastics Class Leader from Berkeley, California.

From the beginning I fell in love with Mentastics, but little did I suspect that one day they would save my life.

After a chilly, sedentary winter, I chose a sunny day to stretch my legs. There is a long narrow valley which slides down to the ocean on the side of Mt. Tamalpais just north of San Francisco. To the first native people there, the Miwok Indians, Mt. Tamalpais is considered one of the five sacred mountains of California, so it seems fitting that there is a Zen retreat center and farm nestled in the little valley.

I drove the long winding road down the mountain to Muir Beach and was delighted to feel the strong, gusty Spring wind. Windbreaker and a bottle of water in the pack, I chose the trail up the valley toward the Zen center which I had wanted to visit for 10 years. Wild flowers bloomed everywhere in the green grass. Redwing blackbirds warbled and a red-tailed hawk screamed overhead—an altogether lovely day. I passed the neatly ordered fields of the center's farm, next their flower and herb garden, finally reaching the buildings. They reminded me of a dairy farm I visited in Illinois, as a child—without the dairy farm fragrance—low buildings, unassuming, comfortably tree shaded.

I followed the trail to the other side of the Zen center and chose a small trail with a gentle rise, assuming it simply returned to the ocean. The trail headed that way for awhile and then looped back and forth, always climbing. It felt so good to be moving in the sun and wind that I happily followed along. After 40 minutes I began to wonder when the trail would head back to the ocean, but continued the pleasure of walking. After an hour and a quarter I stopped to drink some water, tiring. By now I thought it would take as long to turn back as to continue, and the view was beautiful this high up, so on I went. By the end of another hour, completely spent, I was nearly at the top of the ridge, but the trail had carried me far away from the ocean. Well, there's nothing for it, I thought as I trudged the last quarter mile to

the ridge top. There I could see ridge after ridge of Mt. Tam shouldering their way down to the ocean, the Zen center neatly resting in the valley below, and the houses of Muir Beach scattered over tree-covered knolls.

The ridge trail itself wound a mile back to the ocean, so I donned the windbreaker and set off. Nearing the ocean, the trail ahead suddenly dropped steeply. I sat down to think about it. My energy was long gone, the wind up the ocean cliffs was gusting 30 to 40 miles an hour, and my little tennis shoes offered little by way of traction or support. I have repeatedly sprained my ankles and have a fear of falling. How was I going to get down the cliff without killing myself in this exhausted, unfit state? There was only one thing I could think of: Mentastics.

I took a long drink of water and stood up into the wind which blew tears into my eyes, blurring my vision. I swung one leg forward and then let my weight sink onto it. The other leg emptied and I felt its weight as it swung forward next. Slowly, swing step by swing step, weighing each leg, feeling it slide out of my hip and gently jiggle my butt and back, I started down the cliff trail. The slowness of each step melted away my fear of sliding and tumbling down the cliff, and the deepening Hook-up made me feel a part of this wild moment and place. The wind slapped and tore at the windbreaker so I had to wipe tears from my eyes repeatedly. It became a game. Swing, drop, breathe. Swing, drop breathe. The wind was so strong it was nearly blowing me off the cliff, and halfway down I finally stopped and laughed, "Brother Wind, you are so strong, you blow this small two-legged over!" The wind laughed back with two quick gusts and then softened just a tiny bit so I could continue my turtle-slow Mentastics walk down the steep trail.

When I reached the bottom, I felt happy and light and felt more energy than when I had started down. My legs, back and shoulders felt supple and free despite the unaccustomed and demanding activity. Looking back up the cliff, I felt awe at what had happened: the trail was nearly a sheer drop, yet I had descended easily, completely relaxed, and had not even slipped once on the gravelly trail in the wind. Mentastics had saved my life. I whispered a gratitude prayer and did a happy Mentastics walk back to my car.

From Marianna Hartsong

Marianna is a Practitioner, Tutor, Introductory Workshop Leader, and Supervised Practice Session Leader from Toronto, Ontario, Canada. Her address is: 452 Grace Street, Toronto, M6G 3A9, Ontario, Canada. You may phone her at: 416-588-4439.

Since this article involves Trager on clinically ill clients, I need to remind our members that Trager is not a medical or therapeutic approach, nor a treatment for any kind of dysfunctional condition. It is, rather, an educational approach, and this needs to be emphasized in our communications with the public and with health professionals.

I have now had a handful of people with autoimmune or immune deficiency illnesses; ARC, AIDS, Lupus, and "Epstein-Barr" in particular, as well as Candida—if you want to include it in this category. I have had some remarkable results. Last January, 1988, my Lupus lady's physician withdrew her diagnosis after four years. I have continued to work with her, and she is radiant and healthy. One ARC client's T-4 cells have jumped from 340 to 510 in an 8-week period, and his T-4/T-8 ratio has also risen significantly. Trager Practitioner Winnie Hunt worked with one woman in Kingston, Ontario, with "Epstein Barr" who is also now free of the illness.

Two or three cases are, of course, too few to say anything reliable or valid. However, I am sure there are Practitioners scattered throughout the world who have had cases of one or more of the above. If you will send the information to me: diagnosis, how long the client has been ill, how often you have given Trager sessions, where—if anywhere—on their body that you found yourself concentrating, anecdotal changes, and, please, if you have any "scientific" measurements such as blood tests, please include those reports.

It may be too early for a formal research project, but it is certainly not too soon to start pooling data that we've been collecting as individuals. I'll be glad to correlate the information, or work with someone else to do it—especially if they have data-analyzing computer knowledge and access, and report back to you through the Newsletter.



From the Middle Ages to the Twentieth Century—In One Year

Nanna Bolling

Nanna is a Practitioner from Altoona, Pennsylvania. She has had a personal struggle involving local business licensing. She is very interested in this issue, as well as the corollary issues of defining and describing Trager for governmental organizations and the public. She would like hear from members who have information about and/or are interested in these issues. You may write her at: 2814 Broad Ave., Altoona, PA 16601, or call her at: 814-942-5074. The best times to call are Wednesdays and Saturdays.

Some years ago, in State College, Pennsylvania, a "Massage Ordinance" was enacted because of the fear that "Massage Parlors" would spring up at the same time that an "adult" book store was established just outside of town. Even though prostitution and similar activities could easily have been stopped with the state laws against such activities, the boro felt it had to have its own ordinance. Because massage was defined as a process of "stroking, kneading, rubbing, tapping, pounding, vibrating, or stimulating of the external soft parts of the body," my Trager work was included in its jurisdiction.

Although recognizing that "the practice of body massage under certain circumstances can scientifically promote physical well-being," the borough council further recognized that "the physical contact involved in such practice can provide a source of communication of disease, . . ." and that "various businesses operating under the guise of practicing body massage . . . are intended to stimulate sexual and erotic reactions . . . contrary to the morals and welfare of the community."

The ordinance went on to specify a host of largely impossible conditions under which to practice Trager or massage. These included the requirement that all tables and floors be disinfected, that bath and toilet facilities be provided for each sex, and that each client bathe their whole body on the premises before submitting to a massage. In addition, 20 foot-candles of light had to be provided in the massage area—although only 10 foot candles were needed in the toilet rooms!

Further insult of our profession was conveyed in the regulations that no session may be conducted before 8:00 AM, or after 10:00 PM, that the practitioner may not work on a person of the

opposite sex and must cover all sexual areas at all times, and that non-transparent clothing and a prominent identification label must be worn at all times. The practitioner had to provide a written statement of conviction of any crime other than minor traffic violations, and a picture. He or she also had to have a physical examination and a certification from a physician each year that he/she had no communicable sexual or other diseases, and had to provide written proof of graduation from a school recognized by the American Massage Therapy Association (AMTA). The list went on . . . !

For awhile there was actually no problem with the ordinance which is a condition common in probably thousands of communities with similar regulations, because no one even noticed the several bodywork practitioners in town, and we all practiced quietly with little advertising. Then our local "Center for Well-Being" hung a sign saying "YOGA - MASSAGE" at street level outside their entrance. A "concerned citizen" saw the sign and trotted off to City Hall to complain, and the Center was served notice to cease offering massage services. They had no bathing facilities, etc.

So an amendment to the ordinance was proposed—one actually written, in part, by some of the massage practitioners in town. But it still did not permit men to work on women and vice versa, and it accepted only massage therapists certified by the AMTA—leaving Trager Practitioners out in the cold. And an entire paragraph expressing the fear of sexual abuse and the sexual intent of the "therapists" was left in. Most of the bodywork practitioners in town were present at the council meeting in which the amendment was roundly defeated—leaving the old ordinance to stand. We didn't know whether to be sorry or relieved . . .

Subsequently, we were advised to just keep quiet and several members of the council assured us that the health officer would not enforce the ordinance as long as we behaved ourselves in a way that would elicit no complaints. If we make waves in the media, we were told, we would only arouse the attention of the ultra-conservatives, who would then push for vigorous enforcement of the existing ordinance. So we met and decided to cool our heels who awhile.

Then, suddenly we were informed that a new revision of the ordinance was being proposed and the hearing would be held in a few days. Surprise! It was a startling revision, one which cut out 90% of the impossible and degrading regulations. It was not perfect, of course—we can't figure out why we have to pay \$50/\$25 when other businesses have no such fees to pay—but it was such an amazing improvement that I could only praise the council for their good work, especially since they did it all by themselves this time.

The seeming miracle became more understandable when we were informed that the head of the council died—he was the most conservative member. It makes me wonder just how democratic local—or any—government is, when the absence of one member of a 8 member body can make such a startling difference. We were told that we had several hidden supporters on the council, but in the earlier vote only one member voted in our favor!

All I can say is, when faced with ordinance problems, continue to educate, stay cool and diplomatic, expect the best. It is likely to pay off in the end. If you have an ordinance battle on your hands, and would like copies of our old and new ordinance, just write me at the address above, I'd be glad to supply them. A dollar to cover copying and postage would be appreciated.

New Educational Support Status Appointments

INTRODUCTORY WORKSHOP LEADERS

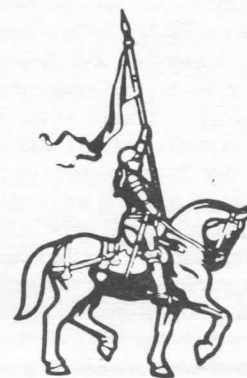
Jean Hopkins
Maryann Zimmermann

MENTASTICS LEADERS

Patricia Joy Frisbee
Julie Greene
Harriet Katz
Jo Mednick
Maryann Zimmermann

SUPERVISED PRACTICE LEADERS

Claudine Bergamaschi
Benna Kolinski
Michael Madrone
Bhadrena Tschumi





Our staff, left to right, Carlo Rossi, Marcia Koski, Claudia Marie Bourbeau, and Don Schwartz; not pictured, Dodie Young, the picture taker.

Office Activities

Don Schwartz

The office has welcomed two new employees. Dodie Young, a jazz aficionado, is now handling products ordering and other office tasks. Claudia Marie Bourbeau, a classical music aficionado, has taken over Sandra Rugoff's position as full-time administrative assistant. Sandra has left her position in order to pursue a more leisurely lifestyle.

A great, big "THANK YOU!" from the office staff to Betty Fuller for her generous gift to us of a brand new microwave oven. We have been in need of one for a long time, and we know Betty's gift is going to change the way we eat. My infamous turkey sandwiches' days are numbered.

Our office is responding to Carlo Rossi's new administrative leadership, and preparing for much change in the future as Carlo's restructuring activities take place. As usual, we are very busy with many tasks most of which I wish could be done by yesterday! Two major tasks on my mind are the professional products templates we will soon be offering (see a related article in this newsletter called "Coming Up"), and the long-awaited service mark guidelines. We are still dealing with a few technical questions on the guidelines, and I am looking for the best possible wording for the first paragraph of our service mark guidelines.

Our 1988-89 renewal process was still slower

than we wanted, and we will be exploring new membership renewal policies which will encourage renewing members to do so on time. There were a remarkable number of late renewals. I would love to see our roster come out sooner in 1990!

Out of sheer, unadulterated necessity, Carlo and I have moved our desks into one of the training rooms. This will alter somewhat our scheduling and production of classes all of which will now be held in the upstairs room. This change will allow Carlo and I—as well as Marcia, Claudia, and Dodie—to serve you more effectively.

I'm making slow but steady progress in learning PageMaker, our desktop publishing (DTP) program. As some of you know, it is unbelievably complicated, but I continue to be encouraged by the money-saving opportunities it presents to us. I hope to produce our next training schedule with it. As we succeed in making DTP templates for our major publications and forms, I look forward to re-channeling my efforts and energies to more tasks related to national and international promotion of the Trager work, and to fund-raising for the Institute.

On behalf of our office staff, I want to thank you for your support of our Trager organization. We are grateful at the opportunities we have to serve you.

Special Status Report

Carlo Rossi

Among the many aspects of our organization that I have been examining with an eye toward improvement are the "Educational Support statuses": Introductory Workshop Leader, Supervised Practice Session Leader, Mentastics Leader, and Tutor. While I see the value these special statuses offer our membership and the public, I am also becoming aware of the problems they carry with them.

First and foremost, I have noticed that many members who hold these statuses never use them, which deflates their meaning and impact. Secondly, there are significant expenditures in both time and money involved in the application, selection, and monitoring of these statuses which are not covered by an equitable return.

Thirdly, except for the Tutor status, there are no committees which deal with standards, guidelines, quality control, information updating, etc. of the special statuses. And finally, the application and selection processes as they now exist are almost impossible.

Examining all aspects of our organization with an eye towards major restructuring, I feel that Educational Statuses need much more attention, so—except for the Tutor status—I am freezing all applications until such time as we have committees and new policies and procedures in place.

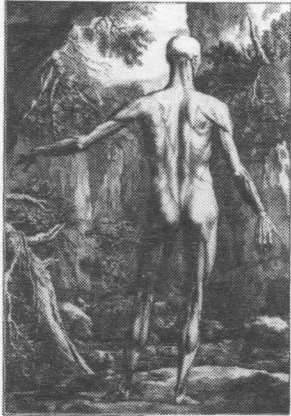
As a sneak preview, I am looking toward establishing an application fee for each status, and increasing annual dues—per status. At the same time, I want to take away the service fee (tithe) which special status members have been paying. These financial policies will discourage only those members who do not use the status for the purpose for which it was intended.

I may also include some criteria for minimal annual usage of the status. I also want to see some form(s) of performance evaluation—self-evaluation, peer evaluation, etc. And, I hope the new system will support peer communication. Finally, as in any and all of our future changes, I want to see the principles of excellence, integrity, fairness, and simplicity reign over these new guidelines and procedures. If you are interested in working on a volunteer committee for these statuses, please call or write me at the Institute's office.

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

TRAGER T-Shirts etc.

18th Century Anatomy Engravings
\$10.00 TOTAL
 (includes postage & shipping)



By Siegfried Albinus, suitable for framing.
 Set of 8 different poses.

EE
\$16.00



Black
 Lt. Blue,
 Violet
 Nat.
 Heather Grey
 Red
 White

Style EE—Long Sleeve, Button Down,
 100% cotton. Unisex: M, L, XL
 (shrinks 1 size down)

FF
\$14.00

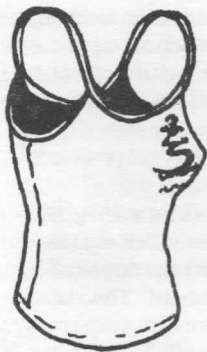
Limited Selection!



Small
 White
 Lt. Blue
 Turq., Burg.
 Black
Medium
 Coral
 Lt. Blue
 Turq., Burg.
Large
 Black
 Red, Burg.
 Purple
 Navy
 Lt. Blue
XLarge
 Pink
 Lt. Blue
 Royal, Burg.

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

F200
\$5.00



(Medium Only)
 Turq.
 Yellow
 Coral
 Pink
 Lav.
 Orange
 Teal

Style F200—Camisole, Narrow shoulder straps and shaped neckline. 100% cotton, pre-shrunk, *runs small w/raised ribs every inch.*

F201
\$5.00



Peach
 Black

Style F201—Ribbed Baby Shirt Camisole, White trim & bow, runs small & stretchy (medium only) very, very feminine.

GG
\$11.50



White
 Black
 Coral
 Burg.
 Lt. Blue
 Royal
 Navy
 Red
 Jade
 Lime
 Lav.
 Purple
 Pink
 Jade
 Turq.
 Yellow
 Orange

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

HH
\$7.00



Navy
 Burg.
 White
 Yellow
 Fuschia
 Red
 Lav.
 Black
 Lt. Blue
 Pink
 Peach

Style HH—French Cut, 50% cotton, 50% poly. Women's, S, M, L, XL.

LL
\$14.00



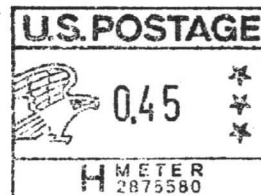
Red
 White
 Violet
 Black
 Peach

Style LL—Oversized Dropped Shoulder, Roll Up Sleeve, 100% Cotton. Womens: M, L, XL.

Trager Pendant



Approximately 1 inch, 14 karat gold,
 (chain not included)
\$66.00 TOTAL
 (includes sales tax & shipping)



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(continued from page 9)

Epilogue

Maureen decided she would rather work in a saner office and was replaced by Claudia. Don Schwartz continues to have steamed milk, a turkey sandwich, a chocolate chip cookie and potato chips for breakfast, proving that there is consistency at the Trager Institute.

All of the above happened after the roster was sent to the printer, so please note that Barbara Allin's address and phone number are 4420 NE 63rd Ave., Portland OR 97218, 503-282-0269. Ayla Allin, who used to be Linda Allin is at 4719 SE 63rd Ave., #A, Portland OR 97206. All's well that ends well.

CASE CLOSED

Trainings

There are still some spaces left for the Practitioner 2, 4, and Practitioner Practicum at the Indianapolis conference in September, the Practitioner 2 in southern California, in July, and there may still, as of this printing, be a space at the November Reflex/Response class in also southern California. Please call me at the Institute's administrative office, 415-388-2688, if you are interested.

The Advanced Tutor Seminar in Switzerland will take place July 31st, and not July 3rd as stated in the schedule.

The dates for Dr. Maurice Hirsch's French language Trager Body part 1 at the Indianapolis conference have been changed to September 18-20. The dates for part 2 remain the same.

There is a newly scheduled Beginning training on August 18-23 in Springfield, Ohio, presented by Carol Campbell. Contact: Carey FitzSimons, 1126 Woodlawn Avenue, Springfield, OH 45504, 513-324-3439.

CANCELLATION: Please note that the Practitioner Practicum listed in the last schedule to take place in Mill Valley, in November, has been cancelled.

Coming Up: The New Brochure and More

Don Schwartz

The administrative staff has made the completion of our new brochure a number one priority item. In addition, we have received enough interest from our membership to make the decision to produce and make available by mail order other printed materials for Practitioners. We have come to an agreement with our printer, Pronto Press, to offer Practitioner members the brochure, business cards, stationery and envelopes, ad and logo templates, and the East/West interview with Dr. Trager.

The brochure is a single-panel which presents the work in a succinct manner worded for the lay person. It is Practitioner-oriented rather than Institute-oriented. Except for the interview reprints, all of the above items will be two color, and Practitioners will be able to order them with name, address and/or phone. As soon as these items are ready for printing, we will mail a formal announcement and order form to Practitioner members, and include the order form in our confirmations to all new Practitioner members.

In order to keep the prices for these items at a minimum, we will be printing large quantities. Whether or not we continue to offer this special service will depend upon your response. The first six months will be a trial period. Also, please note that sales of these printed materials will benefit the Trager Institute, and we want to pass these benefits back to the membership through increased membership support.

Mentastics Tape in Pre-Production

Don Schwartz

Over the last few years the call for a Mentastics movement education video tape has grown louder and louder. As it was conceived, it would be a professionally produced tape for national distribution in the same way that so many of those work-out tapes are produced and marketed. Although the cost of producing a tape like this was potentially acceptable, the cost of marketing (including mass duplication) was simply prohibitive. Our hands were tied, and we couldn't move.

After several months of waiting, Emily and Milton Trager called our office and said something to the effect of, "Let's just do a small budget tape for sale to our members!" This statement effectively burst the damn of this project. We are now working on setting up a video shoot which we hope will quickly lead to a tape available to our membership. We'll keep you informed on the progress of this project.