

# Trager® Newsletter

SPRING 1990

VOLUME IX, NO.1

## Late Bulletin

Linne McAleer  
Member, Board of Directors

As most of our members know by now, Dr. Trager suffered a mild stroke on March 1st. As of March 27th, the night before this newsletter goes to press, Emily Trager reports that Milton is making good progress toward recovery from his stroke, and plans to return home from the rehabilitation center on April 3rd. Emily said, "We want to thank all of the students and our friends for the many cards they sent, and for their expressions of love and support. We feel their encouragement had a lot to do with Milton's recovery. And I want to send a special thank you to those students who have driven me back and forth from the hospital every day, and then stayed with me in my home at night. I am *very* grateful to them."

Through coordination provided by Maryann Zimmermann and Don Schwartz, a support network was set up with TRAGER students so that Milton could rest easily knowing that Emily was well cared for. It was arranged that a volunteer TRAGER student would meet Emily at the hospital when visiting hours were over. The student could have a few minutes visit with Milton, and then Emily and the student would go to Emily's home where the student would sleep. Emily was never alone. Milton's peace of mind was protected, and Emily was happy. Acknowledgements and more about this special support network will appear in our Summer newsletter.

The Board joins Emily in commending the outstanding teamwork and personal contributions that have, 1) helped Emily and Milton cope with this difficult time, and, 2) allowed for the smooth continuation of Practitioner-level trainings. How fortunate we are to have both a fully qualified Instructor staff, who can fill in for Milton in his absence, and a professional administrative staff who could respond so quickly and thoroughly to the need for continuity in our Practitioner trainings.

It is a tribute to Milton and his work that people of high quality are associated with the Institute that bears his name. May we all continue to work together to insure the ongoing high quality and development of The TRAGER Approach.

## Institute Update

Carlo Rossi

Our Board of Directors recently approved a new organizational philosophy and structure that has a dual focus: to support our membership in their development as TRAGER Practitioners and Students; and, to emphasize and support strong regional and community development. This is the direct result of our continued growth, as well as a desire of our Board, administration and membership to empower local regions to combine the talents and expertise of our Practitioners and Students and address and meet, as a community, their local needs.

Included in the new chart of organization are committees that will be made up of geographical representatives for each category of our membership—Board, Instructor, Tutor, Practitioner, and other special statuses. The Instructors will be represented by a committee of three; Tutors will be represented by a committee of five; and the Practitioners represented by a committee of seven, and special statuses committees to be developed. The committee rosters will be published and will allow the membership to have direct representation with the Institute, and will allow the Institute administration to regularly access a representative voice of a cross section of our membership.

The first task of these committees will be to deal with the logistics of meetings and process; we will select committee members for an initial two year period and then members will be elected by you after the first two year terms. I feel that committee member selection should be left to a vote of Institute members within the particular category of membership.

This structure allows for a more democratic form of representation and also increases the efficiency of obtaining, on a regular basis, input and information on the needs of our members. It also is the beginning of a process that will allow for effective, geographical representation of our international organization. **If you are interested in serving on any of these committees please let me know by May 15th.**

I am not making change for the sake of change. This is the result of growth and our need to develop a more representative, democratic mem-

bership. We now have many areas and regions that have a large number of Practitioners and Students; we have individuals who are growing and are wanting to be involved in the processes of sharing TRAGER—including sponsorship and assisting. In some instances we may need to let go of previous roles and responsibilities, and support others in their participation.

It is imperative that we have an organizational structure; it is to your benefit as members that you understand who does what, who you can go to to give input and get answers from, and that you can experience the structure itself as a vehicle that allows for equitable representation of all facets of our membership. The organizational chart (with rosters of committee members) will be published in our Summer newsletter.



## Tutorials Now!

The time is **now** for **current Practitioners** to get their CE tutorial for 1991 Practitioner renewal. Most Practitioners wait until the end of the year for this session, and that creates quite a jam-up for Tutors. You can make things easier on yourself, the Tutors, and our office by getting your annual CE tutorial soon, holding on to the tutorial form, and sending it in at the end of the year **together with** your renewal form. **1991 Practitioner renewals will not be accepted without your tutorial form.** And, remember, for those members who **become Practitioners** during the **calendar year 1990**, you **need not get an additional tutorial for Practitioner renewal.**

**Concurrently**, we are **extending the deadline** for **1991 membership renewal to March 1, 1991.** This will make renewals a little easier for members, it will allow our office staff to have fun during Christmas, and it will allow Claudia to complete her year-end financial reports during the month of January. The \$25. late fee for renewals received after February 28, 1991 will remain in place. Thanks!

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## This Time . . .

our newsletter has a naturally occurring dual focus: how we are developing as an international organization and community, and how we are bringing TRAGER to the world. Thanks to all the authors who have contributed to this issue. You've made it one of our best.

**Practice development** has always been a key issue. I want to put together a resource directory for our Students and Practitioners. This directory would include individuals and organizations who offer services that assist you in your practice development. Including Alia Aurami, I only have three listings right now. So . . . , if you know of any individuals or organizations please write or call them in to me at our office, and we'll be able to put them together for you in a future newsletter.

The deadline for submission of articles for our **Summer issue is June 15th**. If you have something you want to share with our membership, just send it in **typed, double-spaced**. Thanks!

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### CREDITS

Editor: Don Schwartz  
Assistance: Claudia Bourbeau and Marcia Koski

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## Read This Newsletter and Win!

**W**e have heard many times that too many members do not read our newsletter. Yet, this is our key vehicle for the dissemination of information to support our membership's development and cohesiveness. In order to encourage more members to check out what's inside our newsletters, we are experimenting with a contest. Count the **total number** of members' names in this newsletter, and mail in your count. All correct answers will be placed into a "hat", and we will pick **three winners** who will receive a waiver of their 1991 membership dues. For you Virgos, initials and first names don't count—only full (first and last) names do. Employees of The Trager Institute, our Board of Directors, Instructors, and Instructor Trainees are ineligible for the contest—however, **we are all members**. While you're at it, read the articles in the newsletter! Good luck! **Deadline for entries—June 15, 1990.**

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## A Matter of Trust

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### Julia Demaree

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*Julia, a visual artist and a documentary filmmaker living in New York City, has been working with psychiatric clients full-time for the past three years. She serves, amongst other things, as a prime initiator of creative projects at a rehabilitation day facility. Julia called our office last Fall for a TRAGER Practitioner referral. She was looking for somebody to work at her center. I referred her to Roger Tolle who then referred her to Mark Berman. The following article describes the beginning of a process which we hope will continue to blossom. Please note that this article presents the application of TRAGER to a population of people who have virtually never experienced what is generally known as bodywork or massage. The experience of TRAGER to this population is one which is extremely new and unfamiliar, and they tend to use the word, "massage", at the beginning as a way of categorizing what they are receiving.*

**O**n October 23, 1989, at one in the afternoon, Mark Berman, a certified TRAGER Practitioner, came to visit our psychiatric day program which has been serving the Harlem community for over ten years. A half-hour later, Mark's accomplished hands were at work on a client lying on an improvised but comfortable table in the middle of our open studio. During this exploratory session, other clients walked freely through the space, some of them pausing to watch, and others stopping to ask questions. Mark recalls that from the very beginning, "Many of the clients had a positive reaction to the idea of TRAGER."

"Getting a 'massage'"—as the TRAGER session is described at our facility—is not within the cultural tradition or financial means of a population largely supported by "SSI" and "SSD" checks. As one client frankly puts it, "I had always thought that it (a session) was just for the filthy rich. It's wonderful that he [Mark] comes, and that his work is within our budget."

So far, as we enter our fourth month of TRAGER, our budget only covers Mark's services for two afternoons a month. I am hopeful that eventually we will find a way to increase Mark's time with us. As one avid enthusiast says, "I'd like to be on that table as many times as possible."

Our program director is equally supportive of our new health adventure. He feels that, "What gives TRAGER an edge over other relaxation techniques customarily used in psychiatry is that it requires a greater sense of trust between the practitioner and the recipient. And, for many of our clients this

is a primary problem in their lives—the inability to develop trusting relationships." He further explains that, "It is well known that states of nervousness and tenseness exacerbate psychiatric symptoms. Since TRAGER aims for a relaxed state, it can help the client both physically and mentally.

From the outset, Mark and I decided that the tablework experience affords a viable opportunity for trust to develop. As Mark explains, "In working with someone, there is a reciprocity involved in the process. For example, when I initiate a push, I monitor the anatomy in motion to see how the rocking should go. By listening to the client's own movement, I take my cue from its size and tempo—whether large, fast, uneven—and develop a movement pattern comfortable for that person. As bodywork goes, this kind of see-saw arrangement is unique to TRAGER."

Mark also feels that by, "Just surrendering to tablework, one gains the sense of being fully alive. It throws a monkey wrench into compulsive inner thinking, and creates a kind of refuge situation where one can let it all go." A joyful description of this state of grace was expressed by a woman who feels that, "From the beginning, I had no hesitation, I was eager to go. The first times it was invigorating and soothing. It made my body come alive again and loosened all the kinks in it, and made me want to dance." She continued to say, "The human touch is important. Without it, you could die—from the starvation of love. It's like a baby, if they don't have the human touch, they die. That human touch brought me back to life. He was a stranger, but he wasn't a stranger after he touched me. I put my body in his hands."

As a TRAGER day approaches, the clients come to me to sign up voluntarily. Unless there is a special need for a longer session, Mark usually works with six clients, each for twenty to thirty minutes. With ninety clients enrolled in our program, and with sixty usually in daily attendance, there is never enough of Mark to go around! For some, it is easy to get on that table. As one young woman asserts, "Massages are one of my favorite things in the whole world. It feels relaxing, very soothing, and my mind breezes out." And another, who rarely expresses herself with words, blurted out, "He was exercising all over my body and it felt great."

However, not all of the clients are able to accept the idea of TRAGER. One older client feels that Mark's presence is an intrusion in the program. We hope that as the TRAGER participants spread the good word about their experiences, their message will help lessen this resistance. And there are still others who are open to the work, but are slower to realize its benefits. As one young man admits, "It takes a whole lot to get me relaxed. Even when Mark is working on me, I stay tense. I've been tense

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Mark Berman giving a TRAGER session to one of the program's clients.

**A Matter of Trust** (continued from page 2)

for many, many years, and one or two sessions are not going to help me right away. But I want to stay with it . . ."

The idea of "staying with it" is paramount, as Mark feels that, "The more frequently you do it, the more you can experience health." Learning to relax through repetitive experience becomes an educational process—a specific goal that one learns to work towards. And we plan to introduce MENTASTICS when the clients are more ready to initiate movement on their own.

Meanwhile, on those two afternoons a month, it is thrilling to be there when one client after another comes down off the table with that telling look of bliss on their faces—a transformation beautifully expressed by a shy, young woman who says, "When I used to go to the monastery over the week-end, I would come back to the city and they would say to me, 'You look so relaxed.' Yes, TRAGER is like that. It's an uplifting of the spirits. You feel elated. You feel regenerated."

NOTE: Names and places have not been used due to the privacy usually accorded our clients. However, letters of support are welcome. You may obtain our address by contacting Don at the Institute's office.

## The Forum at Noirmoutier: June 2-4, 1990

Bernard Baousson

It's in the serene atmosphere of the Island of Noirmoutier, off the western coast of France, that this coming event, our first European TRAGER Forum, is gathering momentum. Each day new musicians join the orchestra. There are already more than 130 of us—fine-tuning our instruments, ready to vibrate with the melody of our selves, the concert of our Hearts, the symphony of our souls. We say welcome to all of you who are coming from around the world. Are you still hesitating? Then let a touch of MENTASTICS move through you, and speak to you. Come join us for an exciting experience of Hook-up, discovering, opening-up, and sharing.

Bienvenue!

Welcome!



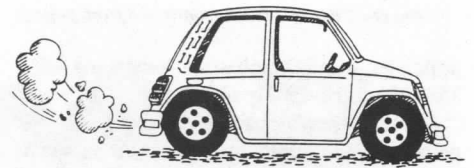
## Forum de Noirmoutier: 2-3-4 Juin 1990

Bernard Baousson

C'est dans l'atmosphère lumineuse et paisible de l'île de Noirmoutier que se prépare ce Premier Forum Européen. Grand est le désir de ceux qui participent à son organisation, de réserver le plus beau des accueils à tous les TRAGERistes qui viendront du monde entier.

Chaque jour; cet orchestre de déjà plus de 130 musiciens; s'enrichit et grandit il accorde ses instruments et s'apprête à vibrer aux mélodies des corps; aux concertos des coeurs; aux symphonies des âmes.

Plus les musiciens seront nombreux, plus la musique sera grandiose: de cette harmonie des corps, des coeurs et des âmes naîtra le Hook-up. Sur un petit air de MENTASTICS, discret et coquin, si votre esprit hésite encore, écoutez votre coeur: avec nous participez la découverte; au partage; à l'ouverture.



## On the TRAGER Road

Gae Henry and Henry Bornstein

*Gae and Henry are both TRAGER Practitioners, MENTASTICS Leaders, educators, musicians, and performers from Berkeley, California. In addition to the good work they have done—and continue to do—for us, they work actively with east Oakland junior high school students using music to teach algebra. Last Summer and Fall they went on an odyssey across North America, and the following article describes their experience.*

After six weeks and 10,000 miles on the "TRAGER road," we pulled our truck into our driveway in Berkeley. What had started as a decision to go to the Fifth International Conference in Indianapolis, had turned into an opportunity to visit TRAGER Practitioners and Students in nine cities in Canada, and the United States.

What really started all of this was our continuing interest in teaching MENTASTICS to the public. Gae had been involved in a meeting in Mill Valley, where those attending shared ideas and activities designed to introduce the general public to the essence and principles of the TRAGER approach, without tables or "moves." One result of this meeting was the TRAGER Creativity Workshop held at the Conference, and described elsewhere in this newsletter.

We decided that it would be quite an education to use our trip to and from Indianapolis, as an opportunity to visit as many TRAGER communities as we could and hold similar workshops. We also knew it would be big fun. So we did it. Time would only let us meet with Practitioners and Students in nine cities. The meetings turned into "MENTASTICS parties," where everyone had a chance to lead the group in activities which they had successfully used with clients. The meetings also explored the use of props in MENTASTICS, and other activities which presented TRAGER

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On the TRAGER Road (continued from page 3)

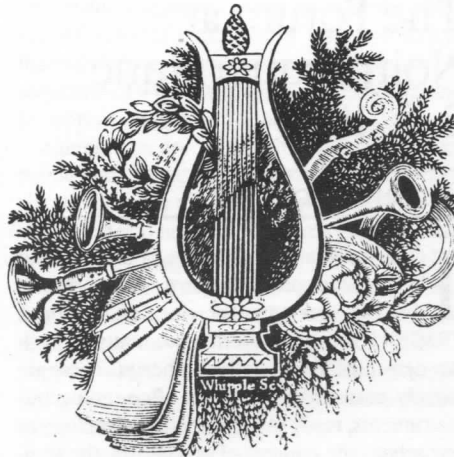
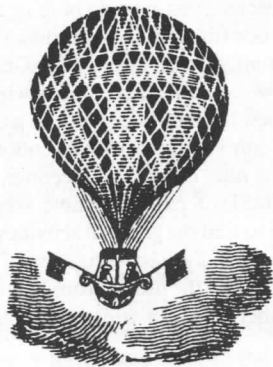
principles, with an emphasis on integrating MENTASTICS into everyday activities.

Gae and I knew we had no idea about what was going on in communities other than our own, and thought that we could help spread the word by sending a "best of the trip" video of our meetings to all of the cities we visited. To those of you still waiting for this promised video, we'd like to say that it is still in the works. We realized that we had not met with our own area yet, and plan to hold Bay Area meetings in the Spring. Then, the great video edit can begin.

The trip *was* quite an education, and more fabulous than we could ever imagine. We met with over 150 Practitioners and Students. It was terrific deepening previous ties with so many people, and meeting so many new friends. We learned that some TRAGER communities were active, meeting regularly; others were isolated, and our visit and the resulting "get together" was a rare and appreciated event. We collected quite a library of ideas that could be used to enhance the teaching of the TRAGER approach at any level. We also learned the necessity of doing MENTASTICS when spending your days in a pick-up truck!!

Our trip would not have been possible without the support of our "area coordinators," Maya Sarna in Portland, Tom Trendera in Seattle, David Pinto in Toronto, Debbie Cockwell in London, Ontario, Amrita Daigle in Quebec City, Quebec, Diane Paquet in Montreal, Quebec, Roger Tolle in New York, and Ru and Bob Wing in Denver. Thank you all. Special thanks to Amrita Daigle, who graciously translated the notice of our visit into French, and the Institute office, who did bunches of stuff for us.

We are still integrating all that we received on our trip. One idea that keeps floating to the surface is the need for more communication between Practitioners in different regions. Any ideas on how we could manage this?



## Song Without Words

Earl Chapin

*Earl is a client of TRAGER Practitioner Linda Boebmer from Shelburne Falls, Massachusetts.*

I AM NEWBORN.  
PRIMAL CONTACT, NURTURING, SENSUAL.  
SOMEONE HOLDS MY HEAD  
MOVES MY NECK  
PULLS MY EARS  
TRACES THE SEAMS OF MY SKULL.

I AM BLIND AND DUMB,  
MY ONLY LINK, THE HANDS WHICH HOLD ME.  
I PUT MY FEELINGS ONTO MY SKIN  
I TALK TO THESE HANDS. WILL  
THEY LEARN HOW I FEEL?

FEAR, COLD, ANGER,  
LOVE, NEED, HUNGER.  
WORDLESS QUESTIONS, ANSWERED  
TOUCHINGLY.

THE NEWBORN SINGS A SONG WITHOUT  
WORDS,  
THE HANDS HEAR AND HARMONIZE.

I CANNOT TELL YOU IN WORDS  
WHAT ALL IT MEANS. PRAYERS  
OFFERED UP AND ANSWERED  
BECOME A SACRAMENT OF HEALING.

WE ARE ALWAYS ALONE, AND NEVER ALONG.  
IF WE LEARN TO SHARE WHAT IS WITHIN US  
WE NEVER CAN LOSE IT.  
BUT IF WE IMPRISON IT,  
IT WILL SURELY BE GONE  
LIKE STARLINGS IN DUSK.

## Marketing and Public Relations

Carlo Rossi

I am pleased to announce that we have retained the services of the Alan Test Consulting and Marketing Company to assist us with the development of a long range marketing and public relations campaign. The first step will be a random phone survey of our Practitioners to obtain information on their practice (size, costs and clients etc.) and on their promotional activities. The survey is targeted for March and April, and will involve approximately 150 Practitioners. The results will be included in the Summer newsletter. In addition, we will also include a copy of the survey so that each of you can provide input that will then be added to the results of the random survey. This will serve as a significant tool as we develop specific marketing and public relations strategies that will continue to effectively express TRAGER, and to support our Practitioners and their practices.



## Full Moon Festival of Lights: Trekking with MENTASTICS

Two Weeks in Thailand in November, 1990. Led by former TRAGER Practitioner, Ken Ballard, with TRAGER Instructor Gail Stewart. A two week odyssey visiting temples and palaces, trekking the mountains of ethnic hill tribes—on foot and elephant back, exploring the energies of ancient ruins, and sharing our present-day experiences using MENTASTICS, dream recall, and other simple group celebrations. \$1,570. plus airfare. For itinerary and more information, contact Ken Ballard, PO Box 35, Chiang Mai, 5000, Thailand; or, Gail Stewart, 15 Alvarado Road, Berkeley, CA 94705, 415-841-4732.



## To Be A Beginner

Martie Lee Rossi

*Martie is a recently certified TRAGER Practitioner from Santa Rosa, California. She submitted her Practitioner materials in December. Claudia was most impressed with her personal statement, and brought it to my attention. I was touched by Martie's honesty and vulnerability, and I wanted to share her story with you. Martie is married to our executive director, Carlo Rossi, and they have two young children.*

My experience as a TRAGER Student has probably been the best learning experience I have had in my years as a "student". It was a very different way for me to learn, and I did struggle with it. At first, I started off wanting to know only technique, and to memorize the moves. I didn't understand the "feeling" behind it. I realize now that I needed to go through the "not knowing" period, but it was extremely frustrating for me. I like to know it all.

The most wonderful advise that I received from Tutors and Instructors was not to worry about the moves—they would develop—but, it was the feeling that counted. I struggled with this for a very long time. My old way of thinking about how I should learn kept getting in the way. I wanted to know it all and to be perfect. It took me quite a while to understand to "take it easy". "What the hell, it will come." I began to let go, and when I relaxed with myself, I began to learn.

When I recall the Beginning training, I remember feeling surprised at what I was learning. I was expecting to learn this new method of bodywork which was so totally new for me. Instead I found I was starting to share with others about myself; that really was the beginning of me opening up. This ultimately has allowed me to do the work. I hadn't been in a group experience for quite some time. It was hard but so good for me to share who I was. When I went out to work on my first bodies, I was terrified. How would I be able to touch people like that? What would people think of my work, and of me? I almost didn't continue. . . but I truly put myself out there and just did it!!!

This was such a valuable experience for me that I continued to go with it. I was frustrated with my work; I felt it was very mechanical and uncertain. It was so great to truly allow myself to be a beginner. I remember feeling so wonderful when the Tutor told me I was ready to move on to the next level.

After the Intermediate training I had a real setback. I simply let my insecurity rule me, and I felt that I couldn't do this work. I didn't feel a part of the training or good about the quality of my work.

So I didn't do the work for about two months. I didn't want to hear about TRAGER, or think about it. Finally, I realized that the more time that went by, the harder it would be for me to start up again. I again reached deep down and put myself out and started the process of learning again. My Tutors really helped me though this time. I finally began to believe in my work again.

Around this time I started to get really good feedback from people receiving my work. But the most important thing was that I was really enjoying what I was doing, and I was having fun with my work. Receiving sessions from Practitioners was so valuable for me. I really felt that I allowed myself the experience of a good variety of Practitioners. What I noticed about this experience was that I could have allowed myself to get incredibly intimidated by the quality of the work I was experiencing. However, I was continuously reminded that it is really okay to be a beginner. I felt very fortunate that I had the encouragement and support of the Practitioners and Tutors. It really helped me through this particular experience.

I realize that there is always something new to learn about the work. It feels like a wonderful and exciting path to follow. I know that I will never be the same, and I know that all the wonderful lessons I have learned apply and relate to all aspects of my life. I was recently observing a Beginning training in Sweden, taught by Fabienne Hirsch. Her wonderful words to the Students have become the words I listen to when I get stuck in my work. She said it so beautifully, "It's such a feeling thing!"



## TRAGER Creativity Project

Gae Henry

It started as a phone invitation: "Some of us are getting together in Mill Valley . . . come with an idea or activity for the group to explore, containing the essence and principles of the TRAGER approach . . . *without* tables or 'moves.' Something suitable for the general public."

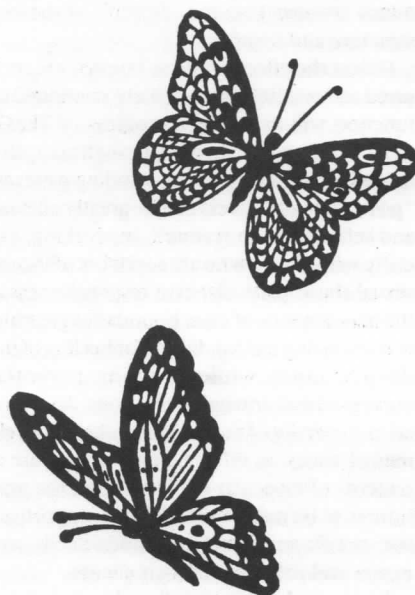
We were going to explore by doing and see what happened. We played with our own weight, the weight of others, everyday movements and everyday objects such as brooms, baseball bats, writing pens, towels and balloons.

At the end of that first three-hour evening we decided we "had to keep meeting like this" and agreed to share with others what could happen when we went exploring in a feeling, MENTASTICS way by offering a TRAGER Creativity Workshop at our international conference in Indianapolis, last Fall.

At the conference, nearly 60 Practitioners attended the TRAGER Creativity Workshop. After an initial group exercise, we broke up into smaller groups and played with an assortment of props. The energy in the room kept growing and growing. It was so much fun playing together!!

Out of this work has come the beginning of a set of MENTASTICS resource materials for Practitioners and Students. We have already started a set of cards containing descriptions of activities, the principles involved, and cautions and contra-indications.

The Practitioners involved come from all over the world. We are continuing to develop our ideas and see places for their applications in our own trainings as well as in public classes. Participating in the project are Fabienne Hirsch (France), Amrita Daigle (Quebec), Karen Hortig and Marianna Hartsong (Toronto), Antonia Faeh (Switzerland) and Henry Bornstein, Betty Fuller, Gail Stewart and myself (California). If you have any ideas you wish to share, please send them to any of the people involved.



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# Guiding Emotional and Physiological Responses in TRAGER Work

Peter Levine, Ph.D.

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*Peter is a pioneer in the emerging field of Somatic Education. He holds doctorates in Medical Biophysics and in Psychology. Dr. Levine is a certified Hypnoterapist as well as Fellow and Diplomate of the American Board of Medical Psychotherapists and the American Institute of Stress. Peter is also a member of The Trager Institute, the American Massage Therapy Association and Rolf Institute. Peter studied briefly with Milton Trager, and has maintained a relationship with him and the TRAGER community.*

*Dr. Levine has wide professional interests which include having been stress consultant for N.A.S.A. early in the space shuttle project, and is a training consultant to the Hopi Guidance Center in Arizona. He has written the stress chapter in the "Handbook of Psychophysiology", a major scientific and medical source book, and a chapter, "The Body As Healer: A Revisioning of Trauma and Anxiety", in the upcoming book, Giving the Body It's Due, to be published by SUNY later this year. Peter is completing a major work on trauma titled The Substitute Tiger: A Naturalistic, Biodevelopmental Approach to Anxiety and Trauma. He is particularly interested in treating and preventing undue stress and trauma in children and infants.*

*Peter was teacher in residence at Esalen Institute and has taught at the University of California—Berkeley, Mills College, Antioch University, and the New England College of Osteopathic Medicine. He has taught training programs throughout Europe, South American, and the United States.*

*Potential training sponsors may contact Peter at: Ergos Institute, 1311 Ridgeway Court, Reno, NV 89503, 702-329-9282.*

In working gently with resistance in the muscles and joints, emotional, physiological and energetic reactions may occur, quite often unexpectedly. Examples include spontaneous movements, feelings, emotion and various other involuntary and autonomic responses such as shaking, vibration, tingling, temperature (color) changes, heart rate, breathing and pupillary changes, eye flutter, and others.

Dealing appropriately with these organismic reactions is very important in communicating and imparting a felt sense of ease in balance and

movement. If these involuntary responses are ignored and overridden, then the client may be left in unresolved, restricted and even potentially harmful states. To help clients complete and integrate these responses, it is equally important not to (over) react to these expressions but to respond to the client's process with measured and flexible support and guidance. Finding this balance will enhance sustained integration, aliveness and completion. The most important tool we have in being able to be present with our clients, in this way, is an acceptance and relative comfort with our own range of sensations and feelings.

In particular, the "tracking" and guiding of emotional and physiological responses is essential in helping clients deal with and resolve trauma that has become "locked" in the body's musculature and organ systems. Examples of traumatic situations that might surface in a TRAGER session include emotional, physical and sexual abuse, rape, abductions, disasters such as earthquakes, floods and war situations, intrauterine-fetal distress, difficult birth, severe abandonment and neglect, surgery, illness, poisonings, prolonged immobilizations, physical injury, including automobile accidents and falls, extreme physical pain and mutilation to self and others. These various forms of shock, terror, horror and even more minor traumas become "frozen" in the body structure and tissues.

Unless the effects of these traumas are recognized and resolved appropriately, continued dysfunction will impede the progress of TRAGER work. If they are dealt with, through completing involuntary discharge, long-standing patterns of "post traumatic" stress can be greatly alleviated and self-regulation restored. In working, especially with clients who are survivors of incest or sexual abuse, particular care, responsiveness and the maintenance of clear boundaries are critical in maximizing the conditions for healing of these deep wounds while avoiding potentially enmeshed and entangled reactions. An appreciation, generally, of the individual client's developmental issues, as reflected in their posture and patterns of muscular tonicity allows the practitioners to be more aware of, and supportive to, the specific and sometimes subtle needs, weaknesses and resources of their clients.

In this workshop, we will explore together the range of our client's emotional, developmental and energetic responses and needs as they may

arise in the TRAGER session(s). We will learn specific conceptual tools for addressing these needs and—most fundamentally—how to use our own body experience in guiding the client's reowning of their "body self."



## Networking with the Massage Community Laws that Effect Us

Janet Williams

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*Janet is a Practitioner, Tutor trainee, and Licensed Massage Therapist from Eugene, Oregon. She sent in the article below as a letter. Janet is addressing—and expressing her opinions about—some large, almost overwhelming issues such as how does our greater society recognize, value, regulate, and utilize our approach? Information and reform are needed in areas of licensure and certification, but what we have found is that requirements, procedures, and policies may differ from town-to-town, county-to-county, state-to-state, province-to-province, nation-to-nation, and all from time-to-time! I have gotten wind of various and sundry groups of people meeting here and there to discuss these issues. No one person or organization is set up at this time to provide a thorough, comprehensive source of information. I am in contact with the A.M.T.A.'s leadership concerning these issues, and look forward to obtaining useful and reliable information in the months and years ahead.*

These are a few of my beliefs and discoveries over the past year while serving as the Vice President for the Oregon Massage Technicians Association. As TRAGER Practitioners in Oregon, who are only licensed to touch bodies through our massage certification, meaning that we are not nurses, physical therapists, medical doctors, or chiropractors, I feel that we must face the issues confronting this community. Nationwide, there is much talk and meetings

*(continued on page 9)*

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# My Client's A Mess—Now What?! or Effective Management of Intense Emotional Responses to Bodywork

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Arun Hejmadi, Ph.D, M.S.W. and Patricia Lyall, R.P.T.

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*Arun and Pat are both TRAGER Students from Colorado Springs, Colorado. For the past 15 years, they have worked closely with mind/body processes, including their own. They have developed an approach to working with psychophysiological illness which won a national award in 1986. They have guided themselves and their clients through many crises—some physical, some emotional, and some crises of the spirit.*

*Arun and Pat presented "My Client's a Mess... Now What?!", a sketch of their approach, at the Fifth International TRAGER Conference in September, 1989, and have been invited to repeat this presentation at the Northwest District TRAGER Conference in July, 1990. This class is now a pilot elective class, and this article presents some information about it. You may find specific schedule information in your training schedule.*

Right after my intermediate training, one of my practice clients suddenly became hysterical during a sessions. She flashed back to the horrors she experienced during the war in Europe, when she was a child. I stayed with her for two hours, and she was still freaking out. I was nearly as scared as she was, and I had no idea what to do. She was a mess for nearly a month with episodic flashbacks. I don't EVER want to go through anything like that again!

I have this one client that just cries and cries, nearly every session. It has been going on for months. She has been getting impatient with herself, asking me when is this going to be over? I don't know that to tell her. I wonder if I'm doing something wrong.

A woman that I'm working with has flashbacks to being raped every time I work with her neck. I hardly ever even get to any other part of her body. I almost hate to see her coming in the door.

Why do my clients keep having accidents?

**T**hese are true stories, sad stories, and painful stories. They are particularly painful to us because we love the beauty and

power of TRAGER work, and it hurts to see it sidetracked or run off the road because we don't always know what to do with what we "shake up" in a client.

Since intense responses to bodywork are not unusual, we see an acute need for a TRAGER equivalent of the Red Cross first aid course, a how-to-figure-out-what's-wrong, control-bleeding, keep-the-person-breathing, prevent-shock, and prevent-further-harm-until-expert-help-arrives sort of thing.

When a session flows around a bend and into some "white-water rapids", we need emergency tools and skills handy to help clients—and ourselves—navigate safely. We need to be able to figure out what is wrong. We need to know what to do to keep a "scary client" safe and comfortable until he or she can get to a qualified psychotherapist. We need to know how and when to make referrals. We need to know how to identify the rare individual who should not receive TRAGER work.

If we know all this, WE can remain confident and resourceful as we deal with a client who is convinced that he or she is falling apart. Our confidence will be automatically communicated and will be enormously reassuring and comforting to the client. Through many years of mind-body work with "scary bodies and scary clients", we (Pat and Arun) have figured out ways to anticipate and spot "the rapids". We've learned how to traverse them successfully when it's possible, how to portage safely when it's not, and how to tell the difference. We developed these approaches into a protocol which won a national award in 1986.

In September of 1989, we summarized our approach in our workshop, "My Client's a Mess—Now What?!" at our international conference. Afterward, participants made comments like, "If only I had KNOWN all this when I first started doing bodywork! I would have felt so much more prepared for what happened!" Several people urged us to make this information widely available to our membership. At the "Town Meeting", one person even suggested that it be made an integral part of the training track. Since September, we have heard from several of our participants to the effect that what they learned was, indeed, helpful to them in their work.

In response to the interest and need expressed at the conference and afterward, we have submitted a proposal to the Institute's office for an elective course which will help a TRAGER worker to figure out what's happening and what to do when "the client's a mess". This will be an expanded and deepened version of what we presented at the conference, with the addition of experiential exercises and peer practice. It will take either one or two days, and will be available to both Students and Practitioners. Participants will learn to:

- Understand why and how these responses can happen during TRAGER work using a simple, left-brain type model.
- Screen clients in order to identify who is likely to have difficult emotional responses.
- Spot danger signs and know what precautions to take.
- Know when it's OK to stand by, and when it's essential to intervene.
- Know when it's time to make a referral.
- Know how to build an effective "safety net" referral network for your clients, and how to select competent therapists for referral.
- Coach clients to insure comfortable integration of a breakthrough experience.
- Act quickly in cases of spontaneous traumatic recall ("flashbacks"), help clients "keep it together" until they can get to a therapist.
- Ensure that clients are well grounded in the "here-and-now" when they leave the office. This prevents unsafe driving and accidents.

We have received preliminary approval from the Institute's administration in response to our initial proposal. We hope to offer a pre-pilot course in June, in Seattle, and possibly sooner in Colorado.

## **WE NEED YOUR FEEDBACK TO HELP US DECIDE OUR NEXT STEP.**

Please call or write us at: Pax Institute, 2519 Garden Way, Colorado Springs, CO 80918, 303-598-4410. We want to know the following: How important is this kind of class to you? Would you want a half-day, one day, or two day class? Would you be willing to coordinate or sponsor one of our classes? Would you want personal professional consultation time in addition to the workshop? Would you be interested in a one-hour videotaped introductory lecture in your area? Any other questions or comments you have would be greatly appreciated.

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# How to Succeed in TRAGER

Gail Easton

*Gail is a Practitioner from North Bridgton, Maine. She does a great job of introducing her article.*

Recently, I called Don at the Institute's office for some information on tax deductions, but instead was asked by him to write a few paragraphs on why I have a successful TRAGER practice—especially in rural Maine. That was not what I was expecting from the conversation!

I have a friend, Jim Jealous, who is an osteopathic physician. His friend, TRAGER Practitioner Ann Dodge, introduced him to TRAGER. Jim thought TRAGER was great, and that it worked really well in conjunction with the osteopathic principles. Ann ended up practicing TRAGER in his office once a week for about two years. However, she grew tired of commuting to the office, and decided she wanted to work only out of her home.

Meanwhile, I had completed my training and certification. So, when Ann wanted out, I began receiving referrals from, and seeing people in, Jim's office. For almost a year, I continued with my career as a registered nurse while building my TRAGER practice. There was a second D.O. practicing with Jim, and I rented her office on her days off.

Now, 2 and a-half years later, our office has grown in size and numbers. We have five D.O.'s, and I have my own private office for TRAGER work only. I have never had to advertise. Referrals go in cycles, and word-of-mouth fills in the gaps.

The majority of my clients are Workman's Compensation cases and private pay. I document every TRAGER session right on the doctor's chart. If the documentation is requested by a lawyer or insurance company, I copy it right out of the chart—with the doctor's permission. I used to add my charge for "neuromuscular re-education" onto the doctor's bill for the Workman's Comp. cases, and the office did the billing. Now, the state of Maine requires that all billing for Workman's Comp. be on the Standardized Health Insurance claim forms approved by the A.M.A. (HCFA 1500) which requires the C.P.T. codes and diagnoses. I use the doctors' diagnoses and corresponding codes—again, with their permission. I do all the paperwork and billing myself. Whenever I have questions about billing, I find someone in the insurance company that is being billed who I can call at any time, and who has previously taken the

time to hear me out about what I do and what I'm billing for.

One claims adjuster drove over an hour to my office hoping to understand what TRAGER was if she heard it from me face-to-face instead of over the phone. I talked with her, and did MENTASTICS for her arm. I've been paid by her company without any questions ever since.

Since I have started to do my own billing, I have been consistently reimbursed within 2-4 weeks. If I do not get paid within a reasonable amount of time, when I know the case has been approved and other bills are being paid, I write directly to the client's lawyer requesting payment.

Those clients who wish to submit their TRAGER sessions to a private insurance company need to be seeing one of the physicians regularly, and they need a "prescription" for the TRAGER work. I give them a receipt that they can send in with the "prescription", but I do not fill out their insurance forms. A few clients have been reimbursed, but not by Blue Cross, Blue Shield, Medicare or Medicaid.

It has been difficult to make the transition from a 40+ hours work week as a nurse with a regular pay check and benefits, to seeing 12-16 clients a week with no consistency on income. I can't say I live a lucrative life, but I am much happier, and I'm slowly learning how to charge what I am worth, and how to budget my expenses within the income of my business.

The biggest switch, however, has been the process of believing that the TIME IN BETWEEN TRAGER sessions, and the TIME BETWEEN DAYS OF DOING TRAGER SESSIONS IS JUST AS IMPORTANT AS THE TRAGER TIME. What I do with this time, to take care of myself IS PART OF THE BUSINESS, and that can add up to over forty hours a week! This I did not learn as a nurse. More than anything else, and at the core of everything I do related to my TRAGER practice, is the intimate connection with my inner process.

In order for me to stay interested and stimulated in my practice, I have to have a steady diet of self-development. And every time I move along in that process, my TRAGER sessions improve, the responses become quicker and deeper, my business becomes more professional, and my clients move along with me. They either need what the change in my TRAGER can offer them, or they leave, and someone else who needs what I can now give takes their place.

I feel fortunate that my practice has worked out as it has, although the fact that I ended up where I am was not an overnight circumstance. It was a result of 10 years of working to get to that place in myself—through my own inner work, through travel in the work, and through life with the friends with whom I now work.

I am now starting to feel restless where I am now, and wonder what is going to happen next. But history has shown me that as long as I continue my quest for inner development, the road seems to be paved in the outer world. The mystery is waiting to see what is coming around the corner.

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## An R&R Note of Thanks!

Cynthia Harada

*Cynthia is a Practitioner from Los Angeles, California, who has served as our models coordinator for the annual Reflex/Response class in Laguna.*

An enormous "THANK YOU" is extended to all the Practitioners who referred clients as models for the successful Reflex/Response workshop last November. Included were out-of-state referrals from Sweden, New Jersey, Canada, Oregon and Washington. Of the 27 total referrals received, 19 were present for the three practicum days.

Excellent learning opportunities were possible for the R&R students, the Practitioners present with their clients, and—most importantly—for the models themselves. Your assistance and cooperation in providing models is deeply appreciated.

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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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## Notes from Milton

TRAGER Practitioner Carolyn Mason of Claremont, California, assists Dr. Trager frequently at his Laguna trainings. She was there at his January Practitioner 3 class, and served, in part, as the "scribe"; that is, Carolyn took notes of Milton's comments as he worked and taught. Here is a selection of comments from that class.

### "Hook-up brings one into a state of creativity".

#### The Neck

I don't go in there and work it out . . . Be there before you start . . . I instantly start feeling the weight . . . I also have traction as I'm playing with the neck . . . don't mess around with the neck, palm the ear and start . . . I'm playing with the weight of the head, thereby reaching the unconscious mind . . . pick up the nothingness, not the 'I'm going to get rid of this problem' . . .

#### The Feet

The tougher and tighter it is, the lighter I have to become in order to impart how it should be . . . I'm in no hurry about this thing, nor should you be . . . I pick up what I like, and what I don't like, then I ask, 'How should it be?' I work until I'm satisfied that this is all I'm going to get out of it now . . . I'm not going to work hard to get rid of it. I'm just going to play with it. I'm only after the mind . . . Don't try to correct what you don't like.

#### The Legs

Be part of the leg you're working with . . . Trying to be right is wrong . . . Get in the habit of knowing when you're not quite ready, and shake out.

#### The Belly

Your first touch is just to get acquainted, find what kind of belly tissues there is . . . I instill a feeling of aliveness with the manner of my touch, an "Oh, my! That's how it should feel!" . . . Invariably, I find tension in fat tissue . . . You can't go back to where you were before because something has happened in the unconscious mind.

#### During MENTASTICS

It doesn't mean a thing unless you have something to compare it with . . . MENTASTICS will be what tells you how much, how should it be . . . (to Steve Buchbinder, a student) "Keep doing that, and in 50 years you'll be able to levitate."



### Networking . . . (continued from page 6)

about the scope of practice, the meanings of our practice, and the different types of bodywork. Those of us relying on these certifications to make it legal for us to touch a body, must pay attention to these questions and be included in these discussions.

For example, in Oregon, the law says that you must have 330 hours of training and pass a practicum to receive your license. At the present time the State Board is deciding what will be included in these 330 hours, if they will give credit, and to what extent for other trainings that are not from a State Certified Vocational school or an A.M.T.A. school. We must be willing to become aware of the need for us to help shape these laws to understand the importance of these licenses to our livelihood. Without a license to do massage in the state of Oregon, I could not legally touch a body. This is real. This is necessary.

We must also be concerned about the question of reciprocity. To cross the state line and work in Washington, you need 550 hours of training. More and more we must fit into and provide information to TRAGER students, and what they legally must do to practice in their individual states.

I believe that we must work together with the massage community if the only license to practice is the one designated by the State Board that say it is OK for you to touch another human and provide a service. Thinking that the states will make separate laws for a TRAGER Practitioner is unrealistic, and there is no other board we come under that requires less training. Think about it, and if you're planning a move in the future you must concern yourself with that states laws. Those of you who are licensed through a state board for nursing, physical therapy, chiropractors, etc. need not be so concerned.

## What Makes You "Professional"?

### Alia Zara Aurami

Alia 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. Alia 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 Alia for a free list of inexpensive practice-building booklets, a description of her services, and workshop schedule at: PO Box 45664, Seattle, WA 98145, or call: 206-633-5737. (Please note that the telephone number listed for Alia in our old "Handbook" is incorrect.) Inquiries are welcome from potential workshop sponsors. Past newsletter articles are available from the Institute's administrative office. Alia has recently added to her available services a one-day workshop with the focus on strengthening professional self-image. This article introduces the reader to some of Alia's ideas in this area.

**Y**ou can decide to become a "professional" TRAGER Practitioner at any point—even before you are certified! How? Being a professional is fundamentally a choice of attitude, not a matter of whether you do something "society" regards as "one of the professions." Being regarded by society as "non-professional" is a real sore point for most alternative health practitioners. They compare themselves unfavorably to doctors, nurses, lawyers, etc. They get discouraged, frustrated, and feel inferior.

But how did the "professions" come to be called that? Because more people doing these things has certain attitudes toward their activities. "Professionalism" is a state of mind, and the actions resulting from it. Some doctors and lawyers are not really professional, and some bodyworkers and popular entertainers *are* professionals—Dolly Parton, for example, as near as I can tell.

What a liberating perspective! Being a professional does NOT depend on (though it generally results in): having degrees/licenses, or certificates; having a full-time practice; being labelled "professional"; having an office; etc. You become a professional at whatever you do, no matter what it is, the

(continued on page 13)



## Arm Charmer

Regina Kujawski

*Regina is—in one breath—a TRAGER Practitioner, Introductory Workshop Leader, Supervised Practice Session Leader, Tutor, MENTASTICS Leader, sponsor, regional coordinator, and local training coordinator from Ft. Lauderdale, Florida.*

After taking the Reflex/Response class in November of last year, I have been getting a steady stream of clients suffering from stroke. I recently had a wonderfully gratifying experience. I had Jean on my table, it was her second visit. During her first visit Jean was apprehensive and talked a lot. I did not feel that I was reaching her mind at all. I felt that her talking was a necessary part of my work until she got comfortable with me.

At her second visit I felt discouraged, and I wondered if I even knew what to do with her. However this time she was calm and peaceful, and more receptive to me. I first did some muscle resistance work with her arm and leg; then I spoke very gently to her as I stroked and encouraged her otherwise partially bent arm and clutched hand to relax. Very soon the arm responded to the softly spoken lulling words and before long the arm and hand—fingers included—lay flat on the table—totally relaxed! Her hand slipped and the fingers

*(continued on page 11)*

## Right Livelihood The Path With Heart Developing and Promoting Your TRAGER Practice

Michael Madrone

*Michael is a TRAGER Practitioner, Tutor, Supervised Practice Session Leader, Introductory Workshop Leader, and MENTASTICS/Leader from Vancouver, B.C., Canada. This article describes his new class which has recently received "pilot" status. Potential training sponsors may contact Michael at: 2642 West 14th Avenue, Vancouver, BC, V6K 2W9, Canada, 604-733-4607.*

I received my first TRAGER session in 1978, and immediately fell in love with TRAGER. When I became a Practitioner, I thought that everyone would share my enthusiasm for it, and all I'd have to do would be sit by my phone and take appointments from clients! When I woke up to the reality that I didn't have the tools to promote my TRAGER practice, I started looking into marketing and found 2 basic approaches: "conventional" marketing, which said to set a goal and beat your brains out working to reach it, and "new age" prosperity consciousness which said to picture money falling on your head. Clearly more was needed here.

So, I began to talk to other practitioners and to ask them what was working for them. I also began, as the TV commercials say, to "just do it". This course, a long time in the making, is the result of these processes. It is the course I wish someone had offered me when I was starting: a how-to, nuts

and bolts, feet-on-the-ground, how you do it course, based not on pie-in-the-sky thinking, but on what has worked already for Practitioners out there doing it.

So why the long title, "Right Livelihood: The Path With Heart: Developing and Promoting Your TRAGER Practice"? Because it is descriptive of the process successful Practitioners go through. Having a successful TRAGER practice is not like selling Coca-Cola. It is not about marketing, brochures, demographics, or target populations. It is about you, the Practitioner. TRAGER, as Milton so often emphasizes, is about *development*. And that is why glossy brochures, or beating your brains out, or picturing money falling on your head doesn't create successful TRAGER practices. TRAGER Practitioners create successful TRAGER practices.

This course is about weaving development and promotion together; it is about harnessing the left and right brain, and creating momentum towards a clear vision. It consists of a combination of experiential processes and very specific, effective nuts and bolts techniques. MENTASTICS and professional issues will be included. And for no extra charge, you get the 7 magic words that will increase your practice! Oh yes, by the way, we'll probably have some fun while we're at it.

## About Michael Madrone's New Class: A Note from Martha Robrahn, TRAGER Practitioner

Carlos Casteneda's Don Juan would say to follow a path with a heart. That was what I felt I was doing in leaving my secure niche at a large computer firm to pursue a career in TRAGER work. When Fawn Christianson asked me if I would like to attend a pre-pilot TRAGER marketing class, I was really on the fence. I knew what traditional marketing was. It was neither useful nor in alignment with my ethics. Still, to build a practice from nothing in a new town (Santa Cruz, California) would probably require more insight and ideas than I had at the time. Finally, I decided to participate.

I'm very glad I did. Michael opened the class by saying that marketing was only a small part of

developing and promoting your TRAGER practice. Over the next two days, we discussed the many components of a successful practice, and lots of possible ideas for encouraging its growth. We refined our individual visions for our practices and deepened our commitment to them. The entire process came from a space of Hook-up and integrity that felt very much in harmony with my ethics.

I left the class full of enthusiasm, and immediately began to implement some of the ideas that seemed most appropriate. If you are looking for insightful and common sense ways to build your TRAGER practice, I highly recommend Michael Madrone's new class.



## Report from the Board of Directors

Linne McAleer

### GOODBYE GARY

It is with a feeling of great loss that we report the resignation of Gary Beal from our Board of Directors. Due to overwhelming time commitments in his consulting business Gary resigned his Board membership last Fall. Although his tenure on the Board was fairly brief—one and a half years—Gary certainly had a prodigious impact on the evolution of The Trager Institute. Gary's background as an organizational development consultant uniquely qualified him to guide the Board to identify and problem-solve major shortcoming within our organization. Perhaps the clearest example of Gary's wise leadership is the Vision process that he facilitated. Through the Vision process, which was attended by members of the Board, Executive Committee, and sub-committees of the Board, Gary assisted us to: 1) clarify the values by which important Institute decisions were currently being made; 2) define those values that would guide important decisions in the future; and 3) establish short-term and long-term goals for the Institute.

One of the short-term goals we identified was that the time had come to hire an experienced, professionally-trained Executive Director who would be responsible for both the day-to-day operation of the Institute's business and the implementation of the proposed changes and goals that were identified during the Vision processes. Again, Gary's background was invaluable, for he carefully trained us Board members in interviewing techniques and focussed us to select the Executive Director candidate who seemed to us to be the best fit for our unique organization. Thus, Carlo was hired. And with Carlo came a process of fairly rapid change within the Institute.

The Board is very pleased with Carlo and with his performance as our Executive Director. He has our full support in the implementation of the goals the Board has given him. And we wish to express our lasting gratitude to Gary for his invaluable contributions to our organizational development. We can safely say that we wouldn't be where we are today if it weren't for Gary. We will miss him, and we send him our heartiest wishes for much success.

### WELCOME STEPHEN

We are pleased to announce that TRAGER Student Stephen Van Beek of Toronto, Ontario,

Canada has accepted membership on the Board. Stephen is an accomplished businessman and organizational consultant. He has worked on a variety of non-profit boards, and has chaired some. As a TRAGER Student, Stephen has been working on behalf of his local Toronto TRAGER group, and has served as a member of our strategic planning committee. After he is certified as a TRAGER Practitioner, Stephen intends to include the professional practice of TRAGER in his work. Since we are an international organization, we see Stephen's membership on our Board to be an important step in acknowledging, honoring, and supporting our international nature.

The Board is considering expanding its membership from five to seven or perhaps nine members. Several candidates have already been suggested to the Board, and **we invite further suggestions for candidates for Board membership.** We are particularly interested in appointing members to the Board who have experience in one or more of the following areas: corporate fund raising, writing grant proposals, research design, non-profit/corporate law, education/curriculum development. Suggestions for candidates for Board membership may be sent to the Institute attention Carlo Rossi and the Board of Directors. Include the candidate's resume and your letter of recommendation.

### FINANCIAL REPORT

The Board received the final 1988 report showing total funds received of \$345,800., and funds expended of \$349,800. The four thousand dollar difference was due to unexpected legal expenses required to protect the TRAGER service marks. Duplication expenses for the MENTASTICS video, and travel expenses for Carlo to meet with regional groups—nationally and internationally. A more detailed report will be published in our Summer newsletter.

### TRAINING SPONSORSHIP

Questions and issues of class sponsorship and regional development have come before the Board from time to time. It has become obvious to us that an ideal way for regions to secure financial support as well as create a sense of community is through joint training sponsorship. By the inclusion of training sponsorship and production in regional activities, members will be able to experience increased participation in their local TRAGER communities, and the funds generated from shared sponsorship of trainings can be used for regional development, and/or can be divided among the joint sharers for their individual profit. As a direction for the future, in areas where a local TRAGER community is cohesive enough to share sponsorship, **the Board wishes to formally promote the regionalization of training**

### sponsorship.

We want to acknowledge the many individual sponsors who have throughout the years helped build up a strong TRAGER presence in their respective areas. We also acknowledge those groups of members who have pioneered the group or team approach to sponsorship. We have learned through direct feedback that sometimes sponsorship is a lucrative activity, and sometimes not. However, we understand that it is almost always a laborious endeavor. Team sponsorship will allow for the labor to be shared, as well as the fruits of that labor. Whether or not any single training is successful, we feel that this approach is the most equitable. Above and beyond this equity, we are excited about the prospect of shared experiences and enhanced community offered by team sponsorship.



Ann Charmer (continued from page 10)

hung off the table while I gave her some "softer than soft" shimmers. Jean didn't dare talk, she was so enjoying this new and comfortable sensation. As an extension to this feeling I rocked her body (front only) while I kept an eye on her arm to see if it would gradually reclaim its spasticity. But, no, it remained relaxed!

When Jean got off the table, her arm went back to its usual position, elbow bent and fingers curling into the palm. As she stood across the room from me, I started to talk to her arm again in the same hypnotic way I had done when she was on the table. Immediately, her arm started to relax and drop down, her fingers opened and elongated. *Voila!* A new programming had been established in the brain. I took Jean to a mirror to re-enforce this even more by giving her a visual image. I sent her off home with MENTASTICS and recall-homework to do. I am now awaiting her return next week to see if Jean maintained this wonderful breakthrough. Thank you for this wonderful work, Milton!

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## Report from the New MENTASTICS Leader Committee

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Ranjita (Heide) Koubenec, Ph.D.

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*Ranjita is a TRAGER Practitioner from northern California. She recently completed the retranslation of TRAGER MENTASTICS into German for publication in Europe. Ranjita practices TRAGER at a New Age community called Harbin Hot Springs. She has volunteered her services to the Institute consistently and profusely—including assisting Dr. Trager's trainings—over the last four years. Last Fall, Ranjita took on the responsibility of being the chair-person for a new MENTASTICS Leader committee which is comprised of Megan Eoyang, a TRAGER Practitioner from Berkeley, California, and herself.*

Megan and I have sought and received a tremendous amount of input from current MENTASTICS Leaders and Instructors. Thanks to Betty Fuller, Roger Tolle, David Pinto, Maryann Zimmermann, David Carulla, Gae Henry, Henry Bornstein, and Mary Kelly for their invaluable input. We are in the process of composing a rough draft of the new MENTASTICS Leader requirements. This draft will be sent to all MENTASTICS Leaders and Instructors for further input. We will publish the final version of the new requirements in our Summer newsletter. At this point we suggest that all Practitioners who are interested in this status take as many hours of MENTASTICS classes as possible.

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## Office Activities

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Don Schwartz

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Claudia, Esther, Jenny, Marcia and I are all sending Emily and Milton our best wishes and highest hopes for a rapid recovery.

We are working closely with Carlo and the Instructors to maintain continuity in our Practitioner trainings, and we sincerely appreciate your support as we make these adjustments. Please call us if you have any questions. We finally got our laser printer, and we are rushing to use it to print our 1990 membership roster and the main portions of our training schedule. It has already proved itself useful in producing this newsletter. The next step is for yours truly to learn *all about fonts*.

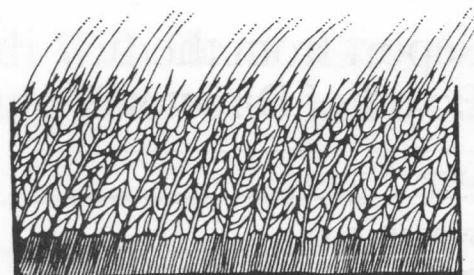
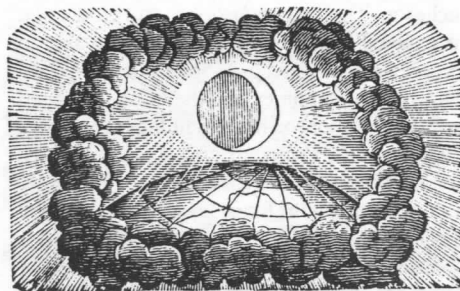
We have had our fair share of the flu this season, so there have been some delays. As I write this, though, Marcia, Claudia, Esther, Carlo, Jenny and I are all doing well. We welcome Esther Cherk who has replaced Dodie Young as the person who handles our mail-order products—and other office tasks.

Our office staff is about to embark on a new, specially focussed analysis of our functioning with an eye to improving efficiency. We have grown rapidly, and now feel a need for more integration and less redundancy. I estimate that

this evaluation and restructuring will take about a year, and expect that it will improve our service to you as well as free up funds for more membership services.

**Earth Day is on April 22nd.** In honor of that special day, and in response to Practitioner Tony Robson's suggestion, we are initiating the printing of our newsletters, schedules, and other materials on recycled paper. We are also expanding our own paper recycling program here which was begun by administrative assistant Claudia Bourbeau.

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## Report from the Elective Classes Committee

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Gail Stewart and Don Schwartz

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Our committee has determined the structure for elective class proposals. Here are the requirements:

1. Proposals should be mailed in duplicate to The Trager Institute's administrative office in the care of Gail Stewart and Don Schwartz. They should be typed double-spaced, and the proposer must retain a copy of the proposal for safe-keeping.
2. The Proposal should contain the following information:
  - A. Name of the class.
  - B. Number of days, and number of class hours.
  - C. Minimum and maximum number of students.
  - D. Proposed tuition.
  - E. An outline of class contents. This outline should include the sequence of content presentation in class—specific enough for the reader to be able to visualize attending the class. It should be typed, and no more than seven doubled-space pages.
  - F. How you expect the student to benefit from this class.
  - G. Room requirements: square footage and other needs.
  - H. Your experience and qualifications regarding the subject of your class.
  - I. If you already presented the class, and have feedback from students, please include that information.

Please write or call Gail and Don at the Institute's office if you have any questions.

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## An Invitation from Mary Kelly

Mary has been a member of The Trager Institute since 1981. She is a Practitioner, Tutor, Introductory Workshop Leader (IWL), MENTASTTICS Leader (ML), and sponsor from San Francisco.

Some years after beginning a professional TRAGER practice in San Francisco, I was invited to assist at an Introductory Workshop. Until then I'd not known what fun an "Intro. Day" could be. I'd assisted at many trainings and loved those experiences, but this was different. Being with people who are just discovering the sweetness of our work was so joyful! One Intro. led to another, and more, and eventually I applied to be an IWL.

Around that time I was encouraged to become a Tutor, and a little later, an ML. Working as an IWL, a Tutor, and a MENTASTTICS Leader has meant a lot to me, so when Carlo announced last year that these roles would be evaluated for possible changes, I told him of my interest in the evaluation process. We've met several times, and discussed at length these "statutes"; and I want to be deeply involved in the entire process. At our last meeting we decided not to wait to get input until our committees were formed, but to ask you all for your ideas now, as the process of formation happens. I will be happy to know what is thought of the IWL, ML, and Supervised Practice Leader roles as they have been, and how they might change. Please send your input to me at the following address: Special Status Input, The Trager Institute, 10 Old Mill, Mill Valley, CA 94941-1891.

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## Attention Sponsors

Carol Campbell

We have changed the requirement of Beginning Students to include a photograph of themselves on their Beginning training application form. The picture is no longer required, and the form has been changed. If you still have and use the old form, please delete that line, and call the Institute's office to have a new form mailed to you.



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## News from the Standards Committee

Elna Adams, Julie Greene,  
Sue Holper, and Jean Iams

Continuing the process begun at our conference last September, the Standards Committee is going regional. The main function of the Committee has been to facilitate communication between people who have disagreements, misunderstandings or grievance. In that process one of our major premises is the value of getting people to talk to each other directly. Our role has been to listen and understand the problem, and then to encourage people to go back and talk to each other directly and neutrally. We do that by helping all parties say completely what it is they need to say using principles of neutral listening and neutral speaking until they feel satisfied that the others have understood their viewpoint.

As the Institute's emphasis is shifting to the regional level, our committee wants this communication process to happen more actively within the regions. As part of the Institute's restructuring, there will be a geographically representative body of Practitioners which will represent Practitioner needs within the Institute. This is the logical body to take care of the communication function—in other words, to help keep interpersonal communications open, honest and clear in all levels of interaction between Students, Practitioners, Tutors, Instructors, and the public. This transition will be made within the coming year. We will be developing ways and means by which to aid and support this body in this function. In the meantime, please feel free to contact us if there are any grievances of interpersonal issues with which you need assistance.

... Professional (continued from page 9)

moment you commit yourself to the following principles, and live in integrity with them.

1. **EXCELLENCE** in what you do.

a) This means seeking and acting on feedback from clients to improve your services. It means paying attention to clients' comfort and satisfaction. It means setting goals and tracking your progress. It means total honesty with clients, colleagues, "competitors"—everyone. It means you are conscientious, responsible, and dependable.

b) Excellence also means you constantly expand your self-knowledge and personal improvement, your mental/emotional healthiness. It means your self-esteem is reflected in your appearance and your surroundings.

c) Excellence requires constant continuing education in your field, plus associating with others in your field for formal and informal learning, mutual support and encouragement, and public education about your field, as well as setting standards for your field.

d) Excellence cannot exist without a deep, genuine caring for those you serve, manifested in many ways such as punctuality, handling of appointments, seeking feedback, etc.

2. **JOY** in what you do.

Is what you do an expression of your self, of your life purpose, of a larger purpose such as planetary awakening? Is your work deeply thrilling and satisfying? If not, you are a robot who lacks the incentive to do all that a true professional does. Perhaps it is impossible to be truly professional at anything one does primarily from motives of power, money, fame—which is why many "professionals" aren't!

3. **ORGANIZATION** in what you do.

This is actually an expression of both excellence and caring. It means accurate and sufficient record keeping, plus handling appointments and fees in a business-like manner. This is where a lot of bodyworkers lose their professionalism.

4. **SELF-CONFIDENCE.**

Sovereignty. Self-authority. Self-validation as a professional. Professionalism is something you convey on yourself. Then others observe it and regard you as professional. Like everything else in life, you have to truly and deeply give it to yourself, first on the inside, before it manifests and appears as a "fact" of your "external" experience. When you declare the truth of your professionalism with your whole being—when you commit to it—then it *becomes* true in all your experiences.



## Promotion of TRAGER Through Public Exposition Uncovering the Powers of Commitment

Tony Robson

*Tony is a Practitioner from Long Beach, California. He has been participating for years in the presentation of TRAGER by regional teams at fairs and expositions. With all that experience, Tony has written an overview for us. In the process of writing this article, Tony has found two quotes about commitment which open and close the article.*

Until one is committed,  
there is hesitancy,  
the chance to draw back,  
always ineffectiveness,  
concerning all acts of initiative (and creation.)

There is one elementary truth,  
the ignorance of which  
kills countless ideas and splendid plans:  
that the moment one definitely commits oneself,  
then Providence moves too.

All sorts of things occur to help one  
that would never otherwise have occurred.  
A whole stream of events issues from the decision  
raising in one's favour  
all manner of unforeseen incidents  
and meetings and material assistance  
which no man could have dreamed  
would have come his way.

Whatever you can do  
or dream you can,  
begin it.

Boldness has genius,  
power and magic in it.  
Begin it now.

Goethe

It started back in January of 1987. A group of us, Students and Practitioners from southern California, meeting in Gary Brownlee's, came together to ask the question: How can we promote TRAGER in our region? We had before us the possibility to purchase a booth at an upcoming Exposition less than a month away. The consensus was: Yes!—putting the name and feeling of TRAGER before the general public was to be our primary goal, and doing an Expo looked like a good way to begin. With practically no start-up money and little time to organize, we began what

was to become a successful participation in a total of six Expositions over the next three years. (Our seventh one is in March of this year.)

These Expositions attract people interested in health, spiritual awareness, human development, fitness and a myriad of approaches to environmental and global awareness. In many ways we had a captive audience; however, it was clear from the first Expo, more people stopping by our booth had never heard of TRAGER. Slowly this began to change. One by one we offered 15 minute mini-sessions to the curious and interested who were willing to lay down \$5.00 (we now charge \$10.) to experience this strange work they wanted to call "massage". Lingered at the table set up with "hand-outs" on TRAGER, they would timidly leaf through the literature. Moving from one end of the table to the other, reaching the TV screen, they would begin to watch Milton doing a demo, or being interviewed on a TV talk show. Soon their eyes would move to the two Practitioners rhythmically moving the body parts of those who had already succumbed to the temptation. Their eyes would finally meet the faces of the mini-sessions clients on the tables, to see the serenity of people deep in Hook-up. Many of these casual observers moved on to the next booth, but some, those willing to experience something new and different, signed up and became one more of the many bodies we have touched.

For those of us working these Expos it has been a very rewarding and exciting experience. Many a new Student has perfected their ability to describe just what TRAGER is, by talking with the uninformed and curious public. Practitioner new and old alike have come to find, the centering-grounding qualities of Hook-up can be achieved even in the middle of a noisy crowd-filled convention center. But most of all we have all experienced the joy of sharing the "feeling" of TRAGER.

When I assisted Gary at our first Expo in February of 1987, I took on the task of scheduling TRAGER Students and Practitioners to work at our booth. This was my first taste of organizing for an Expo. Since then I have gone on to coordinate four of the six Expos we have done here in the Los Angeles area.

The main purpose in our presence at these Expos had been to expose people to TRAGER—to

give them a "hands-on" experience of the feeling of this work, and to establish a familiarity among people as to who and what TRAGER is. I believe we have been effective in doing this. Each time we do an Expo I see more and more people acknowledging the name, "TRAGER", with a sense of recall. Some have stopped by our booth, pointing up the the four foot high black DANCING CLOUD logo on our white satin banner, exclaiming, "Oh, look, they're offering TRAGER", or, "The TRAGER people are here, and I'm going to get a session!" The recognition is there, and it grows as we consistently make ourselves visible.

To become visible has meant doing an average of two Expos per year, and the greatest challenge, as coordinator, in having a successful TRAGER booth, has been to motivate 114 or so Students and Practitioners to participate in these events. Having enough volunteers working the booth for three days, has always been the most difficult part of this job. The one most significant factor in making each and every TRAGER booth a success has been commitment. Apart from the vast distances to be traveled here in southern California, and most people being so active they tend to be booked up for two to three months, I have experienced apathy and negativism to be the greatest obstacles to commitment. I found when I came up against these resistances, I was initially taken aback and discouraged or frustrated. However, on a few occasions when I held my ground and put forth the feeling of how much fun I had working on people at an Expo, and what a positive experience it was for those who I touched, I began to get some changed minds. Those who had said "no" started to say "maybe", and those who had said "maybe" started to say "yes". Soon, new and different TRAGER folk were signing up to participate in the booth. As I changed my feeling to positive, I could influence with positive. It was in this state that the possibility of commitment could develop.

I began to see the fruits of this approach take hold both in my personal life and in the lives of others. There came to be a number of Students and Practitioners who consistently volunteered to work at the Expos. Enthusiastic and dedicated, they are always willing to work as many hours and days as are needed to keep the booth staffed. Their commitment through positive continued action has paid off. The feedback of their personal experience seems to link their efforts at supporting the TRAGER Expo booth with renewed enthusiasm for the work, and as they touch and talk with more and more people, they attract more and more new clients for their private practices.

(continued on page 15)



The first Beginning training in Vienna, Austria, November 18-24, 1989.

## The First Beginning Training in Austria

It seems like historical places are attracting TRAGER! Mirianne Schiman, a TRAGER Practitioner from Austria, reports that the first Beginning training took place there in Vienna. Monika Ammann-Sutter participated with Mirianne in the class' organization. Taught by Fabienne Hirsch and assisted by Antonia Fach, there were 8 Students from Austria, 1 from Italy, and 1 from Germany. There were 7 assistants from several European countries. Mirianne reports, "it was a very deep and harmonic workshop, and hopefully the enthusiasm for TRAGER work felt in this group will be contagious and spread throughout Austria."



## From the Chesapeake Bay

Byron L. Spice

There is a new surge of energy in The Chesapeake TRAGER Practitioner. With the election of the following officers at their November meeting, the "Chessies" are gearing up for the decade of the '90s. Our new officers are:

President	Linda Ford
Vice President	Renee Schlessinger
Secretary	Byron L. Spice
Treasurer	Anne Douglas
Mailing Coordinator	David Haines
Advertising and Outreach	Joe Griffin
Regional Coordinator	Byron L. Spice

The focus of the year and the new decade is: "How do we make our local organization work for us?" In September, we asked questions about our personal goals, from which must raise the goals of the organization if it is to meet our needs.

A new sponsoring arrangement with the Potomac MyoTherapy Institute (PMTI) gives them (PMTI) more responsibility for scheduling the

(continued on page 16)

### Promotion of TRAGER . . . (continued from page 14)

This positive cycle of commitment has shown me: The more you put out in positive action, the more success returns to you. For me in my life, this positive approach has become a given. I now view my microcosm as having positive outcome through commitment, and I, too, see the macrocosm of our society and world in the same light. As I think and believe positively, so, too, I manifest into the present and future the possibility of it becoming so. It has been for me Milton's teaching that has made these truths reality. Asking the question: "Well . . . , how could it be" . . . "What is lighter?" . . . "What is freer?" . . . A space—a positive space is created in the pause between these questions, into which a possibility can enter, a possibility which can effect a lasting and significant change. This change can offer us something we thought we were missing, but in reality, have found anew, to make our lives more complete and meaningful.

As I write this article, we are gearing up to do yet another Expo. One more opportunity to put out what we have to share. In the not-too-distant future, these efforts will have a positive return. Many more people than are now aware of TRAGER will have heard of it, and will want to know more. They will seek us out. They will want us to give them the "feeling" that is TRAGER.

Commitment is what transforms a promise  
into reality  
- it is the energy,  
the electrical current  
that is needed  
to make things happen -  
it is the power  
to change the face of things.

Commitment  
is not easy -  
it is making the time  
when there is none,  
finding resources  
when there seem to be none,  
it is overcoming  
what appears to be  
impossible obstacles.

It is the daily triumph of integrity  
over skepticism.  
It is coming through  
time after time,  
year after year  
after year.

Ian Whason • Windstar Choices Symposium • 1989

# TRAGER Pods

Maryann Zimmermann

*Your editor took his Beginning training in September, 1978, from Betty Fuller, assisted by Sheila Merle Johnson and Carol Campbell. There was a point in the class when Carol told us about "TRAGER pods"; groups of TRAGER people from a local area who meet to support each other's professional development. A few pods emerged at that time, but they seemed to dissipate. Ho! Here's a pod, and it's doing great. Maryann Zimmermann is an active Practitioner and Tutor from San Diego, California, and this is a description of the San Diego TRAGER pod.*

**M**arch, 1990 constitutes a year of successful "getting together" for our monthly TRAGER pods.

**How It Began:** Since I moved from Hawaii, to San Diego, nearly 6 years ago, the TRAGER family here would often ask, "how can we get together, alleviate the loneliness between TRAGER trainings and related events, inspire and support one another, communicate what is going on for us in our practice, and do something in between fulfilling requirements that would be fulfilling and TRAGER enhancing? Can we care about each other enough to meet on a regular basis?"

**Well . . . How Could It Be?:** When I practiced in Hawaii, we had a weekly pod in a Student's home, and then in my office, so I experienced the possibilities of comradeship, warmth, and the capacities for growth and enrichment that can come from a pod. Suzie Komatsu-Malterre, Priscilla Dick and I started a pod 3 years ago in San Diego, and it went for a few months, but we hit the syndrome of "getting what you want, and then not wanting it." There were things that we learned, however, as to what works and what doesn't work that we could benefit from, and address ourselves to in starting anew. Cathy Hammond encouraged me, she has an ongoing schedule of TRAGER events in San Diego, and she knew that a pod could augment what exists and that it would offer a good balance.

**What is a Pod?:** Marty Montrose, a TRAGER Student in San Diego, offered an answer in her colorful, creative pod announcement last November. She entitled the announcement: TRAGERERS [TRAGER PEOPLE, editor] GIVE NEW MEANING TO THE WORD, "POD." Marty found the dictionary meaning, replete with pea pod and other pod pictures, which said, "A more or less elongated two-valved seed-vessel, as that of the pea or bean, a dehiscent fruit with several

seeds, to swell out like a pod . . . a small herd or school, esp. of seals. . . serving to form." From that, Marty culled a TRAGER definition of possibilities experientially: "A fruitful happening with several TRAGERers [TRAGER people, editor]. Like seals swimming playfully or like birds in flights of freedom . . . articulated, softer, freer Practitioners of Students. You are invited to swell out with this sharing experience. A unifying, giving, growing, learning, and sharing experience.

**Whose Pod?:** Though I initiated this particular pod in March of 1989, it was clear right from the beginning that for these gatherings to be of value, they had to be everyone's because that is what constitutes the components of a pod. Different people offer their homes or work spaces. This makes travel widespread with easier access to attend pods of choice. There is always the option to host/hostess somewhere along the line if one has the place and resources. Some host repeatedly or frequently like Danya Richardson and Charlise Mosgofian. The fact that we do not have to rent is a big plus. There is no charge other than a small fee about every 6 to 8 months to cover our monthly mailings. One can, of course, ask not to be on the mailing list and just call in each month for information. No one is excluded. Though the pod is based in San Diego, it is for everyone of any level from anywhere on the globe who might be visiting on the day of the event. They only requirements are to have already taken the Beginning training, and to be a current member of the Institute in good standing.

**Let's Go For Variety:** The pods are created from the needs and wishes of the group. It keeps growing and changing as we learn together. The San Diego area has a talented, enthusiastic family. The participation has been awesome in its offerings. The host or hostess chooses the day, date, time, and length of the event— usually 3 to 4 hours. There have been day and evening pods in the course of the year. Not all include table work. Examples of a few pods are: Sometimes we will have MENTASTICS and a potluck. The holiday pod we had at Priscilla's was a kind of open house format from 3:00 PM to 9:00 PM. That was a special treat. People came and went as their schedules allowed to catch the feeling of Hook-up that permeated the space. Danya has graciously run off a list on her computer of all those interested in receiving the mailing. This changes and she keeps it current. The announcer of the month can cut out the addresses which expedites the mailing process. We usually decide at the end of an individual pod who will be the next host or hostess and announcer. Occasionally it is feasible to make projections of commitment for two or three months in advance. Some pods are Hook-up and

celebration, like the August, '89 pod which included the debut of Chloe Hammond, Cathy's beautiful baby girl.

The February, 1990 pod was a viewing of the new MENTASTICS tape. A discussion followed along with playing with the movements. Wendy Arthur-Grimwood and her husband Mark did a great announcement for this one. Sandra Golden hosted a pod at her Kensington Center for Health. Cathie Wegrzyn has hosted two in her La Jolla home. Attendance has been steady. We have had as few as 5 participants, and as many as 18! Usually it is something in-between that.

**Our Feedback:** The members of our pods have stated: "A time to cherish each other . . . Gets the juices moving . . . Touching base with a sense of celebration . . . Feeling Hook-up in an environment that is not evaluating or fulfilling a requirement . . . an available vehicle on a regular basis to receive some input . . . inspiration . . . focus . . . fun and laughter."



. . . Chesapeake Bay (continued from page 15)

August Beginning training with Carol Campbell. The Chessies will recruit for the training and be at the training as assistants.

At our first meeting in January, the schedule for the year was set and business meetings will be streamlined in order to allow time for table work. This is a great opportunity for all Practitioners who never get as much work as they need.

One topic that will receive attention in 1990, is how to make our public relations program more effective.

We especially welcome those Chessies who come from West Virginia, Pennsylvania, and Richmond, Virginia. Until the day comes when they each have their own group, we are delighted to have them as Chessies!



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## The First TRAGER Training in Israel

Pamela Sharni

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*Pamela is a TRAGER Practitioner from Israel. She is also an accomplished professional dancer who performed beautifully at our Fifth International TRAGER Conference last Fall, in Indianapolis.*

The first TRAGER [Beginning] training in Israel [finally] happened! . . . with much excitement from Students, clarity and depth of understanding from our Instructor, Fabienne Hirsch, and full support and quick response from the Institute's administrative office. It was a real event, and a long time coming.

Susan Sacks spent six years here giving generously of her TRAGER experience. She set up her table in a kibbutz, and then in Tel Aviv. Susan gave demonstrations and workshops, and organized a training which unfortunately cancelled. When she left Israel [for Atlanta, Georgia], Susan gave her mailing lists to me, and made it clear that she expected a training to happen here.

So, our demonstrations continued, and hundreds of telephone calls were made and re-made, brochures went out in Hebrew, and Deane Juhan's introductory article on TRAGER was translated. The list of registered students fluctuated up and down, and finally hit 16. Fabienne decided to ask her husband, physician/surgeon Maurice Hirsch, to come, too, and what an excellent combination they were. Everyone was so glad to have his anatomy introductions. The whole teamwork was good, inspired by Fabienne's wonderful good nature—even in the face of a wicked flu.

Vivianne Borisewitz-Klein from Belgium, assisted with easy-going translation from French, and Rachel Gordin put it into Hebrew, but mostly everyone just understood Fabienne. Charlotte Levinson, a Practitioner from Toronto, Ontario, Canada, made decorated charts, and exuberantly led MENTASTICS. Ida Meijer opened her home to Fabienne and Maurice, and Rachel gave a dinner party for them and all the assistants. Finances in shekels, francs, and dollars, with percentages, bank charges, and taxes were juggled with great aplomb by Dan Sharni, yours truly's husband.

As the Students requested, the training was held in the late afternoon and evenings, after most people had worked all day, and they managed beautifully. We were by the sea, and it opened our space and gave us many special moments. Being

*(continued on page 19)*



*The first Beginning class in Israel, January 7-13, 1990.*

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## News from the TRAGER Outreach Project in the East Bay

Megan Eoyang and Oni Freeman

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*Oni is a Practitioner from Berkeley, California, and Megan a Practitioner and MENTASTICS Leader from Oakland, California.*

The East Bay TRAGER Outreach Project (TOP) raised a booth at the Elmwood Street Fair in Berkeley, last October 15th. This was the only bodywork booth in the neighborhood fair, and there was a long waiting list of people who wanted twenty minute tastes of the work. We raffled free sessions to be given at a later date, which increased our mailing lists, and several people called for information about TRAGER trainings.

This event met TOP's two purposes: public education about TRAGER work, and mutual professional support for East Bay TRAGER Practitioners. Participating were Dhyani Berger, Henry Bornstein, Peter de Zordo, Lyn Diana (Lynda Schwartzberg), Julie Greene, Natasha Heifetz, Gae Henry, Susan Holper, and ourselves. In addition to covering the expenses of creating a travelling

fair booth, the TOP Practitioners had a wonderful day doing TRAGER work out in the sun. We are currently contacting local charitable organizations offering to do a TRAGER fund raiser—in the spirit of the Montreal, Quebec marathons.

We are now inviting TRAGER Students who live or practice in the East Bay to join this local TRAGER Outreach Project. By working with experienced TRAGER Practitioners, students will have an opportunity to develop their professional skills out in the world, concurrent with their TRAGER studies. In addition, by including Students we believe professional integrity is nurtured and strengthened in the TRAGER community, and that affects public perception of the TRAGER approach. Students will pay slightly reduced dues, share full discussion and voting rights, and may assist in non-bodywork capacities during TOP events. We welcome inquiries about membership from East Bay Practitioners and Students. Just call: 415-841-3766.

## Hey Ma, TRAGER Me Through Law School

Maryann Zimmermann

Cathie Wegrzyn, a new Practitioner in San Diego, listened to my story and said, "That would make a good article for the TRAGER newsletter." That was the impetus to relate the following:

Our daughter, Ann Marie, announced two and a-half years ago that she had definitely decided to begin law school. She had done the ground work, took the exam, and had been accepted at the University of San Diego law school. She talked things over with her dad and myself. She was excited about the decision, looking forward to the challenge, and ready to begin. Having grown up with the stories from her dad who is a trial lawyer, she knew the decision meant dedication and commitment plus steady application to studies and there would be plenty of competition which would need to be addressed.

There were trepidations. This could be arduous. Ann said, "I need to look at keeping the stress possibilities released and at bay, and stay at the top levels of my intentions." . . . or . . . "What could be lighter?" This led, quite naturally, to, "Hey Ma, TRAGER me through law school!" [Editor's note: For the purpose of service mark protection, Ann Marie should have exclaimed, "Hey Ma, give me a large number of TRAGER sessions through law school!" That is using TRAGER as a noun rather than a verb.]

Ann Marie has loved and appreciated the TRAGER sessions given to her over the years, and had experienced results and changes that made a plus difference for her. She would make actual appointments and not just expect to receive on a whim. Now she was recognizing that not only did she want to block in regular sessions, but that perhaps we could reach an agreement about "whim" spontaneous emergency sessions as they might appear to be necessary.

Ann Marie and I have always been close and she knew that she could trust John and me to support her emotionally through her decision. It has been a lovely experience. She would come over to discuss some class or point of law with her father, or have both of us to listen to an argument presentation for Moot Court for feedback followed by a TRAGER session. She would feel renewed and aligned and was maintaining herself at optimum levels of health to meet the challenges. She found she could study longer and without the fatigue others in her class were experiencing. She found

she retained better for exams, and that she could use MENTASTICS and "recall" as a rich tool to maintain her between sessions and to keep her in awareness of what was going on in her body/mind to support her in her journey.

Agreements are great! They give you space inside and a direction. There were times when she would be in the library until midnight, and would call and say: "Mom, I have a headache that just won't go away—the day was unreal in its demands, and I have a presentation tomorrow—could I have some TRAGER tastes?" My own recall of our communications and agreement to support would allow me to have the inner capacity to rally easily and effortlessly for these occasional midnight sessions.

Ann Marie graduates this year on May 19th. She will be taking the bar exam in the Summer. She is graduating in the upper 10% of her class, and is putting out resumes to firms in San Diego. Thank you Dr. Trager, Emily Trager, the TRAGER Instructors, and the Institute for making it possible for me to respond to the request of "Hey Ma, TRAGER me through law school." congratulations, Ann Marie, for your victory, triumph and choices of excellence.



## Are You Going to Europe?

Bunni Tobias

. . . if so, please contact me. I live in southern California, and am planning on spending some time in France or elsewhere, and would like playmates to join me. I'm available until the 13th of June. If you are interested please call me at: 714-768-4042

## Calling All Tutors and Practitioners

Practitioner Susan Sacks of Atlanta, Georgia, welcomes you to give her a call if you're comin' through. Her answering service phone number is: 404-264-6212; her home phone is: 404-371-9149; and her office is: 404-365-0365.

## Feeling New Energy

"P.S.," wrote TRAGER Practitioner Julie McLane-Kervick of Shelburne, Vermont, at the bottom of her letter, "please feel free to use any parts of this letter as you choose." The rest is history.

Dear Institute People,

Enclosed are my tutorial feedback and summary forms. I sent a copy of the feedback form to my Tutor, Cindy Popp-Hager. Through the latest [Winter, 1989] newsletter I am feeling new energy from the Institute and the whole TRAGER network. I am aware of feeling that the "TRAGER family" has grown to become the "TRAGER community". This feels good. I appreciate the simple and direct information about the changes there. The reporting comes across with respect and caring for everyone past and present. It's refreshing to call a spade a spade. Thank you all for your balance of head and heart in this.

I am sensing that the protective attitude toward TRAGER work I used to feel coming from the Institute has been replaced by one of optimism, support and expansion. The classes feel more geared to enhance and broaden our practices. Because the "truth of TRAGER is large and deep, it can carry the greater curiosity, expanded knowledge and skills of the Practitioners. The very bones of it become stronger. I am feeling more spacious about the part TRAGER work plays in my practice as a body/mind educator and counselor as a result of this shift.

As one of the pioneer practitioners of the holistic health concept for the past 17 years, I would request that you consider using the word, "complimentary" in place of "alternative" when referring to holistic practices. Complimentary is more inclusive in feeling.

In peace with joyfulness,

Julie McLane-Kervick

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## How I Found TRAGER

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Shar Colburn

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*Sbar is a TRAGER Student from Forest Fall, California. She recently completed her Beginning training with Cathy Hammond. Emily and Milton Trager met Sbar, and asked her to write this piece about the process which led her to TRAGER.*

**I**t never ceases to amaze me how the Universal Power manifests your requests once you put them out. I had been in and out of jobs, finding nothing that satisfied my soul. So I put out the request that a job that was made for me would come along. A job with which I could grow, one which I would enjoy doing for the rest of my life. Plus, I wanted to be able to make a difference in this world.

A job opportunity came along which I thought, at that time, was the answer to my prayers. It was a teacher's aid position at a Boy's Camp for juvenile criminals. For me, it filled the bill! With no credentials, teaching experience or skills—thinking *this was it*—I applied. Of course, my interview bombed! But, because of this humiliation I took my first step towards TRAGER. I promptly enrolled in a college speech course hoping to improve my skills for the next interview. Never doubting for a moment that "my" was yet to come. You see. . . , I felt that I would have had a chance if I'd been able to express myself with more confidence. The interview also consisted of 3 board members, and 1 of me. Scary!

Anyway, the next semester at Crafton Hills College was to start in less than a month. Perfect timing! During the course I decided to do a speech on aerobics since I so avidly partake in those exercises on a daily basis. While collecting my statistics at the local library, I came across Dr. Trager's MENTASTICS book. As you might guess, after reading through it once and sampling the exercises, I decided to present a speech on MENTASTICS! The rest is history . . .

It's February, 1990, and I've just completed my Beginning training, and I have great expectations for the future. Not only was my prayer answered, but I've just had the unique experience of having lunch with Dr. and Mrs. Trager. Can you believe it? Me, a beginning Student! Never underestimate the Universal Power. It holds you in its loving hands; it will *never* let you fall! To Dr. Trager and Emily, I love you!

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### . . . TRAGER Training in Israel (continued from page 17)

in Fabienne's presence was a pleasure. Her sense of humor and depth exist simultaneously. She touched us most, I believe, by listening, not sapping us back with opinion and knowledge. Fabienne really wanted to hear. Seeing the video of Milton working, with the man with Parkinson, charged the atmosphere. People were excited, overwhelmed, inspired, frustrated to be at the beginning, feeling they hadn't grasped the essence yet.

Our group was a rich one—varied, bright, and energetic. They wanted more time, more days to explore. They also wanted more MENTASTICS. The space was a bit small for all 16 of us. But they got the importance of MENTASTICS. They obviously felt that it is the basis. They, themselves, have already set up a practice session with the three of us Practitioners. And, we'll be ready for tutorials before Gail Stewart comes to give the Intermediate training in July.

This is a request from the growing Israeli TRAGER community. We are far, far away, but if two Tutors can manage to come in April, May, or June, we would be so happy to have you here.

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## All in the TRAGER Family

**C**ongratulations to TRAGER Student Sandy Wynn and her husband, Ken, of Yeadon, Pennsylvania, on the birth of their daughter, Rachel Whittlesey Wynn, on December 5, 1989. Rachel weighed in at 7 pounds, 2 ounces. Rachel is the granddaughter of TRAGER Practitioner Shirley Kuhn of Biscayne Park, Florida. Shirley is Sandy's mother.

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## From Thailand

**M**y name is Dhori Knud-Hansen, and I am a TRAGER Student living in Thailand with my husband for over 1 year now. I would like to invite anyone from the TRAGER family who is travelling to South-East Asia to please stop by. We live 42 km. north of Bangkok, have a guest bedroom and a TRAGER table. I would love to trade, get tutorials, help with sightseeing, or whatever. Please write or call if you're interested. My address is: Asian Institute of Technology, G.P.O. Box 2754 - A.F.E. Division, Bangkok, 10501, Thailand. My phone number is: 662-529-0100, extension 2751.

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## New Gold

**S**harmila Cohen has added "Gold" to her name. On Sunday, June 25, 1989, Sharmila and Rick Gold were married in their Sun-filled backyard in Sag Harbor, Long Island.

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## Congratulations Gwen and Bryan

**O**ur hearty congratulations to TRAGER Instructor Gwen Crowell and her husband Bryan on the birth of their little boy, Walter Sedon Benkman, on February 16, 1990, at 10:06 PM, in Seattle, Washington. Walter came into the world at 9 pounds, 5 ounces. Baby, mother, and father are all doing very well.

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## An Invitation from Louise Morin

**I**would like to extend a special invitation to all Francophone colleagues who wish to come this way for a visit. A tous les collegues francophones, qui songeriez a une visite du cote de l'Ouest canadien, et plus specialement la region de Vancouver-Victoria, je vous invite a me contracter. Je me ferai un plaisir d'etre votre hotesse. A bientot.

Louise Morin, 123 - 964 Heywood Ave., Victoria, BC, V8V 2Y5, Canada, 604-380-9052.

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## THANK YOU JOAN!

**O**ur sincere appreciation to TRAGER Practitioner Joan Martin of Akron, Ohio, for her generous donation of \$500. to The Trager Institute.

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