

TRAGER[®] NEWSLETTER

Summer, 1991

VOLUME X, NO. 2

TRAGER Around the World

More than 37% of the members of The Trager Institute live in countries other than the United States. This special edition of The TRAGER Newsletter is dedicated to those members.

Announcing the Sixth International TRAGER Conference, San Diego, California, September, 1992!
See page 17.

TRAGER in aller Welt

Mehr als 37% der Mitglieder des Trager Instituts leben ausserhalb der USA. Diese spezielle Ausgabe des Trager Newsletters ist all diesen Mitgliedern gewidmet.

Ankündigung der sechsten Internationalen Trager-Konferenz, San Diego, Californien, im September 1992!
Siehe Seite 17.

Le TRAGER dans le Monde

Plus que 37% des membres de l'institut Trager se trouvent en dehors des Etats Unis. Cette edition speciale du bulletin TRAGER est dedie a ces membres.

Announce pour la sixieme conference internationale TRAGER qui se tiendra a San Diego, California en Septembre 1992!
Voir page 17.

Il TRAGER nel Mondo

Piu' del 37% dei soci dell'istituto Trager non vivono negli State Uniti. Questa edizione speciale del bollettino TRAGER e' deicata a questi soci.

Annuncio della sesta conferenza internazionale TRAGER che si svolgera' a San Diego, California, nel mese di Settembre 1992!
Vedi pagina 17.

MOVING TOWARDS COOPERATION • SEE PAGE 23

TRAGER[®] AROUND THE WORLD

TRAGER Europe

Esther Perin

It all started about one year ago at the First European TRAGER Forum in Noirmoutier.

Planned was a two hour Symposium about TRAGER Europe. The rest of the three days, different workshops, an opening and closure ceremony and of course evening events were scheduled. At the Symposium, each country presented itself, how many Practitioners and students they have, what activities are taking place and what the needs and problems are. Listening to one country after the other, it became more and more obvious that certain topics are equal for all Europe.

Thanks to the flexibility of the organizers of the Forum, Maurice Hirsch, Bernard Baousson and Fabienne Hirsch, as well as the understanding of the Workshop leaders, the program could be changed and more time was given to continue the Symposium about TRAGER Europe. It resulted in the election of a representative by each country with the task to meet regularly to discuss European topics and to set to force the Vision of TRAGER Europe shown in the scheme hereafter (Fig. 1).

Since Noirmoutier, the European TRAGER Representatives (E.T. Reps) met twice. It is exciting and instructive to share TRAGER Information across the borders. For the time being the main task of the E.T. Reps. is to act as communication channels between the different European countries as well as between America and Europe. We thank Don that he has given a whole section of this Newsletter to Europe to inform our TRAGER Friends worldwide about Europe's activities. For Europe, the first step to take is to build up the national groups, to empower TRAGER in the countries and to check the legal background as well as the status of TRAGER Practitioners.

The next E.T. Rep-Meeting will take place on Monday, August 26, 1991, in Zurich. Since the weekend before a European Peer Meeting for the Tutors is going to be held in Zurich, we invite all the Tutors to come to our meeting and share with us their longtime experience and their ideas for TRAGER Europe. (Info: Esther Perin, Tel. 41/1/361 07 86)

TRAGER Europa

Traduction: Esther Perin

Alles begann vor etwa einem Jahr in Noirmoutier, am ersten Europäischen TRAGER Forum.

Geplant war ein zweistündiges Symposium über TRAGER Europa. In der übrigen Zeit der drei Tage waren Workshops, eine Eröffnungs- und Schlussfeier und natürlich Abendunterhaltungen angesagt. Während des Symposiums stellte sich jedes Land vor, berichtete darüber, wieviele Studenten und Praktikerinnen sie haben, welche Aktivitäten stattfinden und was ihre Bedürfnisse und Probleme sind. Und während wir so einem Bericht nach dem anderen lauschten, wurde immer klarer, dass es gewisse Themen gibt, die für ganz Europa anstehen. Dank der Flexibilität der Organisatoren des Forums, Maurice Hirsch, Bernard Baousson und Fabienne Hirsch, sowie dem Verständnis der Kursleiter konnte das Forumsprogramm umgestaltet und das Symposium TRAGER Europa fortgesetzt werden. Dies resultierte darin, dass jedes Land einen Vertreter wählte, die die Aufgabe haben, sich regelmässig zu treffen, um europäische Themen zu besprechen und die Vision von TRAGER Europa, wie im Schema (Fig. 1) dargestellt, zu verwirklichen.

Seit Noirmoutier haben sich die Vertreter/innen (E.T. Reps) zweimal getroffen. Es ist aufregend und lehrreich, TRAGER-Infos über die Grenzen auszutauschen. Zur Zeit agieren wir hauptsächlich als Informationskanäle unter den europäischen Ländern sowie zwischen Amerika und Europa. Wir danken Don, dass er uns in diesem Newsletter eine ganze Sektion einräumt, um unsere TRAGER-Freunde weltweit über die Aktivitäten in Europa zu orientieren. Vorerst geht es in Europa darum, die nationalen Gruppen aufzubauen, um TRAGER in den Ländern Kraft zu verleihen, und den rechtlichen Hintergrund sowie den Status der TRAGER Praktiker/Innen in den Ländern zu prüfen.

Das nächste Treffen findet am Montag, den 26. August 1991, in Zürich statt. Da am vorgehenden Wochenende das Regionaltreffen der Europäischen Tutoren stattfindet, laden wir alle Tutoren und Tutorinnen zu unserem Treffen ein, um mit uns ihre langjährigen Erfahrungen und ihre Ideen für TRAGER Europa zu teilen. (Info: Esther Perin, Tel. 41/1/361 07 86)

TRAGER Europe

Traduction: Maurice Hirsch

Tout a commencé il y a un an au Premier Forum Européen à Noirmoutier. Un Symposium de deux heures sur l'Europe était prévu. Le reste des trois jours il y avait au programme différents ateliers, les cérémonies d'ouverture et de clôture et bien sur des soirées de divertissements. Au cours du Symposium, chaque pays se présentait: nombre de praticiens et d'étudiants, activités en cours, besoins et problèmes de chacun. A écouter les pays les uns après les autres, il devenait de plus en plus évident que certains des sujets étaient les mêmes pour tous les Européens. Grâce à la souplesse des organisateurs du Forum, Maurice Hirsch, Bernard Baousson et Fabienne Hirsch, aussi bien qu'à la compréhension des animateurs d'Ateliers, le programme put être modifié et plus de temps libéré pour continuer le Symposium "TRAGER Europe". Cela aboutit à l'élection d'un représentant par chaque pays dont la fonction est de se réunir régulièrement pour discuter de sujets Européens et pour donner corps au Projet du TRAGER Europe que montre le schéma (Fig. 1).

Depuis Noirmoutier les Représentants TRAGER Européens (E.T. Reps) se sont rencontrés deux fois. Ce fut à la fois excitant et instructif de partager des informations TRAGER par delà les frontières.

Actuellement le rôle principal des E.T. Reps est d'agir comme moyen de communication entre les différents pays Européens aussi bien qu'entre l'Amérique et l'Europe. Nous remercions Don de nous avoir réservé un chapitre entier de cette Lettre pour que nous puissions informer nos amis TRAGERistes de par le monde des activités Européennes. Pour l'Europe la première étape sera de construire les groupes nationaux, de renforcer TRAGER dans chaque pays et de préciser les conditions légales aussi bien que le statut des praticiens TRAGER.

La prochaine rencontre des délégués Européens aura lieu le Lundi 26 Août 91 à Zurich. Comme le week-end se sera tenu à Zurich une Rencontre des Tuteurs Européens, nous invitons tous les Tuteurs qui le désirent à assister à notre rencontre et à partager leur expérience et leur Projet pour le TRAGER en Europe. (Information: Esther Perin, Tel. 41/1/361 07 86)

TRAGER Europe

Traduzione: G. Pollicino

Tutto e' cominciato circa un anno fa al Primo TRAGER Forum Europeo a Noirmoutier. In programma c'era un Simposio di due ore e negli altri tre giorni vi erano diversi workshops, cerimonie di apertura e chiusura e, naturalmente, eventi serali. Al Simposio ogni Paese si e' presentato: quanti Practitioners e Studenti vi sono, che genere di attivita' vi si svolgono, quali sono i propri bisogni e problemi. Ascoltando un Paese dopo l'altro e' divenuto sempre piu' chiaro che ci sono alcuni argomenti uguali per tutta l'Europa. Grazie alla flessibilita' degli organizzatori del Forum, Maurice e Fabienne Hirsch e Bernard Bausson e alla comprensione di vari Istruttori e' stato possibile cambiare il programma, dando cosi' piu' tempo per continuare il Simposio sul TRAGER Europa. Il risultato e' stato l'elezione di Rappresentanti per ogni Paese, con il compito di riunirsi regolarmente per discutere questioni riguardanti l'Europa e per instaurare la visione del TRAGER Europa come mostrato nello schema (Fig. 1).

Da Noirmoutier i Rappresentanti del TRAGER Europa (E.T.Reps) si sono gia' riuniti due volte. E' stato appassionante ed istruttivo scambiare informazioni riguardo al TRAGER da una frontiera all'altra. Per il momento lo scopo principale degli E.T.Reps e' di agire come canali di comunicazione tra i vari Paesi Europei e tra USA ed Europa.

Ringraziamo Don, che ha riservato una intera sezione di questo news-letter all'Europa, per informare i nostri Amici TRAGER nel mondo riguardo alle attivita' europee. Per l'Europa il primo passo da fare e' di costituire gruppi nazionali,

promuovere la diffusione del TRAGER nelle varie nazioni e verificarne la sua posizione legale. La prossima riunione degli E.T. Reps si terra' lunedì 26 Agosto '91 a Zurigo. Poiche' nel week-end precedente si svolgera', sempre a Zurigo, una riunione di Tutors, invitiamo tutti i Tutors al nostro incontro, per condividere la loro esperienza ed il loro punto di vista riguardo il TRAGER Europa. (Per informazioni: Esther Perin, Tel. 0041/1/361 07 86)

TRAGER Italia

Giampiero Pollicino, rappresentante Italiano

"Un viaggio di 10.000 miglia inizia col muovere un piede d'un passo."

Siamo un gruppo TRAGER di circa 25 persone. Lentamente sono maturati in noi il desiderio e la necessita' di costituirci in un'Associazione, sia per motivi di organizzazione (cominciamo a essere in tanti!), sia per avere un riconoscimento ufficiale alla pratica professionale del TRAGER. Il tutto e' nato pian piano e si sta sviluppando naturalmente, sostenuto e alimentato dall'energia ed abilita' dei membri della nostra comunita' TRAGER. C'e' voluto del tempo: in fondo, a chi va di andarsi a impegnare in faccende burocratiche e legali, con avvocati ecc.? D'altra parte, l'aver un riconoscimento ufficiale e' un modo adulto di rapportarsi alla societa' in cui viviamo e fornisce una struttura in cui muoverci senza perdere i nostri confini. Se vogliamo, questo e' una specie di grounding con cui poter esercitare una modalita' che nella pratica e'

essenzialmente senza forma. Entusiasmo, gioia e voglia di essere insieme hanno permeato e permeano i nostri corsi e incontri.

Il senso di avere amici ed essere tra amici e' lo spirito con cui ci salutiamo quando ci incontriamo. Ma, come in tutte le famiglie, non mancano certo i problemi: ognuno di noi viene da esperienze diverse, ha avuto una sua storia con cui da' l'interpretazione personale alla vita e ai suoi valori; ciò nonostante siamo tutti una cosa sola e il TRAGER ci fornisce uno spazio dove poterci guardare allo specchio, confrontarci con gli altri e, per chi vuole, poter crescere.

Certamente la vita non e' senza problemi e difficolta', ma cosa possiamo fare di queste? Le subiamo e ci lasciamo sommergere ripetendo i nostri schemi comportamentali o le fronteggiamo e le usiamo come strumenti per crescere, come una sfida che ci fornisce nuove possibilita' di essere?... Mmm... come potrebbe essere...? ...Cos'e' piu' libero...? ...Come potrebbe essere piu' semplice...?

E il TRAGER con il suo approccio gentile e la sua ricerca della piacevolezza, della leggerezza e dell'essere presenti e' certamente un buon modo per crescere e crescere insieme.

A tutti i TRAGERisti del mondo CIAO

TRAGER Italia

Giampiero Pollicino (Italian Representative)

"A journey of 10,000 miles begins with one step."

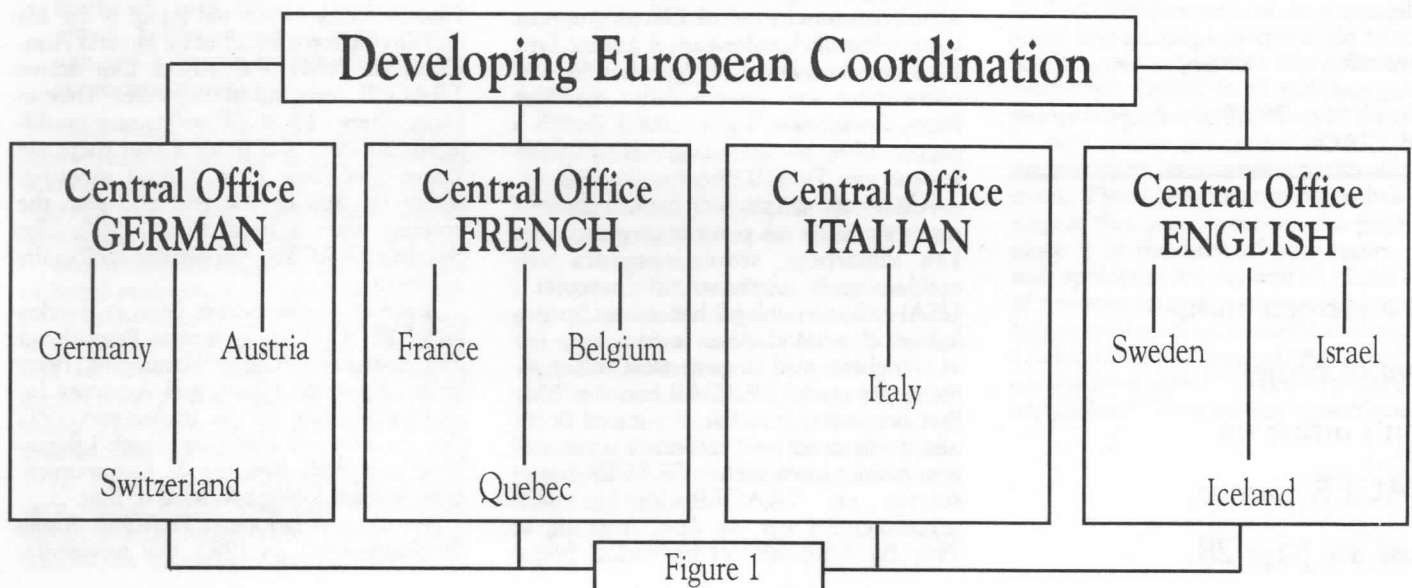


Figure 1

We are a TRAGER group of about 25 people and slowly the wish and necessity of forming an Association has matured in us to satisfy internal organization needs, related to our increasing number, and to obtain an official recognition, allowing us to work publicly.

All this has developed gradually, as it is still developing, sustained and nurtured by the energy and skills of the members of our TRAGER community. All this has required time: after all, who likes to mess around with bureaucracy, laws, lawyers etc.? On the other hand, to have an official recognition is a grown up way to relate to the society where we live, and it gives a structure in which to move without losing our boundaries. If we like, it is a sort of grounding that allows us to practice a modality that in its essence is without form.

Enthusiasm, joy and desire to be together has distinguished and distinguishes our courses and meetings. The feeling to have friends and being amongst friends is the spirit with which we greet each other when we meet. But, as in all families, we are not without problems: each of us comes from different experiences, has his own history producing a personal interpretation of life and its values. Never the less, we are all one and The TRAGER Approach provides us a space where we can look at ourselves in a mirror, compare ourselves with the others and, for those who want, grow inside.

Life is certainly not scarce of problems and difficulties, but what are we going to do with them? Are we submitting and letting ourselves be submerged by them, repeating our behaviour patterns, or are we facing them as tools to grow, as a challenge which provides us new opportunities? ...Mmm...how could it be...? ...What could be freer...? ...How could it be simpler...?

And The TRAGER Approach with its gentle way and its characteristic of research of pleasuriness, lightness and being present offers us a nice way of growing and growing together.

To all the TRAGER People in the world, CIAO!

For a Hebrew translation of Esther

Perin's article on

TRAGER Europe,

please see page 28.

Development of TRAGER in Sweden

Ulla Mortensen

De första TRAGER-kurserna i Europa med Milton Trager ägde rum i Sverige, Stockholm och i Frankrike, Paris året 1979.

Efter 12 års verksamhet, som innefattar ca 2 kurser/år (Beginnings, Intermediates och practitioner I, Alt day, Anatomi, Motion & Emotion), är vi nu en grupp TRAGERister på ca 50 personer. Därav är 20 practitioner.

Det finns 1 Introductory Workshop Leader, 3 Tutors, 1 MENTASTICS Leader, 2 Supervised Practice Leaders. Av de ursprungliga finns en grupp som utgör den livgivande drivkraften för oss alla; Jan och Ann-Charlotte Fogel med flera.

Det finns en aktiv TRAGER-förening, som anordnar tema-dagar, där olika TRAGERister föreläser i olika ämnen. Styrelsen sammanträder 4-5 gånger om året. Sedan året 1990 är TRAGER-föreningen officiellt registrerad.

De instruktörer som varit i Sverige är Rich Caldera, Cathy Hammond, Betty Fuller, Fabienne Hirsch och Anatomiinstruktör Maurice Hirsch. Hösten 91 kommer Gail Stewart att undervisa Beginning och Body-reading and Communication.

Vid det första Europeiska TRAGER-Forum vid Noirmoutier i Frankrike 1990 valdes en representant från varje land på ett års mandat, som skall vara ett språkrör för det egna landet i Europa-gruppen. För Sverige valdes Ulla Mortensen. Medlemmarna i Svenska TRAGER-föreningen hjälps åt att finansiera representantens resor till Europa-gruppens möten. Hittills har det varit 2 möten. Ett i Paris och ett i Zürich 1990 och 1991. Vid nästa möte som sammanfaller med det första Europeiska Tutor-möte i Zürich i augusti 1991, blir en viktig diskussion om vår roll som TRAGERist. (profilering).

Under det gångna året har det upplevts mycket positivt att vi nu är en grupp, som kan samarbeta, stötta varandra och etablera goda relationer till Institutet i USA, vilket vi ibland har saknat, p g a kultur och avstånd. Även inom Sverige har vi svårigheter med långa avstånd, vilket gör att det för en del TRAGAR kan vara både dyrt och svårt att träffas. För att nå ut till alla medlemmar med information om vad som händer inom svensk TRAGER har vi startat en TRAGER-tidning, som utkommer 3-4 ggr om året. Ansvarig är Prac Bo Ahlinder. Vi har också börjat

etablera ett arkiv med TRAGER-artiklar, personliga prospekt och visitkort. Tanken är att arkivet skall verka för hela Europa; om någon behöver en artikel eller fallbeskrivning eller liknande om ett visst ämne eller idé kan man vända sig till Ulla Mortensen. TRAGERister från andra sidan Atlanten är välkomna att höra av sig. DET ÄR VIKTIGT ATT VI ALLA HJALPS ÅT ATT BYGGA UPP ARKIVET, JAT VÄDJAR DÄRFÖR TILL ALLA ATT SKICKA ALLT NI HAR OM TRAGER FRÅN VARJE LAND OCH DISTRIKT TILL UNDERTECKNAD. HÄLSNINGAR FRÅN SVERIGE Ulla Mortensen, Skedgatan 2, 941 34 Pitea, Sweden, Phone: 0911-174 20.

Development of TRAGER in Sweden

Ulla Mortensen

The first TRAGER-courses in Europe with Dr. Milton Trager took place in Sweden, Stockholm and in Paris, France in 1979.

After 12 years of TRAGER-development and that includes about 2 workshops/year (Beginnings, Intermediates, Prac I, TRAGER Alternatives, Anatomy, Motion & Emotion) we are now a group of "TRAGERists" of about 50 people. 20 of those are practitioners. There are one Introductory Workshop Leader, 3 Tutors, one MENTASTICS Leader and 2 Supervised Practice Leaders. An old group is the life and driving force for all of us; Jan and Ann-Charlotte Fogel and others. Our active TRAGER association organizes Theme-Days, where "TRAGERists" lecture on different subjects. 4-5 times a year there are Board meetings. One annual meeting, where we sum up the past and plan the coming year, is held. Since 1990, The Swedish TRAGER Association is officially registered.

Instructors which have been in Sweden are: Rich Caldera [a former Practitioner and Instructor], Cathy Hammond, Betty Fuller, Fabienne Hirsch and Anatomy Instructor Maurice Hirsch. In Autumn, 1991, Gail Stewart will come and teach 1 Beginning and Body-Reading & Communication. We are looking forward to that.

At the first European TRAGER Forum in Noirmoutier, in 1990, one representa-

tive from each country was elected on a yearly basis to be a channel of communication from their own country to the European group. For Sweden, Ulla Mortensen was elected. Members of The Swedish TRAGER Association help with money for the travelling that the representative has to do. So far we have had 2 meetings taken place in Paris and Zurich in 1990 and 1991. Next meeting will be in Zurich in connection with the first European Tutor conference/meeting in August 1991. There will be an important discussion about our role as TRAGERists (our profile).

During the past year we have had a very positive experience that we now are a group that can support and stimulate each other to establish good relations with The Trager Institute, which we sometimes have missed, because of culture and long distance. Even in Sweden we have difficulties with long distances, because Sweden is a very long country. To reach all the Swedish members with information a small newspaper is created called TRAGER-Paper, 3 - 4 times a year. The Practitioner responsible for this is Bo Ahlander.

We have now established an archive with TRAGER articles, personal documentations, case-reports and business cards etc. The idea is that the archive is available to the whole of Europe. In case that someone needs an article or a specific subject or an idea, she/he can turn to Ulla Mortensen. TRAGERists from the other side of the Atlantic are also very welcome to participate. IT IS VERY IMPORTANT THAT WE ALL HELP EACH OTHER TO BUILD THIS ARCHIVE: PLEASE DO SEND EVERYTHING YOU HAVE CONCERNING TRAGER FROM EACH COUNTRY AND DISTRICT TO SIGNED HEREBY LIGHT AND HAPPY GREETINGS FROM SWEDEN. Ulla Mortensen, Skedgatan 2, 941 34 Pitea, Sweden, Phone: 09-11-174-20.

TRAGER en Suisse Romande

Denise Vuistiner et Elisabeth Ormyron

Dans le but de relancer l'intérêt pour le TRAGER, après une période de "sommeil" dans notre région, nous avons fait une présentation verbale et manuelle de l'Approche TRAGER lors du congrès international "l'Art du Toucher" à Genève, ou quatorze techniques ont été présentées

pendant trois jours, du massage des bébés au toucher thérapeutique en accompagnant les mourants; en passant par le massage ayurvédique, le TRAGER, le drainage lymphatique, le reiki et d'autres. Les participants ont dû choisir entre la réflexologie holistique de Grinberg et le TRAGER ce matin-là: vingt-six ont choisi le TRAGER, dont la plupart étaient des professionnels de la santé -un défi intéressant pour nous.

Nous avons pris comme projet de base le schéma proposé par Maryann Zimmermann et Sara Michael Davidson à la Conférence de Santa Rosa -merci à vous deux, il est toujours valable! La présentation s'est déroulée comme une séance de TRAGER en fait: nous avons un plan en tête, tout en étant ouvertes aux changements selon la "réponse". La salle était petite, et nous avons fait des mentastics deux par deux, ce qui a permis aux participants qui voulaient savoir en quoi le TRAGER était différent des autres techniques, d'expérimenter cette différence lorsque le partenaire "praticien" s'est mis en hook-up alors qu'il touchait déjà son "client". Vu la variété de nationalités et de professions représentées, le langage était un défi - dit-on gluteus ou fessier - et les questions et autres interventions nous intéressés, montrant bien un souci pour l'être humain dans sa totalité.

Tous les participants ont pris et lu la traduction du résumé de l'article de Deane Juhan sur le TRAGER, et beaucoup ont demandé des renseignements plus spécifiques. Nous avons besoins d'articles écrits par des praticiens "officiellement reconnus"! S'il y avait relativement peu d'intérêt immédiat pour la formation, il y en avait pour des séances, et nous espérons leur donner le virus. Les participants étaient ouverts et enthousiastes, disant qu'ils avaient beaucoup appris et que le temps avait passé trop vite - ceci nous a paru bon signe, et nous verrons comment gérer cet aspect la prochaine fois. Nous avons passé une excellente matinée, nous étions bien amusées, et nous nous réjouissons d'une nouvelle occasion de vivre une telle expérience.



TRAGER in French Speaking Switzerland

Denise Vuistiner and Elisabeth Ormyron

With the idea of stimulating interest in The TRAGER Approach, after a fallow period in our area, we gave a verbal and hands-on presentation of the work at the international "Art of Touching" Congress in Geneva, last weekend. Fourteen different techniques were shown at the three-day forum, from massage of babies to therapeutic touching while accompanying the dying, with Ayurvedic massage, TRAGER, lymphatic drainage, reiki and others. Participants had to choose between Grinberg's holistic reflexology and TRAGER on Saturday morning. Twenty-six chose TRAGER, most of them practising health professionals, which was interesting and challenging for us.

Our basic outline was the plan given by Maryann Zimmermann and Sara Michael Davidson at the Santa Rosa Conference - thanks again to you two, it still works well. Our presentation was like a TRAGER session in fact. We had our plan in mind and were open to changing, according to the response from our partners. The room was small and we did MENTASTICS two by two. The participants appreciated the opportunity to interact with each other and as they wanted to know "what is different about TRAGER" they found one answer as the "practitioner" partner went into Hook-up after they had made physical contact. We had fun with language because of the different nationalities and professional backgrounds - biceps femoris, hamstring, thigh muscle -and the questions and experience-sharing were interesting and showed real concern for human beings in their totality.

All the participants took and read a translation summary of Deane Juhan's article on TRAGER, and many wanted more specific information. We need more articles from "officially recognized" professionals doing TRAGER. While there was little immediate interest in TRAGER Training, there was a lot for sessions, and we hope to give them the measles! The participants were enthusiastic and open, said they had learned a lot, and that time had seemed too short. That sounded like a good sign, and we have several ways of dealing with it for next time. We spent a great morning having fun, and look forward to the next time!

Le TRAGER en Belgique

Madeleine Timmermans

Nous sommes actuellement sept praticien(nes) dont un tuteur et un I.W.L. et onze étudiants avancés et débutants en Belgique répartis essentiellement en Wallonie. Nous formons une association de fait de type convivial quant à son fonctionnement. La Belgique est un petit pays ce qui facilite les échanges autant pratiques que informatiques.

Nous avons établis un système de réunions dites "plénières" et des sous-groupes; les réunions plénières ont lieu 4 fois par an pour y parler ensemble de l'évolution du TRAGER aux niveaux individuel, national, et international ainsi que de la planification des activités et de questions administratives. Les sous-groupes actuellement aux nombres de trois étudient l'un la structure du TRAGER en Belgique, l'autre les rapports avec l'Europe et l'Institut et le troisième réfléchit sur les possibilités d'échanges entre la province du Québec et la région Wallonie-Bruxelles dans le domaine du TRAGER. Nous clôturons l'année par une journée "espace-rencontre-partage" où dans un "happening" plaisant nous faisons un bilan de l'année écoulée et nous montons les projet de l'année à venir.

Nous restons vigilants à la continuité de la formation des Tragéristes d'une part et à la diffusion du TRAGER au grand public d'autre part. C'est ainsi que des révisions sont programmées régulièrement et que des tuteurs ou instructeurs étrangers sont invités pour donner soit des séances individuelles ou tutorats ou alors animer une ou plusieurs journées autogérées par le groupe. D'autre part notre tuteur national supervise avec sérieux et bonne humeur la "troupe" Belge et la jeune I.W.L. timidement se lance dans l'animation et l'information au public aidée et soutenue par ses collègues. Nous comptons également dans nos rang une archiviste qui collecte tous les écrits belges, une trésorière et un petit trio qui représente la Belgique au "conseil Européen du TRAGER".

Nous souhaitons continuer notre entreprise et nous encourager mutuellement dans notre évolution personnelle pour la qualité du TRAGER dans le mouvement Belge. Nous souhaitons persévérer dans la diffusion du TRAGER dans d'autres milieux professionnels; médicaux, enseignement, enfants, prisons, handicapés, etc.....

TRAGER in Belgium

Madeleine Timmermans

At the present time in Belgium, there are seven TRAGER Practitioners, one of which is a Tutor, one an Introductory Workshop Leader, and 11 Beginning and Intermediate Students. They mostly reside in the region of Wallonia, and are assembled in a form of free association. Since Belgium is a small country, information exchange is easy--philosophically as well as practically.

We have established a system of "plenary" assemblies and sub-groups. The plenary assemblies meet 4 times yearly for discussions of the evolution of The TRAGER Approach at an individual, national, and international level, as well as for planning activities and discussing administrative matters.

There are three groups at the moment: The first studies the TRAGER structure in Belgium, the second the relationship with other European countries and with the Institute, the third concerns itself with the possibility of exchanges between the province of Quebec and the Wallonie-Bruxelles region.

We close the year with a day of "space-meeting-sharing". During this day we assess the past year, and make plans for the year to come. We are constantly attentive to the formation of new TRAGER Practitioners as well as to the spreading of The TRAGER Approach among the general public. For that purpose we regularly program reviews and invite foreign Tutors and Instructors to give individual sessions as well as tutorials, or to facilitate one or more one-day workshops organized by the group.

Our national Tutor supervises with competence and good humor the Belgium "troupe", and the young Introductory Workshop Leader is slowly starting to test her wings, with the help of her colleagues, in the fields of information to the general public, and the facilitation of groups.

Our group also avails itself of an archivist who collects all Belgian written materials, a treasurer, and a threesome that represents Belgium at the "European TRAGER counsel". We hope to continue our work, and to encourage each other mutually in our personal evolution to improve the quality of TRAGER in Belgium.

We wish to persevere in the spreading of The TRAGER Approach in other professional milieus such as medical, teaching, children, prisons, handicapped people, etc.

TRAGER and Our New D.A.CH.-structure

Torsten Städler

D.A.CH. stands for our 3 countries: "D" for Deutschland (Germany)--"A" for Austria, and "CH" for SCHweiz (Switzerland) and it stands for the merging of our energy in a common structure as well. In Noirmoutier, at the European TRAGER conference (see Esther Perins article) a vision came into being, which inspired many of us to strive for a closer cooperation of our 3 German-speaking countries, with the goal to be able to gather our energies for the development of TRAGER in ourselves, our countries and Europe. In the future we want to be able to create such beautiful experiences, as we had in Noirmoutier thanks to the loving engagement of the French organizers.

The conference was followed by 2 meetings in Zurich, which helped clarifying our vision: what are the concrete tasks and what are the structures necessary to fulfill that tasks?

In answering these questions most of us wanted improvement of information exchange, more possibilities for the sharing of experiences and support in promoting and building a practise: in short: more possibilities and support. It became clear, that a central office should be created fast, as first step of structure, because the personal meetings and continuity of the work depended so much on the spending of time and money of all participants. This step was also supported in a poll by 80 of our members with hardly any disagreement.

As the main task of the office was the intensifying of communication within our countries, the first step was putting together a German "newsletter", in which each of us could communicate and "listen" without a "language barrier". Members of special work committees like our new European TRAGER Representatives (E.T. Rep) now have a means to share the fruit of their work--and fast if necessary--as well as a means to initiate discussions and invite meetings, to give everybody the possibility the take part in the creation of TRAGER-Europe and D.A.CH.

Through our newsletter each of us has space to share, to question, to criticize, to present and promote his or her own "projects", to come up with jokes (this is not so easy yet), or just to practise in public "what could be lighter ..?"

It's function and most of all its *Liveliness* depends on how many will appreciate this

possibility and how many will "share". I imagine that our project will give us a chance to further "grow" as persons and professionals, to share what TRAGER creates in our life and to let go of "borders" in our minds.

A group of volunteers will help to translate important articles out of THIS [the English] newsletter as well as from the French one, so that our language-bound members can follow the general communication. TRAGER is digested also via language, and as important as it is for the tablework to forget about technique, it is important to be able to effortlessly follow the flow of speech--without constantly using the dictionary. I hope very much, we will also be able to translate something out of our newsletter for this one, to give you a taste of our part of the pie (sorry: world).

Regarding translations we started cooperation with The Trager Institute's administrative office. The goal is to have "better, faster and cheaper" translations--good news, isn't it! No American finger had to "try hard" on the keyboards of the computer or search it for non-existing special characters of the German language for all of these D.A.CH.-articles (I hope so!). [He's right! DS].

Something important: the task of communication with the other countries and most of all with The Trager Institute remains with our European Representatives and, of course, with the sponsors. I will closely work together with these and pass information to whom it may concern, if its important enough. Our office has nothing to do with the formation of Students or organization of trainings, these tasks remain with the sponsors and the Institute. However, there will be a common schedule of TRAGER relevant dates.

A further task seems to be support and organization of promotional activities. This happened through cooperation with the publishers of the translated MENTASTICS book, and recently with a 'group advertisement' in the Journal "Esotera", which featured an article on TRAGER in July (thanks to Monika Ammann-Sutter).

All this is facilitated through the use of a computer. As I had one and was able to use it well enough, I agreed to establish the office and the newspaper for 1991. Final words: of course all this costs some money, which is raised by some for many. When our model-year comes to its end, we'll have to think about the way our D.A.CH.-project will continue and how we will finance it. I hope that till then enough of us will appreciate our creation. I believe: already it "eased" our work and created possibilities.

(PS: Foreign members interested to receive the D.A.CH.-newsletter (2-3 times a year) should send a note and 10,-US\$ or 20,-DM to my address: Brandlberstr. 18, D-8213 Aschau-Innerwald, Germany)

TRAGER und die neue D.A.CH.-Organisation

Torsten Städler

Ich fasse im folgenden vor allem für unsere nicht deutsch-sprechenden TRAGER-Freunde in aller Welt zusammen, was es mit dem D.A.CH.-Projekt auf sich hat. Teile davon konntet ihr schon in unserer ersten Zeitung lesen.

D.A.CH. steht für unsere drei Länder Deutschland, Austria und die SCHweiz und es steht für die Zusammenfassung unserer Energien in einer gemeinsamen Struktur. In Noirmoutier bei der Europakonferenz (siehe Bericht Esther) entstand die "Vision", die viele "angesteckt" hatte, nämlich einer engeren Zusammenarbeit der 3 deutschsprachigen Länder mit dem Ziel, unsere "Energien" für die Entwicklung von TRAGER in uns und unseren Ländern zusammenzufassen, um z.B. auch einmal fähig zu sein, so schöne Ereignisse wie das von Noirmoutier kreieren zu können, wozu auf Seiten der Franzosen sicher viel persönliches Engagement und Liebe zur TRAGER-Arbeit erforderlich war.

Es folgten zwei Treffen in der Schweiz, die dazu dienten, der "Vision" Gestalt zu geben: was sind die konkreten Aufgaben und was sind die Strukturen, die nötig sind, um diese Aufgaben erfüllen zu können?

Die meisten wünschten sich eine Verbesserung des Informationsaustausches, mehr Möglichkeiten, um Erfahrungen austauschen zu können, gemeinsame Projekte zum Marketing, kurz: mehr Möglichkeiten, mehr Unterstützung. Klar wurde, daß schnell ein zentrales Büro als Struktur geschaffen werden sollte, da die persönlichen Treffen nur durch ein starkes zeitliches und finanzielles Engagement der Beteiligten möglich waren. Dies wurde in einer Umfrage von 80 Mitgliedern gewünscht oder befürwortet.

Da die Hauptaufgabe des Büros in der Intensivierung der Kommunikation innerhalb unsere Länder liegt, war die erste Aufgabe die Herausgabe eine deutschsprachigen Zeitung, in der sich jeder ohne "Sprachbarriere" mitteilen und die Beiträge der anderen verstehen kann. Die Mitglieder von Arbeitsgruppen oder Gremien, wie die Europa-Repräsentanten haben ein Medium, die Ergebnisse ihrer Arbeit mitzuteilen und zur Diskussion zu stellen, so daß jeder mitgestalten kann an TRAGER-Europa und D.A.CH.

Jede(r) TRAGERer/-in hat in der Zeitung die Möglichkeit sich mitzuteilen,

Fragen zu stellen, Kritik zu äußern, eigene Projekte vorzustellen oder für solche zu werben, Witze loszuwerden und "öffentlich" zu üben, "was ist leichter?". Ihre Funktionsfähigkeit und vor allem ihre Lebendigkeit ist davon abhängig, wieviele von uns diese Möglichkeit wertschätzen werden, und wieviele von uns tatsächlich mitteilensam sind. Ich meine. daß unser "Projekt" uns eine Möglichkeit gibt, miteinander als Menschen und Professionelle zu "wachsen", zu teilen, was "TRAGER" in uns passieren läßt und Landesgrenzen nicht für den Suppenrand zu halten.

Wichtige Beiträge in diesem Newsletter oder dem französischen werden jetzt von einer Gruppe "Freiwilliger" übersetzt, so daß auch fremdsprachunkundige mehr am Austausch teilhaben können. TRAGER zu verstehen geschieht auch durch Sprache und ebenso wie es bei der Tischarbeit hilft, wenn man nicht ständig über die Technik nachdenkt, ist es wichtig, dem Sprachfluß ohne Anstrengung folgen zu können.

Thema Übersetzung: auch hier hat eine Zusammenarbeit mit dem Trager-Institut begonnen, die letztlich zum Ziel hat, daß die Übersetzungen besser, schneller und billiger werden - wenn das keine gute Nachricht ist! Für diese Berichte brauchte sich erstmals kein amerikanischer Finger auf den Tasten zu schinden oder z.B. nicht vorhandene Sonderzeichen auf der Tastatur suchen.

Noch etwas Wichtiges - für die Kommunikation mit den anderen Ländern und vor allem dem Institut sind vor allem die Europavertreter unserer Länder und die Sponsoren zuständig. Mit diesen versuche ich eng zusammenzuarbeiten, und Informationen an alle oder diejenigen, die es betrifft, weiterzugeben - wenn es wichtig ist. Das Büro hat nichts zu tun mit der Ausbildung von Studenten oder Organisation von Kursen, auch wenn es einen gemeinsamen Terminüberblick gibt. Dies ist und bleibt Aufgabe der Sponsoren und des Institutes.

Eine weitere Aufgabe beginnt sich abzuzeichnen in der Unterstützung und Organisation von Werbemaßnahmen, wie z.B. geschehen bei der Zusammenarbeit mit dem Verlag, der das MENTASTICS-Buch herausgebracht hat, und bei der "Gemeinschaftsanzeige" in der überregionalen Zeitschrift "Esotera"

All dies wird erleichtert durch den Einsatz eines Computers. Und da ich einen hatte und damit umgehen konnte, habe ich mich für 1991 bereit erklärt, dieses Büro und die Zeitung auf die Beine zu stellen.

Als Ausblick noch folgendes: Natürlich kostet das alles auch einiges Geld, was bislang noch von wenigen für viele finanziert wird. Wenn unser Modelljahr zu Ende geht, wird darüber nachgedacht, wie

und in welcher Form dieses Büro fortgeführt werden wird, und wie wir es finanzieren. Ich hoffe, daß bis dahin genug von uns diese "Neuschöpfung" erhaltenswert finden. Ich meine, daß sie unsere Arbeit "erleichtert" und neue Möglichkeiten eröffnet hat.

TRAGER in Austria

Mirianne Schimann

It was in 1983 when I first read about the TRAGER method in a Swiss Journal. Staying for some months in the US in 1984 I took the opportunity to make my beginning Training with Cathy Guadagno-Hammond in San Diego, where I got to know Monika Ammann-Sutter, the Swiss Sponsor, who was assisting the course. Years in Austria followed where I was not doing much with TRAGER and almost lost contact. In Vienna there were no other TRAGER people and no trainings were organized. Switzerland was my nearest possibility and, therefore, I contacted Monika again, attended Intermediate classes and became practitioner in 1988.

In 1989, Monika got "hungry" for Austria and we began to spread TRAGER in Austria together at first. In June, 1989, Monika came to Vienna, with her husband and the baby and gave the first Introductory workshop in Austria. Already in September, a second one took place with Antonia Fäh as leader. Some weeks later Fabienne Hirsch came to Vienna, to give the first Beginning training: it was a beautiful and very intensive one with 10 Students: 8 Students from Vienna, one from Italy and one from Germany. Assistants from Switzerland, Germany, Austria and France enriched the course. I take the opportunity to mention that our courses need to be well translated to really transmit the feeling of the Instructors.

Until now I organized an Intermediate Training with Gail Stewart in 1990, some Introductory workshops and review days. But I could not yet enforce another Beginning Training. Since 1991, I am sole sponsor for Austria.

What do I do to spread TRAGER: I mail brochures once or twice a year to about 600 people, who are already working in health areas, who have in the past shown interest in TRAGER, people doing T'ai Chi etc. I also distribute brochures together with pamphlets to health stores, esoteric book shops etc. Sometimes I put

ads in the papers and when I am lucky an article gets published in a newspaper. I also did demos, but more would be better.

In the future we would like to participate in health fairs, but for the time being the group is too small to finance such undertakings.

To be sponsoring courses means a lot of personal input, also for my husband and my friends, who carry tables around, spread brochures, host foreign students. And if a course takes place, it means to think of a lot of little things like: "Is there enough toilet paper ...? Where do I put up foreign students..?"

I would like to finish with the wish of our group, consisting of four practitioners and nine students: to grow, and for myself I wish to have more energy, self-confidence and pleasure.

from Hans Luftensteiner,
Practitioner

We are 4 Practitioners and a few Students in Austria. Mirianne in the east, Hildegard and Franz in the west and me, approximately in the middle in Oberndorf, which is close to Kitzbühl - far away from each other. During the Winter I work as a masseur in the ski-area of Lech, and last summer I started my own little practise at home for TRAGER, Massage and Yoga. Except for teaching Yoga there was not much to do and I still have to go to Lech during the winter. This Summer, I want to work on spreading the word "TRAGER" around, in our little town with flyers and with ads in the regional papers. I also gave a demo recently in a health-training school. I am having a "hard time" with all this office and PR work - however I just love to work with the body. But I accept it as a new challenge, because I wish to be able to make my living out of it. What is helpful to me: "What could be easier... what could be lighter... what could be freer", it helps me a lot.

TRAGER in Österreich

Mirianne Schimann (Sponsor)

1983 las ich zum ersten Mal über die TRAGER-Methode in einem Schweizer Journal. Und da ich 1984 einige Monate in den USA weilte, nahm ich die Gelegenheit wahr, mein Anfängertraining in San Diego bei Cathy Guadagno-Hammond zu machen. In diesem Kurs lernte ich Monika Amann-Sutter, die Schweizer Sponsorin kennen, die damals assistierte. Es folgten Jahre in Österreich, in denen ich nicht viel "tragerte"; den Faden fast verlor. In Wien gab's keine TRAGER-Kollegen und Kurse wurden auch nicht angeboten. Die Schweiz war meine nächste Möglichkeit und so begann ich, wieder Kontakt mit Monika herzustellen, besuchte Fortbildungskurse und wurde 1988 Praktikerin.

1989 bekam Monika Appetit auf Österreich und so begannen wir, vorerst gemeinsam, TRAGER auch hier bekannt zu machen.

Im Juni 1989 gestaltete Monika, angereist mit Mann und Baby, den 1. Wiener Intro und im September veranstalteten wir bereits den zweiten mit Antonia Fäh. Einige Wochen später kam Fabienne Hirsch und wir erlebten einen schönen und sehr intensiven Anfängerkurs. Mit 10 Studenten, 8 davon aus Wien, einer aus Italien, und einer aus Deutschland. Assistenten aus der Schweiz, Deutschland, Österreich und Frankreich bereicherten dieses Beginning. Bei dieser Gelegenheit möchte ich auch darauf hinweisen, daß unsere Kurse gut übersetzt sein müssen, damit auch das Gefühl der Instrukturen vermittelt werden kann.

Bis zum heutigen Datum organisierte ich 1990 das erste Intermediate mit Gail Stewart, einige Intros und Reviewdays (seit 1991 bin ich alleinige Sponsorin für Österreich). Doch es ist mir noch nicht gelungen, einen zweiten Anfängerkurs auf die Beine zu stellen.

Meine Aktivitäten, TRAGER noch mehr wachsen zu lassen, sind die folgenden: ich versende 1-2 mal im Jahr einen Prospekt an ca. 600 Adressen. Ich spreche damit Menschen an, die bereits in der "Gesundheitsbranche" tätig sind, Leute, die sich schon mal für TRAGER interessierten, Tai Chi Übende etc. Diesen Prospekt zusammen mit einem kleinen Plakat verteilen wir in Reformhäusern, einschlägigen Buchhandlungen etc. Manchmal gebe ich Annoncen auf und wenn ich Glück habe, erscheint ein Gratis-Artikel in einer Zeitung. Demos machte

ich bereits, mehr wären besser.

Wir möchten in der Zukunft auch an Gesundheitsmessen teilnehmen, im Moment ist unsere Gruppe aber noch zu klein, um dies zu finanzieren.

Sponsor sein ist mit sehr viel persönlichem Einsatz verbunden, den auch mein Mann und Freunde zu "spüren" bekommen. Zum Beispiel Tische schleppen, Prospekte verteilen, ausländische Studenten aufnehmen. Und kommt dann so ein Kurs zustande, geht's munter weiter: "habe ich genug WC-Papier am Kursort, wo schlafen die ausländischen Teilnehmer..?"

Ich möchte damit abschließen, daß wir uns wünschen, daß unsere kleine TRAGERgruppe, die zur Zeit aus 4 Praktiker/innen und 9 Studenten besteht, sich bald einmal vergrößern wird. Und mir wünsche ich noch mehr Energie, Selbstvertrauen und Freude.

Mirianne

Hans Luftensteiner

Wir 4 Praktiker in Österreich. Mirianne im Osten, Hildegard und Franz im Westen und ich ungefähr in der Mitte in Oberndorf bei Kitzbühl, sind weit verstreut. Während des Winters arbeite ich als Masseur im Skigebiet Lech und letzten Sommer habe ich bei mir daheim eine kleine Praxis eröffnet, in der ich TRAGER, Massage und Yoga anbiete. Außer beim Yoga war die Nachfrage jedoch sehr gering und so muß ich weiterhin im Winter "in die Berge". Diesen Sommer möchte TRAGER weiter bekannt machen in unserer kleinen Stadt: durch Flugblätter und Anzeigen in den regionalen Zeitungen. Vor einigen Wochen konnte ich eine Demo geben in einer "Schule für Gesundheit und Bewegung". Ich tue mich sehr schwer mit dem Bürokratismus und der Werbearbeit - und ich liebe einfach die Arbeit mit dem Körper. Aber ich akzeptiere es als neue Herausforderung, weil ich mit und von dieser Arbeit leben möchte. Was mir hilft: "Was wäre einfacher... was wäre leichter... was wäre freier?"

This is how it all started in Germany.

Siegrit Salkowitz

It's the end of May and I'm cuddled in my little Bavarian farmhouse taking a rest after an intense work period with TRAGER and my daily teaching routine at school. The dim light of an early evening fills the room, there is a fire burning in the stove to take away the coolness of my simple farmer's kitchen. Cosy! Well, I could really enjoy this if I didn't "have" to write this report about TRAGER in Germany and how it all started.

Okay, I'll try!

After spending 3 years in America I returned to Munich in 1984 and was totally "TRAGER-addicted". I wanted to do TRAGER work. I wanted to share TRAGER with others, I wanted to give TRAGER as a present to others, I wanted to make TRAGER known and I wanted to earn my money with TRAGER. What really happened during the first years was that I gave TRAGER sessions as a gift to my friends. Everyone loved TRAGER, but hardly anyone wanted to pay for the session. What to do? I simply surrendered. I gave TRAGER sessions with enthusiasm for no or little money and went back to teaching at school to make a lot of money with little enthusiasm.

Between 1984 and 1987, I was the only TRAGER person in Germany. However, when I met Torsten Städler, who had just taken the training in Esalen-massage and was familiar with the TRAGER work through Deane Juhan, I "hooked up" with him, and turned him on to TRAGER and to stick to it. My exchange with Torsten and my yearly flights to America in order to work with Dr. Trager were a wonderful support to keep me going during this time. Finally I "found" Antonia Fäh again, whom I had met in Anna Halprin's Tamalpa Institute in 1981. We had both studied movement with Anna. "No kidding, you're doing TRAGER now?" - "You, too?" - "Great, you must come to Munich, and teach an introductory weekend". Our enthusiasm for TRAGER made us fly high. In the meantime I had been able to build my successful TRAGER practice with numerous clients of different background.

And this is what happened in 1988: I organized an Introductory workshop for Antonia in the Fall, in the Spring of 1989, I gave the first demos at a massage school, and in the Summer of 1989, Gail Stewart taught the first beginners training (12 Stu-

dents) in Munich, in the very intimate and beautiful house of Hanne Heintz. Hanne, a generous, cool, yet warmhearted, wise woman; I feel the need to mention her name, because her generosity made it possible to create a beautiful training area for TRAGER in her house.

I don't know exactly what happened in the Beginning training in 1989; in any case the stream started to flow like a wave that is spreading. The following year Betty Fuller was teaching an Intermediate and all Munich Students together with some people from Frankfurt and Cologne took part. Next to that Antonia taught her first beginners training in Munich, supervised by Gail Stewart, and became our first German speaking Instructor. In 1990, the first Practitioners were already certified by the Institute. This was not a surprise, as our Students were mainly people coming from the healing professions (e.g. masseurs, naturopaths, psychologists etc.) and they were all interested in integrating TRAGER into their daily praxis. My review days and weekends started to fill. The students' need to feel TRAGER, to taste it again and to bathe in Hook-up was tremendous and could be nourished during these hours. Things went great and effortlessly.

In 1991 -isn't this a little miracle-- there are about 20 Practitioners in Germany, and about 30 more Students; and this year I'm able to offer all of the TRAGER courses to the Students, so that they have the chance to complete the TRAGER education in Munich.

Two big events greatly supported the fast growth of the TRAGER work: the European TRAGER conference and the publishing of Dr. Trager's Mentastics-book in German. The conference--thanks to Fabienne and the French team of Bernard Baousson--was a source of great inspiration for all of us. It became very clear to me how important my TRAGER energy was--and still is--for the work to grow in Munich and Germany. I kept in close contact with the Students through telephone calls, reassurance and finally offered to teach MENTASTICS for the first time in a weekly routine. From January, to April, we met once a week to practice "recall": "How light could it be?" "How free could it be?" "How present can I be?" It was a wonderful experience, which we will continue in the Fall of this year. Another impulse of the conference is the idea of TRAGER-holidays. In August, I'll offer one week of playing, practicing and relaxing to Students and Practitioners in a lovely house in Tuscany.

And last but not least: 1991 is the foundation year of D.A.CH. the TRAGER office for Germany, Austria and Switzerland, which is directed by Torsten. With Torsten's great help and ability to organize

and edit the many articles written by our Students and Practitioners we managed to publish successfully our first "German" TRAGER-newsletter.

Yeah! - TRAGER work is blossoming in Germany!

Recently, during a demo I was asked why it took such a long time to spread TRAGER in Germany. My spontaneous answer was: "maybe the "lightness" of TRAGER has been too "heavy" for the German mentality up till recently!" I had to laugh about the antagonism, which possibly means the truth. However, it is important to see that the soil was ready to receive the seed, which we wanted to plant. And now it is growing. Looking back at the last two years and the development of TRAGER in Germany I'm happy with the continuous growth of TRAGER and I'm well aware of the strong source that feeds that work, and therefore feeds all of us and helps us grow. It's time to thank Dr. Milton Trager for his being, that helps our work and ourselves to come into being more and more.

This is the end of my report. Meanwhile darkness has fallen and night has come. The silence in my little house and outside has become more dense. I'm here. And now having finished my article I feel and totally enjoy my aloneness and trust that our work continues.

So fing alles an (in Deutschland)

Siegrit Salkowitz

Hier sitze ich also in meinem bayrischen Bauernhäuschen im Chiemgau, - es ist Ende Mai, - um mich nach einer intensiven Arbeitsphase mit TRAGER und normalem Schulalltag zu erholen. Das letzte Licht des Tages fällt durch die kleinen Fenster, im Ofen brennt ein Feuer, um die Kühle aus der ebenerdigen Wohnküche zu vertreiben. Gemütlich! Ja, genüßlich, wenn ich jetzt nicht einen Bericht darüber schreiben "müßte", wie alles mit TRAGER in Deutschland angefangen hat.

Hier ein Versuch! Es fing damit an, daß ich 1984 nach 3 Jahren Amerikaufenthalt nach München zurückkehrte und TRAGER-infiziert war. Ich wollte "tragern", TRAGER weitergeben, TRAGER anderen schenken, TRAGER bekanntmachen, mit TRAGER meinen Lebensunterhalt verdienen. Was mir die ersten Jahre gelang, war TRAGER meinen

Freunden und Bekannten zu schenken. Alle liebten TRAGER, aber kaum einer wollte dafür bezahlen. Also ergab ich mich der Situation: ich tragerte mit Begeisterung ohne oder für wenig Geld und arbeitete für meinen Lebensunterhalt wieder an der Schule für viel Geld und mit wenig Begeisterung.

In den Jahren von '84 bis '87 war ich in Deutschland mit TRAGER allein. Ich konnte aber Torsten Städler, der in Esalen-Massage ausgebildet war und TRAGER über Deane Juhan kennengelernt hatte, dafür begeistern, "am TRAGERn dranzubleiben". Mein Austausch mit Torsten und meine jährlichen Amerikafüge zu Seminaren mit Dr. Trager waren in dieser Zeit wunderbare Unterstützung einfach weiterzumachen. Dann "entdeckte" ich wieder Antonia Fäh, die ich '81 in Anna Halprin's Tamalpa Institut getroffen hatte. Wir hatten beide Annas Bewegungstraining gemacht. "Was, Du machst jetzt TRAGER!" - "Du auch?" - "Ist ja toll, komm nach München und mach ein Intro-Wochenende." Wir beflügelten uns gegenseitig mit unserer Begeisterung für TRAGER. Inzwischen war es mir gelungen in München meine eigene Praxis erfolgreich mit zahlreichen Klienten aufzubauen.

Und 1988 war es soweit: ich arrangierte für Antonia Intros im Herbst, im Frühjahr 1989 machte ich die ersten Demos an einer Massageschule, und im Sommer '89 unterrichtete Gail Stewart das erste Beginners-Training mit 12 Teilnehmern in München in dem sehr intimen, schönen Stadthaus von Hanne Heintz. Hanne, eine großzügige, kühl-warme weise Frau! Ich muß sie hier erwähnen, denn ihre Großzügigkeit hat es uns erlaubt, einen TRAGER-Platz in ihrem Haus zu kreieren.

Ich kann nicht genau sagen, was 1989 in dem Beginners-Training geschah, - auf alle Fälle kam der Strom ins fließen wie eine Welle, die sich ausbreitet. Am Intermediate mit Betty Fuller im Jahr darauf nahmen alle Münchner und noch einige Leute aus dem Frankfurter und Kölner Raum teil. Anschließend unterrichtete Antonia ihr erstes Beginners unter Supervision von Gail Stewart in München und wurde unsere erste deutschsprachige TRAGER-Lehrerin. Schon 1990 wurden die ersten Praktiker "abgesegnet". Kein Wunder, wir hatten hauptsächlich Menschen aus heilenden Berufen (Masseure, Heilpraktiker, Psychologen etc.) in den Trainings, die daran interessiert waren, TRAGER in ihre Praxis zu integrieren. Meine Supervisionswochenenden waren ausgebuht, das Bedürfnis bei den Studenten, TRAGER zu fühlen. zu schmecken, wieder einzutauchen, war groß und konnte an diesen Wochenenden

genährt werden. Es lief einfach toll und leicht.

Jetzt haben wir das Jahr 1991. Es gibt inzwischen ca. 20 Praktiker in Deutschland und ca. 30 weitere Studenten, und seit diesem Jahr kann ich den TRAGER-Studenten alle Kurse in München anbieten, die zur Ausbildung erforderlich sind. Ist das nicht ein kleines Wunder?

Zwei große Ereignisse unterstützten dieses schnelle Wachstum der TRAGER-Arbeit: die erste Europa TRAGER-Konferenz, und die Veröffentlichung von Dr. Tragers Buch in deutscher Sprache. Die Konferenz - Danke an Fabienne und das französische Team um Bernard - war eine Quelle großer Inspiration für uns alle. Für mich wurde sehr deutlich, wie wichtig meine Präsenz als "TRAGER-Träger" in München war und ist. Ich verstärkte den Kontakt zu den Studenten durch Anrufe, Ermunterungen und schließlich durch das Angebot, erstmalig eine Mentastics-Klasse zu unterrichten. Von Januar bis April trafen wir uns wöchentlich, um uns in Erinnerung zu üben: ... "so leicht" kann es sein, "so weit" kann ich sein, "so präsent" kann ich sein. Eine wunderbare Erfahrung, die wir im Herbst dieses Jahres weiterführen werden. Als zweiten Impuls der Konferenz realisierte ich die Idee von TRAGER-Ferien im August: eine Woche, in der Studenten und Praktiker in schöner Umgebung, in einem schönen Haus spielen, üben und sich erholen können.

Und last not least ist 1991 das Gründungsjahr von D.A.CH., dem deutschsprachigen Zentralbüro, das von Torsten geleitet wird. Mit Torstens großem Einsatz und journalistischem Geschick, und mit vielen Beiträgen unserer engagierten Studenten und Praktiker ist unsere deutschsprachige "TRAGER-Zeitung" erfolgreich herausgekommen.

Der TRAGER-Strom in Deutschland fließt!

Neulich, an einem Demo-Abend, bin ich gefragt worden, warum TRAGER so lange gebraucht hat, bekannt zu werden in Deutschland. Meine spontane Antwort war: "Vielleicht ist die "Leichtigkeit" des TRAGERns der deutschen Mentalität bis vor ein paar Jahren "zu schwer" gewesen". Ich mußte lachen über die scheinbare Widersprüchlichkeit, die möglicherweise der Wahrheit sehr nahe kommt. Entscheidend ist wohl jedoch, daß der Boden bereitet war, und wir den Samen hineinlegen konnten, und er jetzt wächst.

Wenn ich zurückblicke auf die letzten zwei Jahre und die Entwicklung von TRAGER in Deutschland, dann bin ich erfreut über das Ausmaß des Stromes, der ins Fließen geraten ist. Und ich bin mir auch der starken Quelle bewußt, die diese Arbeit speist und damit uns alle speist und

verändert. Ich möchte Dr. Milton Trager danken für seine Präsenz, die uns alle, die wir mit seiner Arbeit in Berührung gekommen sind, angesteckt hat und uns wachsen läßt in unserer eigenen Präsenz.

Ich bin am Ende meines Berichtes. Inzwischen ist die Nacht hereingebrochen. Die Stille im Haus und draußen hat sich verdichtet. Ich bin da. Und jetzt, am Ende angekommen, fühle ich mich sehr genüßlich in dieser Abgeschiedenheit, und voller Vertrauen, daß unsere Arbeit weitergeht.

A Report of the TRAGER Group Switzerland

Ruedi Gmür and Esther Birou

From May, 1989, till May, 1991, we organized a total of 14 TRAGER Meetings, which were attended by 20 to 2 Practitioners. Former Executive Director Carlo Rossi's visit in June, 1989, was a first highlight. In October, 1989, we did a lecture and demonstration for people of medical professions. We were glad to welcome about 40 guests and 20 Practitioners. When Maurice Hirsch finished his lecture 4 tables were used for demonstrations. Thanks to Linda' and Ruedi' initiative we were successfully represented at an exhibition called "Life Force 90". Again we were supported by Maurice Hirsch, who gave a public discourse at the opening day.

Some of our Practitioners were encouraged by our meetings, to write about TRAGER-work in newspapers and magazines. Also during these two years the soil was prepared for the idea of one organisation for the 3 german-speaking countries (D.A.CH). This idea was formed in Noirmoutier. Two more meetings for all german-speaking TRAGER people were required to have decided on a D.A.CH central office, which exists now since March '91 as an experiment.

We achieved an important goal. And many others remain: TRAGER and Insurance system, contact with doctors and the medical professions, PR-materials in German version, translations etc... In spite of all these efforts and successes the energy of TRAGER-practitioners in Switzerland seems to lessen (only 2 participants for the May meeting!).

Zusammenfassender Bericht - TRAGER-Gruppe Schweiz

Ruedi Gmür und Esther Birou

Vom Mai 89 bis Mai 91 wurden insgesamt 14 TRAGER-Treffs organisiert. Daran haben jeweils zwischen 21 und 2 PraktikerInnen teilgenommen. Der Besuch von Carlo Rossi am 28.6.89 bildete einen ersten Schwerpunkt. Am 26.10.89 wurde ein Vortrags- und Demonstrationsabend, ausgerichtet auf medizinische Fachleute, durchgeführt. Wir durften 40 Gäste und 20 PraktikerInnen begrüßen. Nach dem Vortrag von Maurice Hirsch fanden auf vier Tischen Demonstrationen statt. Der Initiative von Linda und Ruedi war es zu verdanken, daß wir erfolgreich mit einem Stand an der Ausstellung "Lebenskraft 90" vertreten waren. Maurice Hirsch unterstützte uns mit einem öffentlichen Vortrag am Eröffnungstag.

Diese Treffen haben einige PraktikerInnen ermutigt, sich in Zeitungen und Zeitschriften über die TRAGER-Arbeit zu äußern.

Im Laufe dieser zwei Jahre wurde auch der Boden für die Idee einer einzigen, deutschsprachigen Organisation für die Länder Deutschland, Österreich und die Schweiz (D.A.CH) vorbereitet. In Noirmoutier nahm diese Idee Gestalt an. Es brauchte dann noch 2 Treffen der deutschsprachigen TRAGER-PraktikerInnen, um eine D.A.CH-Zentralstele zu beschließen. Diese besteht nun als Provisorium seit März '91.

Ein wichtiges Teilziel ist damit erreicht. Vieles bleibt noch zu tun: Versicherungswesen, Kontakte mit Ärzten und medizinischem Fachpersonal, PR-Material in deutscher Fassung, Übersetzungen etc... Trotz all dieser Anstrengungen und Erfolge scheint bei den TRAGER-PraktikerInnen Schweiz die Energie zu schwinden (Treffen vom 2. Mai 91: 2 Personen!).

From the first TRAGER-Training 1983 to nowadays "TRAGER-Center Switzerland"

Monika Ammann-Sutter

In autumn 1983 the first Beginning Training was held in Zürich. Since then the number and variety of TRAGER trainings in Switzerland was expanding continually, which by the time made necessary an equivalent organisation - today called TRAGER-center Switzerland.

What is offered through this organisation? Well, something:

Training track

- 1991 there are offered 24 different courses with a total of 60 days, which are held by 6 different teachers;

- Since 1983, only one course had to be cancelled because of lack of interest;

- Students are guaranteed, that all their required courses for practitioner status are held in Zürich;

- participants do not only come from Switzerland, but also from Germany, Austria and recently in growing numbers from Italy.

Service: Each participant receives an ongoing service: actual information, information about steps or conditions in the training track relevant for them, contact-adresses, etc.

Information: Periodical mailing of TRAGER News to all the participants and all practitioners. Under the motto "Infloflow" interesting documentary material is recently mailed together with address stickers, so that it finds its way in a "chain" or "circle" manner to the ones interested.

Promotion, Public Relation: Initiating and keeping contact to newspapers and journals, which show interest for body work, to make TRAGER better known in the public. In this way there are a number of articles published about TRAGER through the years (a comprehensive article will be published in the July issue of "Esoterica", the biggest german language journal on "esoteric" topics).

Prospectuses about trainings and lists of practitioners are distributed nowadays to more than 1000 specific addresses and

through "Spread-mailing" (e.g. as inlaid to a journal) to some thousand further addressees.

Whoever shows interest, receives a comprehensive documentation about TRAGER and the training track.

In 1991 a Swiss publisher brought out the German Version of the MENTASTICS-book with an inlaid prospectus about the "TRAGER Center Switzerland".

To build up this organisation as well as having part in spreading TRAGER and making it known foremost in Switzerland inspite or better in addition to taking care of my young family gave me joy and fun and has much contributed to my personal development. For this I am very grateful.

Monika Ammann-Sutter, Weinbergstr. 55, CH-8802 Kilchberg; Tel: (0041)1/715 5623

Vom ersten TRAGER- Ausbildungskurs 1983 zur heutigen "TRAGER- Center Schweiz"

Monika Ammann-Sutter

Im Herbst 1983 wurde das erste Anfänger-Training in Zürich durchgeführt. Seither konnte das TRAGER Ausbildungsangebot in der Schweiz von Jahr zu Jahr kontinuierlich erweitert werden, was mit der Zeit auch eine entsprechend aufgebaute Organisation erforderte, die heutige TRAGER Center Schweiz.

Was durch diese Organisation angeboten werden kann? Nun, einiges:

Ausbildungsangebot

- 1991 werden insgesamt 24 verschiedene Kurse mit insgesamt 60 Kurstagen angeboten, die von 6 verschiedenen Lehrern bestritten werden;

- seit 1983 mußte nur ein einziger Kurs wegen zu kleinem Teilnehmerkreis ausfallen;

- Ausbildungsinteressenten haben die Gewähr, ihre ganze Ausbildung bis zum diplomierten Praktiker in Zürich absolvieren zu können;

- der Teilnehmerkreis beschränkt sich nicht nur auf die Schweiz allein, sondern

umfaßt insbesondere auch Teilnehmer aus Deutschland, Österreich und neustens auch vermehrt aus Italien.

Betreuung: Alle Kursteilnehmer werden laufend weiter betreut: mit aktuellen Informationen, Angaben über die für sie relevanten Ausbildungs-Schritte und -Bedingungen, Kontakt-Adressen, usw.

Information: Periodischer Versand von TRAGER News an alle bisherigen Kursteilnehmer und Praktiker. Unter dem Kennwort "Informationsfluß" wird neuerdings auch interessantes Dokumentationsmaterial auf dem Zirkulationsweg (Rundbrief) an Interessierte versandt.

Marktbearbeitung, Werbung: Kontaktaufnahme und Betreuung von Zeitschriften und Zeitungen, die sich für Körperarbeit interessieren, zur Förderung der Bekanntheit von TRAGER. Bis heute ist eine ganze Serie von Artikeln auf diese Weise veröffentlicht worden (ein umfassender Artikel wird im Juli dieses Jahres in der größten esoterischen Zeitschrift "Esotera" erscheinen).

Ausbildungsprospekte und Praktiker-Verzeichnisse werden heute an weit über 1000 spezifische Adressen sowie mit Buches-Streuversand (z.B. als Beilage zu einer Zeitschrift) an mehrere weitere Tausend weitere Adressen versandt.

Interessenten erhalten eine umfassende Dokumentation über TRAGER und die TRAGER-Ausbildung.

1991 wurde durch einen Schweizer Verlag eine deutschsprachige Version des "MENTASTICS: Meditation und Bewegung" herausgegeben, mit Prospektbeilage der TRAGER Center Schweiz.

Der Aufbau dieser Organisation sowie der Beitrag zur Verbreitung und besseren Bekanntheit von TRAGER insbesondere in der Schweiz hat mir trotz oder besser gesagt zusätzlich zur Betreuung meiner noch jungen Familie viel Spaß und Freude bereitet und auch zu meiner persönlichen Weiterentwicklung maßgeblich beigetragen. Dafür bin ich sehr dankbar.

Monika Ammann-Sutter, Weinbergstr. 55, CH-8802 Kilchberg; Tel: (0041)1/715 5623

From Fabienne Hirsch, from France

It has already been one year that the First European TRAGER Forum happened in Noirmoutier. With the energy of a French TRAGERist group, members from 14 countries met together with our friends from Canada and the U.S.A. The significant events of this Forum included:

1) We divided ourselves into different groups that share the same language.

2) We elected a representative from each country who is responsible for communication, and who can participate in meeting 2 or 3 times a year to establish more communication between us and the Institute's administrative office in Mill Valley.

In France, since Noirmoutier, we have created the official "Movement TRAGER France" with the purpose to support and develop TRAGER in our country. We publish a bi-monthly newsletter to communicate together, and we would like a yearly international newsletter to share the most important events of each country.

What we feel all-important now is to develop more and more communication between the different communities and the Institute's administrative office in Mill Valley, so that not even one benevolent energy does not split in different directions, but remains in the same spirit of feeling and being a part of the Institute as a whole.

De Fabienne Hirsch

Deja un an qu'une equipe de Praticiens Francais organisaient le 1er Forum Europeen a Noirmoutier et que 14 pays se rencontraient dont nos amis Canadiens et Americains.

1) de se structurer par groupes linguistiques;

2) d'elire un representant dans chaque pays, representants qui se reunissent 2/3 fois l'an afin d'etablir une meilleure communication entre nous et avec l'Institut.

En France depuis Noirmoutier "Le Mouvement TRAGER France" a ete officiellement cree et fonctionne grace au benevolat d'une equipe de TRAGERistes. Notre "Lettre d'Information" parait tous

les 2 mois. Elle nous permet d'échanger et de communiquer nos expériences et nos recherches et de se tenir au courant des événements importants de la communauté TRAGER internationale car nous traduisons certains articles des Newsletters.

Nous aimerions qu'une Newsletter internationale paraisse un fois l'an regroupant les articles les plus significatifs de chaque publication nationale.

Car ce qui nous paraît tout à fait capital maintenant c'est de développer une plus grande communication entre les communautés et avec l'Institut afin que l'énergie de chacun n'oclate pas dans des sens différents mais se retrouve dans un même esprit de recherche pour structurer et développer le TRAGER universel.

From Bhadrena C. Tschumi, a Traveling Tutor

Two years ago I left the United States to share my time between India and the rest of the world. TRAGER has been part of my life for the last ten years, and I was wondering what would happen if I gave up my practice and all the wonderful TRAGER connections I've made since I moved to the USA.

Well, there was this wonderful surprise while I was working in the Osho Academy of Healing Arts in Poona, India, that again and again TRAGER Practitioners or Students would show up who needed tutorials or sessions during their travels. So I got to know TRAGER people from Kenya, Australia, Germany, France--"watching the world go by." I remember this one time, walking out of a meditation hall, my senses more awake than usual, and I see this person standing in front of a pond with white swans in the background--Doing MENTASTICS--the connection was completed with a big hug.

Then it was beautiful to connect with the European TRAGER Community at the first European Forum in Noirmoutier. Just to imagine that when I left Europe only 12 years ago, I had never heard of TRAGER, and probably no one else had either. And now we are really cooking there.

Even Down-under (Australia) are a few TRAGER people who welcomed me with open arms and soft hands. They really appreciated having a traveling Tutor making house calls. I can see a big potential in this untapped continent. Australians seem to be opening up more and more to newer

forms of bodywork.

As I continue to travel, teaching and giving sessions and tutorials, I follow that golden thread of lightness that connects people and continents, dissolving differences and distances. When you are far from home, it's wonderful to feel the international language of that special TRAGER touch.

Adventures of Two Ladies from Quebec, in Europe

Mariette Bertrand

Recently Tutor Louise de Montigny and Practitioner Mariette Bertrand both of Quebec, Canada, took a sojourn to Europe, and this is their report.

In October of 1990, during the psycho-physical seminar in St. Adele (Quebec), Louise de Montigny, Denis Lafontaine and I led a workshop of about 15 people. Following the workshop there were meetings with professionals in France and Switzerland. These meetings went on until January, 1991, and have given birth to a project encompassing one-day introductory workshops to The TRAGER Approach, as well as individual TRAGER sessions in Europe. This project has subsequently been realized in May, by Louise and myself.

From May 16, to May 19, educators and therapists from different hospitals, among which the Therapeutic Center for Handicapped Children of the Hospital Cery of Lausanne, participated in Introductory Workshops and individual sessions. From May 22, to May 26, the same service was offered in Lyon, France, where it reached professionals from different areas. Educators and psychologists of the Medical-Educational Institute Le Bousquet (for handicapped children ages 5 to 20) participated, and we also led a workshop together with the psychiatrist Dr. Jacques Colomb of the Psychiatric Center Lafayette, for nurse practitioners and student nurses. The day in Lyon ended with the participation of different professionals from the various hospitals.

The approach we presented during these sessions seemed to fulfill a real need both in schools and with the aging. Everywhere we were very warmly welcomed. For us it has been an unforgettable experience. The practitioners we encountered showed concern for the development of The TRAGER

Approach in their countries as well as worldwide. We are certain that projects such as this will have a following, because the demand already exists. Rest assured of our cooperation and our availability to share our experience and our expertise.

How wonderful. . . doors are opening, the need and the taste to come closer to being are starting to manifest, and with our work we are able to respond to this great need. We are happy to have created for all our colleagues a beginning at the international level.

Periple de deux Quebecoises en Europe

Mariette Bertrand

Au Colloque psycho-corporel tenu à Ste-Adele (Quebec) en octobre 1990, Louise de Montigny, Denis Lafontaine et Mariette Bertrand ont animé un atelier regroupant quinze personnes. Cet atelier a été suivi de rencontres avec des professionnels de France et de Suisse. Ces rencontres, qui se sont poursuivies jusqu'en janvier 1991, ont donné naissance à un projet de journées d'introduction au TRAGER et de sessions individuelles offertes en Europe. Ce projet a été réalisé en mai dernier par Louise et Mariette.

Du 16 au 19 mai, des éducateurs de différents milieux hospitalier, dont le Centre thérapeutique pour enfants en difficulté Hôpital Cery de Lausanne ont participé à des séances d'introduction et à des sessions individuelles. Du 22 au 26 mai, le même service fut offert à Lyon, où il a rejoint des professionnels de différents milieux: éducateurs et psychologues de l'Institut médico-éducatif Le Bousquet (maison pour enfants handicapés de 5 à 20 ans); co-animation avec le Dr. Jacques Colomb, psychiatre, au Centre de jour psychiatrique LaFayette, où le lendemain ont été rejoints une centaine d'étudiants(es) infirmiers(es). Ce séjour à Lyon s'est terminé par une journée avec des intervenants de différents milieux hospitaliers.

L'approche présentée tout au long de ces sessions a semble répondre à un réel besoin dans ces milieux thérapeutiques, aussi bien dans les écoles qu'aupres de personnes âgées. Partout l'accueil et l'ouverture furent des plus chaleureux. Pour nous, expérience inoubliable vécue à travers le "hook up". Les praticiens rencontrés se

sont montres soucleux du developpement du TRAGER d'abord dans leur pays, mais aussi a travers le monde. Ces projets auront une suite: la demande est deja la. Soyez assures de notre collaboration et de notre disponibilite a partager notre experience et notre expertise.

Merveilleux... les portes s'ouvrent, le gout et le besoin de se rapprocher de l'Etre se manifestent et, avec notre travail, nous pouvons repondre a ce grand besoin. Nous avons l'assurance d'avoir cree des assises pour l'ensemble de nos collegues au niveau international.

Alive and Well In Barcelona

Anand Gopur

Situated on the Mediterranean Sea, in the northeastern part of the Iberian Peninsula, Barcelona is both a charming and cosmopolitan city as well as the capital of Catalunya, a unique country that exists today as one of Spain's so-called Autonomous Regions. I've been living here for almost two years because of a romantic relationship that I began with a Catalan woman (Laura) whom I met in New York City seven years ago. And, I'm pleased to announce that the relationship finally culminated in our marriage on March 30th of this year. Like most Americans, I've spent my whole life speaking only English, and learning to speak not just one but two foreign languages was a challenge that I resisted a great deal at first. But now that I can communicate in Spanish, and I'm beginning to speak Catalan, the challenge has become an adventure for me.

I'm very fortunate to have my office in a small dance studio, which is the perfect environment to do Movement Education. I've given a number of TRAGER demonstrations in the dance studio and in several Massage Schools around the city. I usually get at least one client from each demonstration and there has been a general interest in learning TRAGER, that is, until I talk about the need for Tutorials and Continuing Education. Massage and alternative therapies are increasingly popular in Spain; however, there seems to be something unrealistic and immature in the attitude of the majority of Latin or Spanish people who believe that just a minimum involvement in learning something is all they need in order to master a technique well enough to not only practice it but teach it too.

Lately, I have been finding people who are more interested in personal development than in manual therapy, and from these two groups I intend to sponsor the first TRAGER training in Spain, which I anticipate happening in 1992. Meanwhile, as the sole TRAGER Practitioner on the Iberian Peninsula, I miss not having other TRAGER people with whom I can share the work. Therefore, if any TRAGER person has the opportunity to travel to Spain, and would like to visit Barcelona, he or she would be welcome to stay at my place. Well, folks, that's all for now from Barcelona, and as the Catalans would say, "Adeu-Siau!" ("Go with God!") [Editor's Note: You may contact Anand Gopur at: Ausias Marc 19, Apt. 2'2', Barcelona, 08010, Spain, 11-343-301-0407.]

TRAGER People in Israel

Pamela Sharni

Our very recent history begins with Fabienne Hirsch giving the first Beginning training, January, 1990, in Israel. Since then we have been fortunate to continue in the spirit she started--with Gail Stewart (Beginning and Intermediate), Dr. Maurice Hirsch (Anatomy), and Roger Tolle who came just before the war to give his "Opening the Heart" workshop...imagine that! Elizabeth Ormyron, Natasha Heifetz (twice), Bobby Nehman, and Roger Tolle gave a myriad of tutorials, and we want to thank the Instructors and Tutors for coming the long distance to guide us in this beautiful and sensitive work, and to thank Milton.

Future plans include the arrival of Bill Scholl in November, 1991, for a Beginning and Intermediate, monthly open MENTASTICS classes in Tel Aviv (and perhaps in Haifa and Jerusalem), and slowly translating the MENTASTICS book in Hebrew.

We have become friends and know that when we meet once a month, something special happens. Here is just a little about each of us:

Rachel Amir: Completed Beginning--translated "Kicking Legs" from the MENTASTICS book.

Avi Bahat: Completed Intermediate--works in Structural Integration and Paula.

Osnat Dror: Completed Intermediate--teaches kindergarten.

Rachel Gordin: Practitioner--has had 3 articles written about her, and has an active practice.

Ruth Izhar: Completed Beginning--gives session to many people in her kibbutz, Mash'abei Sade.

Alex Kertan: Completed Intermediate--teacher of movement and martial arts.

Shula Megidov: Completed Beginning--former teacher in special education, reflexologist, aroma therapist, and has translated "Shifting Weights".

Ida Meijer: Practitioner--uses TRAGER in her daily life.

Nima Oron: Completed Intermediate--holistic practitioner.

Ariela Rubinstein: completed Intermediate--former laboratory technician, now holistic practitioner.

Nimi Sela Schneider: completed Intermediate--reflexologist.

Maya Sarna: Practitioner--new immigrant.

Pamela Sharni: Practitioner, Introductory Workshop Leader, MENTASTICS Leader, Tutor trainee, and sponsor with an active practice.

There are two difficulties: language (the feeling that perhaps we missed an "aha") and ongoing financial commitment. There is one request: A video library of TRAGER tapes in the the European PAL system.

San Diego Region:

May 10, 1991

Maryann Zimmermann

In June of 1990, San Diego officially became a Region. The year has been one of questioning: "How should it be?", "What do we need?", "What would be like?", "What could be lighter, freer, more open", "What could a Region look like?", "How can we function effectively with the TRAGER Board, The TRAGER Institute and the Instructors, other Regions, and each other?", "How can we better support each other individually and collectively put the work out there?"

The process has resulted in positive change. A number of questions have been answered and acted upon and new policies are in place. We have unfolded with exploration, searching, communication, and a coming together in a collective conscious-

ness. There is a feeling of growth, opening, involvement, and creative possibilities. There is more willingness to participate in activities and express feelings and wishes. We have accomplished inroads to giving and receiving information which, in turn, has allowed space to even more possibilities to advance the TRAGER movement with a larger vision. We are experiencing the intrinsic value that each of us have, and the varying leadership qualities that come into play when we validate, listen, and support each other. We are looking forward this year to having inter-Regional contact and networking.

The first year representatives: Maryann Zimmermann (Primary Liaison), Jan Bennett (Secretary), Thomas Zumbroich (Treasurer), and Cathie Wegryn (acting Treasurer during Thomas Zumbroich's 3-month absence), have completed their year on a note of satisfaction. We now wholeheartedly welcome, congratulate, acknowledge and support the San Diego Region and the new incumbents who are now in place: Priscilla Dick (Primary Liaison), Alicia Luengas-Gates (Secretary), and Sandra Golden (Treasurer).

As we all shimmer and dance into the next year with Hook-up and commitment, we envision a deepening expansion, and continuance of what has been successfully generated.

San Diego is the host city and Region for the 1992 TRAGER International Conference (see conference article Page ?). We welcome your ideas as to what would make the Conference a meaningful, inviting, nurturing, informative, enjoyable, celebration and event. **SEE YOU THERE!**

And From Vancouver. . .

Lhesli Benedict

Do any of these faces look like they've just received a TRAGER session, or what!? Here they are following a Supervised Practice Day, one of the afternoons given once a month by Michael Madrone. I'm hooked on this model: a Super Day is like a tutorial with group input--we teach each other and have fun doing it. For me a TRAGER course and being with TRAGER people are a dynamite duo, igniting an expansive feeling while learning and developing. I believe we all take these experiences to our clients--the time spent together learning becomes our "fuel bank" of recall.

Another TRAGER learning

opportunity in Vancouver, was the Intermediate Training taught by Gail Stewart this past Spring. Gail spirited more Students toward their Practitionerhip, and she shared herself in a day spent with the Practitioners. Vancouver is also hosting Roger Tolle this Summer, as well as a Beginning Training with Carol Campbell in the Fall. It's a great and beautiful city and could be a winning training-and-holiday combo.

Fourth Northwest Regional Meeting: September 6-8, 1991

Plan now to join us Friday evening through Sunday afternoon at Lake Wenatchee YMCA Camp. It is a beautiful spot in the Cascade mountains. Facilities include cabins with fireplaces, outdoor theatre and firepit, outdoor chapel, nice rock "beach", a big lodge with meeting rooms, plenty of land, a playing field and basketball courts.

After our meeting last July, the feeling of community and the need to gather as a group was strong. We decided to try meeting every year. It's a great way to stay in touch, and meet new TRAGER friends, too. In order to include as many people as possible, we are trying to keep the cost down around \$100.--room and board included.

Driving time from: Seattle is 2.5 hours; from Vancouver, B.C., 3.5 hours; Portland,

6 hours. Carpool information will be available.

Interested in attending, offering a workshop, volunteering to help organize???. Then, contact: Gwen Crowell, Abintra Wellness Center, 438 N.E. 72nd Street, Seattle, WA 98115, 206-522-9384 or 206-367-3939.

Forming Member Groups, Protecting Service Marks, and Working with The Trager Institute: Directions in Policy

Elizabeth Insko Reifler, Esq. and Don Schwartz

Elizabeth has served as The Trager Institute's General Counsel since 1988. She has also served as Board Counsel to the Association for Humanistic Psychology International since 1985. Elizabeth has consulted with many national and international non-profit organizations, has served as a board member, and has acted as General Counsel for these organizations including: The San Anselmo Organ Festival (International) and the International Human Learning Resources Network. Elizabeth has a private law practice in San Rafael,



Vancouver Members: (left to right) Nandan Menzies, Henry Sikorski, Madelaine Mousseau, Michael Madrone, Sophie Wood, Lynda Henderson, and Karen Shea.

California, specializing in business--including non-profit--and real estate law.

We Have Solved The Problem! For years The Trager Institute's leadership has been developing a formal policy to guide the formation of Member Groups--also known as regions, or regional organizations. This time delay has been a serious problem because many members do want to have sub-organizations--locally, regionally, provincially, nationally, and/or internationally. However, we are solving the problem in a way that will work for all of us, protecting our service marks AND supporting Member Groups.

Thanks to catalyzing questions last Fall from Instructor Fabienne Hirsch, this block was dissolved. Member group policies are now developing, and the direction appears to be thus: Member groups which wish to form--informally or formally--may do so at any time as long as they follow The Trager Institute's service mark guidelines, and as long as they do not promote to, or do business with the public.

For those member groups that wish to promote to, or do business with the public, a "Member Group Agreement" draft has been developed. This is a legal contract, and it has been or is being sent to currently existing member groups. The Member Group Agreement has been composed to support the development of Member Groups, and to concurrently protect The Trager Institute's service marks and financial assets. Many hours of work have gone into this agreement. We have worked with our service mark attorney, Katherine Spelman and Board members to make this agreement as supportive as possible of Member Groups. Since its first draft, the size of the agreement has been reduced by about half--from 26 pages to 13 pages.

What Caused The Problem? Why have there been such serious concerns about the use of the TRAGER service marks by Member Groups? To put this as succinctly as possible, a Member Group using the service marks is like an individual using the service mark who is not a certified Practitioner. To allow member groups which are not formally licensed by The Trager Institute to use the service mark in promotions to, and dealings with the public, is like the Institute allowing uncertified individuals to use the service marks. This would damage the Institute's claim to its service marks, and threaten the entire profession of TRAGER. The "worst-case scenario" is that with a loss of service mark registration, any individual could claim to be a "TRAGER" Practitioner, and they could claim anything they do to be "TRAGER"! It is for this reason that it is important for all member groups who are using, or plan to use the TRAGER service marks in a public manner, to become a party to the Member Group Agreement.

There are, of course, initial legal fees involved, and it is necessary to find a way to share these fees--otherwise the Institute could find its coffers near empty! We call this agreement a "draft" because laws differ from state-to-state, province-to-province, and nation-to-nation. The draft is flexible and can be easily adapted to the laws of different places, if necessary. The fewer changes, of course, the lower the legal fees. And, we are hopeful that very few changes will be necessary.

How To Form a Member Group. If you want to form a TRAGER Member Group to sponsor classes, demonstrations, or, any event or service open to the public, simply write to the Institute's administrative office in Mill Valley, and request a draft Member Group Agreement. Call Don if you have questions after you read the Agreement. After the Institute's administration has answered your questions, take your draft to a local lawyer who represents non-profit organizations and ask the lawyer if any changes must be made to the Agreement to conform to local laws. This should take no more than an hour or so for the lawyer. If significant changes are needed, ask the lawyer to estimate the cost, and let the Institute know so we can find a fair way to share the cost. If no changes are needed, ask the lawyer how to structure your Member Group and who should sign the agreement. Then sign the Agreement, and keep a copy, returning the original to Don.

What To Do If You Already Have A Member Group. Member Group Agreements will help to ensure that the TRAGER service marks are protected for ALL members of The Trager Institute, and that all Member Groups are treated equally and fairly.

A Member Group which has already been formed needs to participate in protecting the service marks, and in working with The Trager Institute and the new Member Groups, by reviewing and signing a Member Group Agreement.

Existing groups also need to consult an attorney to see if any changes must be made to the Member Group Agreement to conform to local laws. Again, this should take no more than an hour or so of the lawyer's time. And again, if significant changes are needed, ask the lawyer to estimate the cost, and let The Trager Institute know so we can find a fair and equitable way to share the cost.

REMEMBER: A Member Group that consists only of members of The Trager Institute who meet together to trade TRAGER work and/or share information, does NOT need a Member Group Agreement. Only a TRAGER Member Group that wants to sponsor events and/or services to the public, or advertise under the Mem-

ber Group name, needs a Member Group Agreement.

If you are not sure whether you need a Member Group Agreement, it is best to err on the side of caution. If you are not sure, please call Don at the TRAGER office, and let him know what you are doing, and he will help you decide whether you need a Member Group Agreement or not.

Let us know what feedback you receive from the local lawyer--it will help us to improve the Agreement. Good luck!

Concluding Thoughts: Evolving a Global Vision of The Trager Institute

Don Schwartz

The purpose of this article is to share with you my personal vision of our Institute as a global organization. My vision has been formed by the simple fact that 37% of our membership live in nations other than the United States, and by the inspiring work that has been, is being, and will continue to be done by the many members in these many nations.

This is a time when all of us will continue with our organizational efforts so that we can create communication channels and support structures that are truly meaningful to us wherever we live.

My communications with the emerging leadership in Canada and Europe have touched me deeply, and have inspired me to work even harder to overcome the problems of language and monetary exchange, so that we will be ready to take on the universal challenge of helping The TRAGER Approach to find its rightful place in the world--for all nations where our members live and work.

I want very much to help evolve The Trager Institute to that place, and my personal vision is that wherever we, the members, live, whatever sub-organizations we belong to, we will still find our membership in The Trager Institute meaningful and valuable. I Thank you!

Announcing The 6th International TRAGER Conference

San Diego, California, September 13-24, 1992

Maryann Zimmermann

San Diego, California is the location for The Sixth International TRAGER Conference. San Diego is known as "America's Finest City," and there are bumper stickers that say "San Diego Feels Good All Over." The San Diego Region is joyous to be the host city for the Southern California, San Diego based TRAGER Conference for 1992. Our proposal has been accepted by the TRAGER Board, and an official first announcement was made by Don Schwartz at Milton Trager's 83rd birthday party in Laguna, on April 29, 1991.

As chairperson for the 1992 Conference, I feel incredibly fortunate to have a magnificent Southern California/European/Canadian opening steering committee:

Registrar: **Glenda Adair** (Mission Viejo)

Program Director: **Adrienne Stone** (Los Angeles)

Entertainment Coordinator: **Carolyn Mason** (Claremont)

Hotel and Food: **Will Putnam** (Coronado)

Accountant: **Jan Bennett** (Carlsbad)

European Liaison: **Esther Perin** (Switzerland)

Canadian Liaison: **Louise de Montigny** (Montreal, Quebec)

Chairperson: **Maryann Zimmermann** (San Diego)

Our entertainment and dinner themes are to be "PLAYFUL MEXICO" and "BEAUTIFUL HAWAII".

This will be a first time conference hosting for Southern California and San Diego. The Hanalei Hotel has been chosen as a site that will meet our space needs for trainings, presentations classes, entertainment, and guest rooms, as well as fun, food, and affordability. San Diego is a lovely city on the move, relishing its romantic past, basking in its prosperous present, and shaping an exciting future. It is a picture-book city to enjoy the diverse cultural, commercial, sporting, educational, and recreational advantages of a metropolis--and, at the same time, avoid the congestion, noise and aloofness found in so many cities. As a result, its citizens have a fresh outlook which

is a mixture of a metropolitan spirit and small-town friendliness. Though the hotel will not be directly on a beach, there are miles of sandy and picturesque beaches within easy shuttle bus access. It is a great vacation place, and since our conference is planned post-Labor Day, tourist crowds will be gone.

A projection for the 12 days will look something like this:

Pre-Conference:

Sunday, Monday, Tuesday - September, 13, 14, 15

2 Trainings

4 or 5 presentations

Evening free

Wednesday, September 16

Free

Thursday, September 17

The traditional Great TRAGER Trade

Exhibitor room opens

Evening free

Conference:

First Day of Conference:

Friday, September 18th

Registration from 8:30 to 10:00 AM

15 minute welcome speech by Conference Committee at 10:00 AM

Followed by Milton's demo, or to be created

Lunch - Noon to 2:00 PM

Workshops 2-4:30 PM

Friday evening's theme is "Playful Mexico"

Mexican style dinner from 6:30 PM to 7:30 PM

Mexican talent show and dance to a Mariachi band from 8 PM to ?????

Second Day of Conference:

Saturday, September 19th

Workshops from 9:00 AM to 11:30 AM

Lunch from Noon to 1:30 PM

Workshops from 2 PM to 4:30 PM

Saturday evening's theme: "Beautiful Hawaii"

Hawaiian Luau from 6:30 PM to 8:00 PM

Hawaiian chants and/or romantic music in the background recorded or live.

Dancing to a real good live boogie band from 9:00 PM to ?????

Awards will include gifts of a Hawaiian nature

Last Day of Conference:

Sunday, September 20th

Workshops from 9:00 AM to 11:30 AM

Sunday brunch from 11:30 to 1:30 PM

Conference closing and Sunday after-

noon and evening--to be created.

Post-Conference:

Monday, September 21

Free

Tuesday, Wednesday, Thursday, September 22, 23 24

Two concurrent trainings and 3 or 4 presentations

We invite and welcome your ideas and desires. We cannot guarantee all will be fulfilled, but you can be assured they will be considered.

The purpose of the conference is three-fold. First, to come together to acknowledge Milton and Emily Trager and The TRAGER Approach. Second, to celebrate ourselves and each other. Third, to support The Trager Institute so that the Institute can, in turn, serve us.

Create, plan, and envision yourself now to be at the Conference in 1992, for the part and/or the all that resonates for you. If you have never been to a Conference, treat and invest in yourself. If you have been, treat yourself again. Watch for the individual mailing regarding the Conference in the upcoming months and HOOK-UP TO THE SOURCE.

What would you like to see at the next TRAGER Conference?

Adrienne Stone, Program Chairperson

Times passes more and more quickly these days. So what does that mean? It means that before we know it will be time for The 1992 International TRAGER Conference in San Diego. As your Program Coordinator I want to provide the juiciest, richest, most interesting and exciting program you can imagine. In order to do this, I am asking for your help! Let us start those wheels turning.

What would you like to see at the next

TRAGER Conference? What would you like to share with the TRAGER community? What was wonderful for you at a previous conference? What didn't you like? Is there some thing unique about your practice-some special experience that you have had?

Keep in mind the theme of the conference, "Returning to the Source". There is so much talent within our TRAGER family. Let us all share that which we know and do best!

Please SEND your responses directly to me.

Adrienne Stone
846 4th Street #305
Santa Monica, CA 90403 U.S.A.

Calling for the Spirit of Entertainment

Carolyn Mason

This is an open invitation for anyone with ideas. No experience or talent necessary. After all, I am serving as the Entertainment Co-ordinator for the 6th International Conference. If you would like to be a part of the entertainment or want to help out in any way, please let me know. We have so many talented people within our family. The themes of the Conference concern areas of the world that have been very special to Milton Trager: "Playful Mexico," and "Beautiful Hawaii." These are wonderful cultures with much color, great sounds and great spirits. We need muchos amigos and many Hula dancers as well as powerful ISLAND SPIRITS.

Let's Send Our Administrative Staff to The Sixth International TRAGER Conference!

Don Schwartz

The title of this article says it all. The five International TRAGER Conference Committees have all done a terrific job--and the sixth is about to join them--but, they have never been able to afford send-

ing our administrative staff to our conferences. Neither has the Institute's operational fund. Yet our staff plays a very important part within the fabric of our organization. It would be ideal to have Claudia, Esther, and Marcia attend our sixth--and their first--TRAGER conference next year.

To this end, I am pledging a donation of \$120. to The Trager Institute for a special fund, which, if it can grow to US\$1,200., will be used to pay the expenses for our staff members to attend the conference. If only 108 more members will donate \$10. each, we will be able to achieve this important goal. Any funds received above and beyond what is needed will be earmarked for language translation expenses. Thanks!!!

A Note About Translations

The above articles on our upcoming conference are being translated and distributed by and for our non-English reading members in Europe and Quebec.

Attention Tutors

We are happy to announce that through a close collaboration between Maryann Zimmermann and Tutor Conference Chairperson Roger Tolle, the 1992 Tutor Conference has been moved to the same site and time-period as the International Conference. Tutors will be receiving more details in the mail.

PROFESSIONAL DEVELOPMENT

Quotes from Milton Trager

The following quotes from Dr. Trager were taken by Instructor Carol Campbell and Practitioners Benna Kolinsky and Maryann Zimmermann at the all-Tutor Practitioner Review class in southern California last June.

I have stopped trying to take things out of people... I give them the pattern (feeling), and they fall into the right thing... It doesn't count unless your body weight is in it. How could we do anything unless we feel them. You will not be giving a session, the session will be happening...

She's as hard as a rock here. I want to influence the tissue. [Neck] All of the neck movements originate from the occiput. You can do everything you want to do with the two moves of cupping the ear, and bouncing the head. On the bounce, be there in your mind, just drop the head, don't travel with it. Stay on soft tissue... It's just the mind, it's not the tissue. You have to find this out for yourself. Just ask, 'how should it be?', then your hands will know what to do. It tells me I can do this. As light as this...not trying to accomplish anything. You have nothing to do with it. It is nothing special. You are trying too hard, MENTASTICS will help a lot here.

[Chest] Don't slide on the compressions. Shift from left to right, again and again. Take advantage of the breath and follow it with your mind. You have to develop a subtleness in your rib cage.

[Belly] On a thin belly, use the mind, how should it be? Simply putting hand on the belly, don't get hooked in the movements. On a meatier belly, using the mind, compare it to a baby's belly. You can't break up the pattern by staying on it. Have them feel their own softness.

[Back of Legs] On the hammer move really play the calf weight. You get more of the hip when the leg is lower. It is the hammer you are after, and not the rebound. Traction is essential for the safety of this move. Put your hand under their knee with their leg bent and their calf in your forearm so you can lift their leg. Your upper hand can play by their gluters and trocantur.

[Shoulders] Lots of sculpting and molding, being there, staying there with feeling, I'm doing nothing, and yet it's effecting.

I'm not trying to accomplish anything. I'm feeding her mind. This is to be very subtle. Don't try to learn what is subtle. Subtle is just being there. Vibration softens. Feeling her weight helps me feel the nothing I want. What is less involved? I'm preparing what I will do--a gesture--then I will go with the gesture on the body. Compressions are down and out with subtle vibratory feelings. Everything is away from the midline.... Even the manner that I drop the arm is important. I want it to register relaxation in the unconscious mind. Don't deliberately drop it.

[Back] Using much more compression. Pause..., feel..., be there with intention, Hook-up, and effectiveness. Shake out more frequently to free up your own hands during the session.

Model Ordinance Packet Now Available

Don Schwartz

Beverly Shultz, Director of Governmental Affairs for the California Chapter of the American Massage Therapy Association (AMTA), announces the availability of a "Model Ordinance Packet" through the San Mateo office. Beverly writes that this packet "contains instructions and materials for revising local regulations pertaining to massage/bodywork....We have made every attempt to be as flexible and inclusive as possible, creating a Model Exemption and Model Ordinance which both contain a menu of criteria defining the massage/bodywork practitioner, so that standards can be selected which are appropriate to the local city or county, as well as the local professional community." The packet has already been distributed to the local AMTA units, and is now available to all practitioners who request it. The fee is \$25.--or \$10. for AMTA members--and is available through the AMTA-California Chapter State Office, 186 Sunwood Meadows, San Jose, CA 95119.

I want to personally thank Beverly and the California Chapter for the good work they have done in creating this packet, as well as for the continued support they give The Trager Institute through complimentary publicity, and ongoing outreach to our organization.

Total Recall

Michael Madrone

Michael is a Tutor from Vancouver, B.C., Canada. He presents an Institute-authorized workshop entitled...???

In October of 1985, a really amazing thing happened. Milton Trager worked on my neck. Now, it's always an amazing event when Milton works on anyone. But what is truly amazing about this event is that I can still feel Milton's hands on my neck any time I want to. I can still hear his voice talking to me, and the feeling of relaxation returns.

All of this happens not because I have a particularly great memory, but because Milton finished my neck session with recall. After he worked on my neck he said, "Feel your neck. You can have this feeling any time you want, just by remembering this moment. Just ask yourself, 'How did it feel?'" I was laying there on the table, with all these people in the room, in this hotel--it was at a TRAGER conference--and Dr. Trager had just finished working on my neck, and it felt like. . . Hmmm. . . 'Just like that.'

What this experience taught me was not only what great hands Milton has, but also the tremendous power of recall and his mastery of it. Unfortunately, in my experience as a Tutor, I see that many Students and some Practitioners are afraid to use recall, because they don't understand it.

Obviously one of the best ways to learn something is to have a deeply-felt profound experience of something, as I did of Milton's hands in 1985. However, I also think that it might be useful to begin to demystify recall by analyzing its parts and beginning to understand why it works the way it does.

If we were to take apart what Milton said to me, we would see that there are several important parts to the process of recall:

"Feel your neck." -First, I was specifically directed to my kinesthetic experience. While a TRAGER session is primarily a kinesthetic experience, people also often have visual, auditory, olfactory, gustatory, or emotional associations. I believe Milton wanted to leave me with a focus on a relaxed neck he had just facilitated. So he gently suggested that my attention be focused on my kinesthetic experience of my neck."

"You can have this feeling anytime you want. . ." -This simultaneously hooks me in--of course I'll want to feel this good again!--and also empowers me to begin to be in charge of my own experience. Technically this is known as leverage. In other

words, it provides motivation.

"...just by remembering this moment. Just ask yourself, 'How did it feel?'" -This is a very clever device known technically as future pacing. It is a very useful tool to understand. Notice the use of past tense "did", not the present tense "does." In other words, future pacing takes you into the future, and invites you to look back at the present moment in time. By the way, the flexible quality of the unconscious mind of humans allows us to do this very easily. (More on the unconscious later.) The important thing to note here, I believe, is that future pacing is a teaching tool. The person on the table is learning how to specifically recall, whenever they want to, the present state of relaxation and peace. Sort of a kinesthetic "Back To The Future"!

"I was laying there on the table, in this hotel, and Dr. Trager had just finished working on my neck. . ." -Technically this is known as anchoring. In psychology it is known as classical conditioning. Pavlov's dogs were anchored to the sound of a bell. When Pavlov rang it, the dogs salivated, I'm anchored to the thought of the Flamingo Hotel ballroom in Santa Rosa, California, and Milton's hands working on my neck. I can't think of any of those things without feeling my neck relax! Needless to say, you can empower your clients and become a much more effective Practitioner by learning to anchor your clients. One tip: anchoring your clients to the session, time, place, etc. helps give them something to anchor the feeling to.

A word about timing: Recall is essentially a neuro-associative process. Dr. Trager often talks about how the unconscious mind is the part of the mind that feels. It is well known by hypnotherapists and others that relaxation facilitates communication with the unconscious. Therefore it makes sense to integrate recall towards the end of your TRAGER session, usually at the end of the back work or neck work. It is then that your client will be most relaxed, and you can virtually speak directly to their unconscious mind, much like pouring water from a pitcher directly to a glass. Another tip: speak slowly, simply, and concisely and you will be more effective.

Sometimes Students tell me that they don't use recall because they feel shy or uncomfortable doing it. Don't let this stop you. In a way, it is just like any move, it's just a matter of practicing it, playing with it, until it becomes easier. If you're shy, you could practice into a tape recorder, or you could practice with another TRAGER friend--a recall pod!

One final tip: don't recite a rote formula, but rather speak from your heart, your unconscious, your Hook-up, if you will. It is my hope that this discussion has been helpful to the understanding of the

process of recall. Now, see yourself in the future, with a client, using recall, and it feels like. . . .

TRAGER Goes to the Spring Fair

Carol Campbell

For over 20 years, the Spring Fair has been a Santa Cruz, California, happening, rain or shine--or earthquakes. This year, Martha Robrahn, Judith Morgan Reich, Lenore Jones, Janet Hogan, and I decided it was time for TRAGER to add itself to the array of arts and crafts and services the fair offers. We figured we could put our hands on a lot of people, talk to a bunch more, and those who didn't venture in the tent would at least see the name TRAGER.

The planning was easy. Between the five of us, we had what it took to put together a great looking 10' by 10' tent. We gave free mini-sessions of about 10 minutes each. We did people not only on our one table, but also in chairs, and still had a waiting list both days. We gave each person a "MENTASTICS moment" to take home with them. You could tell the people leaving our tent by their radiant looks and shimmery walks.

Our "win a free TRAGER" was popular and we have a box stuffed full of entry slips to draw from. Lots of fliers, brochures, and business cards were scooped up. Whether any of us will get a client directly from the fair is perhaps beside the point. We figured that our participation would boost our name recognition in our community. And we figured that being there would be challenging, mutually supportive, and a lot of fun. And we were right!

TRAGER at the British Columbia Huntington's Disease Camp

Lhesli Benedict and Michael Madrone

Michael you already know from his article on "Total Recall" above. Lhesli is a TRAGER Practitioner from Vancouver, B.C., Canada, and a regular contributor to these pages.

In May, 1991, we were invited by the Huntington's Disease Foundation of Canada, to come to a camp held for persons with Huntington's Chorea in Squamish, British Columbia, in order to introduce TRAGER and to give sessions to people with Huntington's Chorea. Arrangements originally were made by Ingrid Hill, a TRAGER student and Registered Massage Therapist who had massaged at the camp last year and felt that TRAGER might be a benefit for person's with Huntington's Chorea.

Huntington's Chorea, as the disease is called, is a genetically caused neuromuscular disability with no known cure. The main presenting feature of the disease is an extreme and constant jerkiness of the limbs. This is why it is called Chorea, which means "dance" in Greek. The word choreography comes from the same root. Huntington's is extremely debilitating and degenerative both physically and mentally. Eventually death results, usually from respiratory failure.

When we went to the camp, we didn't really know for sure what to expect. When we arrived, everyone was very friendly and we immediately felt at ease. After having lunch, we gave a short demonstration of the tablework and MENTASTICS.

Most people were hesitant to sign up for sessions. But a couple of brave souls agreed,

and everyone else decided to adopt a wait-and-see attitude. What they soon saw were people profoundly affected by their TRAGER sessions. There was an immediate rush to sign up for the remaining time slots!

We think it's fair to say that just about everyone was truly amazed at the results TRAGER had on his or her condition. We'd like to share some of these miracle moments:

One woman usually was unable to stand still and had broken her leg in a fall the year before. After her TRAGER session she stood completely normally and motionless for an extended period of time.

A woman who had not had a normal night's rest in ten years because of the jerky movements the disease causes immediately slept solidly for two hours after her session and later that night slept solidly for the first time in 10 years.

Another person said, "Massage feels good. But TRAGER relaxes me to my bones!"

A man named Ken said, "I haven't been this relaxed in 10 years. I feel my drum. It feels like laying in the surf with waves washing over me."

One man never spoke, was very rigid, and not at all friendly. After his session he said, "Hi," and waved every time he saw Lhesli.

One woman loved TRAGER so much that she kept coming up during the tea breaks and asking for more. Of course, she got it!

Susan Tolley, the Director of the Canadian Huntington Disease Foundation, said she could see visual evidence of change after the sessions. She explained that participants are given a supportive environment at the Huntington's Camp and then encouraged to take a risk--to stretch out. Clearly this is what many people did in trying TRAGER. She said the British Columbia Camp is the most progressive in Canada. They were the first to offer massage therapy and music therapy. And now with introducing TRAGER, they've leapt ahead into the 21st Century.

The attitude of cheerfulness and willingness of the camp participants was inspirational. (Depression and dementia often accompany Huntington's.) To experience folks who have severe involuntary spasms relaxing, going deeper, even closing their eyes, was truly profound for us as Practitioners. They quickly learned to surrender to the TRAGER experience. They seemed genuinely happy and grateful for the experience. And so were we!



From left to right: Fair goers Kyle Campbell Rogers, Martha Robrahn, Judith Morgan Reich, and Carol Campbell.

TRAGER at Tufts Medical School

Sally Sestokas, C.T.P.

Sally is a Practitioner from Lexington, Massachusetts, U.S.A.

Last Winter, a first-year Tufts Medical School student named Andy Davidson called, and asked if I would be interested in presenting Dr. Trager's work to sixteen first-year medical students. He said that he had used alternative health care all of his life, and that he intended to use it in his practice. He was setting up a series of alternative health care seminars which would be presented to interested first-year students. I said that I would be delighted to participate.

On Tuesday, April 13, Madeleine Evans Maldonado and I drove through a driving rain storm into Boston. Her life has been transformed by her experience of The TRAGER Approach, so she had volunteered to be my model for the demonstration. She also gave a testimonial at the beginning of the seminar.

When we arrived at Tufts Medical School, Andy met us, and guided us to the assigned classroom. It was still being used for interviews, so we were assigned a beautiful meditation room in New England Medical Center. I believe that was "Hook-up" in action!

I presented a talk on the background and development of Dr. Trager's work. I added information which would be interesting to medical students. I gave them comments by physicians who are TRAGER Practitioners, and I told them about the clinics where Dr. Trager's work is part of their program. I also gave them copies of The TRAGER Journal, Vol. II. They were very interested in the Journals.

Andy had said that he wanted the seminar to be experiential, so I presented the students my entire MENTASTICS program. I also presented some TRAGER moves they would do for themselves. I closed the seminar by giving a short table demonstration. The students were enthusiastic about the work. They asked many questions, and many of them stayed after the seminar to ask more questions. I kept wishing that Milton could be there. But then, he was there in spirit. It was a wonderful experience. I assisted at a TRAGER training this Spring which Betty Fuller taught. She said she thought that this was the year for The TRAGER Approach to become known. I believe that she is right.

Thank You for Risking and Trusting

Judy Russell

Judy recently completed her certification program. The following is her personal statement printed with her permission, and with our thanks.

As I work on your feet, I recall how your toes use to feel, and how I felt about them. You were the one on whom I learned TRAGER. I remember your toes as being withdrawn and rigid. They did not want to straighten or move. Yet, you were willing to risk bodywork--and even built my TRAGER table. Amazing! Thank you! Your toes are still pulled into your feet, but I'm able to play with them. Now I am able to appreciate them, to marvel at them and all that they represent rather than thinking that they are not OK and that I want to change them. I really wanted to change you. I wanted you to be more outgoing, to extend yourself to others. Now, I can appreciate your introvertedness and feel your playfulness in your own space. I like that.

Your legs are easy to work on. I tune into your tissue, connect with it and as I am doing that, I automatically connect at a deep level with you. I am in a state of Hook-up connected with the source of love and light, and that love seems to flow through me as I work. It is so effortless. I am doing nothing. As I continue, I focus on my own body and allow it to melt and the tensions to flow away as I move.

You give me the weight of your arms and I play. As I play, I ask, "What could be looser? What would "freer" feel like?" Suddenly, your arms tell me and become even more playful. The chest is not so free. But remember when we started TRAGER? You had lost your job, been diagnosed as having coronary artery disease and hypertension, and shortly after that your dad died unexpectedly. No wonder your chest did not know how to move. My job was to accept and to suggest how it might be with only a hint of movement. Do you know how difficult that has been for someone who is used to identifying the problem and "fixing" it? It is so easy for me to connect with your tenseness rather than remaining loose, free, playful.

Your abdomen use to be like a board. Tonight, you let me in and then asked why I worked so long on it. I responded that I was talking with it. After I moved around to the other side of the table and you shared that you did not like the abdomen and the chest compressions as well as the

rest of TRAGER bodywork, it was as if the abdomen had changed. It was guarded. But, in reality, was it me or the abdomen who was guarded? I had come out of Hook-up. Time to take care of myself, and to get back into Hook-up.

I move to your head and weigh it. I wait. You ask, "What are you doing?" and I respond, "Nothing". And then my fingers automatically start doing something but your neck says "no." Why did I let my brain take over and tell my fingers that they had to be doing something? I listen to your tissue, and ask, and my hands seem to know what they need to be doing. I look at you and am flooded with love for you.

I thank you for being willing to walk down the TRAGER path with me. I look at you and I feel the changes in your body and I see the changes in your behavior everyday. Wow! It is harder for me to see that changes within myself. It does seem that as I have learned to accept your tissue and say "Yeah" that my acceptance and appreciation of you have increased. Is it because of TRAGER, or 25 years of living together, that our marriage is better than it has ever been, or perhaps a combination of things? I just know how much I love you and appreciate you just the way you are. I like the playfulness and ease that we now have in our relationship. If you want, you can even keep your weekly appointment after I become certified!

Decoding the Insurance Puzzle: Practical Guidelines on Insurance Reimbursement Procedures for Practitioners

Chris Rosche

Chris Rosche, M.A., M.P.H., is a TRAGER Practitioner from Cupertino, California (south of San Francisco), who specializes in consulting with Practitioners and teaches workshops at Bodywork Schools nationwide. She is the author of "The Insurance Reimbursement Manual" and publisher of "The Professional Bodyworker" Newsletter. Chris welcomes telephone consultations and is available at 408-732-3376.

The following article deals with insurance processes in California. For more information about insurance coverage, read "The Insurance Reimbursement Manual," by Christine Rosche. The book is applicable to TRAGER practitioners in California, and all other states. Be sure to research the laws and regulations for your

profession in your state. Please communicate what you learn to the TRAGER office for future newsletters.

We are currently in an important transitional period for bodyworkers. Clients and health care practitioners are recognizing and utilizing our services in increasing numbers. Many physicians and other health care professionals find TRAGER to be an important adjunctive approach to their patients' overall treatment plan. As a profession we are identifying what is needed to be incorporated with the current health care system. Health insurance companies generally reimburse for services rendered by a practitioner of health care that is licensed by the State of California (chiropractor, physician, social worker, physical therapist, acupuncturist). Since there is currently no state licensing for TRAGER and bodywork, we must work under the direction and close supervision of a licensed provider of health care in order to bill health insurance for our services. We need to understand the language and culture of the insurance company system so that we may effectively communicate to them, as well as to clients what is needed to receive reimbursement for TRAGER work.

During my first year of practice as a TRAGER Practitioner, the most frequently asked question by my clients was: "Can insurance pay for your services?" I began working in a chiropractic office as part of a team of multi-disciplinary health care practitioners (chiropractors, physicians and acupuncturists working together), and the doctors were asking me to show them how to bill for TRAGER sessions. As I began my search to find the answers to the insurance puzzle, I found incomplete and contradictory information with a lack of consistent guidelines for practitioners. My research resulted in "The Insurance Reimbursement Manual" for practitioners, and my colleagues encouraged me to offer monthly courses on this topic. I am teaching at Bodywork schools nationally. Students and practitioners have commented on the increased confidence and ability to work within the health care system that resulted from receiving this information.

After determining the appropriate procedure coding and billing terminology (e.g. using the words "neuromuscular re-education" instead of "TRAGER bodywork"), over 90% of all health insurance claims billed from the doctor's office were reimbursed.

The following guidelines will assist you in understanding and working with the current insurance system. Major medical insurance companies (such as Blue Cross, Travelers) as well as Workers Compensation insurance companies (they insure an employee for job-related illness, injury or accidents) require the use of procedure

codes on their claim forms. These are numbers designated as physical medicine procedure codes to identify a medical service or procedure.

In California, two particular systems of codes used are called RVS (Relative Value Study) and CPT (Current Procedural Terminology). At this time, Blue Cross, Stateco and Workers Compensation insurance companies use the RVS system. Most other companies use the CPT coding system. For companies using the RVS system, TRAGER would be classified under the number 97200, which is office visit with therapeutic exercise, neuromuscular re-education, massage, etc. for 30 minutes, valued at \$30-42. 97201 is used for each additional 15 minutes, which is valued at \$8-13. Thus, if billing for one hour of TRAGER bodywork with the RVS system, the following numbers would be used: 97200, 97201 x 2 (for the 15 minutes x2 additional). If you bill for one hour using the CPT system, 97112 Neuromuscular Re-education for 30 minutes would be used valued at \$30-42 and 97145 is used for each additional 15 minutes. One hour of TRAGER bodywork would be coded as 97112, 97145 x 2 (for the additional 30 minutes). CPT codes 97112 and 97145 are intended for use under a physical therapy license, and RVS codes 97200 and 97201 are intended for use under physician's and chiropractors' licenses.

Working under the license of a doctor or licensed health care provider (e.g. chiropractor, osteopath, acupuncturist) gives us the legal privilege to use procedure codes. The claims need to be billed from the doctor's office you work in, and the doctor needs to be present in the same facility you work at least 50% of any work week and be available at other times for advice and supervision.

The doctor initially examines and writes a treatment plan for the patient prior to the TRAGER session specifying diagnosis (e.g. neck and shoulder spasm, back pain, somatic joint dysfunction) as well as frequency and duration of sessions (e.g., 2 times per week for 3 weeks and then once a week for 4 weeks.). Each time a session is completed, the practitioner records the date, specifies what was done during the session and for how long (e.g., neuromuscular re-education with focus on neck and back, 60 minutes). This is recorded in the patient's chart and becomes a permanent record. The doctor provides periodic re-evaluation (usually every 2-4 weeks) and records the patient's response to TRAGER in the chart.

When billing automobile insurance companies for personal injury/accident claims, you are not required to use procedure codes. In this case, you may bill out of your own office submitting a statement

which includes your name, address and phone number, the dates and fees for each session and a description of your services. Remember to use the words "Neuromuscular Re-education" and submit your statement along with a prescription or letter of referral from the client's doctor specifying how long and for what period of time the sessions are recommended. The doctors' office also needs to include the client's diagnosis on the referral letter along with any other necessary medical reports. Some practitioners have filed a claim for auto insurance reimbursement without needing a prescription or letter of referral from a doctor, and have received payment.

Always ask the client who comes to you with an automobile insurance claim if they have medical payment coverage on their own car insurance. This coverage will permit you to be paid very few weeks by their own car insurance company, and upon final settlement they will be repaid by the insurance company of the other driver. If you agree to wait for payment and there is no med-pay available on the client's own car insurance company, request a lien from the client's lawyer. This legal document will insure that payment will be made to you upon settlement of the case. This could take from several months to several years.

By careful and considerate application of insurance company procedures, your work can be available to a significant percentage of the population who could otherwise not pay for your services. Through effective communication to doctors, clients, and insurance companies, TRAGER is becoming an important adjunct to a health care treatment plan. Practitioners find that their practice increases significantly and both doctor and patient satisfaction is enhanced. This satisfaction will be communicated to the client's family and friends who then send their family to you and the doctor. You are becoming an essential member of the adjunctive health care team.

Moving Towards Cooperation: The Forming of a Bodywork/Massage Organization Federation

Don Schwartz, Ph.D.

About three years ago TRAGER Practitioner Vicki Carmona, of Oakland, California, accepted a position on the national Board of Directors of the American Massage Therapy Association (AMTA). Vicki was kind enough to introduce me to the then-President of the AMTA, Robert King, who proceeded to introduce me to the then-Vice President, Elliot Greene. I found both men warm, open, and generous, and I shared with them one of my long-time dreams of the bodywork and massage organizations communicating more with each other, and working towards common goals in a cooperative manner.

Robert King's term of office expired, and Elliot Greene accepted the Presidency. Soon after that our discussions about potential cooperation became more focussed, and, concurrently, other organizations were communicating similar interests. Finally, Elliot Greene coordinated a meeting of five organizations in April, and a follow-up meeting occurred in July.

Below you will read a report of these meetings. This report signifies a major step forward for all the organizations concerned, and probably for the profession of bodywork/massage. I am excited and encouraged by the potentials and opportunities that cooperation provides, and I want to share this hope with our entire membership. At the same time, I imagine that some members may read this report with concern--concern about the integrity of The Trager Institute as well as The TRAGER Approach, the Institute's sole charge. In fact, any action bears with it some measure of risk. However, I pledge to you, as I have to our Board of Directors--and to myself--that I will, to the absolute best of my abilities, represent

the interests of TRAGER Students, TRAGER Practitioners, and The Trager Institute, in the taking of cooperative action, and in the forming of a Federation.

There is obviously much to share about the development of this Federation. At this point, I do want to emphasize that I see TRAGER as an international phenomenon, and that, therefore, I am consistently bearing this in mind in all of my discussions and actions. I am emphasizing this international nature to the Federation members, and I hope to see the Federation reflect this nature in its development.

Regarding practical actions, the Federation, at the end of its last meeting, agreed to form a law and legislation committee as soon as possible to begin addressing those issues on behalf of all of our members. Professional liability insurance, you will not be surprised to read, was also a hot topic. Federation members hope to be able to offer our respective constituencies an excellent price for an excellent liability policy--within a year.

The first announcement of our Federation has appeared in the August, 1991, issue of the "Massage Therapy Journal" in a cover story. Information about each organization was published in this issue. Single copies of the "Massage Therapy Journal" may be ordered for \$4.50 a piece from the AMTA National Office, 1130 W. North Shore Avenue, Chicago, IL 60626.

I wish to thank Elliot Greene for his pioneering leadership and consistent support, Vicki Carmona for making the connections, and the members of our Board of Directors for their support. The following is the Federation's first statement.

Shared Visions: A Statement of Federation

In April and July of 1991, leaders of The American Massage Therapy Association (AMTA), The American Oriental Bodywork Therapy Association (AOBTA), The American Polarity Association (APTA), The Rolf Institute, and The Trager Institute came together to explore issues of communication and cooperation between the various member organizations. As a result of these meetings, we agreed to form a federation of massage/bodywork organizations for the purpose of cooperating with one another to achieve goals the organizations hold in common.

In creating this Federation, our desire is to work cooperatively in a spirit of friend-

ship, to support professionalism, and to mutually further the evolutionary growth of the massage/bodywork profession. Members of the Federation are equal partners who recognize and respect each other's autonomous identity. Consistent with our commitment to increasing professionalism, Federation members agree on establishing high standards of practice and parity of training curricula. The Federation provides the opportunity for, and encourages its members to, form affiliations that will allow us to share resources for our mutual benefit.

Mission Statement

The Federation is inspired by the fundamental values of massage/bodywork in which competent touch is central to the health and well-being of the whole person. In the spirit of friendship and cooperation, our purpose is to promote and develop professionalism, and to actively explore ways in which we assist each other to achieve our individual and mutual goals in the practice and growth of massage/bodywork.

The areas of cooperation that Federation members agree are necessary in pursuing professionalism are:

- 1) Support for research in massage/bodywork.
- 2) Development of standards of practice.
- 3) Proactive law and legislation programs.
- 4) Cooperation with health care providers.
- 5) Creation of new markets and opportunities for massage/bodywork therapists and practitioners.

Other areas of cooperation that Federation members agree are important include:

- 1) National Certification.
- 2) Accreditation of massage/bodywork training programs.

Federation members will work cooperatively on a variety of projects and programs. While our individual organizations have embarked upon several of these projects and programs, we are pleased that the Federation offers an opportunity to coordinate and broaden our efforts. By serving a larger circle of massage/bodywork therapists and practitioners who share basic principles and goals, we enable our members to enjoy the benefits of participating in a "win-win" environment.

For example, the Federation will create a joint legislative committee to coordinate mutual legislative activities. Our coopera-

tion will eliminate situations in which an action that benefits one group conversely harms another group. In addition, the Federation will provide the interaction necessary to fulfil our commitment to increasing professional standards of practice and establishing a parity of training curricula. Finally, we will research ways that Federation members might pool resources and offer high quality professional liability insurance to individual members of Federation organizations at attractive prices.

Federation Values

One of the most exciting aspects of our meeting was the identification of several values that were shared by all:

1. **Professionalism:** The Federation stands for the continued development of high professional standards in our field, and actively supports the recognition of massage/bodywork as a Profession.

2. **Ethics:** The Federation will promote the highest standards of ethical conduct.

3. **Commitment to Serving Society:** The Federation unites the goals of member organizations that express a commitment to serving society.

4. **Mutual Support:** The Federation believes in mutual support among all member organizations.

5. **Global Perspective:** The Federation is open to international participation.

6. **Service Mark Respect:** The Federation members will respect service marks in spirit and in print.

In the near future the Federation plans to further develop its decision-making process including criteria for membership. By favoring cooperation over competition, we can best serve the individuals we represent.

Mark C. Anderson, M.A.
Executive Director, AMTA

Ray Castellino, D.C., R.P.P.
APTA

Carl Dubitsky, O.B.T., L.M.T.
Director of Education, AOBTA

Elliot Greene, M.A.
National President, AMTA

Daniel J. Kuchars, M.A., C.S.W.
Executive Director, The Rolf Institute

Jeffrey Maitland, Ph.D.
Faculty Chair and Director of Academic Affairs, The Rolf Institute

Diane L. Norcio, M.P.H., R.P.P.
Board of Directors, APTA

Steven Schenkman, B.A., O.B.T.,
L.M.T., President, AOBTA

Don Schwartz, Ph.D.
Administrative Director, The Trager Institute

Jan Stevens, M.B.A.
President, Board of Directors, The Trager Institute

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Instructor Committee Restructuring

Sheila Merle Johnson

The Instructors Committee met in May, 1991, at The Trager Institute's administrative office in Mill Valley, with all 13 Instructors and trainees present. The meeting was primarily devoted to clarifying lines of authority and organization within the Institute, and improving efficiency and effectiveness of Instructor Committee process.

For over 10 years, the IC has been meeting twice a year for 3-5 day meetings. We have had a huge administrative workload each meeting, dealing with all aspects of education within the Institute. This has left very little time for what we consider to be our main job together: developing ourselves as teachers. We have been working over the last two years to define the mission and authority of the IC more clearly, so that our work together can reflect our real goals better, and so that some of the decisions and educational work can be handled by more appropriate bodies within the Institute.

Authority: Members of the Board of Directors came to this IC meeting to address the issue of lines of authority within the Institute, as well as clarity of organization. These discussions led to a working draft of the IC authority, which will be published when it is finalized and approved by both bodies--please see the Board report below. The IC feels that many of its former tasks and responsibilities would be handled better by an Education Committee, representative of the membership as a whole, and we urged the Board to pursue its plans in

this direction with alacrity.

IC Meetings Changes: In order to address IC responsibilities during the year, several working subcommittees were formed, coordinated by the IC Chairperson and Secretary. This will be a new way of working for the IC, since we used to try to accomplish all our work during meetings. For the time being, these sub-committees are primarily task oriented, but as the process develops, our long range vision is that there would be permanent subcommittees, with spheres of responsibilities and chairpeople that the members could contact for specific issues.

These positions of IC Chairperson and Secretary used to be only for meetings. They are now ongoing and rotating. I will be IC Chairperson in 1991, through the January meeting in 1992, and Karen Hortig will be Secretary. We also have a Steering Committee which will meet by phone every two months, providing a way for us all to keep current with issues and information.

We feel that this new structure will foster an on-going flow of work and interaction, make the IC's job more efficient and provide more time at meetings for creative interchanges around the teaching of TRAGER work.

Please address any IC correspondence to me at the Institute's administrative office.

Report from the Board of Directors

This article presents summaries of minutes from our Board of Directors meetings. The members of the Board for the March 13th meeting were: Harry Friedman, Betty Fuller, Natasha Heifetz, Deane Juhan, Jan Stevens, Stephen van Beek, and Anne Wormood. For the May 29th meeting: Harry Friedman, Betty Fuller, Natasha Heifetz, Jean Iams, Deane Juhan, Jan Stevens, Michael Stulberg, and Anne Wormood.

At the March 13, 1991 meeting, 1990 financial results were reviewed. A surplus of \$34,149. was reported due primarily to donations of Instructor fees by Instructors--including Dr. Trager--and to increased membership dues.

Member Group Agreement: Institute general counsel Elizabeth Reifler reported that this document, which addresses service mark, liability, and fiscal relationships between the Institute and a Member Group--individual, unincorporated, or incorporated--requires only minor revisions. It will be presented to the Board for approval at the July meeting. Board policy

prohibits favoritism in its interactions and relations with Member Groups. Completion of this template will provide a common base from which to proceed with current organization interests, both regional within the U.S., and internationally. For more information, see the article on Member Groups elsewhere in this newsletter.

Marketing: Deane Juhan, chair of the Marketing Committee, reported that marketing consultant Jayne Bonfietti will give first priority to tasks related to public relations and media exposure before continuing development of a Practitioner marketing manual. For more information on marketing efforts, see the article elsewhere in this newsletter.

Carlo Rossi presented a summary of his research into Canadian incorporation. The Board approved seeking more information through a second Canadian attorney.

Education Committee: Deane Juhan, chair of the interim Education Committee, presented, and the Board passed, the following motion defining some structural aspects of this group:

- 1) The Education Committee will be composed of 2 Instructors, 2 Tutors, 2 Practitioners, 1 representative each from the administrative staff and the Board of Directors.
- 2) No committee member will represent conflicting roles.
- 3) Each represented group will select its own delegates based on commitment, participation, and competence.
- 4) The interim Education Committee will be a start-up group and will turn over its work to the permanent committee, which will be installed by the July Board meeting.
- 5) The authority for the interim committee will be to develop, for Board approval, a Practitioner training curriculum and a process for transition to the permanent committee.

Carlo Rossi, as outgoing Executive Director, presented an exit report. Carlo was acknowledged and thanked for his many contributions to the organization and its members during his tenure.

Board Elections: During April, election of Board members to fill positions with expired terms were held. Two new members were elected: TRAGER Tutor Jean Iams, and Michael Stulbarg, M.D. Re-elected members are Deane Juhan and Anne Wornood. The following officers were elected unanimously for service until January of 1992: President, Jan Stevens; Vice President, Deane Juhan; Treasurer, Anne Wornood; and Secretary, Betty Fuller. Nominations for candidates in the Fall Board

election must be received by the Nominating Committee chairperson, Betty Fuller, by August 31, 1991. Please mail them to the Institute's administrative office.

Board Meeting Guests: To include the welcome participation of guests at Board meetings, and to facilitate interactions required to accomplish Board business, the following policy was defined by the Board with participation by several guests:

- 1) Guests participate in agenda item presentations and/or discussions do so:

-by invitation from the Board.

-by requesting agenda time through a Board member and submitting a written summary of his or her presentation four weeks prior to the meeting--this allows time for distribution of materials to Board members.

- 2) Other guests are non-participating observers who are requested to notify the office of their attendance prior to the meeting, and will participate in discussions only by direct invitation.

- 3) All guests will be required to make the same commitment to confidentiality as Board members make as part of serving The Trager Institute.

- 4) To facilitate Board communications, and to provide an environment needed to address all Board business;

-a portion of the agenda will be reserved for Board members only.

-Board members and invited guests will sit at the discussion table; guests will sit in the guest section.

Finances: The 1990 financial results as reported in the last newsletter were confirmed, a net contribution of \$34,149. These funds have allowed us to move forward with marketing efforts and republishing of "The TRAGER Handbook". 1991 first quarter revenues from dues and sponsored trainings are below budget by \$19,626.

TRAGER members from the American North West have volunteered to survey TRAGER members who have dropped their membership. A plan to do this survey as a pilot project using the North West region was approved.

Instructors Committee: The Board approved the following statement defining the composition and authority of the Instructors Committee:

The Instructors Committee is comprised of all Institute-authorized Instructors and Instructor Trainees. The Instructors Committee is authorized and charged by the Board of Directors:

- 1) To define and develop The

TRAGER Approach.

- 2) To set the standards of practice for the practice and teaching of TRAGER psychophysical and MENTASTICS movement education.

- 3) To develop and teach the content of the core certification curriculum for the preparation and continuing education of Practitioners, and to supervise the personnel in those trainings.

- 4) To ensure that the design of the core certification curriculum supports the certification of Practitioners who manifest the highest possible standards of excellence.

- 5) To oversee The Tutor Program and other auxiliary core curriculum personnel.

- 6) To develop and implement the Instructor training program.

- 7) A: To participate in the evaluation and recommendation of candidates for the Instructor training program; B: To participate in ongoing Instructor performance evaluations, under the aegis of the personnel committee of the Board of Directors.

The Board expressed their appreciation for the vision and commitment that has been demonstrated by the Instructors Committee.

1991 Roster Corrections

Don Schwartz

The Trager Institute's 1991 Membership Roster was mailed to all members in mid-June. If you have not received your copy by now, please phone our office. As expected, there were some errors and omissions. Please see the corrections below. I suggest that you photocopy this page, and place it at the back of your roster. Our staff apologizes for any and all of our errors of commission and omission; however, the biggest apology must come from yours truly. I failed to spot a missing "R" by the logo on the front cover. Thanks for accepting my apology! Here are the corrections:

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Marketing Report

Marcia Koski and Don Schwartz

The TRAGER Approach has been receiving a healthy amount of attention from print media. Several publications have printed articles about TRAGER. The most sensational piece was published in the April issue of "Your Personal Best", 33 East Minor Street, Emmaus, PA 18098. This article generated more than 500 queries. Inquirers were referred to Practitioners in their area. Another article appeared in the July issue of "Visions Magazine", 3250 NW 77th Court, Suite 207, Miami, Florida 33122, 1-800-783-9000. The "Australian Massage Therapy Journal" will be publishing Deane Juhan's TRAGER article in the near future. We will inform you of the details in our next newsletter.

We know that there is a steady stream of articles about TRAGER and TRAGER Practitioners in local publications throughout North America and Europe. Many of these articles do not come our way; however, we would greatly appreciate your sending your articles in when they are published. For instance, Canadian Practitioner Louise Morin, had an article published in French in the March issue of "Le Soleil de Colombie", published in Vancouver, B.C. Practitioner Nancy Gardner has an article published in a February issue of the "Mill Valley Record". Tutor Michael Madrone has an article on "The TRAGER Experience" published in the June issue of "Shared Vision Magazine", also of Vancouver, B.C. This is just a small sampling of the totality of local publicity being generated by TRAGER Practitioners. You may also find some information about promotions in Europe in the first section of this newsletter. We will have more information in the Fall newsletter.

On Fundraising

Instructor Cathy Hammond has been in communication with a fundraiser in the San Diego area, and has shared many of the ideas presented with me. One of the ideas that intrigued the both of us was the concept of celebrity endorsements of The TRAGER Approach. Though we do not have a form for this expression yet, we both feel that we can begin receiving potential endorsements, and work with the Board of Directors in finding ways that would most effectively and appropriately channel these endorsements.

Consequently, we are asking that for those members who have celebrity clients who may be interested in some form of endorsing of the work, please approach them. If they are interested, please submit the name(s) to me at our administrative office. Thanks! DS

The TRAGER Zen Retreat

Carolyn Mason

Carolyn is a Tutor from Santa Barbara, California.

The Mt. Baldy Zen Center TRAGER Retreat was a wonderful experience of enjoying being together in a very special place. Located in the San Gabriel Mountains above Claremont, California, this Zen Center attracts people from around the world who are interested in Zen. On May 3rd, 4th and 5th, it attracted 17 TRAGER Practitioners, Students and Friends, from Southern California and one from Colorado. Yeah Winnie!

The weather was beautiful with remnants of snow on the ground. The vegetarian meals were prepared with TLC by the monks in residence and were delicious. The opportunity for being a part of the Zazen ceremony with the monks was taken advantage of by all who attended.

There was also opportunity for early morning yoga, some Qi Gong, "MENTASTICS," and, of course, TRAGER session trades followed by relaxation in a beautiful jacuzzi. There was also a walk up to the waterfall which is nearby. Connecting with the power of nature in this way was a wonderful shared celebration.

The group enjoyed the experience so much that they asked me to set up this retreat twice a year, so watch for the next date.

We are very welcome to return. On the last afternoon, these young monks, who had been so mindful of service with their generous hospitality, received TRAGER sessions. They all loved the experience. After the session, one monk remarked that he had always believed that he had to have very deep pressure from the bodywork that he had received in the past and that this experience showed him that there is another way. It is rumored that another young monk, who had never received bodywork before did think he fell in love.

MEMBER NEWS

Emily and Milton Say Thank You...

...to all the members who showered them with the many gifts, cards, and calls, they received this last Spring in celebration of their respective birthdays and anniversary.

Congratulations and Bon Voyage to Regina Kujawski!

TRAGER Tutor and long-time sponsor Regina Kujawski of Fort Lauderdale, Florida, has been chosen as the "Outstanding Massage Therapist of 1991" for Broward County by the Board of Directors of the Florida State Massage Therapy Association. Regina informs us that although she is a state-licensed massage therapist, the majority of her work has been in promoting TRAGER, and that she is being recognized for this work.

And Off to the Big Apple: Regina will be in New York City from September, through December of this year. To reach her for sessions, tutorials, etc., please call: 212-737-6433.

TRAGER Thursdays

Maryann Zimmermann

Dr. Michael Grossman, who is Milton and Emily's physician, gave a "prescription" to Milton--he is to receive two TRAGER sessions a week. This was prescribed about August of 1990.

Since that time, Milton has been receiving a session on Mondays from Adrienne Stone and Thursdays from Maryann Zimmermann. The Thursdays developed into a team of Cathy Hammond, Jo Larson,

Carolyn Mason, Carmella Tuck as well as Maryann Zimmermann and Priscilla Dick.

We wish for Emily to receive as much as possible, so on my TRAGER Thursday, Priscilla Dick graciously accompanies me. Priscilla brings her table and does Emily (a bit of furniture is moved in the living room) while I do Milton.

When Adrienne is away, one of the team takes Monday. On that day a group MENTASTICS class is given at Heritage Pointe following Milton's session and before lunch.

A TRAGER Thursday looks something like this:

Milton and Emily's session from 10:00 AM to 11:30 AM

Dress for lunch

A Choice Heritage Pointe repast.

The attitudinal Healing class from 1:30 PM to 3:15 PM follows lunch.

The attitudinal Healing class is led by Dr. Grossman and his wife, Barbara Grossman. This class was formed by Emily Trager. The class is a safe space and place to say and be, and feel and share.

These Thursdays for me have become a statement and experience of giving and receiving, which are the same. There is an agreement with Milton that he will teach his work five minutes and then let himself receive. Well... five minutes become a timeless receiving that lives and pulses inside of me and is put into my practice. The social time of lunch with Milton and Emily is nurturing, light-hearted and fun. Capping the day with the Attitudinal Healing class feels complete and satisfying.

As Priscilla and I drive off into the setting sun, we feel refreshed and sometimes pleasantly chatty or silently introspective and peaceful. We feel a joy within to be a part of The TRAGER Approach and its growing movement globally.

TRAGER Thursdays have become a time to "Hook-up To The Source," which, by the way, is the theme of the upcoming 1992 International TRAGER Conference in San Diego, California.

From Kartar Kaur Khalsa

Kartar Kaur is a Practitioner from Santa Fe, New Mexico.

I just wanted to let you know that for over 9 months now I have working three to four nights--and weekends--at a place called "10,000 Waves" which is a Japanese health spa in the mountains of Santa Fe.

This place is packed every day with up to ten massage practitioners working at the same time. The reason I tell you all this is to share with you my excitement to be the first TRAGER Practitioner to be hired up there. The exposure of the work is unbelievable!!! I have had lots and lots of people who never had a TRAGER session before, and now go back to New Jersey, Connecticut, or wherever they come from to look for a Practitioner in their area to continue the experience. I'm having a blast!

Credits

Editor Don Schwartz, Ph.D.
DeskTop Publishing Linda DeVere and Don Schwartz
Assistance Claudia Bourbeau, Esther Cherk, and Marcia Koski
Cakes Jean Kronfield

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The "TRAGER Newsletter" is a periodic publication of The Trager Institute for TRAGER Psychophysical Integration and MENTASTICS, a California, non-profit, public benefit, educational corporation which represents and supports TRAGER psychophysical integration and MENTASTICS movement education, the innovative approaches to movement education developed by Milton Trager, M.D.

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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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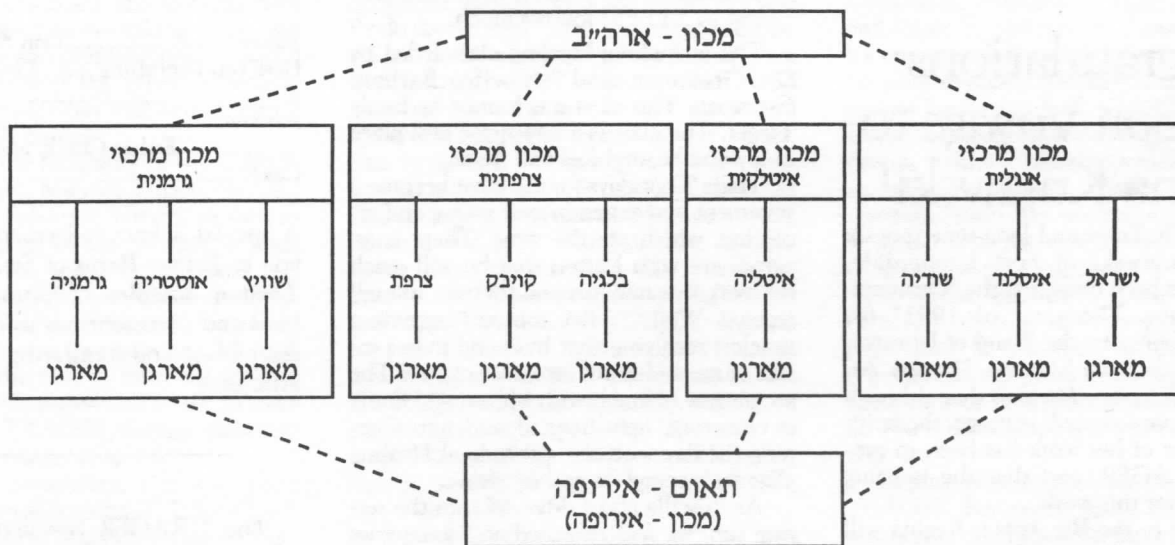
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הכל החל לפני כשנה, בפורום האירופאי הראשון ב- Noirmoutier (צרפת).

תוכן סימפוזיום בן 3 שעות. יתרת שלושת הימים - סדנאות שונות, טכסי פתיחה וסיום, אירועים בערבים. בסימפוזיום הציגה כל מדינה את עצמה, מספר העוסקים (Practitioners) והסטודנטים, פעילויות, צרכים ובעיות. בהקשבה למדינה אחרי מדינה נעשה ברור יותר ויותר, שנושאים מסוימים משותפים לכל אירופה.

הודות לגמישות מארגני הפורום - מוריס הירש, ברנרד בוסון ופביאן הירש - ולהבנה שגילו מדריכי הסדנאות, אפשר היה לשנות את התכנית, ולהוסיף זמן לסימפוזיום אודות טרייגר-אירופה. התוצאה היתה בחירת נציג לכל מדינה, במטרה להפגש באורח קבוע, לדון בנושאים אירופאיים ולישם את חזון טרייגר-אירופה, שבסכמה להלן.



סכמה לטרייגר - אירופה
(הוצגה ב- Noirmoutier)

נציגי טרייגר באירופה (E.T.Reps.) נפגשו פעמיים מאז Noirmoutier. החלפת הדעות מעבר לגבולות היתה מרגשת ומלמדת.

המטלה הראשית בפני הנציגים עתה היא להיות אפיקי מידע בין המדינות האירופאיות השונות, ובין ארה"ב ואירופה. אנו מודים לדון (Schwartz), שהקציב חלק מהעלון הזה לאירופה, כדי ליזע את חברי הטרייגר בעולם - בפעילויות האירופאיות.

הצעדים הראשונים שעל אירופה לעשות הם לבנות את הקבוצות הלאומיות, לחזק את טרייגר במדינות, ולבחון את הרקע החוקי והסטטוס של העוסקים בטרייגר.

הפגישה הבאה של הנציגים תהיה בציריך, ביום שני, 26 באוגוסט 1991. מאחר ובסוף-השבוע הצמוד לפני תתקיים פגישת עמיתים אירופאיים בציריך - אנו מזמינים את כל המדריכים (Tutors) לבוא לפגישתנו, ולחלק עמנו את נסיונם הרב, ואת חזונם עבור טרייגר-אירופה.