

# Trager® Newsletter

WINTER 1990

VOLUME VIII, NO. 3

## Our First European TRAGER Forum: June 2-4, 1990

Fabienne Hirsch

I am very happy to announce that we will be having our first meeting of TRAGER members from Europe next June, in Noirmoutier, France, a resort island off the Atlantic coast. Bernard Baousson, a team of TRAGER Practitioners, and myself are coordinating and producing this first meeting.

Since I first tasted TRAGER, I have been longing to share with you the charms of this island which, for me, mirrors something of the feeling of TRAGER. Deep inside we need to be in touch with an energy which allows us to feel the harmony between nature and our being. Noirmoutier will so enchant us by its gentle beauty that, as our breath will flow deeper and freer, and our hearts will feel uplifted and peaceful.

The Forum will take place at the "Centre des Quatre Vents," the Center of the Four Winds," on June 2-4, 1990. The Forum's fee is U.S. \$40. The cost of being at the Centre is \$40. per day which includes lodging and 3 meals. To register for the Forum, simply mail an international money order of U.S. \$100. to: Bernard Baousson, L'hommeur, route de Nantes, 53400, Craon, France. Please make your reservations as soon as possible.

We are very honored and touched to announce that Emily and Milton Trager will be attending the Forum, and that Milton will be presenting Practitioners classes before and after the Forum. Please see your schedule for more details. Carlo Rossi, The Trager Institute's executive director, will also be in attendance.

If you are of a mind to come to Europe this Summer, I invite you to participate at the Forum. The island whispers to me that its mysteries will be unveiled to the lovers of adventure. See you soon on TRAGER island.

Editor's Note: European and Quebec members have already been informed of the Forum.

## TRAGER at a Pain Clinic

Jan Bennett and Don Schwartz

In 1985, Dr. David Hubbard, a neurologist and director of the Neurologic Centre for Headache and Pain in San Diego, initiated a search for new modalities to apply in his clinic. He was especially interested in applications for chronic neuro-muscular pain. After observing many modalities, he decided upon TRAGER as demonstrated by Practitioner Kelsi Eno-Konya. In December Of 1985, the first TRAGER session was done at the clinic and became part of Dr. Hubbard's services at the Centre.

Kelsi was joined by other local Practitioners, Suzi Komatsu-Maltere, and Alicia Luenges Gates. When Kelsi and Alicia moved on to their own private practices, Jan Bennett joined the staff, and, that September of 1986, TRAGER moved from being an adjunct aspect to being an integral part of the service Dr. Hubbard offers his patients. In November of 1987, Instructor Cathy Hammond came on staff, and Jan and Cathy now comprise the TRAGER staff. Jan is full-time Practitioner at the clinic as well as administrator of TRAGER services there. Cathy practices part time at the Centre. The two work closely with Dr. Hubbard and biofeedback specialist, Ed Harpin, Ph.D., in coordinating their services. Practitioners Maryann Zimmermann, David Mullins, Charlene Penner, and Sandra Golden have served as substitute Practitioners in the clinic.

Dr. Hubbard has recently met with both Dr. Trager and Carlo Rossi. He wants to establish a closer relationship with the Institute's administration in support of our work. One aspect of this relationship is Dr. Hubbard's interest in developing TRAGER research studies. He and Jan Bennett are conducting a research study with chronic pain clients. The first step they need to take is to develop a rating scale for "Lightness" to be used in the study. Here is their request for your participation:

### A RATING SCALE FOR LIGHTNESS

Your TRAGER experiences can help design a 5

point rating scale of degrees of Lightness—from Light to it's opposite. Your words or phrases for describing the following are needed: 1) Light; 2) three levels between Light and its opposite; and, 3) the opposite of Light.

Please send your suggested scale and comments to The Trager Institute's administrative offices at: 10 Old Mill, Mill Valley, CA 94941-1891, no later than January 31, 1990. The results of this initial membership survey will be published in a future newsletter along with further details of the study. Please direct your questions to Jan at: 619-558-4688.

## Mentastics Video Available

We are excited to announce that our long-awaited MENTASTICS video entitled "MENTASTICS with Milton" is now available through our office. Priced at \$25. plus shipping and handling, this tape presents an hour of Dr. Trager discussing and demonstrating MENTASTICS and Hook-up. The tape also presents Milton working with students on their MENTASTICS.

This tape was directed by our main video person, Ralph Chaney, from San Diego. He worked on the proverbial shoe-string budget, and—given that financial restraint—Ralph has done a great job, and I would like for our membership to give him a great, big collective "THANKS!" for his excellent work on our behalf. Please see the products order form in the enclosed newsletter or schedule to order your tape(s). For those of you who have already placed your order, the tape(s) will be mailed first class about the same time as this newsletter—early December.

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*Season's Greetings*

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## Inside This Newsletter . . .

. . . you will find a variety of articles on professional development, our members, new classes and workshops, our recent international conference, our recent restructuring task force meetings, and regional reports. My thanks to the many members who have written these articles. Your words express the spirit of our work as well as the growth of our organization.

Editor

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## Milton Trager to be a Featured Presenter at the FSMTA Annual Conference

Don Schwartz

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**W**e are pleased and excited to announce that Dr. Trager will be a featured presenter at the annual conference of the Florida State Massage Therapy Association (FSMTA), next July, in Orlando, Florida. The FSMTA is an independent state-wide professional organization with a positive national reputation. Their annual conference draws between 400 and 600 participants!

I have been working closely with the FSMTA's President, Sharon Baker Brown. We are both excited about Emily and Milton's presence and presentation at the conference. After the conference, Milton will go to south Florida where he will instruct two Practitioner classes. Please see your TRAGER schedule for the details. For more information about the conference, just write to the FSMTA at: PO Box 690393, Orlando, FL 32869.

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## Life in Motion

A presentation by Shelley  
Hainer

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*Shelley Hainer is the President of Somatic Solutions, a New York-based organization devoted to offering "Stress Release for Easy Living." She has a Masters degree in Exercise Physiology and is certified in Preliminaries, a French program developed by Therese Bertherat, author of The Body Has Its Reasons. For private or group sessions contact her at Somatic Solutions, 150 West 96th Street, #F, New York, NY 10025, 212-864-0755.*

*The following talk was presented at the Second International Conference for Somatic Educators sponsored by New York University, on March 30 - April 2, 1989. (The first Somatic Conference took place in June of 1988.) Thirty speakers participated at this event, and twenty modalities were represented. Shelley greeted the group of professionals in the fields of dance, movement, and body therapies. Her presentation touched on several important issues which are relevant to our professional membership.*

**W**elcome. It's really inspiring to see you all. This conference has been in the planning for quite some time and it's happening! This is a landmark event. Never before has a major university sponsored a program of this kind anywhere. It is an important moment for us. As I see it, we are the health professionals of the next century and we are getting ready for that challenge now.

What makes this event special is that we are finally coming together forming a community. The field of somatic education, dance and movement therapies started in the 1880's. The first ideas of bodywork began with Delsartes and Delacroix. Since that time there have been many others exploring the body and movement—along with the mind and how it connects to the body. It has taken one hundred years for the work of our pioneering forefathers and mothers to gain the momentum and numbers that bring us to this point in time. Today, in 1989, we are making a place of our own.

The program is a rich one. We have included some archive footage. We will show a selection of videos including Margaret Mead in Bali documenting the developmental stages of a child in a family setting. There are hands-on sessions in TRAGER and ROLFING®. You may explore movement with Body-Mind Centering, Dance Therapy, Laban Movement Analysis, or the movement schemes of Mensendieck. There is the eclectic, synergy of the Rubenfeld® Method. Or

you may investigate how to set up a research study with the use of biofeedback. There is an introduction to flotation therapy and its application with physical therapy; how human energy works; interaction with the panels on communication, the use of touch, issues of responsibility. Each session promises to address the heart of the matter, that which interests us most. What is that? How to work well with the people we care about, our clients. And, how to assist them in making their body/mind connections.

Who is here? We have visitors from California, Minnesota, Ohio, Pennsylvania, Massachusetts, and local east coasters. We have psychologists, fitness professionals, teachers and physical educators, psychiatrists, human resource personnel, physical therapists, movement education specialists, social workers, dance therapists and that catch all 'bodyworkers'. There are writers from the press eager to learn about the cutting edge. This is it . . . we are on the cutting edge. Get to know each other. Share what you discover, and network like crazy!

I think that most of us are in this field because we treasure the gift and uniqueness of being human. All of us are concerned with preserving our human-ness. We are concerned with helping our students, clients, patients reach their goals, and achieve their optimal health, while consistently being productive and leading rich full lives.

These are ideals that we work and strive for. This conference was designed for you to continue learning, exploring, discovering and gaining new insights of the underlining principles, the nitty gritty, of how change works, how health is achieved and what elements enhance productive results. It is also a forum of inspiration. Our panelists and presenters are a seasoned group, leaders in their field. During the next three days

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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 represents and supports TRAGER® psychophysical integration and MENTASTICS® movement education, the innovative approaches developed by Milton Trager, M.D. "TRAGER," "MENTASTICS," and the DANCING CLOUD logo are all registered service marks of The Trager Institute. Registration of these service marks in most nations which accept such registration is either complete or pending.*

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

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we bring our voices together, and unify our intention to take one giant, collective next step out into the world. Out in the world is where we desire to make change, breaking free of familiar circles to influence and reach new audiences. The happening of this event will create greater awareness for the public, for the academic community and the corporate sector. In fact we have already begun.

As the physical educators of the next century, we are in a stage of preparation for the year 2000. We are the driving force at work gathering steam. Every day we find ourselves in a new place approaching wholeness, health and peace. We share a deep passion and commitment to the work we do. Why? Because we know that nothing can replace the authentic self. And we value the truth of experiencing that intimacy and we wish it for others. We know that the state of the world needs lots of help and we are here to make our contribution. We understand the realm of the physical, mental/emotional, spiritual. We know about back pain, true stress management, ergonomics, that all movement is postural, and the importance of healthy alignment. We are alternative health professionals concerned with severe illness and physical disorders.

Although each technique, modality or therapeutic form to be experienced here may have a different approach, we all share an interest in the same end. The use of words to verbalize the kinesthetic experience is insufficient. We all laugh about how we all sound the same when we begin to describe the experience of our varied techniques. We laugh because we know what we mean even though the words do not quite capture exactly what the experience is. On the other hand, we may get tangled in semantics, style, personality, or the particular technical details. Yet, in spite of our frustrations to verbally communicate, we are all interested in wholeness and the ongoing process of living whole.

We still swim against the current of society, as it has been shaped by the Puritanical and Calvinistic taboos which surround the body and touch. Nevertheless, we are determined to make a difference in our own lives and the lives we do touch in the world. Your presence here today confirms that. Thank you for being here.

"ROLFING" is a registered service mark of The Rolf Institute.



## A Case in Point

Maryann Zimmermann

*Maryann is a Practitioner, Introductory Workshop Leader, MENTASTICS Leader, and Tutor from San Diego, California. She wrote this article for a booklet on TRAGER experiences produced for our Indianapolis conference.*

An 85 year old man who had a stroke was recommended to me. He was not responding to traditional physical therapy; in fact, he would faint or feel weak when worked with in that context. His left hand did not function at all, and was painful and overly sensitive. His speech was faltering and not understandable. The left side of his face was painfully sensitive and relatively immovable. His throat felt constricted and he had difficulty eating. He felt hopeless and despairing about his situation.

I began working with him twice a week for about 3 months. Even after the first session he reported an energizing response, and renewed sense of well-being, he was sleeping better and his hand was opening.

As we progressed, his speech was almost restored and he was completely understandable. His voice had power and resonance. He was able to enunciate and pronounce clearly. The throat constriction vanished and he was able to eat a

variety of foods without a choking feeling and with ease. He consequently gained much needed weight and strength. His face continued to reduce in sensitivity. He was able to reduce the dosage of his medications, and his state of mind improved steadily to a point of decided cheerfulness.

He had sessions once a week, then once every two weeks as he built a repertoire of MENTASTICS movements into his daily activities. The pain from his hand and fingers left, and his strength there increased to the point where he could use hand and fingers with complete mobility.

We played with the Reflex/Response in between the regular work, MENTASTICS, the hand work that Dr. Trager teaches, and the facial, throat, breathing, and voice work that Dr. Trager also has presented.

MENTASTICS are a living, moving, natural incorporated part of his day for maintenance, awareness and continued moving and function in lightness out of rigidity. After a year, he is down to once-a-month sessions mostly, as he puts it, "to keep growing with the feeling" so it is his choice to receive on-going sessions for continued healing and letting go toward his movement re-education. All this, much to his amazement and delight, after being told, "there was really nothing more that could be done." That was before he pursued the TRAGER work.

## Reclaiming the Self: TRAGER as a Gentle Approach

Elizabeth R. Mattax

*Elizabeth is a TRAGER Practitioner and psychotherapist. She believes that the somatic approaches can offer a gentle way in winning back ourselves. If you are attracted to using these approaches your growth process, Elizabeth suggests you be in recovery for at least six weeks and/or have the approval of your therapist.*

She is a survivor of incest. But the violation of her body was like losing ground to an enemy. The battle lay in recapturing what rightfully belonged to her.

TRAGER assisted her in her battle. Through gentle, non-intrusive touch, she was invited to explore and establish a renewed relationship with her body. Learning to live in her "house" again, she found her soul as well—in some ways for the first time.

But how did TRAGER help? What did it do?

Well, it taught her things, new things about herself. She learned that dulling proprioceptive and sensory awareness served as a defense against painful emotions associated with the abuse. But she also found that "waking up" to pleasant and unpleasant feelings led to greater self-acceptance.

TRAGER helped her to discover her boundaries. She knew what scared her and where it felt safe to be touched. She practiced saying "No, don't touch me there, but here is OK." It is OK to have limits!

She remembered things, too. She wept. She had some bad dreams and some very anxious days. For months, her body returned to consciousness memories and emotions wordlessly trapped in her muscles, organs, bone and marrow. It was painful, but she feels better now. She knows herself better, and accepts herself more—even her long-ago, half-forgotten self.

Because of TRAGER, she made changes in her life. She began to exercise, eat well, relax, enjoy. She began to love herself. Yes, herself—her reclaimed self.



## A Personal Statement

Robin Pittman

*Robin is a TRAGER Practitioner from Fairfield, Iowa. Readers Committee Chairperson Deborah Van Buren was impressed by Robin's personal statement for her Practitioner application, and suggested that it be published in our newsletter, and so here it is!*

I have found TRAGER to be extremely far reaching in its effects. It extends so effortlessly to all areas of my life. The themes that kept coming up for me were playfulness and extending my focus to include the whole body rather than just the part I was working on. I needed to learn to be settled and quiet and playful—all at the same time. I also learned to tune in and trust my direct sensory experience of the person receiving the TRAGER session, and to extend the sensory experience of what was going on to obtain information from other areas of the body as well as the part being worked on.

Studying TRAGER has allowed me to see myself more clearly. It has allowed me to practice, within a structure, principles that I know—such as we meet resistance by backing off—so that I could integrate that habit into my nervous system. Then I have found that it effortlessly extends to all other areas of my life. I find myself naturally being more harmless, more loving, less attached to the outcome of any situation, and more trusting in nature. I feel relief that this trust has grown and I no longer feel that I have to fix everything. Everything gets fixed effortlessly. It has shown me concretely how, when we let go and flow with the universal intelligence, life is effortless, blissful, playful, fun, and fluid. TRAGER has given me a system to tap into huge peacefulness during activity and maintain it for longer and longer periods of time. If I forget it for awhile I now can easily re-acquire it through MENTASTICS movements or even intention and memory of it. I can now carry into activity more of the peacefulness that I gain in my practice of Transcendental Meditation.

TRAGER has demonstrated to me how certain attitudes and boundaries in my life simply fall away and reveal more love and beauty. It has shown me how these attitudes and far reaching perceptions of reality can be released in an hour or an instant, innocently, when some tension is released effortlessly and naturally during a session. These are limitations that I was not even conscious of until they were gone and I noticed that a problem that I thought had existed simply vanished.

Studying TRAGER has allowed me to feel safer being intimate. It has taught me a whole new way of moving in all situations. Washing dishes has become a whole new experience as well as how I answer the telephone. Until recently I was not aware of how I tightened my "traps" every time I picked up the phone.

My roller skating has improved as well as my yoga and my ability to integrate new information. I can maintain my self and my center through more complex movements. I see myself continuing to become more and more flexible in my ability to adapt to all other nervous systems. I see a continuance of growth and harmony in my environment due to steadily increasing, unobstructed flow of universal intelligence. I enjoy giving TRAGER sessions very much and look forward to sharing it with others, as well as taking more workshops. To see the continuing refinement of this work is a source of joy to me.

## Our New Service Mark Guidelines

Don Schwartz

Our new, expanded service mark guidelines were mailed to North American Student and Practitioner members last August. If, for any reason, you did not receive them, or have misplaced them, please write or call our office, and we'll mail a set to you. I want to remind our members that this is a six month transition period, and that beginning in March, 1990, I will be sending correction letters to members and regional groups who are not following the guidelines in their printed materials. This is all by way of protecting our ownership of the marks, protection of the TRAGER name, and support of our organization's integrity.

I'm happy to see more and more writing about TRAGER by our members and others for publication. I want to remind those of you who are—or will be—writing, that these guidelines apply to all publications. If and when I speak with journalists, I always get their address, and mail them a copy of the guidelines. We are following the guidelines to the best of our ability in our own publications—including this here newsletter! As always, we welcome your call or letter if you have any questions about these guidelines. Thanks!

## "What is 'TRAGER'?"

Lia Aurami

*Lia is a success coach for providers of services which aim to increase health and consciousness. Her articles on practice development are generously donated to us. This article focuses on your first contacts with potential clients. Based in Seattle, Lia works with body, mind, and spirit: nutritional counseling, strategic and market planning, prosperity consciousness, intuition training, systems for organizing business paperwork, and income-building strategies. She offers intuitively guided consultations and workshops all over the country, drawing on 30 years in psychology, education, communication, and spiritual development. Contact Lia for a free list of inexpensive practice-building booklets, a description of her services, and workshop schedule: PO Box 45664, Seattle, WA 98145, or call 206-633-5737. Inquiries are welcome from potential workshop sponsors. Past newsletter articles are available from the Institute.*

*Lia's practice-building "minicourse," Marketing in Hook-Up, will be given in several locations in Spring 1990—including The Trager Institute. Please see your schedule for details. Also, please see the "New Classes" section of this newsletter for more information about Lia's class.*

How light and free can you be in answering this question from someone? More and more people will be asking as they read articles or hear about it. There's no need to clutch, and no need to search for the perfect canned, pre-worded answer. You have more choices: you can be in a dialogue, an inter-play, with the asker. You can create a beneficial back-and-forth flow in answering. The following suggestions are standard "soft sell" techniques which individualize information to fit the receiver. I'm sure you dig that approach!

First, very quickly sense that the outcome of this exchange is the best possible, and be open to receiving a better one! How long can you yak together? Is a demonstration possible? Do you have with you a brochure, article, or video to give? Are you with someone who has experienced a lot of TRAGER and who you can trust to give a good "testimonial?"

Be thinking of all these possible outcomes, and be prepared to go with whatever "flows": a) Person wants to hear only a few sentences; b) Person indicates desire to know more; c) Person wants to talk further with you, on the phone later; d)

*(continued on page 5)*



What is TRAGER (continued from page 4)

Person seems so interested that you can naturally pull out your datebook and say "Would you like to find out in the best way, by experiencing a session for yourself?"

The underlying philosophy of soft-selling is to give a person **relevant** information as a result of "research" into them, and respectfully accept their choice of what to do with the information. How do you do this research? How do you know what's relevant? First, use your own intuition about them. What do you sense that you can relate to TRAGER Second, give a bit of info based on your intuition, just enough to prompt further questions to you. Also ask many questions of your own!! You're researching what they are "really" asking, what their **needs** and **desires** are. Connect the needs/desires you discover to what you know about the benefits of TRAGER, as you continue this inter-playing conversation. Be willing to mention people you know with similar needs/desires who've been helped by TRAGER.

You're not going to tell them everything you know about TRAGER benefits, just what is **relevant**. Remember, too, that people are less interested in what something **is** than what it **can do for them**. So in responding to the question "What is 'TRAGER'?" your best strategy is not really a factual description, but an inter-play around their needs/desire and the **relevant benefits** of TRAGER

Here is a brief example. You observe that the person asking has raised, hunched shoulders and a tight jaw. You might respond that TRAGER is a way of increasing relaxation and freedom in a body, and you might ask whether this person experiences any chronic muscle pains or tiredness. If the person tells you all about it, you might then tell about a client (yours or someone else's) with similar problems, and what results that client had from TRAGER. You can inter-play back and forth in a relaxed conversation until you sense a completion. The optimal way for you to end the inter-play is to ask for whichever outcome seems most appropriate, if it has not already happened: ask whether they'd like to be sent a brochure, or come see the video, or receive a session, or talk to you or a client. (Select one or two of these to ask.)

I hope these ideas stimulate you to develop your own ease, lightness, and freedom in talking to people about this wonderful thing you know how to do! Take a couple of seconds to do a little unobtrusive MENTASTICS, if you need to relax and do your intuiting before you answer "What is 'TRAGER'?"

## Evolution of a TRAGER Being

Maryann Zimmermann and Jerry Stadtmiller

*Maryann is a Practitioner, Introductory Workshop Leader, MENTASTICS Leader, and Tutor from San Diego, California. Jerry is a Practitioner from the same beautiful southern California coastal town. The first part of this article is by Maryann and tells of her experience as Jerry's Tutor, the second part is written by Jerry describing his learning experiences.*

**W**hat fun! What a joy! To be a Tutor—to be part of another being's evolving growth and growing process accelerates my growth.

I have had and continue to have the privilege of being a part of Jerry's unfolding development in the TRAGER Approach. Jerry Stadtmiller is a sociologist by education and training. He has been blind for 21 years. He had vision for 21 years until he was wounded in the Vietnam war. However, my personal experience of Jerry Stadtmiller is not of a blind person. He does not play the victim. He has worked on himself. He has a marvelous sense of humor, a friendly open manner and a scintillating mind which is eager to learn and grow. This gives him inner vision, and it is a quality he shares and continues to expand.

My first association with Jerry was in a TRAGER Beginning training in San Diego. He was a Student. I was Tutor assisting. I observed him approach the play, feeling the weights, going for the lightness, the nothingness, by employing the inner vision. He was going for the feeeling quality of what is—how could it be, what could be lighter?

He seemed very self-motivated. Jerry recognized there was something in this nothing and he liked it.

Jerry Stadtmiller is a big man, 6' 2", and has a kind of teddy bear build. He has a lovely wife named Pat who is a psychologist and 2 beautiful teenage daughters. He comes from a prior background of massage, and had to play with the dance of the TRAGER approach: with staying out of the way, with not efforting, and with not muscling in with his obvious body strength.

He went for it with a continuity. During his field work immediately following the first training, Jerry connected with experienced Practitioners and his class students giving and receiving as much input as possible beyond the required. From the next available Intermediate training to the Practitioner 1 with Betty Fuller, the Practi-

tioner 2 with Dr. Trager, and then the Practicum in Mill Valley, he kept the flow going. He attends practice pods and took 2 anatomy/physiology classes plus other supportive classes, inundating himself with experience and practice for which there is no substitute.

I enjoyed tutoring him. He would want very direct and full feedback, and had many specific questions. He would phone me and share insights, experiences and nuances he discovered and explored in his sessions.

Jerry continues with enthusiasm. It is so effortless to encourage him along the way, and to participate in all the ways he assists me in my growth by sharing his involvement. He has been assisting in Beginning and Intermediate trainings. He has goals and aspirations. He and Don Schwartz discussed the possibility of creating a class for the blind. Jerry wants to be a Tutor. He'll make it. He's out of the way.

When I interviewed Jerry in August of 1989, he said, "Maryann, I have a commitment to staying out of the way and putting the work first. I'm letting the work communicate. The longer I'm in it, the more I'm doing me."

The following is what he submitted to me at our last meeting:

Reflecting back on my TRAGER experience, it is very clear that based on my knowledge of what they [the Instructors] have been talking about the entire time, I probably still don't have a clue as to what they are talking about. In other words, Hook-up, how light can it be, how can it be lighter etc., keep taking on more profound meaning with each session. Only now am I believing that lighter is the only way to penetrate the tissue. Only now am I flirting with the experience of Hook-up. I am letting go of beliefs such as concentration, hard work, and worrying which only sabotage the intention of a TRAGER session.

My own background or childhood beliefs that I am now acknowledging really have set me up for frustration and controlled failure. One of them has always been: 'If I try hard enough I will succeed.' There's protection and distance in trying hard. Other people's hands are tied from faulting me for not trying. I mention this for the benefit of those of you who are like me and hang out in trying. I'm talking about me right now, but, people who try real, real hard are usually real, real frustrated. I guess staying empty has been a very helpful expression in my development. More specifically having empty arms or empty pipes is an image that clicks in for me. I can tell when my arms are getting full of stuff, and I have found that standing back from the table and doing some MENTASTICS empties them out.

When I first got involved with TRAGER I had

(continued on page 6)

## Reach the Mind, Teach the Body, Free the Spirit: The Fifth International Trager Conference—Indianapolis, Indiana

Anne Marie Bowers

In some ways, I have to say I'm glad it's over. For Don and I, travelling six and a half hours to Indianapolis once a month while I was pregnant was a challenge. Our son, Shawn, was born on August 17th. Ron Maire drove over 3 and a half hours to each meeting. M.A. Bjarkman had the challenge of hosting most of the meetings in her home—interrupting her family life. Beverly Cox-Eland was having the challenge of mothering a young infant, Danielle. Betty Thomas was getting married.

When I stop and look at the magnitude of the personal challenges that faced each steering committee member over the course of the last year and a half while planning the conference, I wonder how we all did it. I know there were times when we asked ourselves WHY we were doing this! We wanted to, as Ron said in his closing address, create an environment in which things could grow. With plenty of fertilizer and some weeding, the end result was a very special event shared by many very special people, and we all have grown as a result.

I'd like to personally thank my fellow committee members for their time and energy. Ron and Bev put together a fantastic program with a wide variety of workshops. Ron's graphics expertise produced a beautiful conference booklet in both English and French. M.A. negotiated a terrific contract with the Hilton, and spent much of her time at the conference keeping tabs on the hotel. Bev organized a day-care program for people who wanted to attend the conference and bring their children. Betty was the artist who created the artist who created the conference design for the t-shirts, pants, underwear, and mugs. Don, my husband, in addition to keeping me sane, handled the registration for the conference as well as the pre- and post-conference classes beautifully. And he didn't use a computer! Roger Tolle organized a spectacular "TRAGER Family Circus" which truly was an expression of TRAGER talent. (I understand a video may eventually become available.)

But, all we did was get the ground ready. It took the participation of over 200 TRAGER folks to really make this conference special:

- The feeling of "Hook-up" on the Great Trade Day was tremendous, as over 100 TRAGER professionals worked together in one room. Special thanks to Teak Kilmer, who 20 tables

made this day possible, and to the Instructors who assisted.

- Carlo Rossi's opening keynote address—acknowledging so many special people in the "TRAGER Family," sharing his concepts and ideas of the past and present, and his vision of the future.
- Our Town Hall Meeting on Saturday morning, where the Strategic Planning Task Force shared their ideas, and the rest of us offered more suggestions.
- The winner of the conference theme contest was announced—**Marcheta Humphrey**.
- Milton's public demo Wednesday night was attended by more than 100 very interested people.
- We sold the first TRAGER underwear!
- Members from around the world conducted excellent workshops. A special honorarium was given to the presenters to recognize their special efforts.
- Milton did a special tribute dance to honor Betty Fuller.
- Betty made a special presentation honoring Sheila Merle Johnson for her years of service to us.
- The conference committee presented Don Schwartz with a class in desktop publishing to honor his energy in keeping them going.
- All of the Instructors were presented with conference mugs.
- Emily and Milton were presented with a certificate showing the location of a special engraved brick on display at the Promenade at the Golden Gate Bridge. Look for it next time your in the Bay Area.
- A special luncheon was held for Tutors.
- A special time was set aside for a meeting of the Introductory Workshop Leaders.
- One of the workshops presented Carlo with over \$100. towards the scholarship fund.
- Didier Marie formally invited everyone to the European Forum.
- The Saturday evening formal banquet was wonderful. We were blessed with the presence of Al Huang, the individual who originally gave the TRAGER dancing cloud logo to Milton. Al presented Milton with an original calligraphy of the logo, and he also presented one to Betty for the office. He shared with us the feeling of the dancing cloud as he played his flute in combination with his flowing T'ai Chi.

- Many of the conference workshops were audio-taped, and the tapes are available through. . . .
- We had an exhibit area full of books, tapes, crystals, massage tables, etc. Two of the vendors gave the Institute 10% of the gross.
- Friday evening's circus was complete with food booths, popcorn, balloons, clowns, and unforgettable evening of entertainment.

Finally, Sunday brunch arrived, and everyone had to say good-bye. It was over too soon!

This is a time of change in The Trager Institute, and the conference reflected this movement in new directions. We tried a lot of new things because we deeply felt the need to acknowledge each member of the TRAGER community as an important element in the success of the entire organization. It reminds me of something Milton and Emily said. A little over a year ago, Don and I spent our honeymoon in Mill Valley, taking a Practitioner 3 class. We asked Milton and Emily if they had any advice for us newlyweds. They said, "Cherish each other. Remember how important you are to each other." Words of wisdom we could all remember as we go through the changes the future will bring.

### Evolution of TRAGER Being (continued from page 5)

a lot of resistance to it. Here again my resistance was packaged up in trying hard. Something like: "To hell with what they are telling me about being light, I'm trying real hard!" TRAGER is a kind of work that brings out our defenses. It is a kind of work that is so close and so personal that—speaking for me—I had to protect myself.

One neat thing about learning TRAGER, it doesn't make a lot of difference who teaches it. The truth of the work transcends who is teaching it, on the condition that they are in Hook-up. I guess another way of saying that is no one teaches TRAGER, but it is something that is shared. Obviously, some people are better at it than others.

Throughout all the trainings, it has seemed to me that the feeling has been more significant than the words used. The words that have worked for me have been: "empty," "nothing," "cloud," "ocean wave" and "light" if spoken by someone in Hook-up. In the Practitioner Practicum there were several French speaking students who led us in MENTASTICS. The softness of the language enhanced the communication of lightness.



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## Executive Director's Report

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Carlo Rossi

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**W**e really must continue to meet like that . . . the 5th International Trager Conference last September, in Indianapolis, Indiana, certainly exceeded my expectations. What a terrific time; my thanks again to Anna Marie Bowers and her outstanding conference committee—Don Bowers, M.A. Bjarkman, Ron Maier, and Beverly Cox-Eland—for the beautiful job they did in making our conference a reality. I am filled with the spirit and enthusiasm that resulted from this gathering; I am still moved by having had the opportunity to meet and talk with so many of you. I think that the conference will serve as a bench mark for the Institute . . . a time that we can celebrate, acknowledge and appreciate our successes, and also a time that launched positive change and growth for The Trager Institute in the '90's and beyond.

We are currently involved in major restructuring within The Trager Institute. Some of these changes are detailed in other sections of the newsletter. I want all our members to understand that the changes are being made in order to better serve our membership. Our organization has experienced tremendous success during the last nine years . . . continuous development of The TRAGER Approach, a membership that totals more than 1,600, and trainings that occur all over

the world. However, like many organizations that experience significant growth and development over a short period of time, we are also faced with **dealing with** organizational and administrative change. Why?

Because our structure had become dysfunctional; no judgement, just an observation that I think helps when trying to identify the problem and determining a course of corrective action. We had outgrown our administrative and financial policies, we were no longer capable of handling the expanded organization, and we were not able to effectively address the needs of our growing international membership.

My vision for The Trager Institute comes from a place of continued growth, expansion and development of our approach, and a partnership with our membership; I see active members who have a vested interest in the Institute—members who take pride and who actively participate in the organization . . . I want membership in the Institute to mean something . . . I want your membership check this year to mean that you commit to active participation within the organization . . . write us, call us, let us know what you as a member want, need or feel. The strength of any membership organization is the members . . . without a strong membership and a sound administration, you have no organization. With your input and participation this organization will truly support The TRAGER Approach, will meet the needs of Students and Practitioners, and utilize the incredible base of talent and expertise that exists amongst our members.

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## We Will Have to Start Meeting Like This! The Restructuring Task Force Meeting: August 3-6, 1989

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Maryann Zimmermann

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*Maryann was a participant at our first task force meeting last Summer. This is her report of the meeting.*

“**W**e will hook-up and when we are ready we will go.” And go we did. It was like a TRAGER session. It was about being present and out of the way. It was about releasing what no longer served, about moving . . . into “what could be lighter”? “How could it be.” It was about **approaching** the depths and dimensions with definitude.

There was the spewing of the negative, the acknowledgement of the plus, and surrendering

to the feeling of expansion by culling the best of all that had been the training track, the financial situation, etc. to major reconstruction resulting in a new Educational Development Program that is awesome in its possibilities, and yet has all the substance of simplicity, artistry, integrity, skill, competence, clarity, . . . **an art form . . . a dance**. Like all art, it asks something for all it offers in growth and development. It asks for commitment and dedication. It asks, like a table session—like MENTASTICS—what comes from hook-up. It asks for focus, awareness, letting go of resistance . . . trusting.

Let's listen, feel the weight, shimmer out, ask questions, breathe—keep checking in with hook-up. “Stay in the room,” Carlo would say again and

*(continued on page 8)*

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## Office Activities

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Don Schwartz

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**T**hanks to all the members who called us in October, after the “quake.” Your concern was greatly appreciated, and I have been very happy to report that, as far as I know, all Bay Area TRAGER people came through the event unharmed. Our facilities, too, came through unscathed.

Carlo and I have finally moved our desks out of the two crowded rooms which previously comprised our offices. Now, our office staff are out of each other's hair making us more peaceful, less distracted, and, last but not least, more productive.

In addition to our normal routines, our current projects include 1990 membership renewal, this newsletter, our next training schedule—which will include Beginning trainings, guidelines for local member groups, direct Institute sponsorship of more trainings, revision of our “TRAGER Handbook,” coordination of Milton's Spring/Summer tour which will include France and Florida, and planning for our Sixth International TRAGER Conference.

Sales of our recently available Practitioner support materials is encouraging. Gross sales has exceeded \$8,000. If sales continue to be brisk, we may be able to reduce the prices of some items. This program directly supports the Institute, and my thanks to everyone who has placed orders.

I'm happy to report that Carlo and I have spoken with Bob King, President of the American Massage Therapy Association, and we have established a positive communication channel. Our first agreement with each other is simply to share mailings and publications. I want to thank TRAGER Practitioner Vicki Carmona, a member of the AMTA's national board, for making this valuable connection.

Obviously, there's a lot going on here at our office, as well as with TRAGER members everywhere. This is a time of change, of improvement, and simplification. We are working together to increase accountability, improve services, and develop administrative systems which work for everyone. This is a slow process, but we are making progress. As always, I want to thank you for your support, and encourage you to call or write with your input, ideas, and questions. Thanks!

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Peace  
on Earth



### We Will Have To (continued from page 7)

again like echos of recall of hearing Dr. Trager say, "Well. . . . How could it be? Be a part of it. Pay attention. Be aware. What do we have . . . going . . . and then going on." "I like it," hearing Milton's presence though he wasn't there. And hearing Emily say "and he's never wrong." What do you have here . . . a vision of light and lightness . . . a breakthrough . . . a CHANGE. YES, THAT'S IT!!!

Okay! That is the overview feeling experience. Let us move to the core, the unravelling, the nitty-gritty. What is a Task Force? How were they chosen? What do we have? Where are we and where are we going. Practically speaking what was the progression of events?

A task force by dictionary definition is a temporary grouping for carrying out a specific operation or mission. The TRAGER task force is a representative cross-section group chosen by our executive director, Carlo Rossi, for their networking in their area, for their present availability and willingness to be emissaries for their region, tell it like it is, and set aside 5 intense days to do THAT—NOW, as a team. Carlo had made trips to Europe, Canada and several regions of the U.S. prior to the meeting to receive and offer their input.

He had been with us 14 months as of the time of the meeting in August of 1989. In that time he studied, perused in detail the rafts of materials in operation, the condition of our financial status and the present training track. He talked at length with Institute office staff, Instructors, Board members, Practitioners, and Students via phone or in person. Carlo encouraged all to write, contact him and to put the word out that change is necessarily in the imminent happening process. He listened, he heard, he observed, he asked for straightforwardness, honesty, angles of thought, creative solutions, and ideas. He was pulsing and getting a feeling of what is. Out of this milieu, the task force was spontaneously formed to begin the process. There were 22 of us that convened:

From a Hook-up circle, followed by introductions, Carlo gave a brief description of:

- 1) What he found when he came to the Institute
- 2) What the Institute office does—commitment and dedication from the staff.
- 3) TRAGER Approach—The Glowing Light
- 4) The TRAGER Approach has grown to 1600 strong in 13 countries from 1978—a rapid growth in a short period of time
- 5) The rich sweeping effect of TRAGER could be lost behind boxes of growth.

He sees, therefore, a need to remove and clear so the luster of the TRAGER approach is in tact. What has been done is not wrong. It is exciting that it grew, and grew rapidly. Good and great things have been done. It is time to take it to another level.

There was a frustration of Students and Practitioner feeling out of relationship with the Institute. There was accumulated disillusionment with the Institute. We seemed to be operating like a dysfunctional family. Dysfunction and disconnection comes from lack of acknowledgment and communication. Then this leads to a follow-up of withholding feelings, intimidations to express one's ideas. It is a position of **wrong view**—the them and us syndrome. This indicates a need to strongly re-connect, to openly and effectively communicate, express, melt down feelings of separation. It is quicker to not have input. It is functional to have much input. We need to genuinely feel a sense of oneness, harmony, empowerment, being supported and supporting, non-territorial.

Carlo then offered the premise and purpose:

Develop an Institute structure that supports our Students and Practitioners, and that allows for the continued development, expansion and expression of the TRAGER approach.

We went on, then, to brainstorming issues, papering the walls with complaints, concerns, hurts, aches, considerations. There was a healthy integration and opening and momentum that heated at times. Carlo would shout "stay in the room," as a necessary intervention. We would check-in on hook-up and go. And so we continued for the 4 days. There were meetings every

morning, every afternoon, and on two evenings. There were MENTASTICS breaks, lunch and dinner breaks, and breathing time to re-group. There was continuity and sincere yearning to "getting the job done."

We looked at the plus of what we had. The list was:

What transpired from brainstorming issues and then from that a structure, was a Model A, non-residential program and Model B, residential program.

NOW HEAR THIS!!! They are DRAFTS — not engraved in concrete — please — **A DRAFT** — How would it be if . . . What would it look like if . . .

We encourage, need want, wish, request YOUR response and input. There is no guarantee that exactly what you want can be implemented. It will, however be in the hopper. The guarantee is that YOU WILL BE HEARD.

In closure, then, this is a beginning. We have heart in the TRAGER Approach. We are vital, lively, changing. This is a transformation opportunity. To quote a Carlo Rossi excerpt: ". . . the transformation that occurred within our group is representative of the change that I feel will occur overall within the membership."

To quote in recall our beloved founder, Dr. Milton Trager: "Hook-up, and when you are ready begin and go."

## Institute Restructuring—Task Force Report

Carlo Rossi

As many of you know, I recently completed a thorough assessment of the Institute; I presented my findings to our Board of Directors at a retreat in May, and at their direction have begun a process of major restructuring within the Institute. The purpose of the restructuring and the specific changes that will be forthcoming is to effectively address the international needs of our organization, to increase and improve membership services, and to continue to expand and protect the quality and expression of The TRAGER Approach. I want to thank and acknowledge The Trager Institute Board of Directors—Gary Beal, Betty Fuller, Linne McAleer, Jan Stevens and Natasha Heifetz—for their support and leadership in this restructuring process. Their guidance and vision is the inspiration that directs this tremendous effort.

To assist with this process of restructuring and change I initiated a meeting of a strategic planning task force. I selected a geographical cross-section of our membership who met and hammered out

a draft of possible changes that will positively effect our organization. Below is a *DRAFT* report that I think captures the spirit and energy of the meetings and summarizes the results. I hope that you will respond with your thoughts and suggestions on the ideas developed; please recognize that this is a "DRAFT," and that these ideas are shared from our wanting to expand The TRAGER Approach, to provide better membership services, and to continue to protect the quality and expression of The TRAGER Approach.  
PROCESS:

Before moving into a "creative mode" we, as a group, needed to acknowledge historical issues and a level of negativity that many were holding on to; we also reviewed the current state of fiscal and administrative processes, procedures and affairs of Institute administration. This was done in order that everyone had the same accurate information on past problems and understood the status of our current administration.

Once the "historical review" was completed, we were able to leave behind the past, and focus on "what could be"; the energy level peaked  
(continued on next page)

### **Institute Restructuring** (continued)

incredibly with our Saturday session; the positive energy, the work and results from that day, left participants sky high and will have a long term effect on the future of change within the Institute.

We closed on Sunday, with a clearing of what we had accomplished and a discussion of our roles as change agents; we further talked of what it really means to support the Institute, and how we can do that in the face of questions, negativity and disagreement. The level of commitment and support from this group, to each other, for the membership and the Institute's administration was overwhelming. In addition, the group made a contribution of almost \$900. for the specific purpose of supporting change; this I am told is revolutionary. We have placed this money in an account called the Ginger Fund.

The members of this task force are to be acknowledged and thanked for their contributions. There is no looking back . . . we have reached the point of no return and are on the road to change; a change that will allow us to better serve our members and to continue to expand, express and respect The TRAGER Approach.

The Trager Institute Board of Directors requested that the task force on restructuring address the following questions:

WHAT WOULD A TRAINING PROGRAM LOOK LIKE THAT WOULD:

- A. Insure consistent quality and accountability of the work of Practitioners and Instructors?
- B. Create opportunities to use the special talents/skills/expertise of Instructors and Practitioners?
- C. Be financially viable for the Institute?

The task force came up with the following DRAFT Professional Development Program:

The values implicit throughout our professional development program are:

*SIMPLICITY, CLARITY, INTEGRITY, AND COMMITMENT*

The following are the PRE-REQUISITES for entry into a **BEGINNING** Training:

#### **REQUIRED:**

- Receive 6 sessions (*AFTER announcing interest in entering a Beginning training*); 3 sessions must be received from the same certified Practitioner.

**Written statement:** describe the experience of receiving the sessions and why you are interested in entering the training program.

**Review handout:** clear statement of expectations and costs of certification program.

**Questionnaire:** General information, background history, education, personal growth and development activities, work history, hobbies etc.

#### **RECOMMENDED:**

**Mentastics:** Participation in MENTASTICS groups:

- Participation in an Introductory workshop, one-day, demonstration, or other TRAGER introductory event.

### **PRACTITIONER CERTIFICATION PROGRAM**

#### **Initial Training:** 14 days

The initial training would be modeled after our current Beginning training with expanded time, and would include the following aspects integrated throughout the entire training process:

- A pass/correct model that would allow for quality control at all levels; feeling approach to teaching (Fabienne Hirsch's model); team teaching (Instructors, Tutors, Practitioners); more MENTASTICS; specific anatomy and physiology requirements; basic principles in depth/process; self-awareness and self-care; Institute: roles and relationships; Instructors to discuss Hook-up; longer and deeper experience; use of multi-media and video etc.;

#### **Phase A: Field Work:**

##### **REQUIRED:**

- Receive 12 sessions: a minimum of half must be from certified Practitioners—geographic exceptions considered.

- Give 30 practice sessions;
- Receive 5 tutorials—recommend receiving one tutorial every 6 sessions given;
- Participation in one Supervised Practice Day;

- Electives: Each student to complete ? elective hours from course offerings representing a wide range of classes; (some of the classes/workshops will be required prior to certification);

#### **Phase B: Intermediate Training:** 7 days

(Goal: deeper and broader learning)

##### *To include:*

- MENTASTICS; tablework; move repertoire; deeper Hook-up relationship; time for dealing with the articulation of experience; ethics; anatomy and physiology (structural and functional); duplication of many parts of Phase A; team teaching; Institute: roles and responsibilities;

#### **Phase B: Field Work**

(It was strongly suggested that at this step, each Student select or be appointed a Supervising Tutor; he/she would assume a counselor/support role):

#### **REQUIRED:**

- Receive 12 sessions; (1/4 - 1/2 of those sessions from certified practitioners); Give 60 sessions; 5 tutorials (recommend 1 every 12 sessions given; last tutorial to recommend for Certification Process); 2 Supervised Practice Days; teaching MENTASTICS to Clients Class; Business Practices (ethics, etc.); communications skills (boundaries, etc.); anatomy and physiology Course; class(es) from elective class offerings;

#### **CERTIFICATION PROCESS**

Process must link the pass/correct results to the Institute for quality control and complaint issues. Supervising Tutor (selected assigned in Field Work B) to provide guidance during this stage.

#### **Process and Guidelines:**

- Written submission to the Institute for final certification and assessment.
- Payment of \$50. filing fee;
- Two assessing Tutors selected;
- Assessing Tutors communicate results to the Institute and each other;
- Provision for requirement of a further tutorial assessment;

#### **COST OF PRACTITIONER CERTIFICATION PROGRAM**

We would estimate that the cost of this program going from pre-requisites for beginning through the certification process would be in the neighborhood of \$5,500. This is a ballpark guesstimate, and is for discussion purposes only.

#### **RESIDENTIAL TRAINING PROGRAM**

The task force also examined the possibility of a residential training program. This concept, though not for everybody, might fit and meet the unique needs of some of our students, and is a program that we felt was worth considering as an option for the future. We will be developing a pilot model and gather input from all quarters of our membership.

#### **CONTINUING EDUCATION UNITS (CEU's) AND REQUIREMENTS FOR CERTIFIED PRACTITIONERS**

This will allow for CEU's to be earned locally and is a supplement to Institute sponsored courses. This would include credit for a wide array of classes, conferences etc.

##### **REQUIREMENT:**

Though details are not firm, we will develop a process that will allow for optimum access to Milton.

- Annual tutorial
- ? hours of continuing education classes, projects, etc. to be completed every two years;

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### Institute Restructuring (continued)

#### RECOMMENDED:

- Receive 12 sessions;
- Give 50 sessions;
- Daily integration into your life of MENTASTICS;
- Involvement/participation of your choice in your local member group and/or Institute project;

#### BUT IF YOU ARE PROPOSING THAT...WHAT ABOUT...

We recognize that there are a large number of issues that arise as a result of the changes that were discussed during our meetings. These include such items as transition (timeline and emotional effects), enhanced Tutor roles, complete enhancement of evaluation, marketing of the new training program, existing Practitioner "upgrading," teacher training, how is the "team" of staff going to be compensated, course criteria, fundraising for scholarship program, current Students-transition, addressing international issues, inter-regional communication, etc. These issues will of course be thoroughly addressed in the change and transition timeliness and plans that will be developed once the final details of the restructuring have been worked out.

#### LOCAL MEMBER GROUP GUIDELINES

To support both the membership and the Institute it is imperative that regions be given enhanced opportunities to offer local activities that are specific in both nature and need to the local area... therefore as we grow so rapidly and extensively we must develop uniform local

member group guidelines that allow for continuity, the protection of our service marks, the local members and the Institute. The task force had the opportunity to review a set of DRAFT guidelines assembled by Elizabeth Reifler, the Institute attorney. We have received a great deal of input on this item; if you have input or want more specifics on what is included in these developing guidelines please call Carlo; due to the length of this document time does not permit inclusion in this newsletter.

#### ROSTER OF PARTICIPANTS

(Unless otherwise noted below, all listed participants are Practitioners.)

Carlo Rossi, Executive Director  
Don Schwartz, Assistant Executive Director  
Marcia Koski, Institute staff  
Claudia Bourbeau, Institute staff  
Elna Adams, Oakland  
Lhesli Benedict, Mill Valley  
Fawn Christiansen, Mountain View  
Beverly Cox-Eland, Chicago;  
Natasha Heifetz, Berkeley;  
Gae Henry, Bay Area;  
Jeannie Iams, Oakland;  
Deane Juhan, Instructor Rep  
Regina Kujawski, Florida;  
Linne McAleer; Board Member  
Michael Madrone, British Columbia;  
Roger Tolle, New York;  
Tom Trenda, Seattle;  
Suzanne Wilner, Colorado;  
Stephen Van Beek, Ontario;  
Maryann Zimmermann, San Diego

train and develop professional practitioners to carry out Milton's discoveries. But it is just as clearly struggling to get to the next growth stage. Not only are we unable to reach with adequate publicity to the outside world, we are unable to provide our members with the normal range of professional services. We are, in fact, at the point of having to take off and test our wings in order to survive. Only greater revenues can help us be what we must be. We are at the point in our evolution at which we must be prepared to relate to the larger social framework in which we exist; for this is the only road to the large vision of creating peace in the world which Milton has told us serves as his personal inspiration. In stepping away from the comfort of the nest to bring our love and skill to others, we are obliged to deal with the realities of the social context. We are small in comparison to the world we want to help; how then can we improve it? The answer—at the level of society, beyond the individual client-practitioner relationship—lies in getting out the word about what TRAGER does for the human experience. The catch is that we face sceptics, the ignorant, and the many competing claims on attention which prevent potential participants from receiving what we have to offer.

**On Money:** We live in a society in which most success is measured by the money standard, not a pure one. We all know we need some money in order to get our ideas across. This is true even of the best ideas. Let's remember that the rules which govern the handling of money are fairly well established; for example, as a registered charitable organization under the laws of the State of California, the Institute is able to issue tax receipts to US residents for any donations, though outside the USA there is no charitable status—yet. Foundations will benefit from this arrangement within the USA, but they make it a rule not to give money to groups unless the groups can match their donation. This requirement of matching funds is a good thing because it means those who will not put their own assets on the line, and show they believe in their cause will not get supported.

Another rule, or rule of thumb, is that if a group can offer an inducement of some sort without impairing its own integrity, individuals will be glad to give a little all the time on a regular basis. Nobody likes to give a lot all at once, because it feels like too much. Another rule is that it is easier to fund interesting projects which prove something than it is to get money for a basic operating asset; better a research project than a deficit, by far! So we have to play by some existing rules in the fund-raising business.

**How to Respond:** The response which has proven to be most practical for most other organizations in a similar stage is to use boot-strapping and pump-priming techniques in order to attract

(continued on next page)



## About Money and Us

### Stephen van Beek

*Stephen van Beek is a Certified Management Consultant. He specializes in management education, organizational development and strategic marketing, and he works with a wide variety of clients in the fields of business, government, and non-profits. He has completed the Intermediate level of TRAGER Practitioner training.*

Well, I have just received a wonderful session from my best friend and wife, Elizabeth Abraham, and here I am sitting down in the best of minds to do something I have been anticipating for some time. I've been asked to write this article in order to put into per-

spective some of the financial challenges facing the Institute as a result of its past success in creating a professional environment for the propagation of Milton Trager's wonderful psychophysical discoveries. I find it very exciting to be involved with the Institute, because while I have worked professionally with a good many organizations striving to better life on this planet, never before have I found one with so many people of genuine good will towards each other, and so much openness to learning about change. I suppose this is natural because the TRAGER Approach is about change in the way we do things.

**On Growth:** By way of background, let me note that every new idea has a struggle getting off the ground. The Trager Institute has passed the nesting stage, because we have proven we can



**About Money and Us** (continued from page 9)

enough resources to make up for comparative weakness in influence and size. Boot-strapping techniques involve giving more from ourselves, but they can be relatively painless. Pump-priming refers to encouraging other people outside our own membership to help us. The most effective ways combine both techniques. Here are some examples:

**1) Direct Donations:** The best place to begin is by giving money to ourselves.

*Example A, The Ginger Fund:* When Carlo Rossi assembled the first meeting of the Strategic Task Force, in August, in order to respond to some of the issues and concerns raised by our membership, and further supported by the Board of Directors, a suggestion was made—at the conclusion of the four days of meetings—to set up a fund to give meaning to the task of change, renewal and growth which the members of the group were recommending for further consideration. This fund, known as the Ginger Fund, immediately raised nearly \$900. US for the exclusive purpose of change at the Institute. The Ginger Fund is not a closed fund, so if you want to give something to it you are most welcome to do so; it is intended to serve us all. A further \$180 was donated by a few members of the Southern Ontario TRAGER group who heard about the idea. At the Fifth International Conference in Indianapolis, a number of others decided to make contributions to the fund upon hearing of its existence.

If you are a US resident you will benefit further from a tax-receipt, so you will find it possible to give a significant sum. This is a boot-strap response, with people giving to TRAGER in the spirit in which they have been given.

*Example B, Matching Funds Pool:* Also at the Conference, a number of other donors gave in order to set aside money specifically for a matching funds pool so that when our Executive Director goes out for donations, he will be able to say that TRAGER members are people who want to give to the organization on whose behalf he is asking for foundation support. This is a pump-priming fund, because it is aimed outward at non-TRAGER people.

*Example C, Scholarships:* Still others wanted to do something for TRAGER students unable to afford sessions or trainings, and donated generously for scholarships to the funds collected at the Indianapolis Conference. Don Schwartz, with customary elan, has started separate accounting systems so that all donations will be used for the purposes people want to see them used for.

*Example D, Capital Funds:* This includes any administrative capital funds, like the one for a laser printer which I spoke about at the Conference. Such equipment would lead to our saving many thousands annually because we would not have to spend so much on outside services,

thereby freeing up money for other purposes. I am sure this concept was also in the minds of our generous conference committee, who presented Don with a paid course on desktop publishing! More boot-strapping, eh?

**2) Roles and Relationships:** Perhaps we need to rethink our view of the Institute, and realize that it is us who create it, not it which creates its membership. One of our European members noted our low level of membership fees, saying that as far as he was concerned, the people he knew would be willing to make a lifetime membership donation many times greater. His reasoning is that the value to the Institute of funds when needed now is worth the sacrifice to him, and he pointed out that in the long run the price was a bargain because money devalues so all member fees rise over time anyway. This, of course, is a grand example of a generous boot-strap; perhaps it makes our dues more like a share in the Institute, thought we cannot issue shares under law.

I wonder why our Institute has to chase members for dues when the dues are a major source of everybody's Institute funding? Perhaps we should make our dues payment date our birthday, which recognizes the source of personal joy, and would ease cash-flow, chasing late payers, penalties, and all that out of sync jazz we're stuck with now.

Another person who recently contacted me said that everybody should donate the value of one or more sessions a year, over and above any fees or dues, in order to keep in touch with the reality that this process of TRAGER comes from Hook-up, and is not a piece of personal property. I warm to this idea, which has been expressed in other ways; another boot-strap.

**3) Outside Markets:** How about some ways beyond direct donation? I proposed our Institute's negotiating with one or several banks to get a Trager Institute affinity connection with either or both MasterCard or Visa. Affinity cards are ordinary credit cards which publicize an organization with a charitable status—Sierra Club, for example. In return for this form of advertising the organization asks its members to obtain and use the card. Then, whenever anyone uses the card for the usual things we all buy, from gas and garbage bags to popcorn and pantyhose, a small percentage of the total is remitted to the affinity organization. We could also use it to register and pay for trainings, memorabilia, books, videos. . . . Ask yourself how much you spent last year on all the things you have to buy; would you mind if a bank gave back even as little as 1/4% of that to the Institute? Then multiply by the total membership; again by those happy clients who tell you they wish they had a way to tell the world about TRAGER, and share the joy; and by friends, family, spouses. . . . And it all adds up to extra recognition and publicity every time the card is

used. Banking is so competitive nowadays that these affinity cards are in vogue, and they can help us help ourselves. What do you think? Would you like to do it yourself? You are paying the money anyway, but you simply do not realize that. This is a good example of boot-strapping and pump priming because of its wide range of uses.

And for another idea, how many people would book trips to a training, or to anywhere else, through a travel agency which made a beneficial discount arrangement to give better fares, and gave a percentage to the Institute? You bet you would!

**4) Charitable Status Outside the US:** What about tapping into personal tax advantages by setting up branches of the Institute in other jurisdictions as a charity? This would make it possible for all members to get tax receipts, and would encourage donorship generally.

**And So On:** And the list goes on and on. . . . All we really have to do is to take a few of the best ideas and do them. So, we could start a great R & D fund if a few people decided to make that their personal priority, or a great scholarship fund, or a great. . . . What I have seen in my career of working with voluntary and professional organizations is that alone, nobody can succeed. But, committed groups can be effective. And all that people at the Conference needed to know was that there was a reason for being asked. The last sum I heard of for all these donations was \$4,850. US, which makes for a good start from a very small number of people so far. We had not discussed the issue of money before, and how critical it is to our future. We need to know what we need and then we must ask. In our case, I am sure this means we must get beyond some dysfunctional beliefs which some of us have expressed.

**More Than Money:** But let's be clear that what we need above all else is a different level and manner of commitment to ourselves. It is not a matter of simply coughing up cash and stopping there. We all need to get the feeling of personal commitment to the future, even if it does mean the somewhat onerous job of finding ways to pay for our growth. Didn't our founders have to put up with difficulties when they began the Institute? Let's not linger in the poverty mentality, and take the initiative to help ourselves. But this means involvement, and regional effort; it's too much for an overworked staff in Mill Valley. We need a different spirit to be successful in the future, and we can grow it when we recognize that the success of this thing of Milton and Emily, of Betty and Sheila Merle, and now Carlo, is really just a thing we are part of, and have to help grow.

So how about another idea? Why not nominate yourself and become active in helping in fundrais-

(continued on page 14)

## New Classes and Workshops Introduction

Gail Stewart and Don Schwartz

This section presents several new pilot classes which have been approved as such by executive director Carlo Rossi. Carlo, seeing a need for a process of proposing, approving, and evaluating elective classes, has created a committee consisting of the two of us working in conjunction with himself, to create and administer this process. We are most excited at this opportunity to tap the potentials of our membership, and to offer our members new and varied learning opportunities.

We have had one formal committee meeting so far—along with many telephone conversations! Over the next few months we will develop our processes and procedures, and will communicate them to you in our next newsletter.

## Introduction to Reflex/Response

Cathy Hammond and Adrienne Stone

We are happy to announce the inclusion of a one-day Reflex/Response workshop in The Trager Schedule. The material covered can be applied to "normal" clients as well as those with special conditions, such as stroke. This workshop will also serve as an introduction to the theories and practices of Reflex/Response work which will be very useful for those who then wish to take the annual six-day workshop/clinic.

## Contraindications

Dr. Maurice Hirsch, a Practitioner, Introductory Workshop Leader, Tutor and surgeon from France, will be offering a pilot class called, "Indications and Contraindications in TRAGER," next February, in Montreal, Quebec. Please see your schedule for more details, and future newsletters for more information.

DS



© Joel Gordon

Roger Tolle and Francis Kimmel

## Opening the Heart

Roger Tolle

WOW! And the Universe said, "This is where you go next!" I get to present my pilot class, "Opening the Heart," to my fellow Trager Institute members at several locations throughout the United States—and, possibly Europe! I'm excited to travel, and to dance and play with the many Practitioners and Students in our network. I'm also excited that this class is one of the new ways the Institute is offering for our membership to grow in depth and clarity.

In watching my own growth over the years, as well as having the privilege to be in the presence of some of our best Practitioners as they work, it has become clear to me that Hook-up is of the mind and the body. Although I'm interested in assisting

my students in deepening the intimacy and effectiveness of their connection with their clients in both psychological and physical ways, my background in dance and performance has given me a particularly movement-oriented perspective. Having practiced for years how to communicate specific feelings, ideas, moods, etc. to an audience through choreographing and dancing, I have learned how to use my body as an effective communicator of a broad range of feelings—both physical and emotional. I have been able to use this skill in all aspects of this work we call TRAGER—in private tablework sessions, in designing creative MENTASTICS for my clients, in teaching Introductory Workshops and MENTASTICS classes, and in my own self-development. This class, "Opening the Heart" is about sharing these skills.

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## Marketing In Hook-up A Minicourse

Lia Aurami

Please see Lia's article, "What is TRAGER," elsewhere in this newsletter for information about her and her work. This article describes a pilot course Lia is offering our members.

“Marketing in Hook-up” is a minicourse in building a TRAGER practice in a natural way by creating marketing strategies and materials based on the Practitioner's uniqueness and life purpose. The three-phase course uses my intuitive knowledge, and draws out that kind of knowing out of the class participants, to give clarity/direction/focus, and get organized to put intuitive knowledge into action, on the nuts and bolts level.

Phase I of the minicourse is home study for several weeks using a textbook/workbook. This clarifies, in depth, one's goals, services, target markets, and most-compatible promotional activities. It also teaches how to think in marketing concepts.

Phase II is a half-day workshop; and includes working intuitively to discover how TRAGER fits into each participant's life purpose, and how best to present who each one really is. This information goes beyond what we already consciously know, and develops the ability to use Hook-up to approach future marketing matters.

Phase III, a one-day workshop, ranges from creative visualization to develop prosperity consciousness, through sharpening understanding of goals, services, and target markets, to development of specific cards, brochures, etc., and the specifics needed for each participant's next steps in practice-building. Also lots of wonderful networking always happens!

Phases II and III are typically right next to each other in time so that they form a 1 and 1/2 day learning experience. Please see your TRAGER schedule for further scheduling details, and the article by Deborah Van Buren for more information.

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## A Workshop with Lia Aurami: Marketing In Hook-up

Deborah Van Buren

Deborah is a Practitioner from San Jose, California. She is also the Chairperson of the Readers Committee, a small group of Practitioners who read and review the personal statements Students composed for their Practitioner application.

It all began with a presentation I gave for a college class in marketing and supervision. For the past 2-1/2 years I've been working towards a Masters Degree in Occupational Therapy at San Jose State College. At any rate, my assignment was to do a short presentation of anything that held special interest for me that the other students might be able to use as a reference for their work in the field. What I chose to focus on was a condensed version of all the articles that Lia Aurami had written for professional development in our TRAGER newsletter. I reread all the articles and summarized them, and I also decided to hand out a copy of the article on "Marketing Through Hook-up." My presentation was received with great interest and a very deep appreciation for the whole idea of thinking creatively from our intuitive mind.

As I began to embark on the Summer, I decided that I wasn't ready to end my relationship with the exploration of marketing and that this might be a good time for me to try my hand at setting up a workshop that would meet my needs as well as offer continued learning for my colleagues both in the field of Occupational Therapy as well as the TRAGER community. I called Lia and proposed that she come to California to give a workshop on marketing. Because of a variety of circumstances we ended up with two separate days of a "mini-course."

Because I was sponsoring the workshop I ended up with a double dose of lessons. Sponsoring an event is not only a lot of work but entails a lot of trust. My phone conversations with Lia were inspirational as well as filled with affirmations that all was in perfect order. Lia not only teaches what she knows from experience and her schooling, but she lives her life from that vantage point of trusting the inner knowing that we all have. She was constantly reminding me that my choices had been made from that deeper intuitive place within myself and that everything was in perfect order. She was always right, and I found that I began to relax and go with that easy flow that arises from trusting that everything will work because that's what I really wanted to happen.

Both days filled and the logistics went perfectly.

I attended the first day as a participant and the second day I merely greeted the participants, introduced everyone then went on my way. Both of the days got rave reviews from everyone. The first group loved the channeled information about each individual and the group work was additionally powerful. I came away from the day feeling that I knew my target population much more accurately, and the input from the group guided by questions and the statements from Lia clarified my personal style profile. A market planning manual was given to each of the workshop participants several weeks before the actual day so we were able to use that as a reference for individual questions and or dilemmas that we were facing in our private practices.

The two days attracted a variety of people in various disciplines. That variety gave each of us fresh input that applied whether you were a TRAGER practitioner or a midwife. Personally, I really clarified the power of inspirational thinking and the possibilities that it offers when integrated with the practical thinking that being in private practice demands. The other positive result was that our group encouraged Lia to develop the workshop for the TRAGER community, and offer courses in a variety of locations within the coming year. I highly recommend that anyone who is interested in exploring marketing and the expansion of their private practice work with Lia, it is truly a profitable and enlightening experience.

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## Motion and Emotion

Betty Fuller

Discover the relationships between moving and emotional experience. We'll explore the vibrations of the emotional-tone scale, and learn to flow through its spiral to recognize and free ourselves of barriers and blockages to full self-expression. Once free we can learn to move at ease with out clients when they experience emotional release. Dress to move!





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## Anatomy and Mentastics® : A Three-day Seminar

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Deane Juhan

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Many members have reported to me that our anatomy courses specifically designed for TRAGER students have significantly deepened their table skills, and have helped them develop the concepts and vocabulary with which to more successfully communicate the essence of TRAGER work to clients as well as health professionals.

The major complaint that I have received in my own "TRAGER Body" workshops is that there is not enough time—after lectures, demonstrations, and table practice—for MENTASTICS movements. Indeed, this is a criticism often heard about the Training Track in general. I have tried to include as much MENTASTICS as I can in the TRAGER Body classes in response to these requests, but, in fact, the time available is still inadequate because there is so much else to cover in the course. This is a shame, because the exploration of MENTASTICS in the context of anatomical slides and discussion is surely at least as fruitful for our members' development as is the supervised practice at the tables during these classes.

This course, "Anatomy and MENTASTICS," is my answer to these requests and frustrations. We will spend three days viewing and discussing both anatomical and physiological material and deepening our MENTASTICS skills through many hours of supervised practice. The course will deal with four main concerns: 1) relationships directly affected by MENTASTICS; 2) enhancing our own personal MENTASTICS practices for the betterment of our own bodies; 3) modelling good MENTASTICS for our group of Student/Practitioner peers; 4) more effectively teaching specific MENTASTICS movements to clients' specific problems.

More than just an instructional class, I envision this seminar as an ongoing research project. We will be sharing our experiences and observations with the intention of exploring the neuromuscular and psychological bases of MENTASTICS and of Hook-up. The things I most hope to gain from this project are: 1) a deeper development of our own personal relationship with MENTASTICS and Hook-up; and 2) the discovery of concrete principles and a useful vocabulary through which we can better communicate these cognitively elusive foundations of TRAGER work. Please see your schedule for class listings.

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## New Mentastics Trainings

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Sheila Merle Johnson

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Do you want to deepen your understanding of MENTASTICS, and develop your ability to share them effectively with clients? "Teaching MENTASTICS to Clients," a 3-day training developed by Carol Campbell and myself, is designed to provide just this experience. The class has been in a pilot phase for 2 years, and has recently been approved as an authorized class.

Format: The two years of pilot experimentation has resulted in a class format we are proud of. In part, we focus on reviewing, enlarging and becoming more creative with our repertoire of MENTASTICS, grounded in our feeling experience of Hook-up. We also play with identifying and experiencing the principles of MENTASTICS, and the tools of teaching them, as well as defining and refining the perceptual systems we use to bring clients into the experience. In addition to the use of experiential work and discussion, we incorporate videotaping and viewing as a tool for self-examination, and we build in an "applied learning clinic" with guests from outside the class when possible.

Feedback: The response from participants has been wonderful. We regularly hear such comments as:

"After 3 days of MENTASTICS, I felt so soft and

trusting in Hook-up. I came back home and found that MENTASTICS were a part of my being, and not just another exercise." "When I teach MENTASTICS now, it is different. I feel such connections with my clients, and I now have more tools and greater permission to play and to feel."

"The MENTASTICS class was immediately effective in working with my clients this past week. I had more confidence in using MENTASTICS before, during, and after a session.

Credits: The class is open to all Students and Practitioners. Practitioners please note that the class fulfills the substitutions requirements for one year of the Phase A continuing education requirements.

The success of this class as well as the expressed desire from many for more MENTASTICS trainings has inspired us to work on two new training proposals. One is for a more in-depth exploration of MENTASTICS repertoire, including, perhaps, the kinesiology of the movements, deepening of Hook-up, and the applications of MENTASTICS to the tablework. Some portion of this class may be open to the public. The other proposal is for a training dealing with teaching MENTASTICS to groups. For information about our current or future classes, please see your TRAGER schedule and our future newsletters.

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## Textured Silence (to a healer)

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Frances Stillman-Linderman

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Your hands, like the soft moccasins of the  
silent hunger, move cautiously forward,  
they never crush the flowers.  
they wait in stillness  
for the pain to surface,  
they coax the tiniest knots in the nooks of my  
brain to unravel.  
See my webs give way beneath their gentle  
pressure.  
Tho I do not move from the table  
we are intertwined, bound to a channel  
doing the micromilimeter dance of life.  
I pour myself into the still pools of your finger  
pods,  
send flowers spinning thru flaxen air.  
Tho we do not speak  
the room is full of language.

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**About Money and Us** (continued from page 11)

ideas are really only the start of a long creative list which will be as wonderful and innovative as we all can be, working together. I am excited about the people I have met in our Institute. I see no distinctions among us, only many beings trying to deal with the practicalities of growth and change. I felt very honored to be asked to help out a little in the last few months, and I am sure that others have lots to contribute.

We all need to face the fact that change is a big deal before we do it, but if you are wondering how to be a part of it, the best answer is action. Let me ask you to dig a little into your pocket-book, even if you are not quite sure what next month will bring you. Indeed, one fellow gave a pledge for a large sum over several months having just quit his job. I hope you will communicate your ideas to our office so that we can add your energy to the pool. I would be delighted myself to get your views on these matters. I can be phoned or faxed at: 416-977-7598 anytime, or write to: 4 Washington Avenue, Toronto, M5S 1L2, CANADA. Let's do it!

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## TRAGER Minnesota: One Year Later

Nancy Harold

It's been about a year since TRAGER Minnesota communicated with the rest of the TRAGER family—a year of growth, learning, and renewed commitment. TRAGER Minnesota—which also includes members who live in Wisconsin—is a loosely structured group of TRAGER Practitioners and Students who meet to share experiences, provide mutual support, and to conduct the TRAGER business of our community. We are finding that like TRAGER work itself, which is not rigid, but, rather, is a dynamic process, our organization and our activities are also fluid and changing, and provide opportunities for growth.

During the past year, we have hosted a Beginning training, and will be sponsoring two additional trainings within the next five months. Two Students from our Beginning training of one year ago have already become Practitioners. Our cooperative marketing venture was not too successful. We had placed ads in several alternative newspapers for information and referral to TRAGER Practitioners. While a few Practitioners did receive one or two referrals, overall there were very few legitimate requests for service. Therefore, we did not renew our ads, and we have cancelled our contract with our answering service.

One of our current projects is to collect and record the accumulated knowledge and expertise of our group experience. We now have three loose-leaf notebooks which we are compiling. One notebook will contain information about TRAGER Minnesota—descriptions of roles and tasks, financial data, etc. A second notebook will be a step-by-step "how-to-sponsor-a-training" manual. The third notebook will contain journal articles pertaining to TRAGER work and will accompany books on the subject to form our library.

## Speaking of San Diego

There is now a monthly TRAGER "pod" meeting in San Diego. For information about time, place, and activities, just call Maryann Zimmermann at: 619-488-1921, or Priscilla Dick at: 619-276-2222.



## Rocky Mountains Struck by Tidal Wave!

Suzanne Wilner

The great wave of Trager Institute transformation grows in momentum as the "winds of change" blow into Colorado. . . .

In mid-July we had a meeting at which I gathered ideas from participants to bring to the August restructuring task force meeting in Mill Valley. I thank those who were present at our July meeting—and others who contacted me—for your input! With much excitement I brought our ideas to the task force as seeds to plant, along with representatives from other regions, in the fertile soil of readiness for change/growth. The seeds were sown at that gathering in August, and the sprouts are now blossoming up from the earth as news spreads about the ideas generated by the task force. Curiosity, wonder, concern, enthusiasm . . . a whole spectrum of reactions abound in our region as the winds of change gale forth.

On October 29th, in Colorado we will have gathered and gone over the task force ideas in detail. Then on December 11 and 12, we'll have an opportunity to share our feedback "up close and personal" with Carlo Rossi! Carlo will be in Colorado to meet with us, get our input and join with us in looking at how we can strengthen our region and the region's relationship with the Institute. We hope that Colorado people from outside the "big city" and also those of you in surrounding states will come with your ideas and join us in this important event. Call me if you'd like more information: 303-333-2073.

Meanwhile, back at the ranch, we continue to have lots of great workshops, practice days, trainings and classes, as gradually more and more of Colorado discovers that "TRAGER feeling."

Lastly—but assuredly not leastly—a *very special thanks* to Bev Godec in Colorado Springs, Colorado, for all his generous work on the formulation of the bylaws for our Local Member Group. Word has it that these bylaws generated the momentum (at the Institute office) for the draft of a document which defines the relationship between The Trager Institute and it's Local Member Groups.

A radiant Autumn to all!

## We're Fired Up in Texas!

Waverly Evans

The conference has really inspired those who attended: Linda Wise and Julie Kenicott of Houston; Lynette Brannon and Herb Pike of Austin; Bobbie Nehman and Madeleine Terry of Dallas; and Charlene Strawn of College Station.

Linda Wise had this to say about the experience: "The conference was just wonderful and inspirational. It was absolutely the most cheerful and loving group of people. Even the people in the hotel thought we were an exceptional bunch of guests."

Lynette Brannon said she especially enjoyed the movement seminars at the conference: "I didn't do anything but breathe and move. It was real nourishing and freeing." She commented on how refreshing it was not to have to lead or teach or be responsible—just to go and be a participant.

So how can we keep the "homefires" burning, so that these good feelings stay alive and spread? Like the universe, our growing community may seem at times to be on the verge of expansion and collapse. We are all concerned about the cost of travel to trainings, and the energy it takes to build a strong base of Instructors, tutors and Practitioners. Many of us do not know if we will always be able to afford the ongoing training requirements.

One thing we all do feel good about is our love for the work. And a desire to see it expand and spread peace. The way may seem impossible at times, but we can only receive what we're willing to put into it. It all boils down to service and participation. And of course, we have opportunities for you!

At the conference, the Texas attendees discussed the desire to provide more choices in the cities selected for workshops in Texas. To make this work, we need sponsors and support people in Houston, Dallas and Austin. This way, we can share the load instead of letting it fall on the few who do everything. Anyone interested in sponsoring a training—and sponsors choose where to hold the training—can contact me, and I will send you a sponsor packet that Bill Scholl kindly put together for us. Bill's advice to sponsors: "Get lots of help. It's easier."

Linda Wise has graciously offered herself as a sponsor to Bill Scholl for a Beginning Training in Houston next Fall—Sept. 22-24 and 28-30, 1990. This will be a first for her, and she needs all of our support. You may also contact her about a Review

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Day with Bill in December. Lynette Brannon will be sponsoring a MENTASTICS Workshop with Carol Campbell at the beginning of 1990, in Austin. She will have a date for us very soon.

I'd like to share a discovery I made recently. It was finding out that TRAGER can be effective with clients who are extremely ticklish. I had one client who had never been able to relax with massage, but she really let go when I used TRAGER. I sense that TRAGER somehow interrupts the "tickle response" and confuses the brain with its gentle movements.

Share with us the strides you are making in your work, as well as your insights. We can build a lasting community when we each give what we can. And when we remember to refresh ourselves.

## New Mexico TRAGER

Jean Hopkins

In early August, eight New Mexico TRAGER Practitioners gathered for an informal practice day, complete with lunch, getting to know each other, and discussions about practices, publicity, brochures, etc. We shared a mutual delight in being together and feeling a sense of community. I felt very welcome as a recent arrival from the East Coast. My TRAGER capacities as Tutor, Introductory Workshop Leader, and Supervised Practice Leader were also graciously and enthusiastically welcomed. We were an interesting mixture, composed of "transplants" from New York, Maryland, and California as well as those five Practitioners who have been in New Mexico for three or more years.

On September 9th I conducted an Introductory Workshop in Albuquerque and I will be presenting another in Santa Fe on October 14th. Our joint hope is to generate more interest in and knowledge about the TRAGER approach in New Mexico. Perhaps I will be able to sponsor the first Beginning training here in many years!

We are pleased to welcome Ruth Alpert who will be relocating here from Austin, Texas, in October. And we celebrate a new Practitioner, Wendy Spielman, who has joined our activities from El Paso, Texas.

## From London, Ontario, Canada

Shelly Siskind

First and foremost, hearty congratulations, here-here and *mazel tov* to Indianapolis and the organizing committee [M.A. Bjarkman, Anna Marie and Don Bowers, Beverly Cox-Eland, and Ron Maire] for a splendid conference. From start to finish it was thoughtfully orchestrated and skillfully executed. Thanks for providing a wonderful opportunity to link with fellow colleagues, exchange, learn, play and grow. Also, thanks, Carlo, for your inspiring words. And, of course, our thanks to Milton, Emily and Betty, our beloved founders.

Secondly, London's report is an excited one, for as of August 22, 1989, a proposal was made to establish "TRAGER Ontario" our own acknowledged Ontario region. The proposal came at the end of a two-day meeting held at Port Burwell with 21 in attendance. The format included: MENTASTICS, meals, reports, discussions, and brainstorming. A report by Stephen Van Beek of the restructuring task force helped catalyze our discussions and next steps. The two days concluded with several focused thrusts:

1. Support for the Institute with a commitment to strengthen it thereby strengthening ourselves.
2. A commitment to establish TRAGER as a strong professional presence in the health care fields in our province of Ontario as well as Canada nationally.
3. A commitment to shift to an abundance mentality, and, as a first step, funds were collected to: a) donate to the Institute as a concrete symbol of support, and, b) support our ongoing local communications.

So we emerged with a clear sense of direction and resolve to strengthen TRAGER—internationally and regionally, taking its benefits further out into the world. What could be better? More expansive?

Thanks to our organizers: Debbie Cockwell, Nutan Joy, and Anjali Thomas.

P.S. For anyone whose practice includes work with substance abuse, eating disorders, sexual abuse (rape or incest), an exchange of information on the use and potential benefits of TRAGER would be appreciated. My address is: Shelly Siskind, Creative Stress Management, 515 Richmond Street, Suite 12, London, Ontario, N6A 3E8, Canada.

## TRAGER in New Zealand

James Pond

TRAGER is once again available to the residents of New Zealand. I have been unable to locate former TRAGER Practitioners, Lynne Larcy or Don Poole, both New Zealanders. I quite often run into people who have heard of TRAGER or these two people, but, to date, I have not been able to contact them. If any readers have a current address for Lynne or Don, please send it on to the address below.

Soon after my arrival this season, I gave a talk and demonstration on the TRAGER approach at a place called The Ashgrove Center, in Christchurch. The center is located in a lovely old Victorian home whose lovely and gracious owner has opened her home to the public on Sunday evenings for study and stimulating conversation. They have been meeting every Sunday for the last ten years! When I was invited to speak on TRAGER, I did recognize it as an excellent opportunity, so I gathered up my courage—to speak in public—and said, "Yes!" The audience of 55 people was very attentive and interested, and they made me feel very welcome. One gentleman asked me of Hook-up could be contagious as he felt so peaceful just watching the TRAGER session! I have generated several clients from that evening, word of mouth is working, and I have been invited to another gathering of "like-minded people" to tell them about TRAGER. I must be in business! If any of the readers are planning a trip to New Zealand, I would relish a visit and the opportunity to receive a TRAGER session. I will be in Christchurch until early March, 1989. My local phone numbers are: 588-138 or 516 543. You may write me at: NSF Rep. N.Z., FPO, San Francisco, CA 96690-0008.





## A Tale from Two Cities

Susan Sacks

It is now five months since I departed from Israel, my home for the last six years, and returned to the United States. Israel is where I experienced many "firsts": the client who, after feeling incredibly peaceful from the TRAGER session, realized she hadn't shown very much love to her sons when they were growing up; the 50-plus year old client who cried for the first time since childhood; the 80 year old palm reader; and then there was the Israeli tax agent "impersonating" as a client for the purpose of determining whether TRAGER is really a "below the waist" method; and the numerous other memories both heart-warming and otherwise of my time in Israel. My experience culminated with the surprise publication of an excellent article in the leading Hebrew newspaper which focused on my practice, and which put TRAGER on the map! I bid farewell to Israel with joy in my heart knowing the Practitioners living there, Pamela Sharni and Helena Ida Meijer, will take over where I left off. Indeed, they have with more articles having been published, and a training schedule for January, 1990.

My arrival back home began with receiving a tutorial in Florida; then assisting in a Beginning training in North Carolina, basking in and with TRAGER work and TRAGER folk; then to my final (?) destination—Atlanta, Georgia, my new home. Beth Wooten, the only other TRAGER Practitioner in this city, was monumental in assisting and arranging my first Introductory day workshop in Atlanta—in America, for that matter! In this "deep-tissue" town I have connected with, and am working for two chiropractors in their mid-town and suburban clinics. One client I had here came to me because many years ago she had a TRAGER session in California, with Betty Fuller; and, she's never forgotten it! What other "firsts" will Atlanta bring me?

Attending the TRAGER conference in Indianapolis, and seeing Milton and Emily, the Instructors, and all of the many, many friends I've made over the years has been the climax in this transition period for me. I look forward to the challenges that lie ahead in this new chapter of my life. My heartfelt thanks go out to the Institute—ALL OF YOU, especially Milton and Emily—for helping me through life and life's transitions. My new address and phone are: 2437 Sherbrooke Drive, Atlanta, GA 30345, 404-264-6212.

## From Linda Wise: Texas TRAGER Practitioner

Dear TRAGER Folks:

The P-1 training and conference in Indianapolis provided me with a high that I am still riding, and I want to thank you and to share a little bit of it with you. I was a middle-aged body-worker searching for truth and meaning. In my quest I sampled a variety of disciplines from the body-workers' menu: Swedish Massage, Reiki®, Polarity, Cranial-Sacral Balancing, Sports Massage, Infant Massage, Accupressure, as well as NLP and Radix®. All of these areas were somewhat interesting to me and were actually easily available in my home town at a fairly minimal cost of time and money.

Why, then did I feel so irresistibly drawn to TRAGER? It was more expensive, less convenient, and had its own organization to pay dues to. I knew I loved all the TRAGER people I had met, and the work seemed very powerful in a way that I really couldn't explain coherently.

My nagging, rational mind kept accusing me of just wanting to do things the hard way in choosing TRAGER with its more expensive, out-of-town trainings and long Training Track over the pursuit of another disciplines with fewer requirements and inconveniences. Was I being wasteful of time and money or just being rebellious in insisting in studying TRAGER? Trying to ignore my left-brain complaints, I completed the requirements for Practitionerhip. Then I took a goal-setting course and realized that one important goal for me was to become the very best TRAGER Practitioner I could be. It still didn't make any sense, but never mind. I signed up for P1 and the Conference, still with lots of questions about why I was really going.

The answer came during the P1 training. Betty Fuller enlightened me; now I know at last why I am drawn to TRAGER. Betty repeated a conversation with Dr. Trager, in which she asked him what he considered to be the purpose of his work, called TRAGER psychophysical integration.

Milton's concise reply was, "World Peace."

At that moment I thanked my higher power for keeping me on this life course in spite of my doubts. All of my goals are about peace: peace (serenity), peace in relationships (harmony), and an end to global conflict. In my Infant Massage classes, I tell parents that the widespread practice of Infant Massage could bring world peace in two generations. World peace begins with each individual person in each relationship. Now I see how my work as a TRAGER Practitioner can be

a contribution to peace, and why it is so necessary for me to nurture my own serenity so that I can help nurture it in my clients who can help nurture it in the world.

The TRAGER purpose is my purpose, and I didn't even know it.

Thanks, Betty, Milton and The Trager Institute!

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## Traveling with TRAGER

Anne Zanes

Some people may sing for their supper, but I have just returned from a European trip of five weeks where I gave TRAGER sessions for mine. I was invited to accompany Joanna Macy as a "support person" (and body worker) as she conducted "deep ecology" workshops in West Germany, Austria and Hungary. As we stayed in the homes of the people who had arranged the workshops, I discovered that the way for me to feel good about accepting their hospitality was to offer them a TRAGER session. So a variety of picnic, breakfast and coffee tables were converted for use. Without exception, everyone was delighted.

In Hungary, a holistic health group had coordinated Joanna's workshop, and when I asked if they would like to see a demonstration of TRAGER work, they responded enthusiastically. In fact, several of the participants expressed interest in studying the TRAGER approach. Their ability to do that, unfortunately, is complicated by the fact that their currency is not convertible to Western money.

Hungarian national television photographed parts of the last day of the ecology workshop and also segments of the TRAGER demonstration. (I don't know if either were broadcast.)

When I entered a "New Age" book store in Vienna, I was surprised to see a brochure with a large TRAGER logo prominently displayed on the bulletin board and to learn that a beginning training will be offered in November. My Viennese host and hostess said that they planned to take it.

In Vienna, I also stayed one night with a woman I met through the organization, SERVAS. When she read in my letter of introduction that I was a TRAGER practitioner, she said that she did Reiki® and within fifteen minutes of our meeting, we took advantage of a sturdy coffee table for an exchange.



Monika Amman-Sutter  
shortly before the birth of her second child.

## To Our German-speaking Members

Gail Stewart

*Gail, as most of you know, is a TRAGER Instructor from Berkeley, California.*

In celebration of our German-speaking Practitioners and Students, the largest TRAGER group in Europe, I would like to acknowledge the contribution of the Zurich, Switzerland trainings toward establishing the practice of TRAGER in Switzerland, Austria, and West Germany. At this time there are 40 TRAGER Practitioners and 41 TRAGER Students active in those 3 countries, almost all of whom had the Beginning, Intermediate, and/or Practitioner trainings in Zurich during the last seven years.

Under the sponsorship of Tutor Monika Sutter—now Monika Amman-Sutter—twenty-five trainings have been scheduled and held, and no training has ever been cancelled. This consistent service to students in Europe has been possible largely due to Monika's dedication and organizational skills. She has published and distributed a 16-page German-language brochure describing the training program, history, and philosophy of TRAGER work and giving precise information for prospective students. This year, in addition, she distributed 3,000 copies of a training prospectus in Switzerland and 1,000 in

Austria in co-operation with Practitioner Mirianne Schimann. Monika was also responsible for a full-page article on TRAGER in Switzerland's largest daily newspaper last year, and an article in the journal of the Swiss Confederation to Further Natural Healing in 1987. She keeps in touch with all Students and Practitioners who have taken trainings in Switzerland by means of an informal newsletter.

Monika and Antonia Faeh, Switzerland's other Tutor and now Instructor Trainee, have supported the individual training progress of European Students and Practitioners since 1983, with tutorials, supervised practice days, MENTASTICS classes, and community meetings. Thank you on behalf of all of us—the members of The Trager Institute.

Now Monika and Antonia are joined by two other German-speaking Tutors, Siegrit Salkowitz and Regina von Staden, in West Germany. Beginning trainings have recently been held in Frankfurt and Munich, West Germany, and an Introductory workshop has been held in Vienna, Austria. Our congratulations and best wishes to the German-speaking TRAGER community in their continuing success!

Dank den Bemuehungen, die TRAGER-Ausbildung in Zuerich (Schweiz) stetig weiter auszubauen, konnte die TRAGER-Arbeit in der Schweiz, in der Bundesrepublik Deutschland und in Oessterreich stark verbreitet werden, so dass heute in diesem deutschsprachigen Teil von Europa die groesste TRAGER-Gruppe besteht. Derzeit sind 40 aktive TRAGER-Praktiker/-innen und 41 Studenten/Studentinnen in diesen 3 Laendern taetig; fast alle von ihnen besuchten die Ausbildung fuer Anfaenger, intermediate- und practitioner-Kurse in Zuerich.

Unter der Patenschaft von Monika Ammann-Sutter, Tutorin, wurden in Zuerich im Laufe der letzten 7 Jahre 25 Ausbildungskurse ausgeschrieben und durchgefuehrt. Kein einziges Training musste in dieser Zeit je abgesagt werden. Diese bestaendige Aufbauarbeit zugunsten Studentinnen und Studenten in Europa verdanken wir weitgehend Monika's Organisationstalent und Hingabe fuer TRAGER. Im Rahmen dieser Aufbauarbeit verfasste sie eine 16seitige, deutschsprachige Broschuere, die den Ursprung und die Philosophie der TRAGER-Arbeit, sowie die Ausbildung und das Kursprogramm beschreibt. Sie dient allen Interessenten und Studentinnen/Studenten zur Orientierung. In diesem Jahr hat sie zudem einen neuen Kursprospekt (Kurzfassung) verteilt (3000 Exemplare in der Schweiz und weitere 1000 Exemplare in Oesterreich in enger Zusammenarbeit mit Mirianne Schimann, Praktikerin in Wien). Monika ist auch verantwortlich fuer etwa ein Dutzend Artikel ueber die

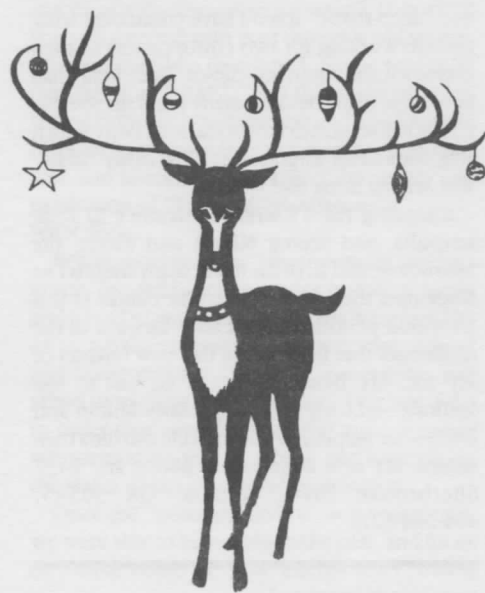
TRAGER-Arbeit, die in Tageszeitungen und anderen Zeitschriften erschienen sind, darunter ein ganzseitiger Artikel im letzten Jahr in der groessten Tageszeitung der Schweiz, sowie ein Artikel im Jahre 1987 im halbjahrlichen Bulletin des "Schweizerischen Verbandes zur Foederung natuerlicher Heilverfahren.

Monika unterhaelt laufenden Kontakt mit allen Studentinnen/Studenten und Praktiker/-innen, die Ausbildungskurse in Zuerich besuchten, mittels einem periodisch herausgegebenen "Newsletter," in dem sie nebst interessanten Neuigkeiten von allgemeinem Interesse auch ueber das aktuelle Kursangebot orientiert.

Monika und Antonia Faeh, die zweite bisherige Tutorin, neu "instructor trainee" in der Schweiz, unterstuetzt seit 1983 den Ausbildungsfortschritt der europaeischen Studenten/-innen und Praktiker/-innen mit laufenden Tutorials, supervised practise- und mentastic - Tageskursen, sowie gemeinsamen Treffen. Dafuer danken wir Euch allen.

Heute werden Monika und Antonia durch zwei weitere, deutschsprachige Tutorinnen unterstuetzt, naemlich Siegrit Salkowitz in Muenchen und Regina von Stalden in Koeln, beide in der Bundesrepublik Deutschland. In diesem Lande wurden Kuerzlich in Frankfurt und Muenchen Ausbildungskurse fuer Anfaenger durchgefuehrt, sowie in Oesterreich/Wien ein erster Einfuehrungstag, der noch in diesem Herbst gefolgt wird von einem Ausbildungskurs fuer Anfaenger.

Wir gratulieren zu dieser Aufbauarbeit und wuenschen der deutschsprachigen TRAGER-Gemeinschaft weiterhin viel Erfolg.





## Congratulations to Cathy Hammond . . .

. . . and her husband, Bob, on the birth of their little girl, Chloe Marina, on July 25, 1989. Chloe weighed in at 6 pounds and 7 ounces. Mother, father, and child are all fairing well and very happy. Cathy and Bob appreciate the benefits of Hook-up in being and sharing with Chloe. Cathy shares with us that, "What a wonderful way to be with our child."

## Congratulations to Anna Marie and Don Bowers

On August 17, 1989, at 3:34 PM, Anna Marie gave birth to her second child, Shawn Lowell, in Cleveland, Ohio. Shawn was born weighing 9 pounds, 13 ounces. As you know, Anna Marie was our 5th International Conference Chairperson, and her husband, Don, served at the conference's registrar. Shawn was introduced to our Institute's membership at the conference, and he enjoyed every minute of it!



## Another New TRAGER Baby!

Congratulations to TRAGER Practitioner Jan Warner—formerly Jan Trainer—of Santa Rosa, California, on the birth of her daughter Claire Marie Warner. Claire came in on June 11, 1989, weighed in at 9 pounds, and 23 inches tall.



## Congratulations to Dr. Susan Cooley Ricketson!

*Dr. Susan Cooley Ricketson, a TRAGER Practitioner and psychotherapist in private practice in West Hartford, Connecticut, is pleased to announce the publication of her book, The Dilemma of Love: Healing Co-Dependent Relationships at Different Stages of Life (Health Communications Inc., 1989).*

*The Dilemma of Love* is an original synthesis of co-dependency issues and family systems psychology. In her book, Dr. Ricketson shows how, as a child, you can lose touch with your natural feelings of empathy by taking care of a dysfunctional family system. She helps you to identify the self-destructive patterns you learned as a child and distinguish between healthy love and co-dependent behavior at different stages of life.

With profound insights and practical suggestions, this book offers hope and guidance to heal from the past (including the use of bodywork such as TRAGER), relate to your original family in a new way, and return full circle to reclaim the loving, empathetic spirit with which you were born.

In addition to the release of her book, Dr. Ricketson is excited to announce that she has accepted an offer to be Co-founder and Executive

Director of a new 5-day co-dependency treatment center, Triad Recovery Center, in Middletown, Connecticut.

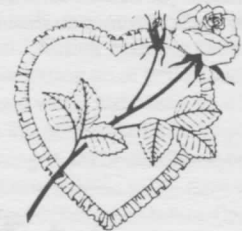
Triad, which opened in October, 1989, offers an in-patient program that addresses the disease of co-dependency and the addictions that spring from this disease. The disease of co-dependency is characterized by a pattern of painful dependence on compulsive behavior and on approval from others in an attempt to find safety, self-worth and identity. Through didactic and experiential work, Triad helps clients to heal from their pasts, and recover from the effects of co-dependency such as low self-esteem, depression, and problems with intimacy.

Triad has a full-time TRAGER Practitioner on its staff. As far as we know, this is the first treatment center of its kind to include the TRAGER approach as part of its program. Triad's program is reimbursable by some insurance companies.

*The Dilemma of Love* is available through book stores, or send \$9.95 plus \$2.00 shipping and handling to: Health Communications, Inc., 3201 SW 15th St., Deerfield Beach, FL., 33442. Or call 1-800-851-9100. Please include the title and ISBN#: 1-588-74-051-1. For more information on Triad, please contact the office at: 203-346-6787.

## What Can Be Wetter?

Joe Griffin, TRAGER Practitioner and MENTASTICS Leader, has just completed a new book entitled "How Any Body Can Learn to Swim Well." The principles of TRAGER work are applied to solving the adult block to learning to swim well. The book is dedicated in part to Dr. Milton Trager as well as those who practice and teach The TRAGER Approach. Joe brought information about his book to our recent Indianapolis conference. While there, Joe also gave out a six-page article entitled, "How TRAGER Movement Education Improves Athletic Performance" which he reproduced from the book's appendix. For book information or a copy of the article, write: Joe Griffin, Manifest Press, PO Box 3429, Silver Spring, MD 20901.



## Good-bye Mary

Don Schwartz

Mary Campisi passed away on August 10, 1989, from cancer. Mary was a TRAGER Practitioner—since 1979—living in Daly City, California. She was well known and loved by many Bay Area members including yours truly. For all of us who knew Mary, we are tremendously saddened at her passing, and we send her spirit the golden love of our hearts.



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## How I Spent My Summer Vacation

Carlo Rossi

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During the month of June, I had the incredible opportunity to travel to, visit, and meet with TRAGER members in Italy, France, Belgium, Switzerland, Sweden, and West Germany. It was a most beneficial and worthwhile trip that allowed me to hear and experience—first hand—the issues and concerns of our European students and Practitioners. The trip is a clear indication that our administration is intent upon addressing the concerns (translation, access to trainings, monetary exchange and financial issues, and communication) that our members in these areas expressed.

I was excited and pleased to have had the opportunity to meet so many members; our meetings were open and honest, and allowed for a clear sharing of the roles of the Institute and how we can better serve and meet the unique needs of members from the areas that were represented.

I want to express my deep thanks and appreciation to all who participated in our meetings. I value the opportunity that I had to spend time and better understand what your needs are. I also want to acknowledge and thank Adele Landice, Fabienne and Maurice Hirsch, Roswitha Riebeck, Jan Andersson and Ann-Charlotte Fogel, Antonia Faeh, and Monique Balteau for their hard work, hospitality and coordination during my visit. I

look forward to seeing you at the European Forum next June, in France, and to expansion and growth of The TRAGER Approach in Europe.

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## To Southern California

Last October, I completed a two day trip to San Diego. During my stay, I had the opportunity to hold an input session with about 25 Students and Practitioners and TRAGER Instructors Cathy Hammond and Gary Brownlee. Like our previous input sessions, this meeting was filled with a rich exchange of information and also provided me with the opportunity to share the context and content of the Institute's plan for restructuring. I also had the opportunity to meet David Hubbard, M.D., a neurologist who includes TRAGER sessions as part of the service offered at his Neurologic Centre for Headache and Pain. These input meetings are extremely important for me and the Institute. It gives me the opportunity to meet our members face to face, and to hear first hand the ideas, comments, impressions and input that members have. I want to thank Maryann Zimmermann for coordinating my visit to San Diego, and also acknowledge all those who attended and provided such rich and meaningful input; you can trust that your ideas were heard and will be considered in the decision making process.

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## TRAGER Products Update

Marcia Koski

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In addition to the new MENTASTICS video tape which you can read about elsewhere in this newsletter, we are experimenting with a new TRAGER logo pendant design. Revising the design lets us offer it to you for less cost; and, it can be adapted for earrings, pins, cuff links, and every key chains.

The logo will be black, etched onto a solid background of silver, pewter, gold or silver plate, or 24K gold electroplated over sterling—called Vermeil. The latter is the most expensive way to go, with silver next, then plated gold or silver. Pewter—which is still very beautiful—is the least expensive, and would even be affordable as gifts for your clients. We don't have prices yet as they will depend on the number of pieces we have made. We hope to have these new logos available to order by the publication of our next schedule in late March, 1990.

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## TRAGER Haiku

Michael Madrone

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i pushed on the door  
stuck  
i backed off to learn  
it opened inward

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### CREDITS

Editor:	Don Schwartz
Assistant Editor:	Claudia Bourbeau
Layout:	Debbie Payne
Printing:	Pronto Press
Mailing:	Dodie, Marcia, Claudia, Lhesli and Carlo and Don

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# TRAGER T-Shirts etc.

**Great  
Gift  
Idea  
for the  
Holiday  
Season!**



**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.



# MEMBERSHIP ORDER FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP/COUNTRY \_\_\_\_\_

NAME OF PRODUCT	QUANTITY	PRICE EA.	TOTAL
<b>TRAGER MENTASTICS</b> (Video)		\$30.00	
<b>TRAGER Approach</b> (Video)**		\$50.00	
<b>TRAGER MENTASTICS</b> by Milton Trager, M.D. with Cathy Hammond, Ph.D. (softcover)		\$14.95	
<b>Job's Body</b> by Deane Juhan, M.A.		\$25.46*	
<b>TRAGER Journal 1</b>		\$2.00 ea.	
10 copies or more		\$1.75 ea.	
20 copies or more		\$1.50 ea.	
<b>TRAGER Journal 2</b>		\$2.00 ea.	
10 copies or more		\$1.75 ea.	
20 copies or more		\$1.50 ea.	
<b>La Revue TRAGER 1</b> (Francais)		\$2.25 ea.	
10 copies or more		\$2.00 ea.	
20 copies or more		\$1.75 ea.	
<b>T-Shirts</b> (see below)			

Style #	Style Name	Size	Qty.	Price Ea.	1st Color	2nd Color
<b>FF</b>	Crew Neck Sweatshirt			\$14.00		
<b>F200</b>	Camisole			\$ 5.00		
<b>F201</b>	Ribbed Baby Shirt Camisole			\$ 5.00		
<b>GG</b>	Classic Short Sleeve Crew			\$11.50		
<b>HH</b>	French Cut			\$ 7.00		
<b>LL</b>	Oversized Dropped Shoulder			\$14.00		

**Sub Total**

(California residents only add) 6% Sales Tax

**Book & Video Shipping & Handling**

**T-Shirt Shipping & Handling**

**GRAND TOTAL**

**BOOK & VIDEO Shipping & Handling — by surface mail**

	U.S. & Canada	Europe
1 Bk.	\$3.00 each	\$4.00 each
2-4 Bks.	2.50 each	3.50 each
Video	3.00 each	***
Journals	1.00 each	2.00 each
2-5	.75 each	1.50 each
6-10	.50 each	1.25 each
over 10	.25 each	.75 each

**T-SHIRT Shipping & Handling:**

**U.S. & Canada**

Include \$3.00 for first item & 75¢ for each additional item.

**Europe — air mail**

Include \$10.50 for first item & \$3.50 for each additional item.

**Europe — surface mail**

Include \$5.00 for first item & \$2.50 for each additional item.

*Allow four to six weeks for domestic delivery, six to ten weeks for foreign delivery.*

\* price includes members 15% discount. Quantity discounts available from the publisher, Station Hill Press, Barrytown, NY 10011.

\*\* not available in European video format.



# Fifth International Trager Conference

## Audio Tape Order Form

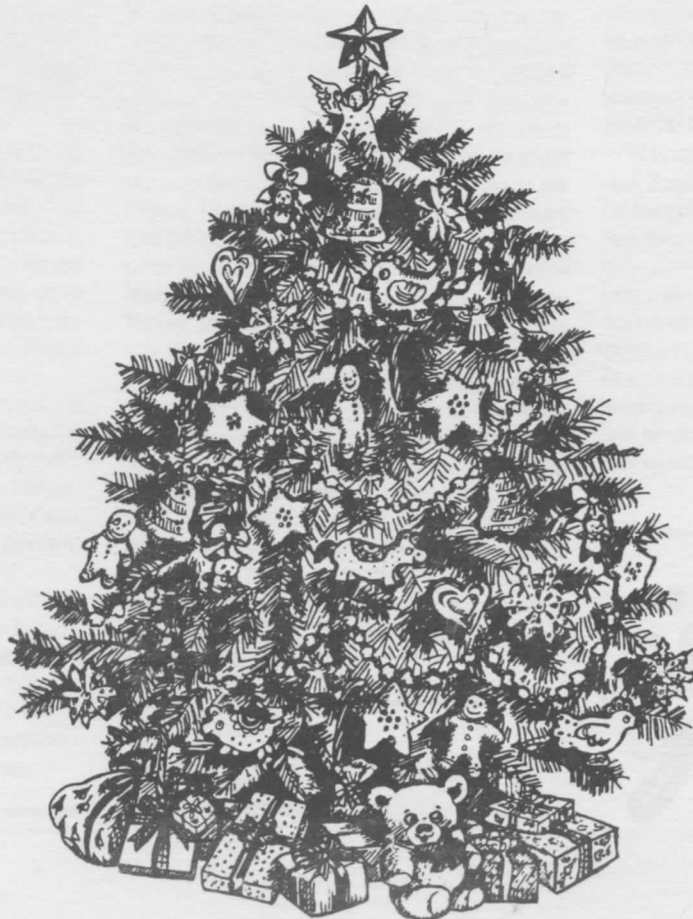
The following are unedited session recordings, NOT studio quality. These are the best of the taped sessions; if you would like a refresher of a session you attended or want to hear one you didn't get to, here's your chance.

Please circle the number of the tape sets that you want: (\$5= 1 tape, \$10=2)

- \$5.00 1. Opening Keynote Address - Carlo Rossi, Executive Director
- \$10.00 2. Trager & Osteopathy: Rhythms in Hook-Up - Dean Juhan, David Eland, Beverly Cox-Eland
- \$10.00 3. My Client's a Mess... Now What? - Arun Hejmadi & Patricia Lyall
- \$5.00 4. Bringing Trager Spirit to Our Everyday Lives - Jean Hopkins
- \$10.00 5. Full-Time Practice: A Panel Discussion - Fawn Christianson
- \$10.00 6. Townhall Meeting: Report from the Task Force - Carlo Rossi
- \$5.00 7. Trager Effectiveness Research Report - Dr. Alfred Finch, Dept. of Physical Education, Indiana State Univ.
- \$10.00 8. Mentastics of Joy - Roger Tolle
- \$5.00 9. Talking About Trager - Fawn Christianson & Natasha Heifetz
- \$10.00 10. Trager in the Pain Clinic Setting - Maryann Zimmerman and Stephanie Murdock
- \$10.00 11. Trager for Infants and Their families - Karen Goren-Hortig
- \$10.00 12. Decode the Insurance Puzzle - Chris Roche
- \$10.00 13. Using Trager with ACOAs - Daniel Murphy
- \$10.00 14. The Physiology of Mentastics - Joe L. Griffin

Please send me the above circled audio tape sets. I enclose \$\_\_\_\_\_ (make check out to: The Trager Institute). Mail order to: The Trager Institute, 10 Old Mill St., Mill Valley, CA 94941-1891.

Name: _____	Audio Tapes	\$ _____
Address: _____	Shipping	\$ <u>2.00</u>
City: _____ State: _____ Zip: _____	Total	\$ _____



# Fifth International Target Conference

## Inside This Newsletter

The following are the highlights of the newsletter. These are the best of the news and information that we have gathered for you. We hope you will find it interesting and helpful.



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## Midion Target to be a Featured Presenter at the FSMTA Annual Conference

Midion Target, a leading provider of target training solutions, is pleased to announce that it will be a featured presenter at the FSMTA Annual Conference. The conference, held in Las Vegas, NV, will feature a variety of presentations and workshops on target training and related topics. Midion Target will be presenting on the latest in target training technology and how it can be used to improve performance in a variety of settings.

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