

# TRAGER<sup>®</sup> NEWSLETTER

WINTER 1991-92

VOLUME X, No. 3

## The Sixth International TRAGER Conference September 13-24, 1992 San Diego, California

Pre-Conference Trainings	September 13, 14, and 15
Tutor Conference	September 16
The Great TRAGER Trade Conference	September 17 September 18, 19, and 20
Tutor Conference Continued	September 21
Post-Conference Trainings	September 22, 23, and 24

### The Sixth Conference

*Maryann Zimmermann, Conference Chairperson*

The plans continue to unfold and move toward The Sixth International TRAGER Conference. Our early registration mailing is included with this newsletter. Act on it now! (See Glenda Adair's article and coupon.)

An International Conference is a grand experience. If you have been to one or more, you know it is something to be repeated. If you have never been, it is an opportunity you don't want to miss.

The Conference is certainly a time of celebration to acknowledge Milton, Emily, The TRAGER Approach and Ourselves. In addition, the Conference is a vehicle for deep learnings, experiencing our global flavor, and gathering in a collective consciousness to become more directly aware of policy, and the ways that TRAGER is growing and touching the world.

I was recently invited to attend a luau at the Hanalei Hotel where the Conference will be held. It was a first class event in the beautiful atmosphere of the Hanalei grounds. This represents, to me, just how in keeping with excellence the Hanalei operates.

The southern California steering Committee has now seen the space in the Hanalei where classes, presenters, banquets, etc. will be held. All were pleased.

The TRAGER Tutor Conference will be a Conference within the International Conference. This is a first. Roger Tolle, Chairman of The Tutor Conference, and his committee have been collaborating with my committee and me on the weaving and blending of a conference within a conference. (See Maxine Guenther's article.)

Our conference program proposal deadline has been extended. (See Adrienne Stone's article.) Adrienne is our Program Director. If you have something you wish to present, send her your proposal. We would like to encourage your participation in the Conference.

The food for the Conference banquets is being aptly addressed and attended to by Will Putnam. Will has gone to gourmet cooking school and presently works in a vegetarian restaurant in San Diego. He is well qualified to work with the chefs at the Hanalei to put on sumptuous feasts. (See Will Putnam's article.)

Our entertainment nights of "Playful Mexico" and "Beautiful Hawaii" are being coordinated by Carolyn Mason. Be sure to contact

her. It is a time for creative expression. We all have talents. Here is the opportunity to have fun and put it out there. (See Carolyn Mason's article.)

Esther Perin and Louise de Montigny, our European and Canadian liaisons respectively, are crossing linguistic boundaries and communicating the Conference to their respective areas of the globe.

At my request, Practitioner Sheila Christian of Oceanside, California, did a tremendous amount of work researching airline discounts. After a thorough exploration, she discovered that individuals can get just as good a price by going through their own travel agents. If there is any change or new development in this, we will let you know as soon as possible. Thanks to Sheila for this challenging work!

Jan Bennett is managing the budget most effectively. Jan collaborates with Glenda Adair, our Registrar, Roger Tolle, Tutor Conference Chairperson, and myself as International Conference Chairperson, so we can use funds carefully, and to the best advantage.

There are many reasons, therefore, to make The Sixth International TRAGER Conference A Priority. Plan for it now. **SEE YOU THERE!!!**

## Naturally Nourishing

Will Putnam, *Food Coordinator*

The emphasis is on quality as we ready for the upcoming International TRAGER Conference in San Diego. Food, as always, is a main concern, and the Hanalie Hotel offers a very appetizing menu to serve and greet attendees. The meals will coincide with the evening's themes, and feature organically grown produce prepared in Hawaiian and Mexican cuisines. Your feedback from past conferences has guided our approach to the meals, and has given me inspiration to coordinate the kitchen's efforts on your behalf. We anticipate serving you next September.

## Calling for the Spirit of Entertainment

Carolyn Mason

Once again I am calling for the spirit of entertainment. "Beautiful Hawaii" and "Playful Mexico" are inviting themes for anyone. If you have any ideas, music, talent (not a requirement to participation), or time to share please contact me at: 1506 Queens Court, Claremont, CA, 91711, 714-624-4872.

On a more personal note, I wish to share with you that the first TRAGER Conference which I attended in Santa Rosa, was an adventure in curiosity. Having only taken a Beginning training, I had just about decided to forget this and go on to some other area of interest--perhaps guitar lessons? After all, I had no intention of becoming a Practitioner, I was a public school teacher. But for some reason I was drawn to learn something more about TRAGER, even see Dr. Trager.

The experience of being at that conference in the presence of the TRAGER community touched and expanded a feeling inside me that changed my life. I had to know more. I became focused on this powerful approach, and a short time later became a Practitioner. Being with other TRAGER people has expanded my awareness on every occasion. I have been fortunate to be able to attend every conference since that time, and have gained so much--for myself, for my practice, and for those around me--that I look forward with anticipation and joy to this coming celebration.

Sixth International

# REGISTRATION SAVINGS

# \$75 OFF

the On-site registration fee of \$225 when you send your payment of \$175 by March 15, 1992.

TRAGER CONFERENCE

Expires 3/15/92

## Early Bird Registration

Glennnda Adair, *Conference Registrar*

Remember that age-old saying, "The Early Bird Catches the Worm"? Early Bird registration for The 1992 International TRAGER Conference will save you BIG BUCKS! Yes, we are offering a full US\$75. discount to those of you who make an early commitment to the conference by mailing your registration fee by March 15th. See yourself as part of The TRAGER Family from around the world as we celebrate The TRAGER Approach at the Sixth International Conference in San Diego, California.

## Program Proposal Deadline Extended to January 20th!

Adrienne Stone, *Program Chairperson*

Time continues moving onward rapidly. It often feels as though it picks up speed with each passing month. At this rate, the conference will be here before we know it. Program proposals and suggestions have been rolling in, and I thank all of you who have responded.

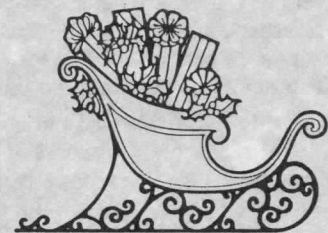
Guess what? As you saw on the front page of this newsletter, those of you who did not get to respond have more time! We have extended the proposal deadline to January 20, 1992. Now that time allows, please keep your minds open to ideas for program proposals. Let the seeds be planted, germinate, and--when the idea blooms--send it on to me. Please be sure to include the following information:

- Name
- Phones: Day and Evening
- Address
- Presentation Title
- Description
- Length of Presentation: 30 minutes, 1 hour, or 2 hours
- Language of Presentation
- Equipment Needs (overhead projector, screen, etc.)
- Room Needs (chairs, table, open space, etc.)
- Class Size: (if appropriate) Minimum and/or Maximum

Mail your program proposal to me at: 846 4th Street, #305, Santa Monica, CA 90403, 213-451-4625

We are also looking for translators to participate at the conference. If you can help us out with translations into French, German, or English, please let me know.

I am really beginning to see and feel things formulate into a conference! As you will see from our preliminary brochure--enclosed with this newsletter--the conference promises to be rich and exciting. Thanks for your continued support.





**FORGIVENESS**  
is  
giving up  
all  
hope of a  
**BETTER PAST.**

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## To New Beginnings!

Betty Fuller

As 1991 wraps up with its seasonal celebrations of thanksgiving and gift-giving, let's include forgiving. Let's treat our entire international corporate body of TRAGER folk and friends to a world-wide hooked-up TRAGER session!

As we gently rock and roll, each of us and all of us together can acknowledge, learn from and take responsibility for whatever "stuff" doesn't work and release it. Just LET GO! This Mentastical cosmic shaking out will open up a lot of space to sort things out, to enlighten heart and mind in the profound feeling of peace. In this blessed spacious realm of peace, we can truly experience, appreciate and integrate all that which is working NOW, that can work even better as we come together and work together in 1992 and all the bright beginnings to come.

Join hands, hearts and minds in Hook-Up all over the Earth. Joyous holidays and Happy New Year. Bless us all - each and everyone.

With Love and Light.

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## European Liaison

Esther Perin

I was asked to act as member in the 1992 San Diego Conference Committee, not because I will be able to be of great help with all the work that needs to be covered to organize such a Conference, but as European Liason. My support will mainly consist in coordinating translations and putting forward intentions and wishes from the European Countries.

As you might have read in former articles about Europe, I am Coordinating Secretary of the European TRAGER Representatives (E.T. Reps). The gathering of the european countries has only started about 1-1/2 years ago in Noirmoutier at the First European TRAGER Forum. My main tasks are to organize the Meetings of the E.T. Reps (four so far), to collect topics and project that are to be taken care of on a European level and to act as communication channel between the Institute and the E.T. Reps.

How I got this job? Hm...? Well... A job one is not paid for one gets very fast. But that is not the only reason. I am a professional advisor for administration and finances and have had my own business since 1983. Therefore, a fully equipped office is at my hand (except for a fax, I am searching for a cheap one -- if anybody can help please let me know).

For over twelve years I have been "sidewalking" part time, first with psychological astrology, since 1985 with TRAGER and in addition I am on the Board of a center that gives space to religious and spiritual traditions to express themselves and meet.

Thus I could gather deep experience of the administrative and financial needs and problems of people working in the alternative fields and non-profit organization.

I want to take this occasion to thank the organizers of the Tutor Conference and the San Diego Conference that they could bring together the two events at one place at the same time. This is real splendid. It enables many more people living far away to attend and to make it become a real "International" one. Wouldn't that be great?!

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## Verbindungsperson für Europa

Esther Perin

Die Organisatoren der San Diego Konferenz 1992 haben mich gebeten im Komitee mitzuwirken als Verbindungsperson für Europa, wohl wissend dass ich wenig Hilfe bieten kann bei all der Arbeit die es braucht, um eine solche Konferenz ins Leben zu rufen. Ich stehe vor allem für Uebersetzungen zur Verfügung und leite Anforderungen und Wünsche der europäischen Länder weiter.

Wie ihr aus früheren Artikeln wisst, koordiniere ich die europäischen TRAGER Representanten (E.T. Reps), ein Gremium, das vor etwa 1-1/2 Jahren in Noirmoutier ins Leben gerufen worden ist. Meine Hauptaufgaben bestehen darin, die Treffen zu organisieren (bis jetzt vier), Themen und Project zusammenzutragen, die auf Europäischer Ebene behandelt werden müssen und als Kommunikationskanal zwischen dem Institut und den E.T. Reps zu agieren.

Wie ich zu dieser Aufgabe gekommen bin? Nun ...Einen unbezahlten Job hat man sich schneller eingehandelt als man denken kann. Aber das ist nicht der einzige Grund: Ich habe eine kaufmännische Ausbildung und bin seit 1983 Inhaberin eines Büros für administrative und finanzielle Beratung von Kleinbetrieben. Ausser einem Fax habe ich alle nötigen Geräte zur Hand (Weiss jemand, wo man billige neue oder gebrauchte Fax kaufen kann?).

Seit über zwölf Jahren beschäftige ich mich nebenbei zuerst mit psychologischer Astrologie, seit 1985 mit TRAGER und zudem bin ich in der TRAGERSchaft eines Zentrums, in dem jede



Esther Perin, European Liaison



The Conference Committee (clockwise from left) Adrienne Stone, Maryann Zimmermann, Carolyn Mason, Glemnda Adair, and Will Putnam. Not pictured: Jan Bennett, Louise de Montigny, Esther Perin, and Roger Tolle.

der verschiedenen Religionen und spirituellen Richtungen sich ausdrücken und treffen können.

So konnte ich viel Erfahrung sammeln über die administrativen und finanziellen Notwendigkeiten und Probleme von Leuten die alternativ arbeiten und von nicht profit orientierten Unternehmen.

Ich will diese Gelegenheit auch benutzen um den Organisatoren der Tutoren -- sowie der San Diego Konferenz zu danken, dass es ihnen gelungen ist, die beiden Ereignisse örtlich und zeitlich zusammenzubringen. Das ist toll. Dadurch werden viel mehr Leute, die weit entfernt wohnen, daran teilnehmen können, um so die Konferenz zu einer wirklich "International" werden zu lassen. War das nicht grossartig?

## Liaison Européenne

Esther Perin

On m'a demandé d'être membre du Committee du San Diego Conférence 1992 pas parce que je peux aider beaucoup mais comme Liaison Européenne pour faire des traductions et transmettre les intentions et desirs des Nations européennes.

Peut être vous avez lu dans des articles précédents que je suis secrétaire des Représentants Européens TRAGER (E.T. Reps). La liaison entre les pays européens a commencé il y a 1-1/2 ans au premier forum européen à Noirmoutier.

Mes tâches principales sont l'organisation des réunions des E.T. Reps (quatre jusqu'à maintenant) de recueillir des thèmes et projets à discuter au niveau européen et de soutenir la communication entre l'Institut et les E.T. Reps.

Pourquoi je suis dans cette position? hm...? et bien... Une tâche non payée on reçoit bien vite. Mais ce n'est pas la seule raison. Je fais des consultations administratives et financières depuis 1983 et donc j'ai un bureau complet à ma disposition (sauf un fax - je cherche une machine nouvelle ou occasion bon marché). Depuis plus de douze ans je m'occupais en plus de ma profession d'abord avec l'astrologie psychologique, depuis 1985 avec TRAGER et en plus je suis dans le conseil administrative d'un centre auquel toutes les traditions religieuses et spirituelles peuvent s'exprimer et se réunir.

Ainsi je pouvais m'approprier beaucoup d'expérience en ce qui concerne les problèmes administratives et financières des entreprises alternatives et non profitables.

Je veux prendre cette occasion pour remercier aux organisateurs de la Conférence des Tuteurs ainsi que ceux de la Conférence Internationale à San Diego pour les efforts qu'ils ont fait pour réaliser les deux Conférences en même temps et place. C'est fantastique car comme ça plus des personnes habitant loin peuvent y participer et la faire une vraie Conférence "Internationale". Cela sera bon. Non?

(Je m'excuse pour mon pauvre Français mais je l'utilise rarement en écrit).

## Tutor Conference

Maxine Guenther, M.A.

Tutors are gathering from all over the world for The 6th International TRAGER Conference. So that many of us can also take advantage of The 2nd Tutor Conference, it is being planned to coincide with the International Conference. You might say that we are putting together a creative sandwich with the Tutor Conference scheduled for two days--one on each side of the International Conference! The first day will be Wednesday, September 16; the second day will be Monday, September 21. The total cost of the two day Tutor Conference will be just \$75., which includes a gala banquet and dance on Wednesday evening, and a luncheon on Monday. Please watch for registration details in The Sixth TRAGER International Conference Brochure.

The Tutor Conference Committee welcomes your suggestions in planning for this event. What is important to you as a Tutor? What do you want to learn? How can we facilitate this process together? If you have ideas about what you would like from this Tutor Conference, please send them to Roger Tolle, or be in touch with any of the committee members listed at the end of this article as soon as possible. We will meet early in February, to decide on the program.

The Tutor Conference Committee has met a number of times, each day exchanging some tablework and MENTASTICS, sharing lunch and then moving into planning. February's meeting will end in a hot tub. Could this be a model for a meeting in Hook-up? Here are some of the ideas and questions that have evolved from the members of the Tutor Conference Committee:

Why gather for a Tutor Conference? To paraphrase Jim Day, we would like to enhance our abilities and confidence as Tutors in our roles as in-service educators. Carolea Burgess reminded us of the importance of developing an atmosphere of safety and trust among each other. We all reaffirmed our intentions to have things work well with clear structure and receptivity to feedback.

More ideas include: ...a three way tutorial (perhaps in the "Great Trade" format)...observing different tutorial styles with time to discuss learnings..."open microphone Hook-up ritual" or Tutors rotating to the microphone to lead a MENTASTICS move as they spontaneously share leadership...exchange new ways we've discovered to affect the body...explore "how do you teach that to a Student?" or "what is the principle attached to that?"...a panel on the psychodynamics of a tutorial...updates on important issues such as the new standards for Practitioners, the new certification program, the Tu-

tor body organization...and the conference with a short trade followed by a closing circle.

As a Tutor, what is important to you at this conference? How can we use this opportunity at the beginning and the end of The TRAGER International Conference to enrich our experience as Tutors? Please be in touch with any member of the Tutor Conference Committee: Roger Tolle, Steve Buchbinder (New York); Martin Anderson (Massachusetts); Carolea Burgess (Connecticut); Jim and Carol Day, Maxine Guenther (New Jersey); Stephani Murdock, and Terry Bremmer (Pennsylvania). We welcome your ideas.

## La Conférence Internationale de TRAGER 1992

San Diego, California  
Cours et Ateliers: Les 13, 14 et 15 Septembre  
Journée des Tuteurs: Le 16 Septembre  
La Conférence: Les 18, 19 et 20 Septembre  
2ème Journée des Tuteurs: Le 21 Septembre  
Ateliers et Autres Activités Après La Conférence: Les 22, 23 et 24 Septembre

Maryann Zimmermann

Nous avançons vers la Conférence Internationale de TRAGER de 1992. Notre courrier relatif aux inscriptions à l'avance est soit en route, soit déjà entre vos mains. Inscrivez-vous déjà maintenant! (voir l'article de Glenna Adair)

Une Conférence Internationale est une grande expérience. Si vous y avez déjà participé une ou plusieurs fois, vous savez que c'est une expérience à répéter. Sinon, c'est une occasion que vous ne devez pas manquer.

Il est certain que la Conférence est l'occasion de célébrer Milton, l'Approche TRAGER et nous-mêmes. En outre, la Conférence est un moyen d'approfondir nos connaissances, de nous mettre en contact avec nos membres venant d'autres pays, et, par une prise de conscience collective, de percevoir plus distinctement la politique et les voies à suivre pour que le TRAGER se développe et influence le monde.

J'ai été invitée récemment à assister à un luau à l'hôtel Hanalei où se tiendra la Conférence - c'était un événement de 1er ordre dans l'ambiance si belle de l'Hanalei. Ceci illustre précisément pour moi comment l'Hanalei travaille dans l'excellence.

Le Comité d'organisation de la Californie du Sud a maintenant vu à l'Hanalei l'espace où se

tiendront les cours, les présentations, les repas - tous furent satisfaits.

La 'Conférence des Tuteurs sera une conférence à l'intérieur de la Conférence Internationale. C'est une première. Roger Tolle, Président de la Conférence des Tuteurs, et son comité ont collaboré avec mon comité et moi-même sur le thème du "tissage et mixage d'une conférence à l'intérieur d'une Conférence" (Voir l'article de Maxine Guenther.)

La date limite pour les propositions a été repoussée (voir l'article d'Adrienne Stone). Adrienne est notre Directrice des programmes. Si vous avez quelque chose à présenter, envoyez-lui votre proposition. Nous encourageons la participation de chacun à la Conférence.

Will Putnam s'occupe avec compétence des questions relatives aux repas pour la Conférence. Will a fait une école de cuisine pour gourmets, et travaille actuellement dans un restaurant végétarien de San Diego. Il est tout-à-fait qualifié pour travailler avec les chefs du Hanalei à la préparation de festins somptueux. (Voir l'article de Will Putnam).

Nos soirées de divertissement "Playful Mexico" et "Beautiful Hawaii" sont organisées par Carolyn Mason. Contactez-la - c'est une occasion d'exprimer votre créativité. Nous avons tous des talents. Voici la possibilité de les exploiter en nous amusant et en partageant notre plaisir avec les autres (Voir l'article de Carolyn Mason).

Esther Perin et Louise de Montigny, nos correspondantes européenne et canadienne, diffusent les informations concernant la Conférence dans leurs régions respectives.

Jan Bennett gère notre budget de manière très efficace. Jan collabore avec Glenna Adair, responsable des inscriptions, Roger Tolle, Président de la Conférence des Tuteurs, et moi-même, Présidente de la Conférence internationale, afin que nous utilisions les fonds correctement et au mieux.

Il y a beaucoup de raisons pour faire de la Conférence Internationale de TRAGER de 1992 UNE PRIORITE. Inscrivez-la déjà à votre agenda et offrez-vous cette fête. A VOUS REVOIR LA-BAS.

*Traduction de l'anglais: Pierre Rivière*



## 1992 Internationale TRAGER Konferenz

Konferenz Trainings und Klassen vor der Konferenz: 13. 14. und 15. September  
Dreieraustausche der Tutoren: 16. September  
Konferenztage: 18. 19. und 20. September  
Tutoren-Treffen: 21. September  
Trainings und Klassen nach der Konferenz: 22. 23. und 24. September

Maryann Zimmermann, Presidentin

Die Pläne entfalten sich weiter und bewegen sich auf die internationale TRAGER-Konferenz 1992 zu. Unsere frühzeitige Anzeige für die Anmeldung ist entweder noch unterwegs oder bereits in Euren Händen, wenn Ihr diesen Artikel lest. Reagiert darauf jetzt (sh. Glenna Adairs Artikel). Eine Internationale Konferenz ist eine grossartige Erfahrung. Wenn Ihr bereits an einer oder mehreren teilgenommen habt, wisst Ihr, dass sich eine Wiederholung lohnt. Und wer noch nie dabei gewesen ist, sollte es nicht verpassen.

Die Konferenz ist sicher eine Zeit zum Feiern und Milton und die TRAGER Arbeit sowie uns selbst zu würdigen. Zudem bietet die Konferenz Gelegenheit zur Vertiefung, zur Erfahrung des globalen Dufes und zur Verbindung in einem kollektiven Bewusstsein, um sich über die Grundsätze und die Art und Weise, wie TRAGER wächst und die Welt berührt, klarer zu werden.

Kürzlich war ich im Hanalei Hotel, wo die Konferenz stattfinden wird, zu einem Luau eingeladen. Es war ein erstklassiges Ereignis in der wunderschönen Atmosphäre des Hanalei Grundstücks. Es hat mir gezeigt wie hervorragend das Hanalei exzellente Anlässe handhabt.

Die südkalifornischen Mitglieder des Organisationskomitees haben nun den Ort im Hanalei gesehen, wo Klassen, Vorfürungen, Banquets etc. durchgeführt werden. Sie sind alle begeistert.

Die Tutoren-Konferenz wird eine Konferenz in der Konferenz sein - komitee haben mit meinem Komitee und mir zusammengespinnen, um die eine Konferenz in die andere einzuweben (sh Roger Tolles Artikel). Der vorgeschlagene Stichtag wurde verschoben (sh. Adrienne Stones Artikel). Adrienne ist unsere Programmdirektorin. Wenn Ihr etwas vorzutragen habt, sendet Euren Vorschlag an sie. Wir möchten Euch zur Teilnahme an der Konferenz ermuntern.

Will Putnam ist für das Essen der Konferenz-Banquets zuständig. Will hat eine Gourmet-Kochschule absolviert und arbeitet derzeit in einem vegetarischen Restaurant in San Diego. Er ist gut qualifiziert, um mit dem Chef des Hanalei prächtige Festlichkeiten anzubieten (sh. Will Putnams Artikel).

Unsere Unterhaltungsabende "Spielerisches Mexico" und "Wunderbares Hawaii" werden von Carolyn Mason koordiniert. Nimmt mit ihr Kontakt auf. Es ist die Zeit für kreative Darbietungen; wir alle haben Talente. Hier ist die Gelegenheit, Spass zu haben und darzustellen (sh. Carolyn Masons Artikel).

Esther Perin und Louise DeMontigny, unsere europäischen und kanadischen Verbindungspersonen, machen die Konferenz in ihren Gebieten der Weltkugel publik. (sh. die Artikel von Esther und Louise).

Jan Bennettis handhabt die Finanzen sinnvoll. Jan arbeitet mit Glenda Adair, unserer Registerführerin, Roger Tolle, dem Präsidenten der Tutoren-Konferenz, und mir als Präsidentin für die Internationale Konferenz zusammen, damit die Gelder vorsichtig und bestens verwendet werden können (sh. Jans Artikel).

Es gibt daher viele Gründe, DIE INTERNATIONALE TRAGER KONFERENZ 1992 ZUR NUMMER EINS ZU MACHEN. Plant die Teilnahme nun. WIR SEHEN UNS DORT.

## CLIENT REPORTS

Several months ago, I received two telephone calls from two Tutors--Fawn Christianson and Shelly Siskind--from two different nations, the U.S. and Canada respectively, about two clients, in one day. Shelly and Fawn gave me highly positive statements reported to them by recent clients. As I sat with this information, I realized the great value to be derived from The Trager Institute's collecting and sharing statements from TRAGER clients about their experiences. I mentioned this to Tutor and Board member Natasha Heifetz, and she proceeded to remind me that Alia Zia Aurami had mentioned the value of client reports to us many years ago at her workshop on practice development at our 1985 International Conference in Santa Rosa, California.

In any case, I reasoned that appropriately documented reports from clients would be useful for three major purposes:

### Promotion and Marketing Research Fundraising

With all that in mind, I am calling for our certified Practitioners all over the world to encourage those clients who express particularly moving experiences within the TRAGER and/or MENTASTICS context to write their experi-

ences down and submit them for potential publication. Each client report must have a statement attached and signed by the client which reads:

"I, [client's name], hereby authorize The Trager Institute to print the attached statement in any publication in which it desires without any further permission or authorization, and without any royalties."

These client reports can grow into a rich body of experiential statements useful for many functions of, and in many quarters of, The Trager Institute.

North American Practitioners should send their signed reports to our Mill Valley address. European members should send their signed reports to: Jan A-son Fogel, Brandovagen 62, 16420 Vallingby, Stockholm, Sweden. Members from Quebec may send their reports to either or both.

I cannot overemphasize the potential value these reports offer all members of The Trager Institute, and I heartily encourage you to gently and appropriately solicit them from your clients.

On the topic of clients, I sent a memo out several months ago soliciting articles from more than 120 Practitioners about their clients--or, about a special client. This section of our newsletter contains those responses. However, I have learned from our European representative, Esther Perin, that I did not give enough time for our European members to respond. That is, I goofed! And for that, I apologize. With a continuous flow of client reports, however, I look forward to having a regular section devoted to client/Practitioner experiences.

DS

## From Stephani's Clients

Stephani Murdock

Stephani is from Easton, PA. She has been a Practitioner since 1986, and a Tutor as of May, 1991. Stephani has a full-time practice, as well as working two days a week at the Gateway Institute, a pain and stress management clinic in Bethlehem, PA. "I am continually grateful for the doctors, caretakers, and especially my clients, who show me--in each and every session--just what 'freer,

softer, more nothing' means." Stephani has been recording her clients' responses to their sessions for years. Here are a few examples:

"I'm so proud of myself, thanks to TRAGER." Mary, 20 years sufferer of migraines.

"This (TRAGER) is very therapeutic for me. This last week I've had a hard time trusting anyone, and I feel now I am beginning to trust again." Barbara, abuse victim.

"It's (TRAGER) like being in Heaven, and being able to order whatever you want." Michael, low back pain and hypertension.

"The TRAGER work has succeeded in doing what two medical doctors, a chiropractor, drugs, and therapy have not." Betty, low back and neck pain.

"My painting has improved. The strokes have a more liquid feel. They have taken on a different kind of character." Gary, an artist with bursitis.

"It's like a miracle. I've never been this relaxed in my whole life." Lorraine, work-related stress.

"My tissue feels young." Dan, hypertension.

"It's like having a wonderful dream." Sandra, chronic back pain.

"This is the first time I've layed on my belly in years." Margo, recovering from cervical surgery.

"I feel that what I've gotten from TRAGER is that I've become more honest with myself." Barbara.

"Channels of white light took me to places I've never been." Susan, abuse victim.

"If I can't sleep at night, I put myself through the session with my mind and I go right to sleep." Richard, hair stylist.

"I felt like I was going on a date when I returned to the second half of my Beginning training." Loretta.

"Now when I have discomfort in my legs and back I know how to help myself," Deda, recovering from major knee surgery.

"I felt like I was with an incredible moving healer and it was me." Anastasia.

"It's as if I am a willow tree and you are the wind." Glen, recovering addict.

"I feel as though I am outside, and the sun is pouring down on me." Ruth, stroke victim.

"It's like learning about who I am all over again." Sue, bodyworker.



# My TRAGER Experiences with Multiple Sclerosis

Dodie Becker

*Dodie is a Tutor and sponsor from Bethel Park, Pennsylvania. In this article Dodie shares with us the ways she works with clients with multiple sclerosis (M.S.), and concludes with two client reports. Remember, when working with client's who have medical conditions it is very important that you have contact with their physician. Please see the "Institute News" section of this newsletter for an article on The Multiple Sclerosis Foundation.*

## Working with Spasticity

First of all, I handle spasticity as a "positive" with my clients. They hate it so much, and feel embarrassed and uncomfortable with it; but my feeling is that it is an indication that there is still movement there, and even the tiniest movement is so precious when the ability to move is dwindling away. I never fight spasticity, but gently hold the area and then move firmly, but gently. I have learned to talk silently--and evenly out loud--to the area which is being worked. It seems to help evoke a positive response from the tissue.

If the legs lock together, I have found that placing a small pillow under the knees helps break the spasm. I also suggest a small pillow, or wrapped towel, under the knees when the client goes to bed. Just gently lifting the knees during the session, and allowing the legs to slide down itself can break a spasm.

## Allow the Client to See What Is Happening

I have found that feeling does not seem to be enough for M.S. people. Since they no longer remember how it once felt, nor can they realize that a leg, foot, or toe is moving by feeling. They usually ask me, "Is my toe moving?" Seeing it as well as feeling it gives the positive feedback they need, or they come back with "I didn't know that I could still do that." Or, when they say that they can no longer lift their foot, leg, whatever, I will do "Reflex/Response" in order to find what can move, and then show them that they are still capable of moving in a certain direction. This can be followed up with a MENTASTICS move that they can do for themselves, and you are then giving the person their power back.

## Play with MENTASTICS on the Floor with Your Client

I teach the client to feel their body weight, and how it feels to fall over and get back up into a sitting position easily and with little effort. I play using my body weight with theirs so they

can feel that they can still do what "normal" people do. Play and find what works for them I may play the first half of the session, and do tablework the last half, and maybe just work with legs and hips if that is the most troublesome area.

One of my clients had a fear of falling and would lock her knees in fear, which would accelerate a fall. We played with how does it feel to stand up, soften the knees, focus the eyes where she was headed for, and start walking. Her first feeling of control was when she learned to unlock her knees and could feel safe, and then lock her knees as she was used to doing, and allowing herself to fall forward without fear. She doesn't fall forward now, and just automatically unlocks her knees when she stands up. She still has some problem at times with looking ahead to where she is going--instead of looking at her feet--but she is much improved. She no longer remembered how to do this for herself and no one had ever shown her that she could still do this, and that it could greatly improve her ability to function.

## What Do You Do When All Movement is Gone?

*Or, actually, What do I do when all movement seems to be gone?* I do TRAGER, and when the legs, et. al., are soft I do "Reflex/Response" to the best of my knowledge and/or I say: How would it feel to move your big toe, or foot, or leg, or whatever? It can be a wonderful surprise to just get a flicker of a movement; but that flicker is very precious to see and feel. If a movement doesn't happen in the toes or feet, you may discover--and the client may discover--that they are still able to move the leg. Also you may discover that abduction and adduction may be possible, and in one of my clients it is one of the strongest movements she has, so I begin pointing out things she can do, or, perhaps, how she can stand and shift weight or move more effectively. Being capable of moving a leg up and down with just a hand underneath the foot for support from you can become a very positive feeling and movement. Always, always emphasize the positive.

I believe, and have seen, that by doing tiny little TRAGER movements it can illicit movement in areas that have not moved for some time. The mind needs to feel a message again, and feel the movement. To me, people with M.S. are like people floating in outer space. They no longer remember how to place their feet when walking, or standing, or move their arms and hands to pick something up.

Maryland Practitioner Joe Griffin said one time that he placed his hands on the bottoms of the feet of a person that had been hospitalized for sometime, and to that person it felt like they were walking. I do this with my clients who have difficulty with placing their feet in walking, and I do this with those who have little feeling in movement. I have also used a book to give

the feeling of walking on the floor. I hold the book to the bottom of their feet and then press the toes and then the heels. Note: if the person had originally walked with a foot turned out or in, they can feel uncomfortable until you find the correct placement for their feet or whatever the original placement of their feet were when they walked.

Also I worked with one client who said she could no longer lift her leg because the spasticity held the legs rigid. I talked her through her spasticity, saying, "How would it feel to draw your foot back toward the knee?" (She did.) "Now, how would it feel to bend the knee and draw your foot back toward your body?" (She did.) She had believed for the past year that she could not raise her leg, or straighten out her feet.

## In Summary

Play and break up the tension of their feelings or awkwardness and clumsiness with laughter and fun, if at all possible. People with M.S. seem to feel ashamed and embarrassed about how they move, and/or cannot move, and about the jerkiness of their movements. Just getting them to roll on the floor can create considerable body movement and coordination and feeling in different areas of the body. Some experience dizziness with movement; but by having them keep their eyes open and focused on something in the room can help while they are feeling the weight of their head drop forward and to the sides, or a MENTASTICS of rubbing against a bunny collar, etc.

Drone out the spasticity, be with it and don't try to fight it. Discover ways that may break it up, or ways in which the client can break it up--even if they have to press against a piece of furniture and then let go or place their foot or feet or toes against a chair rung and push and release. Each person is different, so you play and create with each individual.

Have them, or let them, recognize every positive movement possible. They need as much positive feedback that they can get. Appreciate every release and precious movement that this work can and will give, and the joy of being a living part of it. Let your client guide you. My people get to the point where they ask for work in a certain area, or want to experience over again and again what they felt through play.

Sheila was diagnosed with M.S. six years ago. The following is her subjective explanation of a TRAGER session:

"TRAGER is a body therapy experience for me. For example, doing MENTASTICS by using my arms with ease carries to the bottom half of the body. Also, my spasticity has become bearable underneath my knees. My discomfort is no longer the same because the spasticity is not the same, and I am not taking medication for it. My body originally felt closed in. There is now

more space in my internal organs and a greater length and width of body space.

"Ard MENTASTICS help a lot. Rocking arms and knees makes a difference with the stiffness and jerkiness that my body now has as a result of the M.S. Rocking essentially manipulates and tunes me into muscles that haven't moved for a long time. It feels like a good thing to be happening. My walking is also improved.

"Another thing that is very helpful is the loosening up with the demands on the body. I am tired by the end of a working day with the demands on my mind and body. The Practitioner goes with what she finds and trusts it.

"What is special is muscles that I am not involuntarily able to manipulate and after the TRAGER, I can then voluntarily do the movement. My body forgot how to do this." September 5, 1991.

This is Sheila's personal statement in her words. Sheila is a counselor for Families in Transition (Divorce, alcohol, drugs, etc.) She had also been a Champion Tennis Player before being stricken with M.S. She is in a wheelchair, and uses a scooter at work. She is a member of the "Square Wheelers", which do square dancing with wheelchairs. She is empowered, and is determined to maintain her empowerment. She likes TRAGER because I am working with her and not on her.

Debbie was diagnosed with M.S. when she was a senior in high school. She is now 35 years old.

"TRAGER has been "physical therapy-plus more" for me; and it has done more for me than all the therapies that I have taken for all these years. After my first session, my co-workers said that my walking was much improved. Dodie had shown me how to lift my feet and give a little kick forward instead of swinging my feet out to the sides in order to maintain my balance.

My feet and legs are less stiff and rigid after my sessions and I was taught how to break the spasticity in my legs and ankles that is so frustrating to me. I do MENTASTICS while sitting in meetings and at home, and they make my legs feel good, and I can feel the movements in my hips and pelvic area, and I am less embarrassed getting up from my chair after a meeting because my legs are less rigid. I used to ride a stationery bike and exercise, but I have not been able to do so because of pain; but I can do MENTASTICS instead.

I have come a long way with TRAGER, and I have learned a lot, but I have a long way to go. I believe my TRAGER Practitioner is the best I have ever had work with me. The only thing I do not understand is why she is not licensed, because she has been far better than all the licensed medical people I have had over the last years."

Debbie is a lawyer for accident related workers compensation cases in Western Pennsylvania.

## My Experience with TRAGER

Cathryn Textor

*Cathryn Textor is a client of Maryann Zimmermann.*

Where there is oneness  
there is openness

Where there is oneness  
there is the imperturbable flow of all life

Where there is oneness  
there is freedom to express the truth of just beingness

Where there is oneness  
there is continuity from all past, to all present, to all future

With the experience of oneness  
time, space, and limitedness evaporate as they have no anchors in a totally free state of mind and consciousness

To be in the oneness is the transcendent, subtle space of pure energy, pure light, and pure life force and spirit.

This is the space so rare to find, and so cherished to feel.

This is the space I yearn to flow through, to blend and bond with...to share with

human brothers and sisters...as our growth and evolution is so delicately nurtured by this oneness.

This oneness is my experience with TRAGER.

As a psyche this oneness is all that is known, and as I experienced my TRAGER session with Maryann Zimmermann, it was as though my psyche was being bathed by the energy of that oneness.

Maryann also shared the MENTASTICS book with me, and I began to incorporate some of its guidance whilst doing my daily swimming workout. I would visualize the pictures of Dr. Trager and would mentally ask myself "what could be freer, lighter, softer...than this?" as I moved in the water. And to drop and let go of all effort in the process is one of the key ingredients to be in that subtle space of nothingness/oneness.

TRAGER has added so much to my healing and growth, and I truly honor the mastership of such a revolutionizing practice. I honor and acknowledge Maryann, and my hopes are at sometime to have the privilege to meet Dr. Trager and share with him personally what a wonderful gift of life he blossoms in the lives of everyone who is touched by his work.





## PROFESSIONAL DEVELOPMENT

### From the Latest Laguna Training

Roger Tolle

Roger is a Tutor and workshop leader from New York City. He is also the chairperson of the Tutor Conference Committee. Roger presents, throughout our global network, an Institute-authorized class called "Opening the Heart" which uses music and movement to evoke the feeling of connection. Please see your schedule for more information about this class.

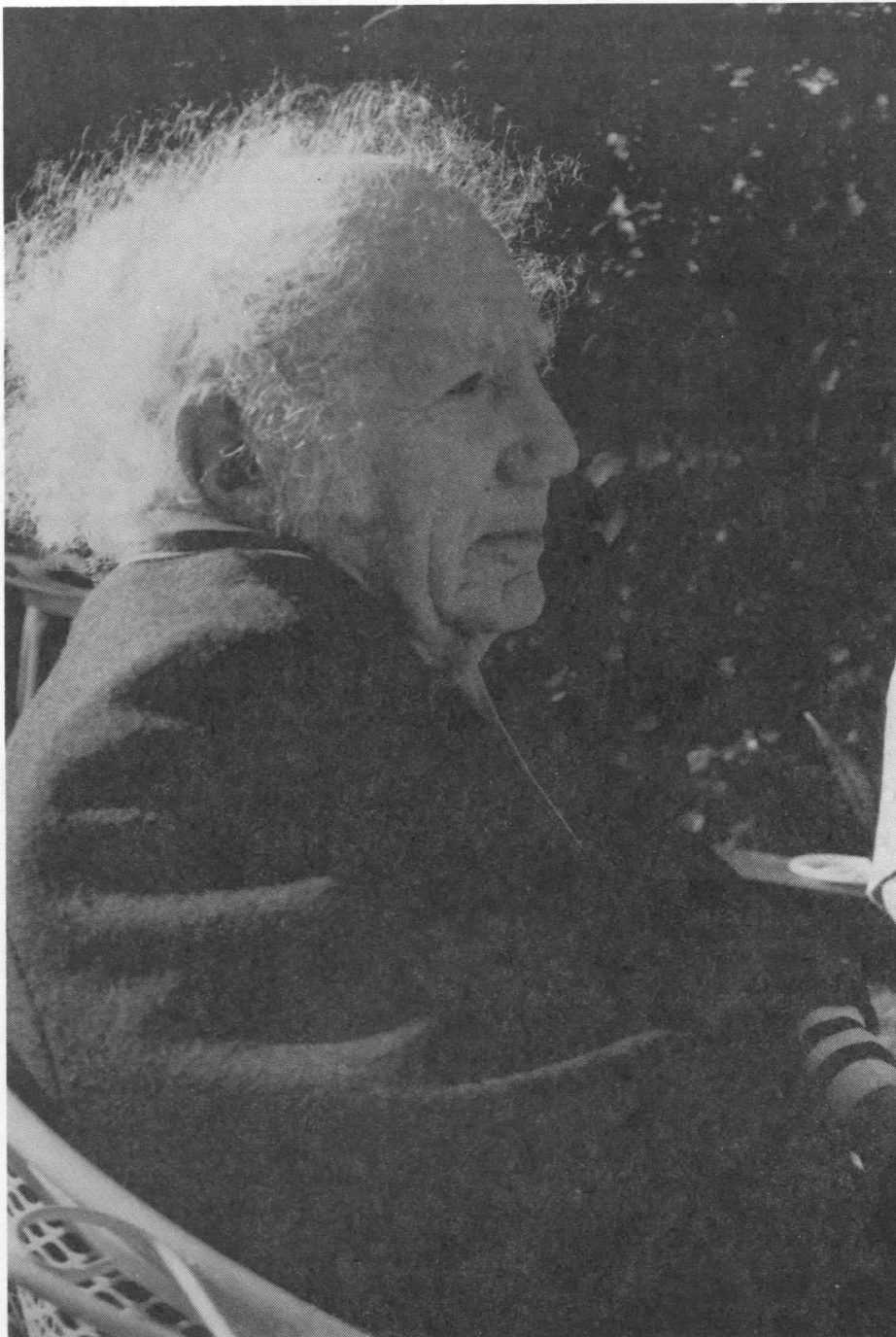
Recently, Roger served as Tutor assistant at the October 26-28, Advanced Practitioner Review presented by Dr. Trager, with Carol Campbell and Gary Brownlee. Here are some of Roger's notes from that class.

I was privileged to witness, along with the 23 students, a remarkable development in Milton's health, and, correspondingly, in his work. As many of you are aware, his stroke last year had effected his balance in sitting, standing, and walking. On the first day of our class, he surprised us with his renewed vitality, and demonstrated how he had regained a smooth, dance-like glide across the room. He explained how powerful the effect of music had been on this development, and engaged us all in MENTASTICS processes, aided by his favorite music, Herb Alpert's "Tijuana Brass" recordings.

Milton continued through the three days of class to delight and inspire us with tablework demonstrations of extraordinary softness and subtlety. He engaged us in walking and standing MENTASTICS each day, and made rounds of the tables, offering corrections and encouragement. The softness of the Hook-up in the room grew deeper and deeper, with less resistance than I can remember experiencing. Oh, what a sweet feeling!

Milton feels the use of music has opened up a powerful avenue of connection for him. It certainly has had a dramatic impact on his own health process. He encouraged us to use music to inspire and motivate movement--especially with clients who are afflicted with Parkinsonism. "They don't even have to move. Just get them to be with the music, feel it inside, and let movement flow from there...engage them in the auditory experience of rhythm and resonance...you may have to encourage them at first...and pick music with strong rhythm."

I've been successfully using music with a



Milton Trager, M.D. taken by the di Joyas at the birthday party for Cynthia Harada at their home.

client of mine who has M.S. She and I have found she can walk easier when the music is on, or even when she recalls the feeling of moving to music as she walks down the street after the session. And it's clear to me that Milton feels we'll find benefit in using music with many of our clients to elicit more graceful dance-like qualities in everyday movements.

### TRAGER and Psychotherapy: Part 2

Marianna Hartsong, Ph.D., R.M.T.

Marianna is a TRAGER Practitioner, Tutor, and MENTASTICS Leader, from Toronto, Ontario. Part 1 of this article appeared in our Spring, 1991, newsletter. This article is written from Marianna's unique perspective as both Practitioner and psychotherapist, and contains insights, ideas, and opinions about TRAGER in

relationship to itself, herself, and her practice of psychotherapy. The opinions expressed below are the author's and not necessarily held by The Trager Institute and its educational staff. This article is a condensed version of a larger piece which is available directly from Marianna at: 452 Grace Street, Toronto, Ontario, M6G 3A9, Canada.

In the first part of my article, I talked about an overly defended client whose threatened ego would not permit his body to remain in the relaxed state it experienced after a TRAGER session. Over the years, I have become aware of greater subtleties and differences in tissue response and pre-conscious resistance. This has led to the recognition of a whole category of clients whose nervous systems seem to have no knowledge of STOP, or boundaries. These are adults, who as children, suffered physical or sexual abuse.

With these clients, I teach conscious resistance. That is, I wire into their nervous system and ego-structure the choice to say "No".

Sometimes the process takes months. I don't explain the psychodynamics of what I am doing. But I give them a piece of shared vocabulary--the word, "STOP", and I teach them to use it. I ask them to say, "STOP", whenever they want me to stop for any reason, or for no reason. I encourage them to practice using it when they don't feel the need, simply so their body/mind can learn that it works.

I tell them that in this context if they say, "STOP", I will take my hands off their body and step back a few feet from the table to give them space, but that I will remain energetically connected with them.

I tell them I won't touch them again until they invite me to touch them. This creates a safety that was never present in their childhood. It teaches them a sense of boundaries that they never had the opportunity to learn as children because of the constant physical and psychic violation of their space and their bodies. Learning to say, "no", often elicits a range of responses from profound terror, to discomfort, to immense relief. Many of the clients have to go through a period where they believe if they say no (stop) they will be alone and abandoned forever.

They may feel "bad", and almost always "self-ish" for asking for what they want and need.

It is the repeated experience in the therapeutic context that "stop" works--i.e., that I don't assault them and that, although I take my hands off them, I don't desert them--to rebuild their ability to have clear boundaries, to say "yes, I want this", or "no, this is not for me".

As part of this neuro-muscular re-educational process, I will often ask them to take their own hands and pat or stroke the surface of their own skin, especially along the front of their chest. This enables them to tangibly feel and recreate for themselves the physical boundaries--where

they begin and end.

They learn that everything inside those boundaries belongs to them, is part of them. That everything outside, is part of the rest of the world. Thus they learn, usually for the first time in their lives, to distinguish "self" from "other" in a reliable and replicable manner, and one that is under their control and not someone else's.

The general format of my sessions is to first talk, thereby, highlighting information available to the conscious mind. Sometimes, to help focus what goes into the computer of the body-mind during the TRAGER session, and to build a supportive ego-structure, I will ask the client on the table--before the session actually begins--to state in the present tense a prayer or affirmation that has emerged from our discussion, of what they would like to get from the session.

This seems to me analogous to punching information into a computer (the introductory discussion) giving a direction (the prayer or affirmation) and then pushing "go" (the TRAGER session) to allow the integration and reorganization of the material to occur.

At the end of the session, people may have no conscious "understanding" of "why", but their experience is different, and because we have engaged the conscious mind from the outset, it seems to cooperate rather than try to defend itself.

There are times at the end of a session when it feels right to cognitively tie what happened during the session to what was said at the beginning. But, I usually leave whatever has transpired, to digest until the next session. Too many words too early, can limit the change to the known ego-structure, rather than inviting the larger opening, that can come in silent integration and generalization.

We want to offer our clients a door that is wide open--new possibilities for ease, freedom, relaxation in the neuro-muscular memory bank. We need only give structure enough, so that they do not get lost in the unfamiliar.

I know I have just scratched the surface of this exciting and stimulating topic. I look forward to hearing from any of you out there in whom this article generates a response. What do you know? What have you learned from your own experience?

Thanks for being out there to share with.



## TRAGER and MENTASTICS:

### A Positive Tonic for Health

Fred Savage

*Fred is a retired engineer who has written a book called "Osteo-arthritis: A Step-by-Step Success Story To Show Other They Can Help Themselves" which has been published by Station Hill Press, and is available directly from The Trager Institute's Mill Valley office. In his book, and in virtually all of his speaking engagements, Fred describes his positive experiences of TRAGER and MENTASTICS. In this article, Fred uses his attendance at the recent Northwest TRAGER meeting in Washington state as a spring-board for his thoughts about TRAGER and its relationship to ourselves, our maladies, and our lives.*

I recently attended the Northwest TRAGER meeting at Lake Wenatchee, in the Cascade Mountains of Washington State. Up there the water, pines and mountain air provided a perfect backdrop for TRAGER, as Cathy Hammond describes: "Sometimes when walking in the woods or by the ocean we become very quiet and feel 'connected' with our environment, it's that simple....allowing us to come into a feeling of peace".

The two large floors of the Lake Wenatchee lodge were alternately filled with numerous tables for partners in TRAGER bodywork, by persons involved with MENTASTICS, Hook-up and dance, by certified TRAGER Practitioners (CTP's), and Friends of the Institute listening to the various speakers and Instructors, or with dinner tables to supply us all with excellent food.

One could not help but be impressed by the program, the topics, and the dedication of the participants. Betty Fuller was one of several who presented talks on posture, carriage, mental and emotional attitudes, personal awareness, self-esteem and inner peace.

I was invited to present my own experiences outlined in my book. TRAGER bodywork, MENTASTICS and Hook-up had been the sequence which changed my life! However, after my talk, a CTP asked an important question: "How long did it actually take you to benefit from TRAGER bodywork? Others have read your book, tried TRAGER, only to find it did not work for them....Why?"

My answer escapes me now. The benefit was immediate, but it is difficult to set a specific time. TRAGER, from 1987, to the present, has been much more than the physical manipulation of limbs and joints by someone else.

I did not consciously seek nor count upon many of the changes which happened. Those changes increased my well-being, freed me of effort, stress and pain, and enabled me to enjoy

myself wherever I was.

At the conference a CTP said I was fortunate to have had a mature Practitioner who never let me forget the holistic approach....TRAGER is related to the whole and through the whole to the part....but possibly more than that: "Don't ask me what TRAGER can do for you, what can you do for yourself!"

We need TRAGER Practitioners to cultivate the link between MENTASTICS and the well-being of TRAGER clients, to instill what Betty Fuller calls "Meditation in Motion". On the other hand, we need people such as Deane Juhan who can present MENTASTICS in scientific terms to professionals and gain their support and better understanding of TRAGER.

As a retired engineer, it is my belief that modern society has difficulty relating technology in its many forms to the true needs of the planet Earth and the human race. Do we increase rather than reduce stress?

My Practitioner recently said she thought the difference between myself and those who turned away from TRAGER was: "You took osteoarthritis as a gift--not a penalty. You accepted all help, mental and physical, and this changed you! Dr. Bernie Siegel recently talked this way on TV about cancer victors he has met. They had expected they would die, but if it were possible to get well, they expected to find the way. It may appear they won a war, but maybe a better interpretation is that they found a new identity, relief from stress, and gained an understanding of inner peace."

Dr. Deepak Chopra, is an internationally known lecturer and proponent of Ayurvedic medicine, deep rest, Transcendental Meditation (TM), and other ways to well-being. He states 98% of our body atoms are replaced every year. One might ask: If there is an annual rebuilding, however haphazard, why not a better body? Actually, this may happen, but only if the atoms are provided with better building plans by the owner.

It was the Mararishi Mahesh Yogi who introduced TM to the Western world. In 1958, Milton was one of his first eight initiates in the United States, and the Mararishi is quoted as saying to Milton: "Whenever you are in Hook-up, you are in the super-conscious."

The late Norman Cousins wrote a book, full of humor, intelligence and positive thinking about how he overcame a life-threatening form of arthritis. As he defined our dilemma: We are educated to weakness(!), taught to expect miracles from diets, food supplements, physical manipulation and medication. Many of us bounce from one possible cure to another, increasing our stress, looking for miracles which subconsciously we worry may not exist. Some never have time to learn how to take care of themselves.

Let's never forget the physical side of body

fitness, such as walking and "exercise" which is the client's responsibility. There should be a better expression than "exercise" which sells the importance of physical self-movement.

Many things have changed for me. My posture has been enhanced, an inch added to my height, a new ease and co-ordination to my walking. Dr. John Bland, associated with the clinical immunology unit at the University of Vermont, is quoted as saying the risk of osteoarthritis is reduced through: ....the right combination of rest, exercise and weight-bearing.

Anyone concerned about the physical aspects of diet, weight and exercise might read Covert Bailey's book about eating and walking reasonably. Just sauntering for 20/30 minutes at a time, helps older persons such as I safely convert fat into energy and muscle. Only Olympic hopefuls should burn up blood sugar, jog, run and puff like bulls to beat the clock and distance records.

Let's use the therapy of good belly laughs as well. Norman Cousins used to say "laughter is the body's internal jogging," and always had good examples to prove his point. Betty Fuller, at the recent Northwest meeting, had many laughs to offer. At an Ottawa Hospital there is a humor room in the oncology ward, and doctors coming in to see their patients can hear their laughter away down the corridor. An eighty year old woman formed a group called "LDM Consultants" (*Laughter Does Matter*), and that's how Ottawa's humor room started!

My wife and I were in an auto accident last year. We both suffered the trauma of whiplash. I suggest most professionals never understand how debilitating this can be *until they experience it themselves*. TRAGER Practitioners can feel the damage of whiplash. My CTP was aware of pain before I knew I was hurt. TRAGER--and later Hellerwork--helped me bypass the pain, but it was at least one year before my vitality returned.

Many whiplash victims have to expect at least two years of trauma and pain. For my wife, Pat, orthodox medicine and physiotherapy was not effective. Allergic to all pain killers, there was little relief offered her. Approval by her doctor--and then the insurance company--allowed us to switch her over to TRAGER and my CTP. Slowly she began to heal. It has not been easy; we are smiling again, although we know she still has quite a way to go.

Today when asked, "How are you?" there is a good chance she'll happily reply, "I feel pretty good!"

We have been fortunate, both of us found TRAGER, something that works. Six, five, four years ago in my pain and stiffness, I could never have conceived of living like this. TRAGER people gave me ideas as well as the physical and mental help of TRAGER bodywork and MENTASTICS.

## A Gathering of Peers: The Experience of a Regional Practitioner Review Class

Carol Campbell

*The presentation of Practitioner Review classes in the field is a new process for The Trager Institute. Here is a report of one class, in Massachusetts, that had 21 Practitioners! The local coordinator was long-time Tutor and sponsor Cindy Popp-Hager. The Instructors were Carol Campbell and Cathy Hammond.*

Imagine looking out your window to see a serene pond surrounded by trees in all their autumn colors shimmering in the warm sun. Imagine fresh, wholesome food, lovingly prepared and served. Imagine discovering seasoned Practitioners and newer Practitioners from your regional "neighborhood", each with his or her own unique TRAGER energy, experience, and expertise. Imagine the company of peers, sharing with one another from Hook-up--personally and professionally.

Such a gathering actually happened on an October weekend, in New England, with 21 Practitioners. Cathy Hammond and I were joined by three wonderful teaching assistants, Cindy Popp-Hager, Steve Buchbinder and Carolea Burgess, as well as two tireless logistics assistants, Martha Partridge and Lucinda Lea. Cindy did a masterful job as training coordinator getting us together in the first place, and attending to all the details needed by a group of 28 in a residential setting.

During our three days together, we decided to keep a notebook handy for participants to record any thoughts they would like to share with the TRAGER community at large. Here, then, are the voices of your friends and colleagues, from New England, with love:

"I found the honesty and open confrontation of the limits of previous trainings exciting. It has added a deepening of my TRAGER experience and a deeper intimacy with peers. The issues of abuse, co-dependency, containment and boundaries, as well as what tissue response really is, have been very important to raise and explore together."

"I appreciate the permission given by the leaders which has led to lively sharing during and after the sessions. It is the safest atmosphere I have yet experienced in a training. I am feeling an expansiveness in TRAGER--actually, an inclusiveness. This lets me sense its relationship to other attitudes and my life."

"As we moved around the opening circle, the theme of sexual abuse and recovery emerged. Through the training, themes developed around dissociation--leaving our bodies to escape the pain--and the reintegration possible through

TRAGER. Other themes arose, of intimacy ("in time with"), of acceptance, of pre-verbal communication, of the right to speak our own reality. We have created a space in this training where we feel safe enough to say what has never been said, and to ask for what we need. More than any training I have experienced, the 'inner selves' of those present have found voices here. We have been more completely ourselves as survivors healing our own boundaries and using our spoken truths as a bridge to relationship and to the creation of intimacy with one another."

"I am appreciating the opportunity to...

- experiment with the concept of containmentment as well as what can be freer and lighter...
- explore the interface of the inner person and the outer person...
- work / play with weight and wait, which in combination lets the message of TRAGER go in deeper...
- explore Hook-up, as well as 'hook-down' (for more grounding)...
- discuss intimacy as the concept of "being in time with" and how pervasive this is in TRAGER...
- discuss and practice 'being' rather than 'doing'..."

Have patience as you feel the weight...and feel the wait...

A fitting beginning for a TRAGER training...

Come taste the varieties of tissue response at the changing TRAGER deli...

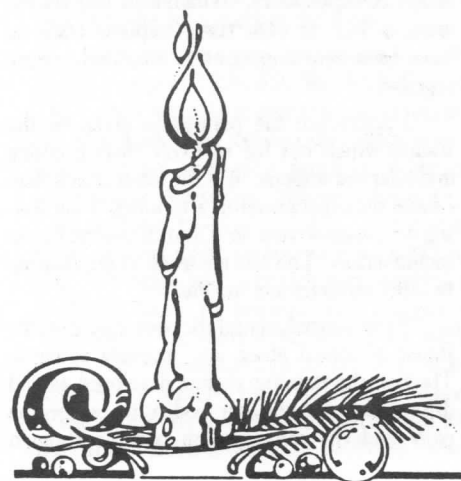
Dance "Mentastically" among the crimson yellow glow of tumbling autumn leaves at the noontime jam session...

Or find your point of balance from tactile corpuscles feeling the sand at the edge of the glass clear lake...

Do whatever you want to as long as you take responsibility for doing what you need to do...

Be deeply in Hook-up and part of the weight...

Or come and engage in the most hooked-up conversation ever experienced....



## Learning To Do "Nothing"

David Thomas, M.S.W.

*David is a Practitioner from Trenton, New Jersey. He is also a Board certified clinical social worker. David works at The Family Growth Program of Catholic Charities in Trenton. He specializes in the treatment of family violence including child sexual abuse. The following is David's personal statement submitted as part of his Practitioner application.*

Even then, those words in my high school yearbook left me with a vague yet deeply felt sense of unease. There, under that picture of a pleasant looking, smiling 18 year old me was written, "Tries his hardest in every sport". It might as well said, "Tries his hardest in everything he does," And with this feeling of unease was a sense of exposure, of nakedness, I thought this pattern of trying was a secret. And then I did what any self respecting 18 year old does. I denied this awareness and got on with my life. "Trying hard" was me. The million or so family messages that honored overabundance in effort, self-discipline, will power, endurance of pain, and denial of feelings had yoked that deepest part of me that yearned for playfulness, creativity, human and spiritual connection. This inner core was paved over by these first 18 years of repetitions. I had learned to meet resistance with force. Opposition was to be defeated.

I am always amazed at how nature takes back what was taken from it if the taker is not vigilant. Along the Pennsylvania Turnpike, the man-made, mass-produced Howard Johnsons Restaurant chain was a classic example of "triumph" over nature. There, in the middle of the beautiful, scenic mountains of Pennsylvania was the orange and turquoise, unmistakable "triumph,"--their restaurant. Yet curiously, within two years after shutting down this particular location, weeds, wild flowers and vegetation had taken it back, pushing their way through every crack, nook, and cranny, beginning the conversion of this place back into nature.

Once away from the vigilant eye of my family of origin, my own conversion, through occupation changes, graduate school, psychotherapy, and meditation opened enough of my own external fissures that my body yearned for a connection that brought the original unity of mind, body, and spirit back together. TRAGER provided this connection. The first demonstration I saw by a friend, a TRAGER Student at that time, opened the fissures even more in my external shell. Through this opening, I immediately pursued some TRAGER sessions.

I remember walking down the street after that first session, my external wall having been temporarily softened. What freedom, what ease

to move like this, and with no effort. Of course, the part of me that was not allowed to have this impermissible freedom got scared, and within a week or so, I had my old body back. But the fissures were now cracks. I would get more TRAGER sessions; I would learn how to share TRAGER work with others.

As you can imagine, learning to just be there and "do nothing" was quite a challenge. As I experienced more table work and MENTASTICS--as a giver and receiver--moments of Hook-up deepened and lengthened. And then there was my watershed event, the Intermediate Training.

Trainings always had brought out the worst of my tendencies to try even harder. After the very rich, playful learning experience the first few days, I froze on the last day. In the full-body trade, my hands turned to wood. My breathing allowed only enough oxygen for survival, and my ears turned all the trainers' efforts at support, or constructive feedback, into the parental demands of my childhood. I distorted "What could be lighter, freer?" into "You're not doing enough. You have to do more." Here I was halfway through my training track, and I felt like I had never truly begun. I was a phony, a fraud. I made up my mind to survive this awful situation, get out as soon as the day was over, and go home and nurse my wounds, privately. My old self had recongealed.

In the circle where all the students and trainers sat at end the training, I did my best to hide. In my mind, I was already in my car, riding home. Then--amid the talk by others of how we all bring our own history, our own stories, and that in our struggles with this learning we allow others to be witnesses, and supports--a thought occurred to me that was extraordinary in its simplicity: Be present. Do nothing. What could be freer?

My jaw loosened and I spoke of being totally discouraged, of wanting to quit, of being a fraud and a charlatan. I let the tears come that I had hidden for years. This was me. To my amazement, I was received by the group members with profound acceptance. My doubts were okay. My fears were okay. My tears were okay. They "did nothing" except let me be who I was. In that moment, I became aware how loose and relaxed my body had become, how my eyes could see that my trainers were not my parents, and how my ears now could hear without distorting. My heart was open. The fissures in my old-self had grown to chasms. Not only would I survive this training, I would flourish. Oh, there have been numerous times I have been discouraged with my ability to be in Hook-up, to embody TRAGER. I have so much more to learn. What is different is that, I feel freer to be aware, to feel the path that I am on, to pause, to ask "what can be freer than that?"

Not surprisingly, my feelings about my self,

my wife, my children, and my work, have been much more accepting. Spontaneity and surprise have crept back into my marriage. Playing, creating, and listening are joyful elements in being with our children. And, in my work as a psychotherapist for violent and incestuous families, I am feeling on a more profound level that my clients' choices for new ways of being and behaving, follow their deepest acceptance of their own feelings. One of my future goals is to use TRAGER with these families, along with the psychotherapy that I already utilize.

In summing up, I would wish for my fictional "yearbook picture" of the TRAGER Class of 1991, to have the caption "His greatest accomplishment was doing nothing,"...and what could be more nothing than that?

## L'approche TRAGER en toxicomanie et en gérontologie: Entrevue avec Louise Voisard et Yvette Fournier

Louise de Montigny

*Louise est tuteur et monitrice d'entraînement de Montréal, Québec, Canada.*

Louise Voisard est praticienne depuis 1985. Elle travaille au Centre Alternatif, centre de jour pour clientèle au prise avec des problèmes de surconsommation d'alcool, de médicaments et de drogue. L'implantation de l'approche TRAGER à ce Centre a été plus que bénéfique. Louise nous entretient de l'évolution de son travail et nous partage ses connaissances de plus en plus étayées sur le sujet. De plus Louise prévoit offrir des stages pratiques dans ce milieu de travail pour les praticiens et praticiennes désirant mieux connaître ce milieu d'intervention.

L'approche TRAGER se développe maintenant depuis plus d'une dizaine d'années au Québec. Plusieurs praticiens et praticiennes, en plus de leur clientèle en cabinet privé, ont développé l'approche dans certains champs d'applications compte tenu de leurs intérêts, de leurs connaissances et de leurs motivations. Louise Voisard et Yvette Fournier sont deux praticiennes qui travaillent depuis plusieurs années dans des cadres spécifiques d'intervention, l'une en toxicomanie et l'autre en gérontologie. Je les ai interviewées à Montréal en septembre dernier. Toutes deux nous partagent leur évolution professionnelle à travers l'approche TRAGER.

Bonjour Louise! Tu es praticienne en TRAGER

depuis...?

J'ai fait mon "Débutant" en '83 avec Carole Campbell et j'ai été reçue praticienne en 1985.

*Tu es l'une de nos anciennes "leader de MENTASTICS". Qu'est-ce qui t'as donné le goût de développer cet aspect du travail alors qu'à l'époque on parlait peu des MENTASTICS dans les ateliers de formation.*

J'ai toujours aimé la danse. J'aime le mouvement! J'aime à bouger moi-même! Ça m'a accrochée parce que les MENTASTICS m'apportaient une façon intéressante de bouger. Ils étaient une façon de me donner une détente, de délier mon corps, d'être plus en forme et d'être plus en contact avec moi. Cet espace méditatif m'a tout de suite rejointe.

Immédiatement, j'ai commencé à explorer les MENTASTICS avec mes clients. J'ai d'ailleurs été supportée dans ma démarche. Ainsi avec Jacques Hébert, Denis Lafontaine et Suzanne Larocque nous avons formé une équipe d'exploration des MENTASTICS et nous nous sommes rencontrés presque tous les matins pendant 6 mois de 9h à 12h. On en faisait, on en parlait, on échangeait sur nos perceptions, sur nos ressentis et sur notre vécu avec notre clientèle. C'est à travers ma propre exploration et par ce groupe de soutien que j'ai développé mon expertise en MENTASTICS. J'ai également profité des soirées de MENTASTICS organisées et animées par Roland Burgalières, A l'époque nous étions peu nombreux mais très solidaires et la passion du métier nous a vite fait rentrer dans l'action!

En retour, dans ma pratique, ce n'était pas toujours facile de les enseigner. Mais au fil des années, le processus s'est développé. Ce cheminement c'est fait doucement, graduellement.

*Donc tu utilisais les MENTASTICS avec les clients en séance privée, puis tranquillement tu as commencé à animer des groupes. Comment ce développement s'est-il fait? Comment ce travail a-t-il été reçu du public?*

Oh! Ça n'a pas été vraiment facile. Au départ, nous n'avions pas le droit de faire des groupes et d'enseigner les MENTASTICS. J'ai donc rassemblé mes clients car la règle était: nous pouvions faire des MENTASTICS qu'avec des gens ayant reçu des séances qu'avec nos clients en somme. Mais j'ai réalisé en explorant cet outil qu'il était souvent plus facile d'aborder certaines personnes directement par les MENTASTICS animés en groupe.

Puis, il y a eu le titre de "leader de MENTASTICS" et j'ai été enfin reconnue officiellement et j'ai pu offrir des classes au public.

*Actuellement ta pratique en TRAGER se développe vers une clientèle très spécifique soit les personnes ayant des problèmes de surconsommation. Comment est-ce arrivé? De quelle façon interviers-tu? Et de quelle façon ce travail s'adapte-t-il à cette clientèle?*

En général, les toxicomanes sont des gens qui sont très peu de contact avec leur corps car leur corps en était un de douleur et de souffrance. Ils ont été obligés de pallier à cette souffrance par des artifices comme les drogues. Ils se sont habitués à "geler" toutes leurs sensations. Il est donc difficile de reprendre contact avec ce corps. J'y vais donc graduellement. Je dois d'abord être capable de recevoir leurs résistances et il y en a beaucoup....Beaucoup de peur....Peur de s'abandonner.... Ces personnes souffrent de problèmes physiques importants dus au sevrage. Surconsommer des drogues crée des problèmes physiques et en désintoxication ils doivent faire face à ces problèmes.

*Comment ton travail a-t-il été reçu?*

Le travail a été bien accueilli. Il existait déjà dans certains organismes des méthodes de relaxation. Méthodes faisant plutôt appel à l'immobilité, à la tranquillité. Méthodes centrées sur l'introspection. Utiliser le mouvement pour arriver à la détente était nouveau et ça leur a plu tout de suite. En effet, c'est moins menaçant de bouger que d'être étendu au sol où tout est centré vers l'intérieur. Pour eux c'est très menaçant l'intérieur... Par les MENTASTICS on arrive à l'intérieur mais d'une façon tellement différente. Ce qui est merveilleux avec les MENTASTICS c'est qu'ils ressentent l'effet de détente à travers le jeu et sans l'avoir vraiment pris au sérieux.

*Dans quel type d'institution travailles-tu?*

Dans un organisme public, en milieu externe. Les gens vivent à l'extérieur du Centre et viennent pour des thérapies individuelles et de groupe. On leur offre différentes activités dont le TRAGER et les MENTASTICS. Les gens qui s'inscrivent au groupe de TRAGER travaillent en groupe et reçoivent des séances individuelles. Ils doivent cependant être recommandés par leur thérapeute. En effet, ce travail demande un minimum de disponibilité et de régularité. Quand ils arrivent au Centre, ils sont très instables. On leur demande donc de passer certaines étapes avant de venir au groupe. Ils doivent d'abord faire leurs 15 jours de sobriété avant d'entrer dans le programme TRAGER.

*Comment ton travail a-t-il été accueilli par le personnel?*

J'ai d'abord offert mes services comme bénévole et je désirais que le personnel impliqué reçoive une séance. Ils étaient déjà sensibilisés aux approches corporelles, le milieu était déjà ouvert à ce genre d'intervention. Puis les gens y ont goûté et ont reconnu que le travail avait un impact différent de ce qui avait déjà été fait. On m'a offert un contrat qui se répète à toutes les sessions depuis 3 ans maintenant.

Les intervenants ont fait les classes de MENTASTICS et ont reçu des séances individuelles. Ce fut une clé importante car l'expérience personnelle des intervenants facilite la section

des participants. Il y a donc une bonne complicité entre nous car nous avons bien déterminé nos fonctions respectives et différencié nos rôles. Ça fonctionne harmonieusement au programme.

*Et les résultats de tout ça...*

Cette activité favorise une certaine régularité. Les gens venus au groupe de TRAGER y sont revenus. Plusieurs ont fait 2 à 3 fois le groupe de 10 à 12 rencontres.

Le TRAGER leur permet d'être plus en contact avec eux, d'être plus ouvert et d'amener un allègement dans la confusion qu'ils vivent. Voir plus clair.... Aller plus loin au niveau de leur thérapie. Plus loin dans la détente.... Quand tu consommes pendant des années, tu oublies ce que c'est de vivre plus détendu. Souvent le sevrage amène un très haut niveau de stress. Un stress énorme! C'est pourquoi y a tant de rechutes. La personne qui cesse de consommer croit qu'elle règle tous ses problèmes avec cette décision et pourtant c'est là que tout commence; c'est pourquoi ils ont besoin de support pour vivre ce stress là. C'est trop dur! Il faut leur offrir des outils de détente et en ce sens le TRAGER aide énormément.

*Peux-tu nous partager certains témoignages de tes bénéficiaires?*

Oui, je peux rapporter certains cas cliniques. Par exemple, cette dame en sevrage de médicaments et au prise avec des crises de paniques et d'angoisses terribles. Elle avait beaucoup de difficultés à venir au groupe car elle ne se sentait pas bien en groupe. Marcher dans la rue, prendre l'autobus lui était presque insupportable. Elle a tout de même persévéré, a réussi à faire face à son anxiété et à passer à travers son sevrage. Elle en a donc bénéficié beaucoup.

Il y a beaucoup d'alcooliques et de cocaïnomanes qui ont du mal à s'arrêter. Ils ont subi des pertes affectives, sociales et matérielles. Grâce au groupe TRAGER ils ont pu vivre, malgré les moments difficiles, des espaces de paix, de liberté et de confiance.

*Et ce projet se continue toujours....*

Oui! Les clients le redemandent. Maintenant les budgets sont prévus à l'avance. Je crois sincèrement que le TRAGER a sa place dans cette sphère d'intervention.

*Et pour les praticiens qui souhaiteraient orienter leur pratique vers ce type de clientèle....qu'ont-ils à développer?*

Personnellement, j'ai eu le besoin d'en connaître plus sur cette problématique et j'ai fait mon certificat en toxicomanie à l'Université de Montréal. J'ai donc une meilleure connaissance sur les drogues, leurs différences et leurs effets sur le système nerveux. Je comprends mieux les portraits psychologiques derrière tout ça. Pourquoi quelqu'un consomme? Quels sont les "patterns"? A partir de quels mécanismes réagissent-ils? Il

faut aussi être attentif aux pièges que cette clientèle nous tendent. Mon cours en "toxico" m'a beaucoup aidée. Aux praticiens qui désirent orienter leur pratique vers cette clientèle je dirais: "par des stages ou par un travail bénévole, allez d'abord voir comment vous sentez avec cette clientèle." De plus je les encouragerais à travailler dans un cadre professionnel et à l'intérieur d'une équipe multidisciplinaire car le toxicomane a besoin d'être encadré et nécessite une aide diversifiée: psychologue, médecin et travailleurs sociaux. Ainsi entouré, le TRAGER a sa place.

En conclusion: C'est un travail très intéressant. J'adore travailler avec cette clientèle. Je vois les effets et l'évolution du travail. C'est tellement stimulant de voir les gens qui se sentent de mieux en mieux. C'est très encourageant. Les MENTASTICS et le travail de table sont tous deux important et doivent se combiner.

*Merci, Louise.*



Yvette Fournier

Yvette Fournier est infirmière et pratique l'approche TRAGER depuis 1983. Tout au long de son cheminement professionnel et personnel elle a développé un intérêt pour le travail avec les personnes âgées. Aussi en 1984, elle implante l'approche TRAGER au Centre Berthiaume-du-Tremblay, centre de jour pour personnes âgées. Depuis elle continue à offrir ce service professionnel.

*Yvette, tu as commencé une pratique en TRAGER depuis plusieurs années déjà. Tu étais à la retraite. Quelles étaient tes motivations pour entreprendre ce cursus de formation?*

Ayant dans mon travail été en contact avec des personnes âgées et ayant aussi vécu avec elles,

j'ai constaté certains problèmes, tel que la perte de mobilité, les maladies chroniques ou dégénératives, la solitude et un manque de communication verbale ou non verbale. J'ai donc cherché une activité pour répondre à leurs besoins. D'ailleurs j'ai toujours eu un intérêt pour la physiothérapie. Je me suis dit: "pourquoi n'apprendrais-je pas une technique qui me permettrait de les toucher et de les soulager..." Je voulais qu'elles puissent ressentir un bien-être. C'est par hasard qu'une amie à qui j'ai fait part de mon projet m'a parlé du TRAGER. Il y avait une formation la semaine suivante et j'ai décidé de risquer....

*On se reporte en 1983....*

Oui, c'est bien ça....J'ai fait mon "Débutant" avec Sheila Merle Johnson.

*Et depuis ce temps, est-ce que vraiment tes objectifs de départ ont pu se concrétiser?*

Oui, et assez rapidement d'ailleurs. D'abord je suis tombé en amour avec le TRAGER et dès que j'ai eu un droit de pratique, je suis allée offrir ce genre d'intervention à la direction d'un Centre de Jour pour personnes âgées. Ils ont consulté l'infirmière et l'ergothérapeute qui m'ont invitée à faire une démonstration. D'un commun accord, elles ont accepté de tenter l'expérience. Depuis ce temps, soit 1984, j'offre le TRAGER une journée par semaine à ce Centre.

*Quels genres de services offres-tu?*

Les services sont en individuel, tant au niveau des MENTASTICS que du travail de table. Je reçois donc 2 personnes par jour. Ces gens sont véhiculés car ils sont en perte d'autonomie mais demeurent toujours à leur domicile.

*Quels sont les problèmes spécifiques que tu as rencontrés au cours de cette pratique?*

Au début les personnes que l'on m'a référées étaient des personnes qui souffraient énormément d'angoisse. Angoisse qui amenait des problèmes de comportements. Ces gens n'avaient jamais de satisfaction... les autres n'étaient jamais corrects... Ceux-ci avaient des attentes non comblées par l'organisme. Ils étaient aussi agressifs.

J'ai perçu chez ces premières personnes beaucoup de méfiance et de crainte de l'inconnu qui ont disparu rapidement par la suite. Maintenant les personnes référées connaissent mieux l'approche TRAGER parce qu'elles sont mieux informées par les intervenants du Centre et par les personnes qui ont déjà fait la démarche.

J'ai travaillé avec différents types de problèmes:

- une cliente avec beaucoup de problèmes physiques et neurologiques: perte d'équilibre, difficultés à marcher et problème cardiaque etc.

- une autre personne a été référée parce que qu'elle avait des problèmes physiques mais aussi parce que son mari était en phase terminale d'un cancer. Ceci lui demandait énormément

d'énergie. Elle puisait à même ses ressources physiques.

- j'ai aussi reçu des personnes ayant des problèmes circulatoires particulièrement au niveau des jambes.

- une autre qui vivait beaucoup de souffrance à la suite de plusieurs interventions chirurgicales. Elle avait "mal partout".

- une personne souffrant d'ostéoporose. Elle avait des difficultés respiratoires et des pertes d'équilibre à cause particulièrement de son maintien.

- certaines me sont référées tout simplement pour leurs difficultés à vivre.

Cette année, j'aurai principalement des personnes souffrant du Parkinson.

*Alors pourrais-tu nous parler de ces changements qui s'opèrent? Comment évalues-tu l'application de l'approche à cette clientèle spécifique?*

Avec les premiers clients, les changements se sont surtout manifestés dans les comportements. Il y avait moins d'agressivité, moins d'insomnie... plus de satisfaction et une meilleure perception de leur entourage. Physiquement les changements ont été moins perceptibles.

*Donc les changements se sont plus manifestés au niveau des attitudes...*

Oui, au niveau des attitudes et de la communication. Ils ont commencé à mieux vivre parce qu'ils se sentaient bien. Quelque chose se passait mais on ne saurait dire quoi. Ils ont commencé à ressentir un certain bien-être.

Il est évident qu'il y a eu aussi des changements physiques: plus de mobilité et d'équilibre, un meilleur maintien et une nette amélioration dans leur démarche. Chez les personnes se disant très souffrantes, que je pouvais à peine toucher, la douleur diminuait d'intensité à chaque séance pour presque disparaître.

A ma grande joie, j'ai aussi constaté en redonnant des séances à des clients qui n'en avaient pas reçu depuis quelques mois qu'ils n'avaient pas perdu la mobilité regagnée. Les MENTASTICS que je fais avec eux et que je leur demande de faire à domicile sont spécifiques à chacun. Ils sont simples et peu nombreux. C'est d'abord l'apprentissage du ressenti.

Je dois mentionner un cas tout à fait touchant. Une dame âgée de 88 ans, victime de poliomyélite à l'âge de 16 mois avait son bras gauche paralysé depuis ce temps malgré différentes interventions chirurgicales. Elle m'avait dit: "mon bras, on l'oublie, j'ai appris à vivre avec." Surprise, après quelques séances la mobilité s'est réinstallée. Imaginez sa joie et la mienne!

*Personnellement qu'est-ce ça t'a apporté comme satisfaction?*

Le TRAGER m'a apporté beaucoup dans ma

propre démarche psychocorporelle. Donner, c'est aussi recevoir et je reçois beaucoup des personnes âgées. J'aime ressentir la joie de ces personnes et j'apprécie l'effet et les résultats inattendus. C'est fascinant et surtout ce n'est jamais une routine!

*As-tu certains conseils à donner aux praticiens qui aimeraient se diriger vers cette clientèle? Est-ce que le travail doit s'adapter différemment? Est-ce qu'il y a des choses auxquelles on doit s'attendre?*

Je crois qu'il faut avant tout aimer les personnes âgées pour travailler avec elles. Si elles sont en bonne santé, l'âge ne change rien au travail. Cependant, parmi celles en perte d'autonomie, certaines ne peuvent ni se coucher sur le dos ou sur le ventre ou d'autres sont en fauteuils roulants etc. Dans ces cas il faut adapter le travail différemment. On doit faire preuve d'ingéniosité ce qui nous permet de développer notre créativité.

Les qualités essentielles demeurent la capacité d'établir le contact, d'être à l'écoute et de les respecter. On doit gagner la confiance dès la première séance. Toucher et être touchés, c'est quelques fois menaçant pour les gens de cette génération. Par exemple, lors des premières séances je travaille souvent par dessus les vêtements et je commence par les pieds et les jambes. Je fais rarement une séance complète. Par contre je leur suggère certains vêtements à porter pour rendre le travail plus facile pour tous les deux. Je leur demande beaucoup de feedbacks. Ils sont mes guides. J'ai constaté aussi qu'ils avaient souvent beaucoup d'attentes ce qui m'apparut freiner les effets positifs. Maintenant dès la première rencontre, je fais l'entente suivante: celle de jouir du moment présent et le reste viendra par surcroît. On ne l'attend pas!

*Tout ce travail a eu un impact assez important. Ainsi tu as eu une demande d'informations du Ministère Québécois de la Santé?*

Oui, j'ai eu une demande d'informations du Ministère de la Santé. Ce Centre de Jour est le seul endroit actuellement qui offre l'approche TRAGER, alors on voulait savoir ce qui en était.

On a posé des questions, particulièrement sur les MENTASTICS. Le gouvernement, semble-t-il, s'ouvrirait de plus en plus à la médecine globale et aux approches holistiques. Donc il désirait connaître l'approche et ce qu'elle peut apporter aux bénéficiaires en hébergement.

*C'est merveilleux! Qui sait peut-être aurons-nous des praticiens et praticiennes en TRAGER dans tous les Centres de Jour pour personnes âgées... En fait grâce à toi les premiers pas sont amorcés...*

C'est beaucoup demander. Il y a une question de "sous". De toute façon pourrions-nous présentement suffire à la demande? L'important c'est que le Ministère de la Santé est mieux informé sur l'approche TRAGER et sur ses effets bénéfiques sur les bénéficiaires.

En conclusion: Pour les clients, la séance est avant tout un apprentissage du bien-être. Un enseignement qu'ils reçoivent dans le laisser-aller, dans le lâcher prise. C'est aussi réaliser comment on peut être bien quand on lâche. La prise de conscience devient importante afin qu'ils puissent se rappeler et poursuivre eux-mêmes la démarche. Pour moi, le TRAGER n'est pas un travail, c'est un plaisir, un "jeu"! C'est une joie de voir ces gens s'épanouir et aussi de me faire dire que je suis leur "rayon de soleil."

Merci de ce précieux témoignage.

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## The TRAGER Approach in Drug Addiction and Geriatrics: Interviews with Louise Voisard and Yvette Fournier

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Louise de Montigny

*Louise de Montigny is a Tutor and sponsor from Montreal, Quebec, Canada.*

Louise Voisard has been a Practitioner since 1985. She works at the Centre Alternatif, a day center for clients with a problem of abuse of alcohol, medication and drugs. The inclusion of The TRAGER Approach at this Centre has been more than beneficial. Louise talks to us about the progress of her work and shares with us her profound knowledge of the subject. Furthermore, Louise plans to offer training courses for Practitioners wishing to become better acquainted with this intervention setting.

*Hello Louise! You are a TRAGER Practitioner since...?*

I have started in 1983, with Carol Campbell, and was made Practitioner in 1985.

*You are one of our early leaders in MENTASTICS. What prompted you to develop this aspect of your work at a time when there was little talk of MENTASTICS in the training workshops?*

I have always loved dancing. I love movement! I love moving my body! It caught my interest because MENTASTICS offered an interesting way of movement. It was a way to achieve relaxation, to loosen up my body, to be in better shape and to be more in touch with myself. This means of meditation captivated me at once.

Immediately, I started to explore MENTASTICS with my clients. I had, by the way, support in this undertaking. Together with Jacques Hebert, Denis Lafontaine and Suzanne Larocque,

we formed a team for exploration of MENTASTICS and, during 6 months, we met almost every morning from 9 AM to 12 noon. We practiced, we discussed it, we exchanged our views, our feelings and our experiences with our clients. It is through my own exploration and through this support group that I developed my expertise in MENTASTICS. I also took advantage of the MENTASTICS evening organized and lead by [former Practitioner and Tutor] Roland Burgalieres. At the time there were only a few of us, but we were very dedicated and the passion for our work soon pushed us into action!

On the other hand it was not always easy to teach MENTASTICS in my practice. But, with the years, the process developed. Progress was slow but steady.

*So, you used MENTASTICS with clients in private session, and then you quietly started training groups. How did this development come about? How was it received by the public?*

Oh! It was not that easy. In the beginning, we did not have the right to create groups and teach them MENTASTICS. Therefore I gathered my clients in a group, the rule being that we could only practice MENTASTICS with people who are already registered with us--our clients, in fact. But I realized, while exploring this tool, that it was often easier to approach certain persons directly through group MENTASTICS.

And then the title of "MENTASTICS Leader" was created and I was finally recognized officially and could offer my classes to the public.

*At the present time, your TRAGER practice is moving towards a very specific clientele--namely persons with substance abuse problems. How did this happen? In which way do you intervene? And in which manner does your work adapt itself to this clientele?*

In general, drug addicts are persons who are very little in touch with their body because their body was one of pain and suffering. They were obliged to attenuate this suffering through the use of artificial means such as drugs. They became used to "freezing" all their feelings. It is therefore difficult to resume contact with this body. Therefore, I have to proceed in stages. First, I have to be capable of accepting their resistance--and there is much. Also there is much fear--fear of letting go. These persons suffer important physical problems due to withdrawal. Drug abuse creates physical problems and during detoxification they have to face these problems.

*How was your work received?*

The work was well received. There already existed some methods of relaxation. But, these methods called for immobility and tranquility, and they focused on introspection. Using movement to achieve relaxation was new and had an immediate appeal. In fact, it is less threatening to move about, rather than be stretched out on the ground where everything is centered towards

the inner-self. For them this inner-self is very threatening. Through MENTASTICS we reach the inner self as well, but in a very different manner. What is wonderful about MENTASTICS is that they feel the effect of relaxation through play without really taking it seriously.

*In what type of institution are you working?*

In a public organization, with non-resident clientele. The people live outside of the Center, and come for individual as well as group therapy. They are being offered various activities, among which are TRAGER and MENTASTICS. People request and then join the "TRAGER" group, and receive individual sessions. They do, however, have to be recommended by their therapist. In fact this work requires a minimum of client availability and punctuality. When they arrive at the Center, they are very unstable. They are, therefore, asked to pass certain stages before joining the group. They have to first pass their 15 days of sobriety before entering the TRAGER program.

*How was your work received by the personnel?*

I first offered my services as volunteer, and I asked that the personnel working with me should receive a session. They had already been sensitized to the corporeal approaches, the environment was already open to this type of intervention. Then the persons tried it out, and recognized that this type of work had a different impact from what was already being done in the field. I was offered a contract which has been repeated for all sessions for the last 3 years. The counselors have taken MENTASTICS classes and received individual sessions. This was very important because personal experience on the part of the counselors facilitates work with participants. There is good cooperation between us because we have well-defined functions and clearly differentiated roles. The program functions harmoniously.

*And the results of all this...?*

This activity favors a certain regularity. People who had once joined the TRAGER group returned. Several have repeated the 10-12 group meetings 2 to 3 times. TRAGER allows them to be more in touch with themselves, to be more open and brings some relief into the confusion in which they live, to see more clearly, to make progress in the level of their therapy, and to go further in relaxation.

When you have been taking drugs for years, you forget what it is like to live a more relaxed life. Often, severance brings about a very high stress level. An enormous stress! That is why there are so many relapses. The person who ceases to consume believes that he or she is solving all problems with this decision, and yet it is here that everything begins; that is why they need support to live through this stress. It is too difficult! They have to be offered means of relaxation, and in this sense TRAGER is of im-

mense help.

*Can you share with us some testimonials of your beneficiaries?*

Yes, I can relate certain clinical cases. For example, this lady who had stopped taking medication, and was victim to crises of panic and terrible anguish, had much difficulty in joining the group because she did not feel comfortable in a group environment. To walk in the street or take the bus was practically impossible for her. Nonetheless, she persevered and succeeded in confronting her anxiety and overcoming her severance from medication. She therefore benefitted greatly.

There are many alcoholics and cocaine addicts who have difficulty with quitting. They have suffered affective, social and material losses. Thanks to the TRAGER group, they managed to experience intervals of peace, freedom and confidence--in spite of difficult phases.

*And this project continues...?*

Yes! The clients request it again and again. Now its budget is established in advance. I sincerely believe that TRAGER has its place in this sphere of intervention.

*And for practitioners who would like to orient their practice towards this type of clientele..what do they need to do?*

Personally, I felt the need to know more about this problem, and so I passed my *certification toxicomania* at the University of Montreal, and I now have a better knowledge of drugs, their characteristics and their effect on the nervous system. I now understand better the psychological portraits behind all this. Why is somebody taking drugs? What are the patterns? To what mechanisms will they react? You have to be also aware of the traps that this clientele holds for us. My class in "toxico" helped me a lot. To the Practitioners wishing to orient their practice towards this clientele I would say: "go and see first how you feel around this clientele through training courses or volunteer work." Moreover, I would encourage them to work in a professional setting--and in a multidisciplinary team--because the drug addict needs to be surrounded by, and requires diversified help: psychologist, doctor and social worker. So surrounded, TRAGER has its place.

In conclusion: It is very interesting work. I adore working with this clientele. I can see the results and the evolution of the work. It is so stimulating to see persons beginning to feel better and better. It is very encouraging. MENTASTICS and table work are both important and have to be combined.

*Thank you, Louise.*



Yvette Fournier is a nurse, and has been practicing The Trager Approach since 1983. In the course of her professional and personal life she has developed an interest in working with the elderly. In 1984, she introduced The Trager Approach at the "Centre Berthiaume-du-Tremblay", day center for the elderly. Since then she continues to offer this professional service.

*Yvette, you started practicing TRAGER several years ago. You were then retired. What was your motivation for taking this training?*

Having been in contact with the elderly in my work, and also having lived with them, I noticed certain of their problems, such as loss of mobility, chronic or degenerative illnesses, loneliness, and lack of verbal or non-verbal communication. Therefore, I looked for an activity which might answer their needs. Besides, I always was interested in physiotherapy. I told myself: "Why shouldn't I learn a technique which would allow me to touch them and give them relief?" I wanted them to be able to experience a feeling of well-being. It was by chance that a friend to whom I had mentioned my project told me about TRAGER. There was to be a training course the following week and I decided to risk it...

*We go back to 1983...*

Yes, that's it. I started my "Beginner's Course" with Sheila Merle Johnson.

*And since then, have your initial goals truly been realized?*

Yes, and actually rather swiftly. First, I fell in love with TRAGER, and as soon as I was allowed to practice I went and offered this type of intervention to the management of a day care center for the elderly. They consulted their nurse ergotherapist who, in turn, invited me to perform a demonstration. Unanimously, they agreed to try the experience. Since then, that is 1984, I give TRAGER sessions one day per week at this Centre.

*What type of services do you offer?*

Individual treatment in MENTASTICS as well as table work. Therefore, I receive two persons per day. These persons are being transported since they cannot walk themselves and are confined to their domicile.

*What are the specific problems you encountered in this practice?*

In the beginning, the persons referred to me were suffering incredible anguish. Anguish which created behavioral problems. They were never satisfied...the others were always in the wrong...they had expectations which the Centre could not meet. They were also aggressive.

My initial clients showed much suspicion and fear of the unknown, feelings which disappeared rapidly later on. Now the persons referred to me know The TRAGER Approach better since they are better informed by the Centre's personnel, as

well as through other clients already having had the treatment.

I worked with various types of problems:

- one lady client with considerable physical and neurologic problems: loss of equilibrium, difficulty with walking and heart problems, etc.

- another person was referred to me because of physical problems, but also because her husband was in the terminal phase of cancer. This required enormous energy of her. She was exhausting her physical resource.

- I also received persons with circulatory problems particularly in the legs.

- another lady client was suffering much following several surgical interventions. She complained of "hurting everywhere".

- one person suffered from osteoporosis. She had respiratory difficulties and loss of equilibrium because of her behavior.

- some persons are referred to me simply because of their difficulties with life.

This year I shall mainly see persons with Parkinson's.

*Now, can you tell us about any changes you observe taking place in your clients? How do you evaluate The TRAGER Approach applied to this particular clientele?*

For the first clients, the changes showed mainly in their behavior. There was less aggressiveness, less insomnia, more contentment, and a better perception of their surroundings. Physically, the changes were less apparent.

*So the changes took place mainly in their attitude...?*

Yes, in their attitude and communication. They started to live better because they felt good. Something took place, but it is hard to say exactly what it was. They started to experience a certain well-being.

It is clear that there were also physical changes: better mobility and equilibrium, improved behavior and definite improvement in their walk. For persons claiming they were suffering very much and whom I could hardly touch, the pain diminished in intensity with every session, and almost disappeared.

To my great joy, I also noticed that, when repeating sessions with clients who had not had any for several months, they had not lost the mobility regained as a result of former sessions. The MENTASTICS I practice with them and which I ask them to perform at home, are tailored to each individual. They are simple and few. It is firstly a learning process for feelings.

I have to mention a particularly touching case. An 88 year old lady, victim of poliomyelitis at the age of 16 months, had her left arm paralyzed since then, in spite of various surgical interventions. She told me: "My arm, forget it, I learned to live with it." Surprise, after some

sessions mobility was reinstalled. Imagine her joy and mine!

*Personally, what satisfaction did you gain from this?*

TRAGER contributed much to my own psychocorporeal behavior. To give is also to receive, and I receive much from the elderly. I love to experience the joy of these persons, and appreciate the unexpected effect and results. It is fascinating and above all it is never routine!

*Have you any advice to give to Practitioners who would like to focus on this clientele? Has the work to be adapted in a particular manner? Are there things which have to be expected?*

I believe that above all one has to love the elderly to be able to work with them. If they are in good health, their age has no effect on the work. However, among those who are immobilized, some are unable to either lie on their back or their stomach, and others come in wheelchairs, etc. In these cases the work has to be adapted accordingly. You have to show ingenuity which allows us to develop our creativity.

The essential requirements remain the capacity to establish contact, to be able to listen, and to respect them. You have to gain their confidence from the first session on. Touch and be touched, this is sometimes threatening for persons of this generation. For example, at the first sessions, I often work over their clothing and start with the feet and legs. I rarely do a complete session. But I suggest they wear specific clothing which would make TRAGER easier for both of us. I ask for a lot of feedback. They are my guides. I also noticed that often they had high expectations which appeared to slow down the positive effects of the session. Now, from the first meeting on, I establish the following understanding: let us enjoy the present moment, and the rest will come by itself. Don't think about it in advance.

*All this work has had a rather substantial impact. It seems you had a request for information from the Ministry of Health of Quebec?*

Yes, I did receive an inquiry from the Ministry of Health. This Day Center is presently the only place offering The TRAGER Approach, therefore the Ministry wanted to know more about it. They asked questions, particularly concerning MENTASTICS. It appears that the government is becoming more open to global medicine and holistic approaches. That is why they wished to know more about The TRAGER Approach, and what benefits it can bring to the resident beneficiaries.

*This is wonderful! Maybe we shall one day have TRAGER Practitioners in all Day Centers for the Elderly! In fact, thanks to you the first steps toward this end have already been taken!*

This is asking much. There is also the question of money. In any case, could we even supply the necessary personnel at the present time?

The important point is that now the Health Ministry is better informed about The TRAGER Approach and its beneficial effects on the clients.

In conclusion: For the clients, the session consitutes above all a learning process in well-being. They are being taught to let go, and realize how much better they feel when they do so. This realisation on their part is important so that they will remember it, and follow up the process themselves. For me, TRAGER is not work, it is a pleasure, a "game"! It is a joy to see these people blossom and also to be told that I am their "ray of sunshine".

*Thank you for this precious testimony.*

*English translation by Marianne Pelet.*

## REGIONAL NEWS

### TRAGER on Safari: Among the Bananas

Dhyani Berger

*Dhyani is a Practitioner and Introductory Workshop Leader from Kenya, Africa. Here, waxing poetic, she reports on her promotional work, and invites you to join her! Just write Dhyani at: PO box 48177, Nairobi, Kenya, Africa.*

TRAGER has made its debut in Kenya--to an enthusiastic reception, high up at 9,000 feet among the greenery of Limuru tea gardens. The Alpha Society gave me an opportunity to present TRAGER, advertising through their monthly newsletter. They organize regular meetings, talks and demonstrations on meditation and healing subjects, often hosting travelling teachers who visit from the far corners of the Earth.

I made an afternoon presentation to give people a taste of TRAGER. We did MENTASTICS, and I was able to give everyone a touch of the table work. The response was immediate. A week later we had seven people at a one-day Introductory Workshop. We were given a gracious welcome by Angela Kakin. Her spacious home and luxuriant garden were a perfect setting. We began with a brief history, drawing on Milton's story to present the essence of TRAGER. We then went outside for MENTASTICS, moving barefoot on the wet grass surrounded by flowers, trees and banana fronds. What a great way to feel our connectedness with the African earth; to sense our "skyhooks" reach-



MENTASTICS class in Kenya

ing up into the heavens between towering trees! We did tablework by a crackling fire and later, when the sun came out, we took the tables onto the lawn. This place captured the imagination and freed the dancing body and mind.

To introduce TRAGER, I used key words and concepts: 'education', 'self-help', 'effortlessness and letting-go', 'feeling weight', and 'sensing touch'--letting people discover for themselves the feeling of easy, pleasurable movement, through using their own bodies. People sensed the beauty in their movement, explored and experienced greater space and freedom.

When working with each other on the tables--and on the ground--we focused on feeling and observation, and discovering rhythm in another person, and developed a confidence in touching one another. I emphasized the value of staying relaxed, of finding a comfortable position, and breaking for MENTASTICS. I intended that people would finish the day with a few 'tools' to apply in everyday life, and to share with family and friends.

Here are some words that came to me, and to the participants, that give the 'feeling' of how it was...

*discovering capacity to feel freer, lighter and taller  
shimmering, dangling weight, hanging limbs,  
opening up space, feeling the heart.  
that vast ocean of.....sky hook up!*

*Finding a way to support and balance together  
letting legs dangle over water, swinging*

*silence-----pregnant silence  
then laughter...bubbling up  
having a good time so effortlessly!*

*rocking and rolling outside...fresh air and trees,  
exploring the feeling of movement, how hand fits foot  
how THIS body moves, setting it in motion,  
sensing the organic movement...  
...a wave!*

I was amazed by the interest and enthusiasm. Among these people there seems to be an openness and commitment to explore different ways of being AND doing. People came from a surprising variety of occupations: a wildlife veterinarian, an aromatherapist, an engineer and an architect, a masseuse, a jeweller and a computer wiz kid. Participants wanted a follow-up workshop, and some have had individual sessions. A group in another part of the country has asked me to do a day of TRAGER with them.

Kenya seems to be ready for this work. Since I returned in November, 1990, I have consistently been giving sessions, although my time has been limited because of other work commitments. I had the opportunity to give a few sessions in South Africa, in March, and in Zimbabwe, where, to my surprise, I found myself introducing TRAGER to a yoga group.

I have been speculating as to why there is such receptivity to TRAGER. Kenya is attracting more and more people to share and teach new approaches to planetary well-being, and

there seems enough interest and awareness to sustain these visits. In one way, I am not surprised. I feel that Africa is the continent of the Heart-an aspect of being that we need so urgently at this time. In spite of the suffering and violence that features so prominently in the media, there is another side to Africa, the warmth and groundedness of its people, and the pulsing aliveness of its wilderness. Africans have a lot to teach those cultures where people have become alienated from fellow beings and Nature, where we live in concrete jungles as mere cogs in the technological machine.

Kenya is a very special place. It's geographical location has made it accessible to people from many countries, so that its history reflects interaction and assimilation from an array of cultures and spiritual traditions. Diverse ways of life have coexisted and intermingled here for centuries. Kenya is an African 'melting pot'. Besides people of African ethnicity, we have, for example, large populations from the Asian continent, from the Arabian Peninsula, and from Europe. Nairobi has become a major business and development aid center, servicing Eastern and Southern Africa, meaning that there is substantial resident international community. Tourism brings thousands of visitors every year.

The most recent influx of new ideas seems to be associated with paraphernalia of health conscious industrial society which is increasingly evident-health clubs, machine-packed gyms, saunas, massage, aerobics, running clubs, nutrition counselling, et.al.! Forms of health care other than Western medicine are expanding-herbal medicine (indigenous practices have always been here, and are receiving increasing recognition), acupuncture, chiropractic, various types of massage including Chinese Twina, intuitive massage (Harbin Hotsprings style!), aromatherapy and reflexology, and now TRAGER! Meditation and yogic practices which have been here for a long time, are expanding. Siddha, Raja Yoga, Osho Meditation Centers are flourishing as are Yoga and T'ai Chi classes. In other words, there is a lot happening to encourage the development of a deeper consciousness. This environment must have contributed to the warm welcome that TRAGER has received.

TRAGER friends you are welcome to visit and share your gifts with us here. How ready are you trainers for a safari!?



## Le TRAGER une réalité bien vivante au Québec:

22 février 1992, Colloque Provincial

Louise de Montigny

Sous le thème "Le TRAGER, une réalité bien vivante au Québec" se tiendra le 22 février prochain à Montréal un colloque parrainé par L'Association québécoise des praticiens et praticiennes en TRAGER (AQPPT) dont le président actuel est Jacques Hébert. L'approche TRAGER grandit au Québec depuis une dizaine d'années et notre association professionnelle a maintenant plus de 5 ans d'existence légale. Nous avons une histoire et notre mouvement se développe de plus en plus. L'approche est très bien perçue dans le milieu du travail psychocorporel et bien reçue par le public. Nous devons par ailleurs poursuivre cet élan et faire encore mieux connaître le TRAGER dans sa réalité québécoise et surtout ouvrir de nouvelles portes pour nos professionnels-les et leur expertise.

Cette journée sera un lieu de rassemblement de nos praticiens-nes, étudiants-es ainsi que du public en général. Elle permettra donc aux TRAGERistes de se ressourcer et à mieux se faire connaître du public..

Le programme est déjà bien étoffé et s'avère des plus intéressants. Certains sujets d'ateliers ont déjà été retenus: la démarche en TRAGER d'une personne handicapée, témoignage; le TRAGER et la toxicomanie; les MENTASTICS et la psychosynthèse. Le TRAGER sans table, est-ce possible? Les animateurs et animatrices déjà retenus-es: Mario Bergeron, Mariette Bertrand, Jacques Hébert, Louise Voisard. D'autres viendront s'ajouter à cette liste. Il y aura aussi de nombreux vidéos à voir absolument.

Place aux réjouissances. Un dîner-dansant en tenue "rétro" clôturera la journée. Une soirée dans le plaisir et le "fun" organisée et animée par Ginette Dumas et Huguette Guillard.

L'étape de promotion est déjà amorcée auprès de différents média et deviendra de plus en plus intensive dans les prochains mois: communiqués de presse, invitations en milieu ciblé etc.

Les profits de cette journée seront versés à l'AQPPT et serviront dans une large part à amorcer une campagne pour publiciser les professionnels-les en TRAGER.

Vous êtes tous et toutes cordialement invités-es à venir partager cette journée avec nous. Pour tous et toutes les TRAGERistes du Québec cette journée est un "must". Invitez vos amis-es et vos clients-es. Ils et elles l'apprécieront d'être là et d'en savoir plus sur votre outil professionnel. Le colloque aura lieu à l'Hotel Delta situé au coeur de la Cité montréalaise.

J'assumerai la coordination générale de cette journée. Si vous désirez accomplir certaines tâches ou avez certaines suggestions à donner, S.V.P n'hésitez pas à me contacter. Tout reste encore ouvert...Et place à la créativité.

Pour plus amples renseignements: L'AQPPT, C.P.5, Succ. C, Montréal, Québec, H2L 4J6, 514-382-0977.

## TRAGER A Living Reality in Quebec: Provincial Symposium, February 22, 1992

Louise de Montigny

*Louise is a Tutor and sponsor from Montreal, Quebec, Canada.*

"L'Association québécoise des praticiens et praticiennes en TRAGER" (AQPPT) is sponsoring a provincial symposium next February 22nd, called "TRAGER: A Living Reality in Quebec." The TRAGER Approach has been expanding in Quebec for the last ten years or so, and our professional association has now had legal existence for over 5 years. We have a history, and our movement is growing. The TRAGER Approach has won much recognition in the field of psychocorporeal work, and is well received by the public. We should, however, follow up this momentum and work towards making TRAGER even better known within Quebec, and, above all, open new doors for our professionals and their expertise.

This day will be a gathering of our Practitioners and Students, as well as the general public. It will, therefore, be an opportunity for the TRAGER Practitioners to gather resources and to become better known by the public.

The program is already substantial, and promises to be very interesting. Some workshop subjects have already been booked: The TRAGER Approach with a handicapped person, testimony; TRAGER and drug-addiction; MENTASTICS and psychosynthesis. TRAGER without table, is it possible? The trainers retained so far are: Mario Bergeron, Mariette Bertrand, Jacques Hébert, Louise Voisard. Others will join this list. There will also be numerous videos which are a must-see.

As for entertainment: a dinner-dance in "retro" costumes will close the day. An evening of pleasure and fun organized and animated by Ginette Dumas and Huguette Guillard.

The promotional stage has already begun thru various media, and will become more and more intensive in the next few months: press releases,

invitations to targeted public, etc. The proceeds from this day will go to the AQPPT, and will in large part serve to start a campaign to publicize TRAGER professionals.

You are all cordially invited to come share this day with us. For all TRAGER Practitioners in Quebec, this day is a must. Invite your friends and clients. They will appreciate being there and getting to know more about your professional tools. The symposium will take place at the Delta Hotel situated in the heart of Montreal.

I will assume general coordination for this day. If you wish to volunteer your help, or have suggestions to give, please don't hesitate to contact me. Everything is still open, and there is room for creativity!

For further information: L'AQPPT, C.P.5, Succ.C., Montreal, Quebec, H2L 4J6, Canada, 514-382-0977

*English translation by Marianne Pelet*

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## News from the Northwest Region

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Gwen Crowell

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*Gwen, our well-known TRAGER Instructor from Seattle, Washington, recently coordinated a Regional Meeting of the Northwestern United States--and Southwestern Canada. Here is a report of that fruitful meeting.*

We had our first N.W. Regional Meeting of TRAGER folks in September of 1986. The first meeting was held at Seabeck, on the Olympic peninsula of Washington. It was a big success with 75 people from Oregon, Washington, Alaska, Montana, and British Columbia attending.

Our second meeting was held in June of 1988, at Breitenbush Healing Retreat Center, in Breitenbush, Oregon. Over 50 people attended that conference, and we decided to hold meetings in the off-years of the international TRAGER Conference. Last year we had our third N.W. Regional Meeting at Rainbow Lodge, in North Bend, Washington. It was a wonderful gathering, however, we notice how much momentum had been lost in the intervening two years. Only 35 people participated last year. So many of our local members have never been to the international meeting, and two years is a long time in between on the local level. So, we decided to have a Regional Meeting every year, and to rotate between Washington, Oregon, and British Columbia. Discussion included number of days, and costs.

This year we held our meeting in Washington, at a YMCA camp. It was rustic and beautiful, and the price was very inexpensive. We were able to have a meeting from Friday night thru Sunday noon, with room and meals included for US\$85.00. The low cost together with the momentum from last year greatly boosted our attendance. We almost doubled the number of TRAGER folks participating.

So much of the time it seems that we are each out there on our own sharing TRAGER with clients, family and friends. There is an incredible power of community and support in coming together. The workshops are fun, and they provide a focus and an opportunity for Practitioners to share their special interests and skills. But the special magic of community often comes in much smaller moments--sharing meals, going for walks, telling stories to your roommate in the middle of the night, singing, drumming and dancing together unafraid to move and be free, because it's safe.

Our next N.W. Regional TRAGER will be held June 5-7, 1992, at Loon Lake Camp, University of British Columbia, Malcom Knapp Research Forest, near Port Moody, B.C. It is about a 3-1/2 hour drive from Seattle. All are invited.

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## On Our Fourth Meeting

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Kim Burg

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*Kim is a Practitioner from Seattle, Washington. These are her perspectives on the recent Northwest Meeting.*

From my own perspective--as a long-term TRAGER Practitioner, Tutor, and lover of the work--our 4th Northwest Regional TRAGER Meeting was a wonderful event, and a huge success! Everyone seemed happy and very satisfied to be there. In fact, we all went home with that special "glow" and a lingering sense of:

"what fun!"

"how refreshing and educational!"

"why don't we get together more often?"

Thanks to Gwen, and a core group of dedicated volunteers. The whole conference was impeccably organized and well orchestrated. We were blessed by Betty Fuller's presence--extraordinarily touching that she re-arranged her busy schedule to spend the weekend with us!--and by a number of rich and interesting presentations by both local Practitioners and extended family folks too! The only complaint stemmed from peoples desire to attend all "the mini workshops" and the difficult task of having to choose between so many--Work that Works, Hook-up with Hemi-Sync, Breath and Touch, Movement

as Extension of Tablework, TRAGER for Pregnant Women, TRAGER and Osteoarthritis, and Motion and E-Motion!

Dedicated to making it accessible to all parts of the N.W., our meeting was held in the beautiful Alpine Cascades Mountains, at a rustic YMCA camp that proved to have all the comforts of home. Many of us slept outside under a magnificent starry night sky, and a relentless, high-spirited wind that never stopped. Good food, a great turn-out--65 people!--and a fantastic dance and party let the Dionian Spirit out of the bottle--which then peaked in our first N.W. TRAGER raffle. Robert Hunter, a table manufacturer, donated a massage table with cover valued at US\$573.00, and Betty Fuller donated a private session. A number of other prizes were donated, too. The trickster/gambler in all of us was touched to the tune of almost US\$800. as people dipped into their pockets for \$1, \$5, \$10, \$20 and even \$100 bills!

After the thrill of all this excitement, we settled into a more sober Sunday morning town meeting, facilitated by Sandra Jo Palm, and joined by Jean Iams (TRAGER Board Member) and Betty Fuller. We made a serious attempt--in the too little time of 3 hours--to delve into a variety of concerns and issues facing us all--the outcome of which created more community involvement. A core group of us organized and attended another small regional meeting within 3 weeks, which in turn led to the organization of a larger, more comprehensive "TRAGER Community Day" set for November 23rd, designed for community, group process, educational interests, support, trades, and pure fun! If you're in the area, come join us!

Although it is challenging to do justice to the many concerns which arose in limited time, some of the key themes included:

- Self-empowerment and community support.
  - Regional development and autonomy versus Institute Control.
  - Licensing Issues--local, state, and national.
  - Ongoing Educational Requirements--quality, flexibility, diversity, etc.
  - Processing TRAGER Community Shadow.
  - Quality Control Issues versus Individual Creativity.
  - More discriminating "Entry" into trainings, and looser--or more local--ability to maintain status.
  - Making it easier to maintain status--at all levels.
  - \*Better use of Resources...
  - \*Studying the annual loss of members.
  - \*More MENTASTICS Training.
  - \*Taking More Self-responsibility locally to create community support, and to meet training needs.
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# New Mexico TRAGER

Jean Hopkins

Jean is a Tutor and Sponsor from Albuquerque, New Mexico.

The TRAGER Approach continues to expand and find a new home here. Our Albuquerque/Santa Fe group is boosted now with a new wave of beginning Students. This Student group shines with great promise, and the locals plan to meet as a practice pod regularly.

Other plans include the possibility of a group service program, involving a hospital infant coding program, hospices, nursing homes, etc.

On January 19 & 20, 1992, Instructor Antonia Faeh will be in Albuquerque, to lead a very special 2-day Review Session for Practitioners. Feel free to join us for these days and perhaps a lovely New Mexico wintertime vacation.

## TRAGER at Heartwood

James Pond

James is a Practitioner originally from Montana, and is now living and working at Heartwood Institute, near Garberville, California.

Heartwood Institute is a residential school of natural healing arts in the mountains of northern California. Year round intensives and trainings are offered. For instance, the Beginning TRAGER training is being offered in November of 1991, taught by Deane Juhan. I welcome visitors at all times. Just call first: 707-923-2021. I look forward to seeing you.



## INSTITUTE NEWS

### Linking: One of the Primary Services of The Trager Institute

Don Schwartz, Ph.D.

*I have written this article in response to consistent feedback that some--if not many--members do not quite understand the reason and usefulness of our service mark registration and usage. From everything I have learned about service marks--and "standards of practice"--I have come to see how important they are to the integrity of The TRAGER Approach and The Trager Institute. I wish to communicate this perception of importance in this article. However, I want to clarify at the outset that I see the service described below as one of many critical services the Institute either does offer, or should offer.*

Having served The Trager Institute for 12 years, I want to express my understanding of what The Trager Institute is, and how it serves its Students and Practitioners in their practice of The TRAGER Approach. The core of what I want to express to you is the concept of "linking".

The purpose of any bodywork organization is to support the work. The central purpose of The Trager Institute is to support The TRAGER Approach. One of the most important ways in which this organization serves The TRAGER Approach is through international service mark registration of the word, "TRAGER", and international monitoring of the use of the surname, "TRAGER". However, registration and monitoring of our service marks--including MENTASTICS and our Dancing Cloud logo--in and of itself, is of limited value. It is the *linking* of our primary service mark, "TRAGER", to our "standards of practice" which brings meaning and value to the term, "TRAGER". Our "standards of practice" are the authorized written words we use to describe the practice of TRAGER. Our standards of practice will eventually appear in a clearly defined format as our official "Standards of Practice".

These standards of practice--which are standards of quality--are what we teach in our classes, and support in our tutorials and other auxiliary learning experiences. They are what we use in the process of giving our annual re-certification tutorials. Our standards of practice assure the public of the quality standard that the public comes to expect when they receive a "TRAGER" session from any Practitioner anywhere in the world.

Without a clear linking of our standards of practice with our registered service marks, these marks would have no meaning. Any individual or organization could describe themselves as a TRAGER Practitioner, Instructor, and/or Institute. And, they could call *anything* they do or teach "TRAGER". This would make it impossible for the public to expect to receive an authentic TRAGER session when seeing a "TRAGER" Practitioner.

Having excellent "standards of practice" without the ability to link them to a recognizable, protected mark would severely limit the public's access to authentic TRAGER--that is, TRAGER as envisioned and taught by Milton Trager.

There are several basic aspects to service mark registration and usage. These are covered in our service mark guidelines. However, one aspect that is not fully clarified in that document is the "single source" nature of service mark registrations. That is, the governments that allow for service mark registration--and, therefore, allow for linkage--share a practice of recognizing registered service marks only when it is clear that there is only one source to that service mark. That one source may be in any nation. As it turns out, Dr. Trager is an American, and, consequently, his organization happens to have its international administrative headquarters in the United States. If we do not make it clear to all of the governments--and publics--of the nations in which we practice, that there is one source--The Trager Institute--to our service marks (and the standards of practice linked to the marks), then we risk the loss of our service mark registrations, and, therefore, our linkage to our standards of practice.

The Trager Institute is fiscally and legally responsible for all service mark registration and monitoring. This, then, is one of the primary services that The Trager Institute offers all members in all nations--service mark registration and monitoring, defining the TRAGER standards of practice, and *linking* of the two.

In conclusion, having had the privilege to be with, learn from, and serve Dr. Trager, I share with you a tremendous respect for the man and his work. He has given his name and decades of his work to our organization, The Trager Institute. I am sure you all join me in wanting "The Trager Institute" to honor and support with excellence the name, the mark, and work he has given each of us. This is my core inspiration for participating in and supporting the Institute, and I hope to continue to share this inspiration with you.



## Oooops!

My apologies to Michael Madrone--and all of you--for my incomplete introduction of Michael in his article, "Total Recall", in our last newsletter. In particular, I failed to mention the name of Michael's Institute-authorized elective class, "Professional Development and Promotion". Please see your TRAGER schedule for more information about Michael's popular class.

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## "TRAGER" and the "Yellow Pages"

In the early years of The Trager Institute--and, for all I know, the latter years, too--some enthusiastic members have worked to get "TRAGER" listed as a category or sub-category in their local "Yellow Pages". Though based on golden intentions to promote the work, this kind of printed presence for "TRAGER" can seriously damage our service mark registration because categories and sub-categories are considered generic terms, and service marks are not generic terms.

Thanks to Dan Kuchars, The Rolf Institute's Executive Officer, we received a mailing list of 450 "Yellow Pages" publications and representatives, and have sent out a form letter to each one letting them know that "TRAGER" is a registered service mark of The Trager Institute, and

that the mark cannot be used as a category or sub-category. I have received about a dozen responses thanking us for the information, and pledging compliance. Your cooperation in not pursuing inclusion of "TRAGER" or "MENTASTICS" in the "Yellow Pages" will support this project. Please call me at the office, 415-388-2688, if you have any questions about this, about TRAGER in print ads, or about any other aspect of printed promotion. Thanks!

DS

## Time to Move

The Trager Institute's international administrative office has been located at the Episcopal Church of Our Saviour in Mill Valley, for the last eight years. The Church has been most kind and generous to us for all these years. Recently, the Church has experienced a significant increase of members in its congregation. Consequently, the rooms we have been using for our offices are now needed by the congregation, and last August, we were given four months to find a new place. After searching for places to lease or buy, I realized more clearly how generous the Church has been to us, and how expensive it is to lease office space.

It is clear that The Trager Institute is better off purchasing an office rather than leasing an office because the monthly rent of a lease would go into another person's hands, whereas the

monthly mortgage payment would go right into our hands. But, to purchase a place we need both more money, and more time. I approached the Church with our dilemma, and, with their characteristic generosity, the Church's vestry has allowed us to remain here eight more months--in a reduced space, and with a reduced monthly donation--to plan a more efficient move. This will save us between US\$5,500. and US\$6,500. for 1992.

To move into a place easily, and to keep our monthly payments small, we need to raise enough funds to pay 30% down on the facility. That would mean raising an additional US\$20,000. for 1992. With the above-mentioned savings, we're more than 25% towards that goal!

## A Contribution from Emily Trager

To assist us in our move, Emily Trager has donated her family's silverware to The Trager Institute. It is the "Troubadour" style by Whiting, of Meriden, Connecticut. The set has 12 place settings of 7 pieces each, and has a monogram, "L", etched on each piece. The "L" stands for "Laser", Emily's maiden name, and gives the set a special value. This silverware has been appraised at US\$7,200. As a fund raiser, we are offering Emily's silverware to our membership on auction through sealed bids. The minimum bid is US\$7,200. These bids will be accepted between January 15, 1992, and February 17, 1992, at The Trager Institute, 10 Old Mill, Mill Valley, CA 94941. All bids will be unsealed on February 18, 1992. This purchase may be tax deductible for individuals submitting U.S. tax returns. Please consult your tax consultant for more information. We heartfully thank Emily and Milton for this valuable contribution.

Can you also help us? Can someone you know help us? Any contribution to our building fund would be greatly appreciated, and would probably be tax deductible for those filing tax returns in the United States. Your donation would truly be an investment in your organization. A building of our own would be the very beginning of an endowment fund, and, in the long run, would free up more funds for membership services. Thank you.

DS

WISHING YOU LOVE, PEACE  
AND PROSPERITY FOR THE  
HOLIDAYS AND THE NEW YEAR

The Trager Institute Staff: (left to right) Don Schwartz, Esther Cherk, Claudia Bourbeau, and Marcia Koski



## An Inquiry from the Multiple Sclerosis Foundation

Last September, I received a call from Gary Silverman of the Multiple Sclerosis Foundation, Inc. of Fort Lauderdale, Florida. Mr. Silverman is an Information Services agent for the Foundation, and was inquiring about TRAGER and its potential relationship to multiple sclerosis. There is little information on this, of course, but I did refer Mr. Silverman to Practitioner, physical therapist, and "Reflex/Response" teacher Adrienne Stone of Santa Monica, California. Adrienne has worked in a hospital setting for years, and was able to make a good connection with Mr. Silverman. Consequently, a brief article about TRAGER, by Adrienne, will be published in an issue of the Foundation's newsletters, and Mr. Silverman is in receipt of our international membership roster so that he may make Practitioner referrals.

Mr. Silverman informs us that "The MS Foundation" was established in 1986, by Marilyn Manning, as part of her response to the symptoms of M.S. The Foundation is a non-profit organization that acts as a clearinghouse for information on M.S. research and holistic health modalities. Their contact information is: 6350 North Andrews Avenue, Fort Lauderdale, Florida 33309, U.S.A., 305-776-6805. Also, please see Dodie Becker's article on multiple sclerosis in the "Client Reports" section of this newsletter.

DS

## Alternative Sponsorship/Training Registration Ideas

Jean Hopkins

*Jean is a Tutor and sponsor from Albuquerque, New Mexico.*

I've begun to explore a new process for training registration and scheduling which involves asking the future participants of any training for an "investment deposit" at the beginning of the scheduling procedure. My intention is multi-fold: (1) to "capitalize" immediately on interest expressed for any particular training, as in "Eight of you say you'd like an Intermediate Training next spring? Great, how about a \$50 deposit from each of you, let's discuss dates, and I'll locate an instructor."; (2) to create a situation where those participants are literally "invested" in the training from the start. In the past, the

sponsor might invest quite a bit of time and energy, and some money, too, while training deposits were not required until 6 weeks prior to the training. (3) to reduce the number of cancellations. Instructors hold time open in their teaching calendars--I feel that cancellations 2-6 weeks prior to the training serve none of us. Disappointment abounds, particularly for hopeful participants who did keep the time open and the money available.

Within this new process, I wait until I have investment deposits from the minimum number of participants needed--or close to that number--before I confirm the training with an Instructor. Everyone knows *months* ahead of time whether the event is "set" or not.

Please send me any feeling or other thoughts you have about this. I've just begun to play with this new process, and do not have all the details clear. For instance, it makes sense to me that those committing early with an investment deposit be awarded with a lesser training fee than those who add on later. All in all, I'm just searching for a process which is easier, clearer, and more prone to lead to positive, fun feelings all around. My address is: 1224 Lobo Place NE, Albuquerque, NM 87106.

## The Revised TRAGER Handbook: Coming "Soon" to a Mail Box Near You!

Years in the making, "The TRAGER Handbook" is nearing production. The Handbook is part of Student or Professional membership in The Trager Institute, and includes a page of "The Words of Milton Trager", information about The Trager Institute and our certification program, The Code of Professional Conduct, Contraindications and Precautions to TRAGER Work, Training Descriptions, Service Mark Guidelines, Discussion Topics for Students, Good Practice Hints, information on Tutorials, and a bibliography. At this time, we are awaiting the completion of one section, and then production will begin. It is difficult to predict how long production and printing will take. As of this writing, the administrative office is working on getting this newsletter, the associated schedule, renewal forms, and our International Conference flyer out in time before the holidays. As soon as these publications have gone to print, we will complete the Handbook. Without any major changes in content, the Handbook may be mailed some time during the first quarter of 1992.

Please note that the Board and administra-

tive staff are working with the emerging organization in Europe on a system of information exchange which will allow non-English speaking/reading members to receive the Handbook--and other Institute publications--in their proper languages.

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## The AHP Somatics Community

Nancy Rose Gardner

*Nancy Rose Gardner is a TRAGER Practitioner and lives in Mill Valley, California. Recently, Nancy volunteered to represent The Trager Institute at a meeting of the emerging somatics community network of the Association for Humanistic Psychology (AHP)--an international organization.*

The Somatics community under the sponsorship of AHP had its third meeting of the Marin County chapter at "Alive and Well", a massage school, on Friday, October 25th, 1991. Thirty members from diverse backgrounds were present. They included bodyworkers, psychotherapists, and movement educators.

The community's goal is the co-creation of a structure in which diverse specialties can work together. Within this structure, will be a state of the art data-base of available educators, speakers, therapists, and information from all modalities of alternative medicine. Also envisioned is a network of teaching facilities, lecture opportunities, and contact persons available when traditional medical solutions prove ineffective. We look forward to meeting again at a date to be announced.



## COMMITTEE REPORTS

### Feedback Report for the New Certification Program Proposal

Deane Juhan, Certification Committee  
Chairperson

Deane is both TRAGER Instructor and anatomy Instructor, as well as author of the internationally renowned book, *Job's Body: A Handbook for Bodywork*. The former and current members of the Certification Committee are: Elna Adams, Henry Bornstein, Betty Fuller, and Gae Henry.

#### Overall Response.

Many of you are aware that the entire teaching staff of The Trager Institute--including Instructors, Tutors, and all other special statuses, and sponsors (along with their local Practitioner networks)--have been reviewing a proposal for a new certification program (formerly known as "training track") for Practitioners of TRAGER psychophysical integration and MENTASTICS movement education. As chairperson of the proposal committee, I have received a gratifyingly large sheaf of enthusiastic and thoughtful replies to questions concerning the proposal's strengths and weaknesses. Nearly fifty letters, from one to seventeen pages long, and representing the input of several hundred members, have come in. Thank you all for your interest and the obvious care taken with your responses.

The tone of these replies runs the entire critical gamut--from, "Great! These are exactly the changes our training program has long-needed!" to, "I cannot believe that the Institute has wasted my dues money on the postage to send me such a piece of junk!" In between these extremes the overall response has been very positive, indeed. The need for changes in our training program has been apparent to many, and the proposed changes were the product of many meetings, committees, and conversations with many members at large in the past few years. However, there was also a number of generally agreed-upon questions, concerns, and counter-proposals that will certainly have to be addressed and incorporated into the final product.

The major organization change proposed was the shift of a number of post-Practitioner and continuing education classes to the pre-Practitioner phase of training. The main idea was to

create a program that would produce a more thoroughly trained Practitioner who would not then be obligated to undertake further training in the 3 or 4 years following the achievement of Practitioner status, to graduate people who are genuinely ready to be successful Practitioners, and then turn them loose with a minimum of continuing education requirements in the future.

The major proposed change in the *content* of the trainings is the shifting of emphasis from a model of TRAGER as "tablework" to a model of TRAGER as "movement re-education". TRAGER is not just another form of massage, and only by focusing more upon MENTASTICS, meditative skills, and self-development, can we produce Practitioners who will embody this distinction and communicate the uniqueness of The TRAGER Approach.

#### Specific Issues.

The following specific questions and concerns were raised either frequently or forcefully, or both, in the feedback responses.

#### Why a 500-hour guideline?

This is an approximate doubling of our current pre-Practitioner classroom hours. Several members who applauded such an increase in our own program questioned the wisdom of affiliating ourselves with the AMTA and other standardized national programs. Why do we need to "be like them," and won't such affiliation bring with it a host of bureaucratic and regulatory headaches? Will the uniqueness and internal integrity of our training program be compromised?

The committee's--and the Board's--feeling on this issue is that, in fact, a major reorganization of the entire bodywork profession is underway. Don Schwartz has taken in a number of national forums in Boulder, related to this project. There is a tremendous spirit of cooperation among modalities afoot, and a common desire to move the entire bodywork profession far closer to the mainstream of legitimate and officially recognized health care practices. Laws and regulations *will* be passed in the future, and affiliations with leaders in the political effort *will* be important with regard to issues like state and national licensure, regulatory guidelines, insurance payment plans, and the like. Failure to measure up to standardized *minimums* could leave us in a very vulnerable position as these state, national, and intra-professional developments go forward.

#### The "Orientation Seminar".

This title was not overwhelmingly popular. But the concept of an expanded "introduction to TRAGER" was almost universally welcomed. A couple of pilots have already been tried, all with great success. It seems clear that we need to get prospective Students' feet a good deal wetter in

our introductory seminar--especially if we are selling them on a significantly expanded training program.

#### The Beginning Training.

Nine days was felt by many to be too long a time to tax beginners with the intensity of focus, and the great number of details a Beginning trainings entails. The consensus was that more classes, or longer classes could be added at the intermediate and advanced levels to achieve the desired training length, once people have begun their development and are more committed to the training process both energetically and economically.

#### "Core" and "Elective" classes.

Many felt that the "core" curriculum should be larger, and the "elective" side less. In particular, there was strong objection to regarding basic MENTASTICS classes as "elective." There was also concern that there be some substantive counseling with each individual Student with regard to their "electives" program, so that they were obliged to take courses that they genuinely need in order to round out their skills, rather than following lines of least resistance, or wasting their class time.

A second concern voiced several times was for the "purity" of our training--wouldn't all these other seminar topics detract from the focus upon MENTASTICS and tablework and water down the specifically "TRAGER" quality of our program? This could indeed be a problem if electives are not carefully chosen and well thought out. On the other hand, there are any number of skills needed to round out a Practitioner's "computer," it is a high level of development in a wide array of areas that contributes to Milton's success as a practitioner and an educator. We have people in our own organization who have specialized skills that are needed by many of our Students and Practitioners. An "electives" format seems like a good way to serve those who have the needs, and to provide an opportunity for our members with the skills to teach within our own organization.

#### Fieldwork.

Six tutorials in each fieldwork period--between Beginning and Intermediate, and between Intermediate and Advanced--was widely regarded as excessive, especially given the current geographical holes in Tutor availability.

On the other hand, six sessions received struck many as too few. Only two of these sessions received from Practitioners was also regarded as too few. More sessions received during the training period was clearly crucial in the minds of many.



## Anatomy and Physiology requirement.

Responses on this one are all over the map. Some feel that because of the uniqueness of our approach to motor learning, our own A&P courses should be required of every Student, regardless of previous training or licensure. A number of members even felt that the Somatics Exploration course on the "Physiology of Hook-up" should be included as a required class. Others feel that any college level course should satisfy this requirement.

Current guidelines recognize medical or paramedical licensure, or graduation from a 500 hour massage/bodywork course as grounds for waiver, with our A&P classes strongly recommended as Continuing Education choices. Somehow we need a guideline that insures that our Students will graduate with both a general literacy in A&P, and the ability to communicate clearly what is unique about our approach to movement re-education, AND, one that honors those Students whose previous background qualifies them in these regards. Know of any sure-fire solutions?

## Graduation.

There were a number of people who saw conflicts between an "Advanced" training where skills could be deepened and new elements taught, and a "Graduation" class concerned with evaluation, counseling, and recommendations for either Practitioner status or specific additional training requirements. If the Beginning training were shortened from nine days, this would free up a block of required class hours that could be devoted to an Advanced class separate from a Graduation class both in format and purpose.

No one, by the way, expressed a keen desire to maintain the current practice of hinging graduation upon two final tutorial assessments.

## The Bigger Picture.

Of course, such a substantive change in our Practitioner training program cannot be successfully launched without some reorganization that supports it from several sides. To begin with, the organization currently has no active Executive Officer, and the Instructor's Committee is busily divesting itself of a great deal of administrative duties it has overseen in the past. Some organ is required to finalize and implement such a program.

At this time it seems most likely that the Board of Directors will initiate the formation of a central committee with important responsibilities--the Education Committee. This committee's tasks will be to oversee the general training program's design, the review and selection of proposed "elective" courses, and all other matters directly concerning the content and format of the overall certification program. They would work in close conjunction with points of view expressed by Instructors, Tutors, Practitio-

ners, and Administrative Staff, and would in fact be made up of members from these groups.

Probably the Board will select an initial committee representative of these groups, and of various geographical regions. This initial committee's immediate tasks will be to complete the revision of the proposed certification program, to work out recommendations for the details of its implementation, and begin the selection process for approved electives. Their general mandate will be to set the process in motion, and to build up some hands-on experience on the job so that we can see just how such a committee can function. Their report and recommendations will be presented at The San Diego conference in September, 1992. One of the business items at this conference will then be the nomination and election of a democratically selected group to serve as the Education Committee.

Also necessary will be a much more coordinated organization of geographical regions, their local sponsors, and the certification program faculty, so that a full array of required classes can be cycled through each major region within sensible time frames, so that Students everywhere can have reasonable provisions for completing the steps required of them.

Hand-in-hand with these efforts will also have to be effective national, regional, and local marketing efforts, so that the whole burden of promotion does not fall haphazardly upon individuals who happen to be involved in organizing a training. This has long been a need, and will be even more critical when the program is longer, more costly, and requires a more knowledgeable and energetic commitment from Students.

Details of all these tandem developments will be the topics of future Newsletter articles and memos, and will be a large part of the agenda of our San Diego International Conference. We have had a decade of phenomenal growth as an organization, growth that has included weeds as well as shrubs, trees, and flowers. The fruits are first-rate, and the weeds are by no means beyond control. By organizing our efforts towards the quality of our Practitioners' training, and the promotion of our product in the world, we could in our second decade, create a garden more splendid than any of us imagined.



## The Third Meeting in Europe

On August 26, 1991, the third meeting of European TRAGER representatives took place in Zurich, Switzerland. Eight representatives and six guests from six countries spent the day in discussions and deliberations on a broad range of topics which concern The Trager Institute as a whole, and the European TRAGER community in specific. The Tutors present at the meeting shared a very positive "Future Vision for TRAGER" including such attributes as: "Nourishment, Communication, Passion, Commitment, Linkage, Power, Flexibility, Space, Acceptance, Appreciation of our differences, a Multi-dimensional Network..." and many more.

News from the administrative office in Mill Valley was shared, and issues of licensure and certification were discussed. It appears that there are questions, concerns, issues, legal barriers, etc. which cross all national boundaries. According to the minutes, there are two International Associations of Bodyworkers active in Europe. Questions about them should be addressed to Maurice and/or Fabienne Hirsch in France.

There were discussion on promotion and marketing. The group expressed that "The most effective promotion for our personal practices is word-of-mouth." Workshops and "signs in the streets" were also found to be useful, but newspaper ads were found to be "not very helpful." Newspaper articles varied in terms of their effectiveness. "TRAGER MENTASTICS", the book by Milton and Cathy, has been translated into German, and is proving to be very useful in terms of promotion. Public demonstrations, too, are proving to be useful "to find out how much one can stand up in public for what one is doing, and how much one can verbalize what one is doing."

"Please Remember: Send all articles that have been published as well as all personal promotions--in any language--to Ulla Mortensen, Skedgatan 2, 94134 Pitea, Sweden."

Jan Fogel is making a questionnaire for Practitioners to fill out on clients, asking for such information as: reason(s) for getting TRAGER, age/sex, number and frequency of sessions, and results.

The group expressed a desire for the newsletter to have more professional articles, and, therefore, to have one or two issues per year rather than three. A new system for receiving the newsletter is being considered. This system would involve the non-English reading members not getting the newsletter produced by the office in Mill Valley, but rather, one which has been translated in Europe, for their language. This is part of a greater exploration on handling issues of language translations. Also, a new system for placing trainings in the schedule is being proposed.

Along with the above translation issues, monetary policies, international marketing and public relations, the developing certification proposal drafts, the conference in San Diego, and the next conference for Europe, are all agenda items for the next meeting on December 14, 1991, at 10 AM, in Zurich.

## Instructor Committee News

Sheila Merle Johnson

**Instructor Committee Meeting Dates:** The Instructor Committee meeting has been changed to an annual week-long meeting instead of two 3-4 day meetings each year. The next meeting is January 6-13, 1992. The first three days will be devoted to administrative work, and the last five days will be spent developing tablework and teaching skills. The Instructor group is hiring an Organizational Development specialist to help facilitate the administrative portion of the meeting, and to teach us better meeting skills. We expect to spend the last two days of our meeting in Laguna Hills, working with Dr. Trager:

There will be a longer report in the next newsletter.



*Instructors Committee: (From left to right, top to bottom) Gary Brownlee, Betty Fuller, Bill Scholl, Cathy Hammond, Gail Stewart, Gwen Crowell, Karen Hortig, Deane Juhan, Fabienne Hirsh, Antonia Faeh, Sheila Merle Johnson, Carol Campbell, and Amrita Daigle.*

## Report from the Board of Directors

*This report presents summaries of minutes from our Board of Directors meetings. Our Board members are: Harry Friedman, Betty Fuller, Natasha Heifetz, Jean Iams, Deane Juhan, Jan Stevens, Michael Stulberg, and Anne Wormood.*

At the July 24th meeting, the "Member Group Agreement" draft was reviewed, and approaches towards short-term and long-term implementation were explored. Reports were received on the following committees and items:

Nominations Committee, Conference Committee, Education Committee, Committee on Committees, Marketing Committee, and the Federation of Massage/Bodywork organizations.

At the September 11th meeting, the need to find a new administrative facility was discussed. A slate of Board nominees for 1992 was selected. Betty Fuller and Jean Iams reported on their attendance at the Northwest Regional Meeting. The Board reaffirmed our current guideline of a service fee of 12% of the gross for TRAGER trainings throughout the world.

# Federation Notes

Don Schwartz, Ph.D.

In our last newsletter--Summer, 1991--I described The Trager Institute's participation in the formation of a Federation of bodywork and massage organizations consisting of The American Massage Therapy Association (AMTA), The American Oriental Bodywork Therapy Association (AOBTA), The American Polarity Therapy Association (APTA), The Rolf Institute, and The Trager Institute. The Federation has had two meetings thus far, and the next two-day meeting will have occurred in Boulder, Colorado, on December 13th and 14th. The Trager Institute will be represented at that meeting by TRAGER Board member, Harry Friedman, O.D., a former TRAGER Practitioner, and current osteopathic physician practicing in San Francisco and San Rafael--and yours truly. The two current action items of our newly formed group are obtaining the best possible professional liability policy at the best possible price for each organization's members, and the formation of a law and legislation committee. I will make a report on this meeting and other Federation topics in our next newsletter.

I don't have information on the insurance policy at this time, though I am hopeful of having that information very soon. A law and legislation committee has been formed, and has had their first telephonic conference meeting. This committee consists of the following members:

**Cindy Banker (AOBTA)**  
47 Jamaica Street Front  
Jamaica Plain, MA 02130  
617-522-0251

**Patricia Brady (APTA)**  
135 Eastern Parkway #15-C  
Brooklyn, NY 11238  
718-783-6842

**Connie Larson (The Trager Institute)**  
26418 Avenida Del Ray  
Rio Verde, AZ 85263  
602-471-7344

**David McQueen (The Rolf Institute)**  
1031 East Rio Grande  
El Paso, Texas 79902  
915-544-5710

**Michael W. Murphy (The Rolf Institute)**  
575 Middlefield Road, Suite K  
Palo Alto, CA 94301 415-328-4072

**John Fred Spack (AMTA)**  
947 South Ohio Avenue  
Columbus, Ohio 43206-1531

As you can see, there's a healthy geographical disbursement amongst these committee members! TRAGER Practitioner and physical therapist Connie Larson also lives in Minnesota, part of the year. Speaking of Connie, our original representative was going to be Practitioner Madeleine Terry of Richardson, Texas; however, Madeleine had to attend to some personal matters, and she recommended Connie.

It turns out that Connie was a perfect choice by virtue of her professional experiences and her deep involvements with issues of licensure and certification. Connie was the first president elect of The National Commission for Health Certifying Agencies which is now known as The National Association for Competency Assurance, in Washington, D.C. This is the organization which is over-seeing the emerging National Certification Program for massage practitioners and bodyworkers. From 1973-1983, Connie was Director of the Manpower Division, Minnesota De-

partment of Health, which had the legal responsibility for coordinating the activities of the health licensing boards, for registering the human service occupations, recommending to the Minnesota legislature which human service occupations should be regulated by the State, and for establishing the State's manpower information system.

We will have our first report from this committee in our next newsletter. In the interim, please address your questions or concerns about this committee directly to Connie and/or myself.

Finally, I want to point out that these issues of law, legislation, licensure, certification, credibility, and legitimization, are pertinent in all of the nations in which we practice, and I look forward to a sharing of this information, this dialogue, our trials and triumphs across international boundaries.



## MEMBER NEWS

### Your Outreach Made A Difference

Maryann Zimmermann

My husband, John, had need for immediate major surgery on September 5th. The surgery and recovery was a time fraught with fear, grief, loss and invasiveness.

Those of you who supported us with continuity and caring through flowers, cards, uplifting messages and encouragement truly made this a sacred and holy time, and allowed us to move thru the various phases with grace, faith, and trust.

John and I acknowledge, appreciate deeply and are immensely grateful to our 5 children: Jack, Peter, David, Ann Marie and Rob, and to friends, neighbors and clients who were ever available in practical and real ways - to Emily for Milton and herself, even in the midst of their own travail - to Don Schwartz, who regularly kept in touch - to the dear TRAGER folks in the San Diego Region who let us know again and again that they cared, through messages, cards, and sessions: Jan Bennett, Sheila Christian, Priscilla Dick, Alicia Gates, Sandra Golden, Rosemary Lucente, Barbera McMenemin, Harriet Pellar, Will Putnam and Cathie Wegrzyn. And those in the TRAGER world outside the Region: Glenda Adair, Gary Brownlee, Carol Campbell, Annie Degioia, Barbara Goodman, Kay Inglis, Regina Kujawski, Carolyn Mason, Martin Sendrow, Bunni Tobias, and Roger Tolle.

This outreach was like "manna from heaven." When the cares of our hearts were many, your consolation cheered our souls. John progresses most favorably in the healing process. Your outreach indeed made a difference.

### From Dr. Susan Cooley Ricketson

*Susan is a Practitioner and author from West Hartford, Connecticut.*

Thank you for your letters and cards of support through my bilateral hip operations. It hasn't been a year yet since my second operation, and I'm certainly far from being back in full form and full activity. However, I'm doing extremely well in my rehabilitation. It looks as though, eventually, I will be able to do anything I was able to do before. What I need are large doses of patience as I go through this process.

I am taking the opportunity at this time to also heal a lot of old body stuff, so I may end up in better shape than I was before all this. I certainly miss being active in the TRAGER community, and look forward to reconnecting on that level before another year is out.

I really appreciated hearing from many of you after you read my book, *The Dilemma of Love*, and I am open to hearing from any new readers. My book is doing relatively well despite my not being able to get out there and publicize it. Thanks for your support.

### Members' Moves

Sheila Gradison, formerly of Sheep Ranch, California, has moved to Oakland. Her new address is: 463 Rich Street, Oakland, CA 94609. Home: 510-652-5180 or Work: 510-653-3360.

TRAGER Tutor Natasha Heifetz has moved back to Berkeley! She is at 2830 Benvenue Ave., Berkeley, CA 94705. Work: 510-848-3544 or Home: 510-548-6072.

Giampiero Pollicino has moved from Switzerland, to Italy. His new address is: "La Mandria", Via di Vettrice 15, 50065 Pontassieve (Fi), Italia. Phone: (00)39-(0)55-839-6071.

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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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Peace, Joy  
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