

TRAGER[®] NEWSLETTER

SUMMER 1992

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TRAGER at Heritage Pointe

Maryann Zimmermann

Maryann is one of many Practitioners who provide volunteer sessions and many other kindnesses to Emily and Milton Trager who live at Heritage Pointe, a retirement community. Maryann has also recently developed--with Emily--an approach to presenting MENTASTICS at Heritage Pointe which has implications for developing MENTASTICS classes at retirement communities around the world. The following two pieces describe the exciting events at the Tragers' home.

MENTASTICS AT HERITAGE POINTE: AN HOUR OF POWER

MENTASTICS began again at the Heritage Pointe (HP) retirement home in Mission Viejo, February, 1992, with a viewing of the MENTASTICS Video. The intention was to have a once-a-month class from February on, with a team of MENTASTICS leaders preparing for an eventual expansion into a once-a-week class. March had a glitch and was postponed to April. Then I was called to serve on jury duty, and the class was postponed until June 18, 1992.

One of Dr. and Mrs. Tragers' dreams has been to open up the residents at HP to MENTASTICS in a big way. Milton and Emily have lived at HP since June, of 1990, and have kept a low profile regarding Milton's work. *Adrienne Stone* paved the way last year, but because of her busy schedule and impending marriage had to cease them.

Milton and Emily felt that the success of an on-going MENTASTICS class at HP could lead to a possible format for retirement homes all over the world. Emily Trager became very active in talking it up, and asked me to reinstate the MENTASTICS classes and lead the launching. I agreed, as long as on-going classes would be assisted by other TRAGER Practitioners and a team leadership evolve.

This was it! A new beginning! Emily had ideas and notes prepared. We already collaborated at different times--in person and on the phone--frequently prior to this date about "how should it be?" What could be created to win in this context? Emily asked Donna and Bonnie, HP program directors, to make flyers and distribute them at every apartment door. They also featured the class on the large bulletin board in the entrance lobby. It continued to be talked up.

Tutorials Now!

Your Tutors and your administration urge *Practitioners* to get your annual continuing education tutorial as soon as possible. This will save Tutors and Tutees from the last minute rush, and it will smooth out the 1992-93 renewal process. We thank you!

Soooo....., on June 18th, Milton greeted Tutor *Priscilla Dick* and me with a big smile. We proceeded to lunch, Hook-up and begin. We set up chairs for 20 participants in the auditorium/synagogue. As the hour approached, residents kept coming in. We kept setting up more chairs and welcoming them. The final count according to Priscilla was 56! Donna said that was the most, by far, that have ever attended any class of any kind--and there are a variety of classes given each day all week--since HP began its programming. The best part is that they stayed the FULL HOUR, lingered after to hug Emily, Milton, Priscilla, and me, asked questions, browsed through a table of materials and books we had set-up ahead of the class, and gave feedback to Donna that they wanted more--at least once a week for sure. This was all very encouraging.

We had a beautiful poster of *Pamela Sharni*, a Practitioner, Tutor, and dancer in Israel. The poster is a striking pose of movement captured. This elicited conversation about the active and growing exposure of that area to The TRAGER Approach.

Closure was the playing of *Nathan Segal's* "From You I Receive, To You I Give...." Everyone joined in the singing. Milton got up and danced. Henry, a new resident, asked Emily to dance and the room was electric with an ambiance of concurrent outward joy and inner peace. There was a postscript at Emily's request: Nathan's song "Love Is Letting Go of Fear" created from *A Course in Miracles*, and based on *Jerry Jampolsky's* book of the same name.

The faces of the attendants were shining; their bodies were shimmering as they departed their Hour of Power. Their minds were reached.

Milton said, "It's a happening." Emily beamed radiantly. We departed with an inner feeling of satisfaction.

TRAGER ON TRAGER

May 22, 1992, was *Emily Trager's* birthday and Milton and Emily's 27th Wedding Anniversary. The International Conference Committee chose to be present, celebrate with Milton and Emily, and honor the day.

It began with sessions from *Adrienne Stone* (by the time of this reading, Mrs. Richard Smith) and me. Emily had the idea that *Adrienne* would give half-a-session to Milton, and I would give one-half to Emily. Then we would switch and complete. Milton agreed to this.

About 15 minutes into the session there was a lot of continuous conversation with intervals of pauses. This in itself was unusual and atypical from any prior sessions over the past two years. Milton then called me into the room. "I've come upon something new. It could be a very definitive way for TRAGER Practitioners to work on other TRAGER Practitioners with specificity and the possibility of permanent change."

Milton was jubilant, as was *Adrienne*. Emily and I felt the excitement and were attentive with inquiry and curiosity. Dr. Trager asked me to please write "it" up for the *TRAGER Newsletter*. To the best of my ability, at this time, from what transpired in my experience and from my understanding--here goes:

As the Practitioner (giver) works/plays a body part, the other Practitioner (receiver) monitors on a feeling level, of course, what it is he/she needs in order to feel more and deeper in the area of involvement. This, then, is verbally and most specifically expressed to the giver. The directions, I repeat, are very specific, naming the direction, amount of pressure, rhythm, etc. In other words, all and any words that are needed to communicate effectively interpolated with feedback of "yes--that's it. Now I feel it. Yes-- more. No, more medial... Yes, that rhythm." Whatever it takes to convey your truth. Pauses and silences are built in with repetitions and then moving on. I called it a "personally tailored session."

The second phase or another aspect of this kind of session relates specifically to Milton that day, but could be applied or adapted: When we got to the abdomen, he began a "tactile thing" on his abdomen with his own hands, and asked *Adrienne* and me, in turns; to come over his hands. This was not unusual except that he rhythmically moved his own hips as he/we facilitated the particular hand movements.

This process progressed sequentially around the body with the verbal direction(s) given only where involvement was considerable, and feeling possibility more probable with the facilitation of this procedure. We were always in deep Hook-up through words or silences. The upshot and result was that when Milton got off the table after the session, he said--and we could see--he was doing MENTASTICS in a way that was fuller, easier, longer, deeper, and more energized than we have witnessed in two years.

Suddenly, we all had another "event" to celebrate. The remainder of the day Milton felt--and we noticed--that he was walking better. His balance was steadier, and he didn't feel tired the whole day--not even after lunch.

"It worked!" he said smiling. "My mind was reached!"

As the team of Practitioners have worked on him these past two years, from time to time Milton would say, "If I could only give myself a session on the table." (Of course we were told not to take that statement personally.) He found a way. We will continue to give him sessions this way until he feels it isn't necessary.

When you are in the next class with Dr. Trager, ask him about this "happening." He will probably show you and, of course, it keeps changing and getting updated. Oh, yes, indeed! We did complete Emily's session. All were happy campers as we partyed out gently the rest of the day.

PROFESSIONAL DEVELOPMENT

Practice Resource Directory

The following is a listing of practice development resources the administrative office keeps on file. If you know of additional resources, please send them to the Mill Valley address, attention Don. Please note that the office has added three of the books listed below to our products order form so that you may purchase them directly from us. The books are: *The Bodywork Entrepreneur* by David Palmer, *The Insurance Reimbursement Manual* by TRAGER Practitioner Christine Rosche, and *Business Mastery* by Cherie Sohnen-Moe. Your purchase of these products benefits The Trager Institute.

Alia Zia Aurami, Ph.D.

PO Box 45664
Seattle, WA 98145
206-633-5737

Alia offers workshops throughout the world, individual consultations, and a variety of publications on the issues of practice development.

Peter Dogan

PIC Services, Inc.
Aviation Services
30 Plains Road
Essex, CT 06426
203-767-8263

Peter offers a workshop called "How to Manage and Profit from Your Practice".

Jeffrey Galper, Ph.D.

Rolfing Associates, Inc.
620 Hinesburg Road, Suite 3-A
South Burlington, VT 05403
802-865-4770

Jeffrey provides individual and group consultations on practice development for Rolfers®. His consultations are available to other bodywork practitioners.

Mark Harrell

5666 La Jolla Boulevard, Suite 307
La Jolla, CA 92037
619-226-5175

Mark offers a workshop and tape series called "Marketing Massage to Chiropractors".

Michael Madrone

2642 West 14th Avenue
Vancouver, BC V6K 2W9
Canada
604-733-4607

Michael, a Practitioner, Tutor, and sponsor offers an Institute-approved class on practice development called "Professional Development and Promotion". Please see your TRAGER schedule for more information. Michael also offers individual consultations. Best to call in the evenings.

Maryland Bodywork Reporter, Inc.

13407 Tower Road
Thurmont, MD 21788
301-271-4812

The *Maryland Bodywork Reporter* is published monthly, and is independent of any massage or bodywork organization. It has one of the best, if not the best, coverages of legal issues on both a national and state-by-state basis. Subscriptions are \$25. per year.

National Massage Referral Service

2325 Clement Avenue, Suite 275
Alameda, CA 94501
415-522-0189

A national referral service for the public to call for referrals to certified massage therapists and bodywork practitioners. The practitioner must be able to provide the referral service with proof of certification, a business license, and proof of professional liability insurance.

David Palmer

584 Castro Street #373
San Francisco, CA 94114
415-861-4746

David publishes a newsletter called *The Bodywork Entrepreneur* about 4 to 6 times a year which contains valuable information on the subject of practice development. David has also published a book called *The Bodywork Entrepreneur* which is now available directly from The Trager Institute's Mill Valley office.

Christine Rosche, M.A., M.P.H.

10441 Pharlap Drive
Cupertino, CA 95014
408-739-8011

Chris offers individual consultations and group workshops on third party payments for massage and bodywork professionals. She is the author of *The Insurance Reimbursement Manual* which is now available directly from The Trager Institute's administrative office in Mill Valley.

Cherie M. Sohnen-Moe

Sohnen-Moe Associates
3906 West Ina Road #200-264
Tucson, Arizona 85741
602-744-0094

Cherie offers a workbook called *Business Mastery* which contains thorough and comprehensive information on practice development. Available through The Trager Institute, the book includes exercises and business form templates. Cherie also publishes a *Newslogue* with *Lorie Eufemiese* called *Practice Development Resources* on an occasional basis. Cherie offers workshops on practice development throughout the world, and is also available for individual consultations.

Man and Fish: Comparative Anatomy: May 5-12, 1992

Cynthia Christy and Jill Stephens

Please see below for author descriptions.

We are happy to bring you an up-to-date report from Hopetown, Abaco, Bahamas, where we attended a fabulous workshop taught by Jon Zahourek. Jon is the inventor of the *Anatomiken™* System, *Anatomy in Clay*, and the Director of the *Zahourek Institute for Innovative Studies in Anatomy*, in Loveland, Colorado.

This workshop format was a first for Jon, and Rene, his lovely and dynamic wife and partner. Together we combined study with play in a beautiful Bahamas island setting. Mornings were spent exploring the roots of human morphology and kinesiology using the fish as our model. In the afternoons we donned mask and fins to study and model fish "in the wild." We spent time dissecting and studying fish anatomy and built clay models of the structures. Using the *Maniken®*, Jon's human anatomy model, we could compare how we, as humans, use and adapt the same structures as our "primitive" cousins. Jon commented that, "the study of the fish takes us home to the nursery of our family. Since we belong to a much larger family, it is exciting to place us within the context of vertebrate anatomy so as to see the true outlines of our form and function. There is often a tendency among health care professionals to get trapped within the boundaries of human anatomy, looking for a unique, self-contained logic. By studying our primitive ancestors we see ourselves in greater context of all life."

In the workshop we were amazed to discover the richness of our human ancestry. We found that human form and func-

tion are inexorably linked to our aquatic legacy in the body plan of fishes. Moving first from protochordates, to chordates, and then to vertebrates, Zahourek brought to light the logic in the fundamental body structure of fishes, which we inherited and modified to suit our terrestrial bipedal needs.

For us, as TRAGER Practitioners, this kinesthetic experience brought to life the "elegant, streamlined patterns within our movement, our form and ourselves." We thoroughly enjoyed ourselves and look forward to more such workshops!

Zahourek Systems, Inc. provides a variety of workshops in human and comparative anatomy. For information on future classes, you can contact them at: 303-667-9047, in Loveland, Colorado.

About the authors: Cynthia Christy, LMT, is a TRAGER Practitioner and Tutor in Orlando, Florida. She is a certified associate instructor in kinesthetic anatomy for Zahourek Systems, Inc. Cynthia uses the Maniken to teach anatomy at the Reese Institute School of Massage Therapy in Florida, and nationwide. Soon she will expand her teaching expertise by completing her instructor training of horse anatomy.

Jill Stephens is a TRAGER Practitioner and Tutor from California. She is the originator of Jillwork™, and developer of the Jilliken®. System. In the Bahamas, she found an able assistant in "Raoul", the Bahamian dock-boy whose bulging pectorals eased the more demanding aspects of the work. To help her ease the pain of separation from her handsome, witty and intelligent husband, Pat, she amused herself by luring simple-minded artists into making sucker bets, thus offsetting the cost of her trip. She also started a second career as a relationship counselor and referee of food fights, as well as pursuing research on the effects of rum on suntanning.

[Editor's Note: The above author descriptions are self-written. Please note that Ms. Stephens is also the coordinator of the recently formed Personnel Committee. Please see the *Committee Reports* section of this newsletter for more information.]

Another TRAGER Year at Camp Squamish, B.C., for Persons with Huntington's Disease

Lhesli Benedict

Lhesli is a Practitioner from Vancouver, B.C., Canada.

As you may recall from the Newsletter, Summer '91, TRAGER was a big hit with the Huntington's Disease (HD) folks at camp last year. *Ingrid Hill*, a TRAGER Student and Registered Massage Therapist, spent her third year on camp staff this year. [Tutor] Michael Madrone and I introduced the TRAGER experience to campers last year. The result was quite favorable--the receivers loved it! And when another staff position became available, I was de-lighted to attend!

The feedback from the year before was that the participants had embraced the positive value of touch in their lives, were hand holding and hugging in their group support circle, and asking for ways to get more of the stuff. Last year's camp nurse--who was this year's camp leader, and continues to attend the support group--confided to me that after her session last year she has continued to recall the feeling and bring it inside herself, especially when touching the Huntington's folks, in order to anchor the feeling. (Yea for her commitment!)

Huntington's Disease (or Chorea) is a genetic and degenerative brain disease characterized by excessive spontaneous and random muscular jerks and twitches which progressively incapacitates a person physically, if not psychologically, until resultant death from nerve cell destruction occurs, usually from secondary pneumonia. Presently there is no known cure.

At Camp Squamish, on the first day, there we were renewing acquaintances and getting to know the new faces amongst a beautiful British Columbia setting. I soon learned of the incredible qualities of these people. I would call them the eyeball-to-eyeball type people, looking deeply. I like to use descriptive qualities like honest, open, courageous, cheerful, cooperative, willing, and daring to depict their personal characters. On the first day my sign-up sheet began to fill with sessions.

Once on the table, as my hands began to find the peaceful space of the body, the [constant eye] blinking would stop or the twitching would subside. I could feel the quiet. I was grateful the tension was resting. I was grateful for the communication



Jon Zahourek and class in the Bahamas.

between hands and body that said without words, "hello," it is truly I here now.

At the recent support group, one woman said that as a person with Huntington's Disease she was looking for ways to relax, because the body doesn't always do what the mind wants, and from her experience TRAGER was one way. And a man attending said that both times he's been "TRAGERed" he has slept, and that's never been possible before without medication.

I've been quite affected by this experience. Thus far the pamphlets I've read have covered speech therapy and drug therapy. I'm looking for something in movement therapy. I have questions. So I've committed to attending group meetings twice monthly, and I want to take my table for a corner of the room and the possibility of continuing the TRAGER. I have a dream of gaining answers to questions in a realm of possibilities. If anyone in the TRAGER community has experience to share with me, please get in touch. Thanks. (102-2252 West 5th Avenue, Vancouver, BC, V6K 1S3, Canada, 604-733-4607)

What Do You Know About Lupus and/or Facet Syndrome?

Practitioner *Barbara Erbland* wishes to hear from anyone who has experience on working with clients who have lupus. Please contact Barbara at: 203 Elmdor Avenue, Rochester, NY 14619, 716-436-9526.

Practitioner *Janelle McKinley* would like any information you know about "facet syndrome", and working with persons with that syndrome. Please contact Janelle at: 300 Union Street #L, Arcata, CA 95521, 707-826-2614.

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TRAGER at the University of San Diego

Maryann Zimmermann

On April 3, 1992, a small group of TRAGER Practitioners--including *Barbara McMenemin* and yours truly--offered tastes of TRAGER and MENTASTICS at the University of San Diego (USD). The day was a huge success. We started at 9:00 AM. After 2 or 3 folks came into the Hook-Up of the room and received their mini-session-taste which included appropriate MENTASTICS, word got out and the lines formed and continued all day until 4:00 PM. We took brief lunch breaks in shifts to accommodate as many as possible until closing. Many took materials, asked questions, and filled out cards to find out more.

There were a number of interesting testimonies and feedback. There was one that was particularly fascinating to me. A first year pre-med student came in for his mini-session after he had his blood pressure tested. He was very stressed-out, he said, and his blood pressure was high. After his TRAGER experience he felt different and decided to have his blood pressure tested again. It had gone down 40 points. He said his scientific mind was dramatically impressed.

In the course of the day we shared with a broad spectrum of folks in age, career, and body challenge.

I acknowledge and thank the Practitioners who joined me in this thrilling day. Below is the letter received from the Dean of the Philip Y. Hahn School of Nursing.

"Dear Ms. Zimmermann:

I am writing to thank you for your participation in the annual health fair sponsored by the University of San Diego School of Nursing on April 6, 1992. The fair was a huge success and we in the Hahn School of Nursing greatly appreciate your contribution to that success.

Comments from participants indicate that the fair provided them with new insights regarding their health and their ability to promote and protect that health. Although incomplete, the initial tallies indicate that the health fair participants included members of the Linda Vista community, as well as a large number of students, faculty, and staff of the University. Our health message appeared to reach a large portion of the target groups for which it was intended, and we thank you for your time and energy in making this possible.

We look forward to your future involvement with the School of Nursing and with the University.

Sincerely,

Janet A. Rodgers, Ph.D., FAAN, Dean

The TRAGER Conference

HOOK-UP AND COUNT-DOWN TO THE SIXTH INTERNATIONAL TRAGER AND TUTOR CONFERENCE IN SAN DIEGO

Maryann Zimmermann

Maryann is a Tutor from San Diego, and Chairperson of the Conference Committee.

There is a growing momentum of Hook-Up and count-down to The Sixth TRAGER International Conference and The TRAGER Tutor Conference.

The nearly 2 years of preparation is translating into a vehicle of flowing events from 3 pre-Conference trainings, a Tutor Conference day, the Great TRAGER Trade Day, the 3 big days of the International Conference, followed by another Tutor Conference day, and into 4 post-Conference trainings. Refer to your 8 page black and white print-out which was enclosed with your Spring Newsletter mailing from the Institute. If for some reason you do not have that print-out, give a call to *Glennnda Adair*, Registrar, at: 714-707-5691, or myself at: 619-488-1921. We will send one on to you immediately.

The beautiful Hanalei Hotel has worked with the Conference Steering Committee closely and carefully, and are graciously awaiting your arrival.

Working with *Robert Zimmermann*, we have created a product line of conference momentos including a variety of t-shirts, cotton sheeting pants, a mesh nylon bag, bikini women's underwear, a quartz alarm clock, and a removable vinyl bumper sticker. We suggest you come prepared to bring home gifts for yourself and your loved ones.

The celebrations, presentations, meetings, and events are all in place waiting for YOUR experience and presence. The spontaneous HAPPENINGS will occur from YOUR on-the-spot creations and the joy of being together in HOOK-UP.

Dear TRAGER Conference PROCRASTINATORS...

Glennnda Adair/Registrar

Glennnda is a Practitioner from Mission Viejo, California.

Although the "Early Bird" registration deadline has passed, you can still take advantage of discounts from the on-site registration fees.

Listed below are the fees for the conference:

If postmarked by 7/31/92 On-site Fees

TRAGER Trade Day (9/17) ... \$60	\$65	
Conference(9/18-9/20)	\$200	\$225
Tutor Conference	\$110	\$125

No need to even figure out where you put your conference brochure! Just send a check (TODAY) made out to "TRAGER Conference", and mail it to: Glennnda Adair, 21851 Herencia, Mission Viejo, CA 92692.

Please indicate if you want vegetarian meals and if you are bringing a table. (We can always use more tables for the Great Trade Day.)

The Conference Lure...

Adrienne R. Stone/Program Coordinator

Adrienne is a Tutor and physical therapist from Santa Monica, California.

Remember the feeling...

What is it, the "magic" that happens in classes???

Recently, after the last Practitioner Review, Milton knew that much had happened but couldn't quite put it into words.

Who knows what we will create at The Sixth International TRAGER Conference?

It may be one of those feeeeeeeling things that no one will be able to put into words!

Come find out for yourself!!! Sign up now!!!

Call Glennnda Adair (714-707-5691)

A Message from Will Putnam

Will is a Practitioner from San Diego, and is dealing with food and other services for the Conference.

As The Sixth International TRAGER Conference draws closer, our attention is becoming increasingly focused on how we can mould this event to meet your needs and exceed your expectations. The Conference Committee wants the 1992 San Diego Conference to be the most uniquely qualitative experience we can create for you. The hotel staff's willingness to meet our requests has been very encouraging. We hope you will join us and take a training either before or after the main conference. I look forward to sharing the experience with you.

From Carolyn Mason

Carolyn, a Tutor from Clairemont, California, is responsible for Conference entertainment.

Listen to the echo...once again calling for the spirit of entertainment. There is now one theme, "Beautiful Hawaii." This means "leiiing one on" any talent that is offered. Thanks for all who have volunteered and for those yet to come. Many hula dancers are needed!!!

Singers Needed at the Conference

Roger Tolle and Marge Rivingston are seeking 2 or 3 singers who would like to participate in a demonstration voice lesson during the "Freeing the Voice" workshop at the Conference. The workshop is scheduled for Saturday morning, 9:00 AM - 11:00 AM. This workshop will include group movement, breath and voice warm-up, followed by a demonstration of the unique way Marge and Roger have developed to aid singers in releasing tension and connecting to their bodies while singing. If you would like to bring in a song you have prepared and receive Marge's 25 years of experience teaching vocal technique to the stars of Broadway and records, and Roger's gentle hands-on guidance while you sing, please contact Roger (212-787-5167) as soon as possible for further details.

Win a Robert Hunter Table!

Gwen Crowell

Gwen is a TRAGER Instructor from Seattle, Washington.

A fund-raising raffle will be held in conjunction with the San Diego Conference. **Robert Hunter** who has donated several tables in the past in support of The Trager Institute is again donating a table to be raffled away this September, in San Diego. This is a deluxe model with accessories valued at more than us\$800. Other prizes in the raffle will include TRAGER sessions with Instructors and one free Student or Practitioner class. Tickets will be us\$5.00. The raffle will be held at the Saturday night banquet. To order tickets, send your order together with a check payable to, and addressed to: The Trager Institute, 10 Old Mill, Mill Valley, CA 94941-1891. I encourage you to buy blocks of tickets for yourself and for others. If every member buys ten tickets for themselves and/or others, this will make the raffle a rousing success. The funds generated will be ear-marked in support of the Institute's growing committee structure and function. This, then, will free up existing funds to be used for enhanced membership services.

If you--or anyone you know--have a product or service to donate for this raffle, please contact Gwen Crowell, 11012 First Avenue, North West, Seattle, WA 98177.

My heart-felt thanks to everyone who has so generously donated to this raffle. A special thanks to Robert Hunter for his continuing support of The Trager Institute.

Tutor Conference - San Diego

Maxine Guenther

Maxine is a Tutor from Red Bank, New Jersey. She is serving on the Tutor Conference Committee.

Come be where the action is; be one of the movers and shakers with Tutors from all over the world! There's still time for you to sign up for the 2nd TUTOR CONFERENCE.

Because of the unique form of this Tutor Conference--one day before and one day after the International Conference--we will have an opportunity to develop task groups that can meet during the days of the International Conference. What an exciting and enriching environment to hang-out in, and Hook-up with before returning to the final day of the Tutor Conference!

Out of the last Tutor Conference, which was held in Colorado, just such a task group rewrote the Practitioner standards, which will soon be published. We are excited about the energy and possibilities that we, as Tutors, bring together.

Here are a few priority agenda items for the Tutor Conference:

*Time both days for trades with opportunity to learn from each other.

*Discussion and development of structures for ongoing communication and decision making.

*Establishment of an on-going Tutor Committee.

*Selected topics for discussion and action to be chosen pre-conference by Tutors.

Tutors recently received information about choosing discussion items for the Tutor Conference Agenda. Your input is very important, so please call or mail your comments to *Carol Day*, 21 Whittier Ave., Trenton, NJ 08618, 609-392-7653. The next committee meeting is August 2nd.

The Tutor Conference Committee welcomes your suggestions and ideas so please be in touch. Members of the committee are *Roger Tolle*, Chairperson, NY; *Steve Buchbinder*, NY; *Stephani Murdoch*, *Terry Bremmer*, PA; *Jim and Carol Day*, *Maxine Guenther*, NJ; *Martin Anderson*, MA; and *Carolea Burgess*, CN.

COMMITTEE REPORTS

Marketing Committee

Martin R. Anderson

Martin is a Tutor and Introductory Workshop Leader from Brookline, Massachusetts, as well as Coordinator of the Marketing Committee.

My experience so far as Coordinator of the Marketing Committee has taught me that there are as many ideas about what marketing TRAGER work might be like as there are members of the Committee. Rather than devote this space in every Newsletter exclusively to reports of what proposals the Marketing Committee has been debating, I thought from time to time it might be of interest, and possibly inspiration, to hear from our Committee members about some of their personal experiences with marketing. I begin with this issue, and, as with everything we do, welcome your comments and feedback.

My work with the Marketing Committee could not have come at a more appropriate time in my own practice. Since I became a Practitioner in 1985, my TRAGER practice has been sustained largely on word-of-mouth. I have gotten some articles written in the local media to which I have had significant response, I have donated gift certificates to charity auctions, and I respond enthusiastically whenever and wherever anyone asks the question, "And what do you do?", and by giving my questioner a kinesthetic experience of TRAGER if I can. But I have never spent a lot of time on marketing *per se*, and I never have had much in the way of a formal marketing plan.

Over the past year, however, the dismal New England economy began to take its toll in my practice. Not only did people have less money, but with the future uncertain they didn't feel they could spend the money they had. Long-time clients cut back on how often they came, others didn't feel they could do follow up sessions, and some had to stop coming altogether. One of the main on-going TRAGER issues bubbled right to the surface: for most of us, TRAGER is not reimbursable by insurance companies, and when times get tough, TRAGER sessions become for clients a "luxury" that can be dispensed with or significantly reduced. I heard similar stories from other

bodyworkers, as well as those in other therapies. I looked at my up-coming calendar blank with spaces, and learned a lesson nature knows well (and the dinosaurs didn't): adapt to survive. Below I outlined the beginning steps in my adaptation. From time to time in this space I will update my progress.

1. Advertising: I placed an ad for the first time in a Boston weekly under "Health Services." Most of the other ads are for Swedish massage or chiropractic work. The ad produces quite a lot of calls, and has forced me to hone my skills in presenting TRAGER in a short amount of time, in language the caller can understand, and to be more assertive than I've been before in telling the caller why I think TRAGER is better than the bodywork that they have experienced. (At its base level all advertising is competition--it's saying we've got a better product.) So far the ad has more than paid for itself and brought me one weekly client.

2. TRAGER workshops for performers: Although I have taught acting and voice for a number of years using more and more TRAGER with my students, I have not pursued TRAGER Introductory Workshops specifically designed for performers. I began talking to every teacher, singer, actor and administrator I know, and some that I have been referred to, about the possibilities of Master Classes in Voice and TRAGER or on-going classes in Performing with Body Awareness, using MENTASTICS.

TRAGER in the workplace: One of the hottest issues on the business pages these days is work-related injuries from computer use. These are some headlines from The New York Times over the past months: Epidemic at the computer: hand and arm injuries--ills now account for up to 40 percent of workers' compensation claims; As hand injuries mount, so do the lawsuits; Computer users' injuries are often preventable--few 'keyboard athletes' train, as athletes must. The price of that failure may be crippling.

Why not bring TRAGER into the workplace, teaching MENTASTICS to people where they can immediately integrate it? I started talking about the idea to everyone I knew--especially people in business. The response to the idea was overwhelmingly positive. People gave me names of appropriate people in companies. Many companies had Wellness Centers or programs in place. My ideas were met with enthusiasm and interest. Specifically, I was invited to do a TRAGER presentation at a "DIGITAL" health fair. I have been invited to return to give a lunch-hour presentation to employees, that, if successful, will lead to a series of lunch

time MENTASTICS classes. I have met with the head of health services at The Boston Globe and proposed a series of MENTASTICS workshops there. The potential for all of us with TRAGER in the workplace is unlimited. So let me know if you have had any experience or interest in this area and stay tuned!

The Ethics Committee

Jean Iams

Jean is a Tutor, Board Member, and member of the Ethics Committee chaired by Tutor Elna Adams.

The Ethics Committee wants to remind you all of our existence, and to let you know that we've been quite active to date this year. There are many examples of the sorts of problems we've been dealing with; including issues pertaining to sexual misconduct, personal and professional integrity, Tutor-student relationships, and general communications between members. Unofficially, we've heard that there are many of you with problems of an ethical nature whom we've not heard from. Without your feedback and information from the field, there is nothing that we can do to address potentially damaging and dangerous situations.

If you have an issue and are in doubt as to whether or not it's of an ethical nature, you can write and ask us, or consult the Handbook where there is a copy of the Code of Ethics.

We request any statements you have in writing with as much specificity as you can muster. We appreciate knowing who you are, and will respect your anonymity if you require it. In any event, our committee meetings are strictly confidential and your safety and comfort are included in our concerns.

All complaints, grievances and questions involving ethical matters of any nature should be sent to the Ethics Committee, c/o *Elna Adams*, 1419 Mountain Blvd., Oakland, CA 94611.

Instructors Committee Report: January, 1992 Meeting

Sheila Merle Johnson

Sheila Merle is an Instructor from Mill Valley, California.

Process Revolution

This was a revolutionary meeting. As of this year, the Instructors Committee meets once-a-year for an eight-day meeting, instead of two shorter meetings spread out during the year, as we have done for ten years. Our goal is to handle our administrative business efficiently throughout the year through subcommittees, conference calls and at a small portion of our annual meeting.

Under the old meeting model, most of our two four-day meetings was spent on business. The new model will reduce transportation costs and leave a majority of our annual meeting free for skill development with Dr. Trager, as well as for peer review and development of teaching content and skills. This new way of working will require a high degree of participation and responsibility on the part of all Instructors Committee members to get our work done in an ongoing way.

Terrific Facilitator

To accomplish this revolution, we hired a facilitator, *Sandra Jo Palm*, to train us in committee and meeting skills. For three days, we trained in meeting preparation, consensus decision-making, communication & listening skills, brainstorming, and meeting process under her tutelage--using our agenda items as context. We were doing our actual committee business during this time--including meeting with the Board--and we continued applying the skills for 1½ days on our own afterwards, before moving into 3½ days of TRAGER and MENTASTICS among ourselves in Mill Valley, and with Dr. Trager in Laguna Hills.

Consensus & Creativity

The consensus process is a demanding and growthful one for us, bringing many riches in learning to state our truth without arguing, to listen and respect others' truth, and to let solutions that are greater than the sum of the parts grow out of the communication process. It requires personal growth and Hook-up.

We are continuing to use the consensus process in our conference calls, and expect to grow more skilled in it over time, perhaps with Sandra Jo's help in the

future. I am excited that she will be working with others in the Institute at the International Conference in San Diego. It is a great model that fits our work wonderfully.

January Meeting Content

In addition to all of the learning processes described above, we shared concern and support for communicating to those who have expressed their interest in becoming Instructors, and we drafted a motion to the Board of Directors requesting the immediate formation of the Personnel Committee, to deal with the pressing issues of policies and procedures regarding Instructor trainee selection. We also drafted a resolution to the Board requesting implementation of marketing strategies before any upgrading of the Certification Program.

We formed a sub-committee to pursue a proposal for a Sponsor-Instructor meeting at the San Diego conference--to improve communication and to support sponsors in the field. We discussed the Certification Program proposal and communicated a request to the Education Committee that all Practitioners in the new program be trained and assessed as group leaders in presenting TRAGER and teaching MENTASTICS.

We discussed issues, content and staffing of Practitioner Review classes, and brainstormed the development of teaching materials and projects for fund-raising for Instructors Committee expenses and the Institute as a whole.

We drafted personnel for the Education Committee, the Personnel Committee and for various Instructors Committee sub-committees, as well as two co-chairpeople, *Gary Brownlee* and *Gail Stewart*, who will organize Instructors Committee work throughout 1992, and co-chair the February, 1993, Instructors Committee meeting.

Ongoing Process

So far we have had two "spoke calls," with sub-groups of Instructors meeting by phone to address current issues. We are still working with timing of these calls to fit with Board meetings so business becomes more efficient.

. . . And Consensus for All

The use of the consensus model in these phone meetings of sub-group (spokes), co-ordinated by responsible people at the "hub" gives an exciting prospect for improved participation and efficiency, to say nothing of the wonder of finally having more time together in our annual meetings to work on being better Instructors. I am so encouraged by the in-

creased level of participation and responsibility on our committee, and by the healthiness and efficiency of our meeting time, that I hope this process can be incorporated throughout the Institute.

Personnel Committee

Jill Stephens

Jill is a Tutor from Albany, California. She has just taken on the responsibility of coordinating the creation of the newly established Personnel Committee. This is her first report. Committee member Anne Wormood began her work before the full Personnel Committee formalized. Please see her initial report below.

We are happy to announce the formation of the new Personnel Committee! Presently the Committee representatives are: **Alain Alain** of Montreal, Quebec, Canada, **Amrita Daigle** of Neuville, Quebec, Canada, **Fabienne Hirsch** of Saint Maur, France, **Marianne Morgan** of Oakland, California, **Anne Wormood** of San Rafael, California, **Shelly Siskind** of London, Ontario, Canada, and yours truly.

As a Committee, we will be meeting for the first time, by phone, on June 30th. This committee will be reviewing all processes and procedures within the Institute with regards to personnel. We will review the procedures and guidelines for application to all statuses including Instructor-trainees, Tutors, MENTASTICS group leaders, administration, and etc. We will be looking at review and evaluation policies, what procedures are for handling feedback, and guidelines for establishing new procedures where none currently exist. It will be our job to not only review existing policies, but to observe any gaps in processes and procedures and then to make recommendations to the Board for both policy and procedure.

We are seeking as much input from the membership as possible. We feel this is an extremely important committee, and we want to be as thorough as possible in our review and recommendations. In the broadest sense, the Personnel Committee will be undertaking a review of some very basic principles underlying our Institute. Please, if you have any questions, proposals, feedback, or thoughts on any area or issue pertaining to this committee, send them in writing, as soon as possible, to The Personnel Committee, care of Amrita Daigle, 175 rue du Poitou, Neuville, PQ, G0A 2R0, Quebec, Canada.

We are seeking not only opinions and questions, but any historical material relating to the selection, review, and evaluation of personnel. Really folks, lets hear from you soon!

Administrative Staff Arm of the Personnel Committee

Anne Wormood

Anne is a business woman and member of the Institute's Board of Directors.

The first meeting with the administrative staff of The Trager Institute took place on Tuesday, March 24, at the office in Mill Valley. The majority of our time was spent reviewing what policies presently exist on salaries, benefits, procedures, etc. In most areas there are no policies at all. (The staff expressed their pleasure, however, with the new medical coverage which began March 1st). There have been few performance reviews which they all agreed they would like to have regularly.

The staff gets along extremely well and are very supportive of the Institute and each other. They appear to be very hard working, dedicated employees. They feel they are very conscious of the budget and are very conservative. They feel they are qualified to give input in many instances because they are in touch daily with the membership, and they appreciate it when asked for their ideas and suggestions.

The first task assigned to the staff was for them to write their job descriptions/duties. These have been turned in for review. Our next step is for the staff to write their job procedures in detail. We will begin our policy and procedure manual with these items as they are refined.

I have been given a 1991 Wage and Benefit Survey book for Northern California Nonprofit Organizations, and some drafts of material from years past. These will be helpful in putting the policy manual together. This is only the initiation of our committee. We will be meeting and making newsletter reports regularly.

Report from the Committee on Committees

Michael S. Stulbarg, M.D.

Michael is a physician from Mill Valley, California, and a member of the Board of Directors. He is providing leadership in the process of the Institute developing a committee structure.

The Committee on Committees has now been functioning for a year. This Committee was established as an *ad hoc* committee of the Board of Directors to help get the committee structure of the Institute moving more quickly. In its first year of activity, the Committee has been quite productive. The Education Committee, Marketing/Public Relations Committee, Finance Committee, and Personnel Committee are all in place. While we have been disappointed at the lack of volunteers for participation in these vital committees, we have identified (and, at times, unearthed) committed and often enthusiastic members to participate in these activities. Additional committees will be formed and additional volunteers are still being sought. (If you are interested, please let Don Schwartz or me know).

There has been a clarification of the different committees within the Institute. Some committees represent "constituencies" of members with special interests. This would include the Instructors Committee, the Tutors Committee, and so forth. In contrast to those groups are the committees which serve an advisory function to the Board. These committees (Education, Ethics, Personnel, Marketing, Finance) respond to a charge from the Board of Directors, collect information relevant to a variety of issues, and make recommendations to the Board of Directors. These committees will seek information from many directions, including polls of the membership. They also may constitute subcommittees involving individuals with special areas of knowledge or interest, but who are not on the main committee. It is through these committees and subcommittees that all of the members will ultimately be able to impact on the functioning of the Institute.

The Committee on Committees has also developed a format for the formation of new committees. When the Board identifies a function or a problem which needs to be addressed, it may ask the Committee on Committees to form a new committee, either as a standing committee or an *ad hoc* committee. Each standing committee will include at least one Board member,

Instructor, Tutor, and Practitioner. In general, emphasis will be given to finding members from throughout the TRAGER world. The Board has decided that while the cost for conference calls will be increased by having international membership of committees, this disadvantage is more than compensated by the impact of having committees represent the membership at large. The Board has set aside substantial sums to cover the cost of conference calls for the committees. All members participating in committees will have their phone calls related to committee work reimbursed. So far, the results are promising. People have done their homework before the conference calls, and a great deal has been accomplished in a short time.

Each of these committees will be meeting for a lunch meeting during the San Diego Conference in September. Hopefully this will add further juice to the activities of these committees which are so vital to the continuing growth and success of The Trager Institute, in its work of "making TRAGER available to everyone in the world who can benefit from it."

Attention Tutors

Marianna Hartsong and Shelly Siskind

Shelly and Marianna are Tutors and Co-Chairs of The Tutor Committee.

1) For new Practitioners: The Tutor Committee recommends to the Education Committee that for continuity of training and check-up, new Practitioners are required to have two (2) tutorials at an interval of six months in their first year of practice. Thereafter, a yearly renewal will satisfy requirements.

2) Reminder: The TRAGER Anatomy requirement must be completed prior to Practitioner Assessment.

3) Copies of the Student graduating essays should be sent to the two recommending Tutors as well as to the TRAGER office. These articles will provide Tutors with a greater understanding of the process the Students go through to become Practitioners. This, in turn, will enhance the sensitivity of Tutors and help them to grow. Tutors will need to inform their graduating Students of this.

Education Committee

Deane Juhan

The complete Education Committee now includes: Beverly Cox, Roger Tolle, Maurice Hirsch, Sheila Merle Johnson, Gary Brownlee, Louise de Montigny, Claudia Bourbeau, and Deane Juhan. Beverly Cox is acting chairperson.

The entire folder of written feedback from all of you who responded to the first certification program draft proposal was distributed to the committee members to study. Each member was then asked to write their own "second draft" of the proposal, based upon their understanding of the feedback and their personal vision for the new training program. Several of these drafts are in, and a few are still pending. From the ones that have arrived, it looks as though we will be in general agreement about any changes and additions to the original proposal, and should be able to draft a more or less final version comfortably in time for the San Diego Conference.

Actual implementation will be another phase entirely. Some of the chief concerns-which many of you have voiced-will be 1) coordination with the Personnel Committee with regard to staffing core classes, including possible hiring plans for new Beginning Instructors; 2) the same with regard to class and Instructor selection for all Elective Classes; 3) coordination with the Marketing Committee so that public relations ground is laid for the launching of a new and ambitious training program. As these concerns are being addressed, the Instructors Committee has much to do to develop the actual content of instruction at the various levels of a much-expanded and enhanced training program. Sponsors, in conjunction with the administrative officer and the Instructors, must also develop more coherent long-term planning, so that students in each general geographical region can be assured in advance that there will be a timely rotation of necessary classes and fieldwork services available within a reasonable distance. In addition, the administrative staff will need guidelines and time to produce the appropriate information packets, paper forms, and educational record keeping formats for the new program.

The general feeling appears to be that there are many important details to line up if we are going to have the best chance of promoting and smoothly sailing this longer and more comprehensive-and more competitive--certification program. There is no question that this is going to be a big job, and that it implies certain

risks. On the other hand, we have spent ten hard-working years developing our crafts, finding out what works, and what does not. By drawing a deep breath and tackling this major reorganization together, we can move forward into the next phase of our professional growth, preserve the momentum of the Institute, and improve our effectiveness in bringing Milton's work into the world in lasting form.

Taking the time to get it all done right is more important to us than rushing to meet any arbitrary target date for implementation. At the same time there is also the sense that many of these changes have been needed for a long time, and that we must think in terms of completing this planning project just as quickly as possible so that we can get on with the improvements we have all longed to see. Our current goal is to have a clear, concise document available to everyone in time for the San Diego Conference. See you there!

Summary of Board Minutes

May 13, 1992

Conference: In response to the Board's inquiry about how it can support the conference, the San Diego conference committee requests that all Board members who attend the conference be at the town meeting. Saturday lunch is designated as a meeting time for the various committees; Lunch will be provided for committee members.

Office Space: A discussion of lease vs. buy options resulted in approval for the office to find suitable quarters with a monthly cap of \$2,000. **California State Certification:** Work continues on applying to California for status as a state-approved school in order to enhance members' ability to obtain financial aid, and in order to support our professional status. **Board Elections:** August is the deadline for nominations for the Fall election of Directors. Candidate names should be referred to **Betty Fuller**, c/o the Mill Valley address. The Volunteer Center in San Rafael has been contacted for potential candidates, also. **Continuing Education:** **Jean Iams** will research the issue of non-compliance with continuing education requirements, and report at the next meeting.

Committee reports were received; details are covered in other areas of the newsletter. **Instructors:** **Betty Fuller** and **Sheila Merle Johnson** are working on standards of practice. **Finance:** First quar-

ter 1992 results show totals within budget. **Marketing:** A lengthy report, with several recommendations, was reviewed; **Michael Stulbarg** will reply in writing to the committee. With the next newsletter we will experiment with a larger type-size to increase readability. **Tutors:** No report. **Ethics:** Recommends to the Instructors Committee that a sexual code of ethics be included in the standards of practice.

Video: Because of the success of the Milton session video, Betty will work with the office staff and Instructors to pursue another similar venture. **Professional Groups:** **Connie Larsen** will represent us at the August Federation meeting which will focus on governmental relations. We will send a representative--preferably from the Washington, D.C., area--to the formative session of the National Wellness Coalition.

March 11, 1992

Board Resignation: The resignation of **Ailish Schutz** was accepted. **Standards of Practice:** Institute counsel, **Elizabeth Reifler**, address the importance of developing published standards of practice and instruction for The TRAGER Approach as one requirement for handling potential grievance issues. **Handbook:** The Handbook can be published as soon as the contraindications document is complete. **Michael Stulbarg** and **Harry Friedman** to follow-up.

Committees: Committee on Committees: **Michael Stulbarg**, Chair, reported on progress in establishing various standing committees of the Board. A reminder was issued that each committee is required to submit a written report two weeks in advance of each Board meeting in order that it may distributed with the agenda. Any items for which Board action is requested should be highlighted in this report. **Education:** Materials on the proposed curriculum revisions have been distributed to committee members for review and comment so that a final proposal can be presented at the San Diego conference.

European Coordinators: A report was received from the European Coordinators group, with several recommendations. A \$300. phone budget was approved. **Don Schwartz** and **Jan Stevens** to respond, including a request for ideas on how to develop an equitable policy for funding regional groups.

Board Members and Meeting Dates: The members of the Board of Directors are: Betty Fuller, Harry Friedman, Jean Iams, Deane Juhan, Rita Lustgarten, Jan Stevens, Michael Stulbarg, Pauline Tesler, and Anne Wormood. The 1992 meeting dates are: August 26th, October 14th, and December 9th.

Committee Chairs

Following are names and numbers of committee chairpersons or coordinators. Please note that Personnel Committee Coordinator Jill Stephens will be out of town during the months of July and August. Amrita Daigle will be acting in Jill's stead. Please note, too, that Gary Brownlee and Gail Stewart are Co-Chairs for the Instructors Committee.

COMMITTEE	CHAIRPERSON
Conference	Maryann Zimmermann 941 Archer Street San Diego, CA 92109
Education	Deane Juhan 105 East Strawberry Dr. Mill Valley, CA 94941
Ethics	Elna Adams 1419 Mountain Blvd. Oakland, CA 94611
Finance	Jan Stevens 10 Old Mill Mill Valley, CA 94941
Instructors	Gary Brownlee 1334 18th Street Manhattan Beach, CA Gail Stewart 15 Alvarado Road Berkeley, CA 94705
Marketing	Martin Anderson 74 Egmont #6 Brookline, MA 02146
Personnel	Jill Stephens 959 Neilson Street Albany, CA 94706 Amrita Daigle 175 rue du Poitou Neuville, PQ, G0A 2R0 Canada
Tutors	Marianna Hartsong 452 Grace Street Toronto, Ontario M6G 3A9 Canada Shelly Siskind 1498 Stoneybrook Crescent South London, Ontario N5X 1C5 Canada

INSTITUTE NEWS

Video Feedback

Several TRAGER Members

Earlier this year, the Institute added a video tape of a Milton Trager demonstration to its product line available to Students and Practitioners. This was a first, and the response has been heartening. There has been some confusion about the nature of the tape. It is not meant as a teaching tape since it was recorded many years ago, and since our policies on teaching tapes need to be clarified. Rather, the tape is an experience of Milton Trager working and sharing. Our educational staff--Dr. Trager, the Instructors, Tutors, and Supervised Practice Leaders--are the source for the most reliable, up-to-date instruction on TRAGER and MENTASTICS. Please see your products order form in the schedule for ordering information. The following are some sample responses to the video.

"Wonderful. Helpful. Milton in great form - a good refresher." **Sally Johnson**, Riverside, California.

"Wonderful to see Milton's attentiveness at work, especially on the shoulder. Because new moves have emerged in the interim, an update might be valuable. This update might include more MENTASTICS, both on the part of the Practitioner at work, and between client and Practitioner. An additional short video tape which Practitioners might use to introduce clients to the concepts of 'Hook-up' and neuromuscular re-education would certainly be helpful, especially if available for new Practitioners." **Jo Hayward-Haines**, Fenelon Falls, Ontario, Canada.

"Could we have a video with a subject who is not so flexible as Don? Not necessarily disabled, but with the ordinary usual holdings we find in so many people. Also I find it very helpful when Instructors say 'This, not this'. I'm a Student. I like to see them show me what wrong looks like, so I can contrast it with right. A whole session with Milton or whomever showing the common wrong ways Students do and then 'this is how it should look' would be a great help. I don't mind the 'home madeness'. It's a great video anyway." **Jessica McClain**, Glen Burnie, Maryland.

"I previewed this tape in its unedited version at **Betty Fuller's** Practitioner I class this past February. She has done an excellent job. I have never had the opportunity to watch Milton work, so I'm very delighted to be able to watch him and listen to him whenever I want. I

received the video yesterday, played it last night, and gave a session this morning to someone who's received lots of work from me. She said that my work has suddenly improved. A few hours after getting home she called me to say that her body has never felt better. Living way up here in the mountains, I'm not often able to receive sessions from other practitioners. But watching that tape gave me neural input as though I'd received a session. I can't wait to watch Milton again tonight. My understanding of the work has deepened so much. Thank you! Thank you! Thank you!" **A.J. Bob Wagner**, Etna, California.

Roster Corrections

Below are listed corrections for your 1992 membership roster. I suggest that you photocopy this page, and place the copy in the Notes section of your roster. The biggest mistake in the roster is your humble editor's! I placed the page numbers on the *inside* of the pages instead of the *outside* where they belong. Please accept my apology, and I'll see to it that it does not happen again! Thanks!

Beverly Cox, Tutor

In addition to her Northern California address and phone listed in the roster, Beverly also travels to Indianapolis, Indiana, on a regular basis. Her number there is: 317-283-5386.

Peter de Zordo, Tutor

62 Woods Street
San Rafael, California 94941
415-454-5953

Mary K. Ferreter, Practitioner

Sacramento, California
916-455-6414

Ronald Fine, Student

418 North Jackson Street
Media, Pennsylvania 19063
215-566-4001

Tom Frankenberg, Practitioner

827 Kinau #D-601
Honolulu, Hawaii 96813
808-536-4624 (This is a FAX number, too.)

Iris Holtzhausen, Student

Weissplatz 17
D-5132 Geretsberg -A
Germany
43-7748-7200

Be Jud, Student

PO Box 2238
Blue Jay, California 92317
714-337-7717

Carla Montagno, Tutor

Please note that Carla's new number as of July 1st is: 209-438-9141.

Marylou Mower, Tutor, Introductory Workshop Leader, MENTASTICS Leader and Supervised Practice Session Leader

3580 16th Street
Boulder, Colorado 80304
303-442-0716

Irene Osten, Practitioner

369 Huguenot Avenue
Union, New Jersey 07083
908-686-5774

Bhadrena C. Tschumi, Tutor, Introductory Workshop Leader, and Supervised Practice Session Leader

Laendlstr. 119
3047 Bremgarten
Switzerland
31-23-30-42

or
Osho Academy
Koregaon Park 17
Poona, MS 411001
India

Nancy Voll, Practitioner

9495 Blind Pass Road #1206
Saint Petersburg Beach, Florida 33706
813-360-6728

Suzanne Wilner, Practitioner

750 Jasmine Street
Denver, Colorado 80220
303-333-2073

Federation Report

Don Schwartz, Ph.D.

The Federation of Massage Therapy and Bodywork Organizations (an unofficial name) held its fourth meeting in Boulder, Colorado, on May 1 and 2, 1992. Representatives from the American Massage Therapy Association, American Oriental Bodywork Therapy Association, American Polarity Therapy Association, The Rolf Institute and The Trager Institute attended.

The members reviewed and reaffirmed the membership criteria, and made plans to have a public announcement regarding the Federation and its membership criteria. A proposed draft of the charter for the Federation's Joint Governmental Relations Committee was discussed, and a response to the committee was formulated. At the Committee's initiative, the Committee will be meeting in Boulder, in conjunction with the next Federation meeting on August 28 and 29.

The Federation members placed a value on the member organizations having their conferences held in conjunction with each other, and are exploring the possibility of that happening at an AMTA national conference in Albuquerque, New Mexico, in 1994.

The first Federation workshop was announced. It is to be presented by **Jeff Maitland**, Ph.D., of The Rolf Institute and **Ray Castellino**, D.C., R.P.T., of the American Polarity Therapy Association. More details in future newsletters.

The development of a professional liability insurance policy for members of Federation member organizations was reviewed. **Mark Anderson**, AMTA's Executive Director, announced that the policy will be ready for marketing this calendar year. The first announcement will probably come directly from Maginnis and Associates. After that, Federation member organizations will administer the policy for their respective organizations. (I am hopeful that the policy will eventually be available for Canadian Practitioners.)

The Federation's Joint Governmental Relations Committee continues to meet regularly to discuss specific issues, challenges, and problems as well as to discuss development of the Committee and its Charter. Practitioner and physical therapist **Connie Larsen** from Rio Verde, Arizona, continues to represent The Trager Institute-with excellence-on this committee. I appreciate the experience and knowledge Connie brings to the myriad issues surrounding licensure and certification.

The National Certification Council is receiving nominees for membership on their Board. Please call me at: 415-388-2688 if you are interested in serving on that Board, or if you wish to nominate someone.

Ein Beitrag von Antonia Föh

Antonia ist eine Tutorin von Gais, Schweiz

Liebe TRAGER Praktiker - Liebe TRAGER Studenten,

Da sich in meinem Leben eine grosse Veränderung anbahnt, möchte ich Euch kurz darüber berichten.

Seit zwölf Jahren habe ich mich mit Leib und Seele der TRAGER Psychophysischen Integration und den MENTASTICS gewidmet als TRAGER Praktikerin, Tutorin, Workshopleiterin und Lehrerin. In mehreren tausend

TRAGER Sitzungen (ich zähle sie immer noch, nur so zum Spass) habe ich aus dem grossen Schatz, den Dr. Trager uns allen mit seiner Arbeit eröffnet hat geschöpft und meine Erfahrungen an Euch weitergegeben.

Im September 1992 beginnt nun ein neuer Abschnitt in meiner beruflichen Laufbahn. Ich werde mich in einem 3½ jährigen Studium zur Heilpraktikerin/Naturärztin aus- und weiterbilden. Um mich diesem Studium voll und ganz widmen zu können, habe ich mich entschlossen, vom 1. Januar 93 bis 1. Januar 96 einen drei-jährigen Urlaub als TRAGER Tutorin, Workshopleiterin und Lehrerin zu nehmen. Meine Tätigkeit als TRAGER Praktikerin werde ich auf zwei Tage die Woche reduzieren und nur noch ein Beginning Training pro Jahr in Zürich unterrichten. Meine Praxistätigkeit an der Lindenbachstrasse in Zürich werde ich ganz aufgeben und nur noch TRAGER Sitzungen in meiner Praxis in Gais durchführen. Ab 1. September 92 werde ich nicht mehr in Zürich arbeiten, keine neuen TRAGERSchüler in Tutorials nehmen und nur noch die mit mir bereits laufenden Tutorial Prozesse abschliessen.

Da der "TRAGER Nachwuchs" im deutschsprachigen Raum nun gediehen ist, habe ich ein gutes Gefühl, meine Arbeit kompetenten Nachfolgerinnen/Nachfolgern zu überlassen. Als Tutores stehen Euch *Elisabeth Ormyron*, *Esther Perin* und demnächst *Susanne Roth* in der Schweiz, *Siegrit Salkowitz* und demnächst *Anke Gehlhaar* in Deutschland und bald *Hans Luftensteiner* in Oesterreich zur Verfügung. Als Introductory Workshop Leiterin für die Schweiz ist *Barbara Frick* aktiv und bald auch *Ruedi Gmür*, als Mentastics Workshop Leiterin *Renata Vogelsang*. *Siegrit Salkowitz* unterrichtet seit einigen Jahren Introductory und Mentastics Workshops in Deutschland, *Anke Gehlhaar* Introductory Workshops seit Februar 92. Ein paar weitere Praktikerinnen/Praktiker sind auf dem besten Weg, sich bald zu Workshop Leitern zu qualifizieren. In den Ausbildungsstrainings könnt Ihr die nächsten Jahre nochmals die Internationalität der TRAGER Organisation auskosten. Meine Lehrer Kollegen und Kolleginnen aus den USA, Kanada und Hawaii freuen sich, die europäischen TRAGER Praktiker/innen und Studenten/innen mit ihren vielfältigen Erfahrungen zu bereichern und Szu unterstützen.

Ich spüre Freude und Genugtuung, dass der TRAGER Boden im deutschsprachigen Raum von den drei Organisatorinnen *Monika Ammann* in der Schweiz, *Siegrit Salkowitz* in

Deutschland und *Mirianne Schimann* in Oesterreich fachfräulich bestellt wird und die TRAGERPflänzchen von den deutschsprachigen TRAGER Tutoren, Workshopleitern und der internationalen Lehrergruppe kompetent und liebevoll gepflegt und betreut werden.

Auf der persönlichen Ebene erlebe ich, wie das Loslassen ganz existentiell auf mich übergreifen hat. Ich spüre Angst und Aufregung bei jedem TRAGER Pflichtenheft, das ich abgebe und gleichzeitig erlebe ich, wie ich leichter und freier werde, wie Raum entsteht in mir für das Neue. Ich werde wieder ganz Anfängerin! Aufregend - herausfordernd - beängstigend - befreiend -- lebendig!!

Und was wird nach drei Jahren sein? Wie Ihr alle wisst, weiss man das erst wirklich genau nach dem Loslassen. Ich habe zwar meine Ahnungen und Wünsche, wie z.B. als bereicherte und inspirierte, persönlich und fachlich weitergereifte TRAGER Heilpraktikerin und -Lehrerin weiterzuarbeiten. Doch oft bringt ja das Loslassen noch etw. Ungeahntes - Neues, nicht vorhersehbares? Ich lasse mich überraschen.

Nun möchte ich mich für die kommenden drei Jahre als TRAGER Tutorin, Workshopleiterin und Lehrerin von Euch verabschieden. Ich danke Euch allen für Euer mit mir gehen in vielen Stunden der Begegnung und Bereicherung. Ich bin dankbar und hoffe, dass ich einigen von Euch ein paar neue Farben und Formen für Euren Lebenssteppich habe zeigen dürfen.

Auf Wiedersehen.

A Message from Antonia Faeh

Antonia is an Instructor from Gais, Switzerland.

As a major change will take place in my life soon, I would like to talk to you about it. For 12 years I have dedicated myself fully to TRAGER psychophysical integration and MENTASTICS as Practitioner, Tutor, Introductory Workshop Leader and Instructor. From the enormous treasure that Dr. Trager has offered to all of us I have nourished myself in several thousand sessions--I am still counting them just for fun--as well as my clients and all of you who were part of a learning and sharing experience with me.

In September, 1992, a new phase in my professional career will begin. I will enter a 3½ years study in Naturopathy. To be

able to devote myself as fully as possible to these studies I have decided to take a 3 years leave of absence from January, 1993, to January, 1996 as Tutor, IWL and Instructor. I will reduce my work as TRAGER Practitioner to 2 days a week, and I will teach one Beginning training a year in Zurich, to not let the momentum of German-speaking Beginning trainings die completely. I will give up my TRAGER Practice in Zurich, coming September, and only work in my TRAGER Practice in Gais, giving sessions. I will not take new Tutorial students anymore, and come to a closure with the Tutorial processes with which I am still involved.

I am pleased to leave the work to competent up-and-coming TRAGER people in the German speaking countries of Europe. As Tutors you have *Esther Perin*, *Elisabeth Ormyron*, and soon *Susanne Roth* in Switzerland; in Germany, *Siegrit Salkowitz*, and soon *Anke Gehlhaar*; in Austria, soon *Hans Luftensteiner*. As Introductory Workshop Leader for Switzerland, *Barbara Frick* is active, and soon *Ruedi Gmür*, as MENTASTICS Leader, *Renata Vogelsang*; in Germany, *Siegrit Salkowitz* who is teaching MENTASTICS and Supervised Practice days for many years, and *Anke Gehlhaar*. Some more Practitioners are about ready to qualify themselves for a workshop leader position. Concerning the curriculum trainings, European Practitioners and Students can continue to dive into the international aspect of our organization and enjoy a variety of Instructors from USA, Canada, and Hawaii. They are happy to visit Europe, and inspire the European TRAGER people with their multiple experiences and backgrounds.

I feel joyful to see how fertile our German speaking "TRAGER soil" has become, how efficient and successful it is treated by our three sponsors, *Monika Ammann-Sutter* of Switzerland, *Siegrit Salkowitz* of Germany, and *Mirianne Schimann* of Austria. And how loving and competent the new TRAGER plants will be taken care of in their search for growth by our German speaking Tutors, workshop leaders, and the international Instructor group.

Personally I am experiencing an existential impact by the process of letting go. I feel the fear and excitement with each status, task group and duty I let go of. And at the same time I feel how I become lighter, freer, how space is coming up within me for the NEW!! I am becoming a beginner again. Exciting - challenging - threatening - liberating - alive!

And what will be after three years? As you all know from your own experience and the many letting-go processes of your

clients, we only really know what will be after the letting go. I have my ideas and wishes right now, of course--that is, to come back and continue to work as a personally and professionally inspired, enriched, and further matured TRAGER and Naturopath Practitioner and Instructor. But often the letting go also brings up something new--not known yet. I let myself be surprised.

And now I would like to say good-bye to all of you for three years as TRAGER Tutor, TRAGER Introductory Workshop Leader and TRAGER Instructor. I thank all of you for your being with me in many hours of learning-sharing and enrichment. I feel very grateful and I hope that I was able to show some of you a few colorful new pieces in your life's tapestry.

See you again - *Au revoir* - *Hasta la vista* - *Arrivederci* - *Auf wiedersehen*....

Media Watch

Martin Anderson, Chairperson of the Marketing Committee, has suggested that each TRAGER newsletter contain a listing of articles and books recently published on TRAGER. More than that, though, Martin suggests that each article or book listed include information on how the article was placed, who was interviewed, and the availability of reprints. In true TRAGER fashion, Martin has submitted an article called "Swimming in Invisible Water" which was printed "in a new Boston bi-weekly called 'The Improper Bostonian', April 15, 1992. The article was suggested by the columnist Mopsy Strange Kennedy, a friend of mine who wrote it after receiving a second TRAGER session from me. I would be willing to send reprints to anyone on request if they enclose a S.A.S.E." Also, please see Martin's Marketing Committee report in the "Committee Reports" section of this newsletter.

Other articles recently published include:

UTNE Reader, May/June 1992, No. 51, "Bodywork: A field guide to body/mind healing", by Diane Elliot and Wendy Morris. Utne Reader, LENS Publishing Co., Inc., 1624 Harmon Place, Suite 330, Minneapolis, MN 55403.

Men's Health, April 1992, Vol. 7, No. 2, "Invasion of the Bodyworkers" by Mark Donald. Men's Health, Rodale Press, Inc., 33 E. Minor St., Emmaus, PA, 18098.

Physical Therapy Forum, Vol. XI, No. 9, April 10, 1992, page 22, "The TRAGER Approach: An Effective Tool for Physical

Therapy" by Ilene Shunfenthal Watrous, M.A., R.P.T., and TRAGER Practitioner. Physical Therapy Forum, 251 W. DeKalb Pk., Suite D-100, King of Prussia, PA 19406.

Note to Practitioners: The Marketing Committee and Administrative Staff made an agreement with *New Age Journal* to share the North American Practitioners mailing list in exchange for discounts for The Trager Institute in advertising in their Holistic Health and Holistic Education Directories, as well as the placing of TRAGER in a separate section of the Holistic Health directory. The mailing was supposed to include a memo from Don Schwartz; but, apparently, the memo did not make it in. The provision of our mailing list to *New Age* was an exception based upon the benefit of publicity for the TRAGER Practitioners, Certification Program, and Institute. The Marketing Committee and administration want to monitor the results of this collaboration. Please send any feedback you have to: Martin Anderson, 74 Egmont, #6, Brookline, MA 02146.

The First National Certification Examination

George P. Kousaleos, Chairperson of the National Certification Board for Therapeutic Massage and Bodywork, announced that the first National Certification Examination was held at 45 national sites on June 27, 1992. Nine hundred (900) massage and bodywork practitioners took the examination which included the following subject areas: massage/bodywork theory, assessment and practice; human anatomy, physiology, and kinesiology; clinical pathology and recognition of various conditions; business practices and professionalism; and adjunct techniques and methods. The next examination will be given on December 12, 1992. For more information, contact the Board at their new address and phone: P.O. Box 268140, Chicago, IL 60626, 312-761-7684.

A.H.P. Somatics Community

The Association for Humanistic Psychology (AHP) continues to foster its developing "Somatics Community". There will be a Somatics Community meeting on August 21, 7 - 10 PM, and

there will also be Community meetings at the annual AHP conference in San Francisco, from July 30th through August 2nd. The contact information for this community is: P.O. Box 3327, Saratoga, CA 95070-1327, 415-258-0635.

The California Coalition on Somatic Practices

The next meeting of the California Coalition on Somatic Practices will be held in the San Francisco Bay Area on Sunday, August 30, 1992. A contribution of \$20. per person is requested. Coordinator **Beverly Shultz** writes, "The Coalition is an open group of Associations, Guilds, Institute, Schools, Other Groups, and Individuals working for the common good of the somatic professions.... We have chosen the term, 'somatic professions' to encompass bodywork, massage, somatic education, and related fields. It includes a variety of philosophical approaches, theoretical frameworks, and techniques." For more information, please contact Beverly at: 1500 Jasmine Street, San Mateo, California, 94402, 415-574-5579.

A Meeting in Washington, D.C.: Emergence of The National Wellness Coalition

Don Schwartz, Ph.D.

Thanks to an initiative by **Betty Fuller** and the Board of Directors, TRAGER Practitioner **Joe Griffin** of Silver Spring, Maryland, and I attended the "First Annual National Wellness Forum" presented by The National Wellness Coalition, in Washington, D.C., June 8-10, 1992. We were informed about the Coalition and their first Forum by **Elliot Greene**, President of the American Massage Therapy Association, an organizational member of the Coalition. The National Wellness Coalition is a non-profit umbrella organization founded in October of 1990, by **Janet I. Smith, M.S.**, and **Bernie Siegel, M.D.**, who serves as honorary Chairperson. Ms. Smith describes the Coalition as "...the leading advocate for wellness in the public policy arena. Bringing together members of the general public, health and medical practitioners, insurance companies, corporations, labor unions, research institutions, foundations, public officials, and policy analysts, the Coalition promotes a shift in the focus of national health efforts from illness and crises care to the promotion of health and well-being."

The Forum's reception was sponsored by the Human Potential Foundation. Dr. Siegel spoke with and met the participants. I had the pleasure of meeting several skilled, dedicated and accomplished professionals. **Mary Holt, R.N., M.P.H.**, works for AT&T on health-related issues, and expressed an interest in TRAGER. I promised her a complimentary TRAGER session. I was impressed with the dynamic energy of **Antonio C. Martinez**, an attorney who is both President and Executive Director of The National Progressive Health Political Action Committee. **Richard A. Lippin, M.D.**, is an occupational health physician of the ARCO Chemical Co. Dr. Lippin, one of the three moderators for the Forum, is President of the International Arts-Medicine Association in Philadelphia. I also met **Claire Monod Cassidy, Ph.D.**, a nutritional and medical anthropologist who works closely with medical historian **Ivan Illich**. One of Dr. Cassidy's many interests is in the area of communications between medical and non-medical practitioners, and I asked her

to keep us apprised of developments in this work. **Mark Blumenthal** of Austin, Texas, is the most enthusiastic proponent of the value of herbs I've ever met. He is Executive Director of the American Botanical Council and Editor of *HerbalGram*, a fine quarterly magazine. The Council supports and provides "accurate, responsible, and scientific" information on herbs. Finally, I appreciated the warm and graceful welcome provided by Coalition volunteer **Mary Jane Pagan**, an art historian who will be taking the Beginning TRAGER training this August, at PMTI, with **Carol Campbell!**

The next day was a long and inspiring one. President Smith and Dr. Siegel introduced the day by offering perspectives and overviews. This was followed by three different panels: 1) Perspectives on Wellness, 2) The Changing Medical Model: Policy Implications, and 3) Our Changing Culture: Policy Implications. Several physicians presented including **George Lundberg, M.D.**, Editor of the *Journal of the American Medical Association*. **Gail Wilensky, Ph.D.**, Deputy Assistant to the President for Policy Development, White House, spoke to the audience on President Bush's health care values and proposal. The overall theme of this day was the emergence of the "Wellness Model" in our society, and how that emergence could be best supported. References to "alternative" practices were peppered throughout the presentations. A half-hour video of the presentations is being edited. This video will promote the Coalition and its values, goals, and purposes.

This was my first experience of Dr. Siegel, and I was impressed by the combination of brilliance and humanity he embodies. One of the phrases he repeated throughout the day was, "Tell stories!" He is referring to approaching the medical world. In his experience, research data simply has not been adequate in catalyzing an opening in belief and value systems; but that descriptions of individual experiences have proven to be the most effective means of communication. "Tell stories," he repeated many times. Quite naturally, I thought of the need for The Trager Institute to promote client record keeping on the part of our Students and Practitioners, as well as the solicitation of client experiences.

The final half-day was one of organizing and planning for the Coalition and its next public conference, "Wellness 2000", as well as developing a national wellness policy agenda. This meeting was for "leaders", and was attended by about 36 individuals including **York Onnen**, Director of Program Development, The President's Council on Physical Fitness and Sports.

The first part of the day was one of introductions. This was a bittersweet experience for yours truly. I was gratified to have TRAGER represented in--and to--this group, and I received positive feedback on my presentation and participation. It was also important that AMTA President **Elliot Greene** was there. However, I was sad that no other bodywork organizations were present.

I feel that it is vital to the interests of The TRAGER Approach, Practitioners, and Institute that we represent ourselves in this growing context. However, the goals of the Coalition are mighty, and their attainment will take as much supportive energy as possible to catalyze the realization of new models of health and wellness inclusive of differing philosophies and practices. Therefore, I feel it is vital that the massage/bodywork/somatic education community support and participate in the development of the Coalition and its many activities. Of course, I also feel that this community can benefit directly from full participation.

In any case, TRAGER received another boost when **Karen Holland**, Executive Director of The Center for Human Caring, at the University of Colorado Health Sciences Center in Denver, mentioned that both massage therapy and TRAGER are included in the patient massage therapy program at the University Hospital. She reported that TRAGER is also available through the massage program for the faculty, staff, and students on campus as part of an ongoing demonstration of *wellness in the work place*. Karen credits Practitioner **Suzanne Wilner** as the pioneer spirit bringing TRAGER to their programs.

The second part of the day was facilitated by **The Honorable Claudine Schneider**, former member of Congress from Rhode Island. During this meeting the participants developed four key parameters, *Cost, Access, Informed Choice, and Outcomes* (also known as results, effectiveness, and/or reliability), which must be addressed in the process of developing a National Wellness Policy Agenda. (A Wellness Policy Agenda includes a set of principles and policy guidelines which serve as a blueprint and catalyst for shifting the focus of national policy from illness to wellness.) After clarifying these parameters, we organized ourselves into committees to address different aspects of these parameters. I volunteered to work on the committee which deals with the issues of using our media to support the public's access to health information and services.

My overall response to this Forum and the development of the Coalition is one of excitement and hope. There seems to

be a sincere interest in, and opening to the wellness model of healing and health-including "non-traditional practices". Indeed, an announcement was made of National Institutes of Health (NIH) hearings on "unconventional medical practices". Although this announcement came too late for The Trager Institute to respond, Elliot Greene presented at the hearings, and he reports that the hearing committee is sincerely open to, and interested in learning about alternative practices. He will have further meetings with the hearing committee chairperson. (We have placed The Trager Institute on the NIH mailing list.) One presenting physician compared the American Medical Association (AMA) to the character played by **Robert de Niro** in the film, "Awakenings", who, when asked what he wants to experience after 20 years of coma, says, "Everything!" This physician said that the AMA needs and wants our assistance in focusing their exploratory efforts at this time.

The excitement generated at the planning and organizing meeting was great. **The Honorable Berkley Bedell**, former Congressman from Iowa, and **C.B. Scott Jones, Ph.D.**, President of the Human Potential Foundation, pledged \$10,000 each to the Coalition. **Nancy Low**, President of Nancy Low and Associates, a market research, marketing, and communications company, pledged an equal amount of in-kind support. And, the National Institutes of Health's interest in co-sponsoring the next conference was announced.

The next planning meeting will occur in August, and the next public conference is planned for early in 1993. I will keep you informed of Coalition activities in this newsletter. For more information contact: The National Wellness Coalition, P.O. Box 3778, Washington, DC, 20007, 202-337-7956.

REGIONAL NEWS

Summary from the 5th Meeting of the European TRAGER Representatives (E.T. Reps.) in Zurich, March 1, 1992

Ulla Mortensen

Ulla is a Practitioner and E.T. Rep. from Sweden.

Present: **Monique Balteau**, Belgium (and representing France, **Elizabeth Ormyron**, French Switzerland, **Ulla Mortensen**, Sweden, **Esther Perin**, Secretary and representing Austria, Italy and German Switzerland, **Estelle Ormyron**, Translation.

First we want to thank you, Don, for the clear reply on the service mark situation, which was read to us by Elizabeth at the meeting. We are happy to learn how valuable the service marks are to us Practitioners. We all agree that improper use of the service marks "TRAGER", "MEN-TASTICS", and the "Logo" must be reported to the Institute. The countries in which "TRAGER" is now registered are: Austria, France, Italy, Israel, The Netherlands, Luxembourg, Belgium, Sweden, the United Kingdom, New Zealand, Germany, and the United States. The countries in which the registration for the mark "TRAGER" is pending are: Australia, Canada and Spain. In Switzerland service marks cannot [yet] be registered.

We have made several proposals on how to save money for the Institute, e.g. one juicy Newsletter a year, and no gold framed renewal papers, just a receipt. On the other hand we have asked the Institute for financial support for administrative expenses and our travel fees per meeting.

Post-Practitioner Education was on our agenda. We found that we knew very little about the wishes and ideas of the Practitioners on this topic, but we feel that P1 and Prac. Practicum are not enough for an ongoing education over a number of years. People seem to be thrilled about the education electives "Body Reading" and "Opening Your Heart". Please ask each other in your area what kind of post-Practitioner education you would like to have

as an ongoing education (professional and personal development, how many years, etc.) Please send your ideas to **Esther Perin**, P.O. Box 168, CH-8056 Zurich, Switzerland.

We also had a handful of topics that had to be postponed until our next meeting on 3rd August.

We do wish you all a happy Summer with light and TRAGER love.

Italy is the First

Congratulations and thank you to the members from Italy for forming a national membership group, and for being the first group to participate in the recently published "Member Group Agreement". This is a pioneering effort, and I look forward to more cooperation with you in the workings and development of your group.

DS

Rock and Roll in England

Layo Nathan

Layo is a Practitioner from Devon, England.

TRAGER work has finally reached the green and pleasant land, and about time, too! **Jim Day** has sown a lot of seeds here that are starting to bear fruit, and the arrival of **Betty Fuller**, with the fullness of her being, was enough to open those rather tentative English hearts. We had fun! So much laughter and tears--and this was just an Introductory Workshop(!)--with the power to start an avalanche of interest in this work of **Milton Trager**.

Transformations began to happen from such lightness and playfulness. I noticed the effects in the most recent workshop that Jim Day led. The word had gotten around, people arrived relaxed and ready to have a good time while they learned more about Milton's work, and we had a record-breaking number of participants from a minimal amount of promotion.

It was another wonderful day where the essence of lightness and what could be freer made a soft and indelible impact. Many grateful thanks to Betty, Jim and **Carol Day** for spreading the word over here, and to Milton...what can we say to express what we feel for the gift of his

work? Nothing could be more eloquent that the simplicity of Milton's own words, "I enjoy the feeling of the response of the tissue when I'm working, and I say, 'Oh my, thank you,' and I grown in that, I grow with every session I give."

Thank you, Milton. I include you in every murmured "thank you" throughout the day, and that gratitude is transforming my life. Gratitude is a great attitude!

Don't Bring Your Rainclothes

George Gottlieb

George is a Practitioner from Seattle, Washington. This is his report of the recent Northwest Conference.

Friday, June 6, a beautiful, sunny day. Hurrying to get ready. **Sally Van Dusen**, a Tutor trainee from Leavenworth, WA, will be here at 2 PM, and we are going to the Northwest Regional TRAGER Conference at Loon Lake, British Columbia. The conference starts today at 6 PM, with check-in and dinner, and it runs through lunch Sunday, after which we will clean up and go home.

Sally and I pack the car and drive north from Seattle, through the deltas of the rivers that flow from the Cascades to the Pacific. We cross the border at Blaine. There we attest that we have no liquor or weapons on board, then we continue through the farmland and towns of B.C. We follow the explicit directions provided by the conference Committee. After about a 3 hour drive, the last 15 minutes on dirt roads through the forest, we arrive at Loon Lake.

It is a beautiful provincial park with group camping facilities. Here we are surrounded by forest with this beautiful lake before us, and snow-capped mountains in the distance. We are welcomed by our hosts at lakeshore, and given our room assignments. After unpacking we are just in time for dinner where we rejoice in renewing friendships and acquaintance with fellow Practitioners who live far away. Actually some live just across town, but our busy lives and schedules keep us apart. There is a warm feeling in the dining hall that is more than the excellent food. After dinner we meet with **Sandra Jo Palm**, the facilitator whose work we have come to know and admire during the town meetings of the last two regional conferences.

After introductions Sandra Jo explains that the format of the previous town meetings has been changed to include a Friday night pre-meeting to form dialogue pods. These pods will meet Saturday to form an agenda for the town meeting on Sunday. In order to get us warmed up and involved with each other as well as used to how she works, Sandra Jo has us form into a line based on our feelings regarding the "purity" of our TRAGER work. Those who feel it is necessary to do sessions with only the moves they were taught, and in the order they were taught, are to stand at this end of the line. Those who feel OK about mixing TRAGER with anything are to stand at this (other) end. Everyone else is to stand in-between, their position on the line to indicate where they "stand" on this issue. There is much milling and shuffling about. Laughter follows confusion. "Do I belong over here?" (Just exactly how "far" is here?) Everyone is moving around at one end of the room. Nobody is at the "pure" end. Sandra Jo has to re-define the ends to get a line at all. My thoughts are that "TRAGER is what Milton does and everything he does is, by definition, TRAGER. I have learned the principals of this work and endeavor (not "try") to apply them, in Hook-up, to everything I do with my clients." Even with this insight I still do not know exactly where I belong in this process. Finally the line forms. Then we sit down, still buzzing with laughter and groups of two or more people with a topic of common interest form into a pod.

The pods formed are:

(1) "Raising the profile of TRAGER" which becomes known as "Marketing", and includes in its scope marketing the concept of TRAGER as well as marketing an individual's work.

(2) "Maintaining the integrity of TRAGER, a.k.a. "purity," which subsequently merges with...

(3) "...Keep the fires burning" whose concern is preventing burnout and fallout. They merge with,

(4) "Community building" whose concerns are networking in the Northwest and getting together between conferences in small groups even if just to make contact by phone.

(5) "Training" whose concerns are affording some recognition for the difference between "journeyman" and "master" regarding continuing education and recognition for people with professional status such as physical therapists so that they be absolved from that part of the certification program which does not have strictly to do with TRAGER (anatomy, et. al.).

Once the pods are formed and times for them to meet on Saturday are agreed upon, the meeting ends. Time for stars, moonlight on the lake, a short walk, and to bed after a long day.

Saturday there is a full schedule of interesting classes to attend, between which (or during for those good at "hookey up") there is swimming and canoeing in the lake, hiking, or taking the opportunity to give and receive some much needed body work, or just hanging out, making new friends and enjoying the company of old ones.

The workshops, events, and entertainment scheduled for Saturday are: "Hook-up with Hemi-Sync." Exploring the mind/body connection through blended and sequenced sound patterns. **Angyline Millar** presenter.

"A taste of 'Reflex Response'," **Martha Moran** presenter.

"Vibration-Integration." An experiential workshop exploring the relationship between feelings, emotions, and body movements. **Sunita Romeder** presenter. Sunita received her M.A., and trained with **Anna Halprin**. It is very generous of Sunita, whose connection to TRAGER is as a recipient of the work, to come and share her time and skills.

A panel discussion "Working with survivors of sexual abuse." **Donna Walters, Kim Burg, Wimsey Cherrington, and Rita Lustgarten** panel members.

In the evening we have the "Anything goes big kid playtime show." With dances, skits, poetry reading, music and song, featuring the 8-year-old singing sensation **Brisa**, daughter of **Mercedes Gonzales**. **Joanna Lazzarotto** is the lucky winner of the grand prize in the raffle. It is a deluxe massage table crafted by **Robert Hunter**. This is the second year Robert has generously donated a table to the Region. After all this there is some very hot dancing till the wee hours. Sunday, after breakfast, we have our town meeting. Sandra Jo, the facilitator is ably assisted by **Wimsey Cherrington**. The meeting goes very smoothly. In my opinion this is due, in part, to our experience over the past three years at having town meetings, and also to the fact that we had been considering and discussing the matters form which the agenda is drawn over the past two days.

During the first part of the meeting we stayed with Northwest regional business.

We begin with a proposal from the marketing pod. A workshop/Practitioner sharing session about marketing is to be scheduled within 2-3 months for a 4-6 hour day. The purpose is to meet Practitioners' needs in getting information and support for building their practice, as well

as to raise the profile of TRAGER in the community. It is intended that attendees leave the workshop with a personal plan of action. **Wimsey Cherrington**, who has taught classes in "Business and Marketing for Bodyworkers", offers to share her expertise. This proposal passes through consensus. As the consensus process takes place, and each "I agree" follows the next, a warm feeling of fellowship and meaning floods through me. The marketing workshop will be held in the Seattle area on August 23, 1992. The coordinators are **Ellen Besso**, **Joanna Lazzarotto**, **Mercedes Gonzalez**, and **Patricia Orlinski**.

The next proposal is from the "Purity" pod. This proposal is for meeting days between conferences with different topics of focus for each. (An example of such a day is the Marketing Day in the above proposal.) There was no consensus on this proposal, and it is left to be determined at the marketing workshop, by the people at hand and based on how well the workshop is received.

Next a regional report by **Gwen Crowell**. There is about US\$2,000. in the regional account. There are specific uses set for some of the monies including a table repair fund and a scholarship fund. Written criteria needs to be developed as to who is eligible to receive scholarship funds. Gwen also reported that per request from the last Regional meeting, letters to the editor are being published in the international newsletter.

Then Gwen put on another hat and gave an Instructors report. The Instructors will now be meeting once a year rather than twice. The second meeting will be replaced by a conference call every six weeks. The Instructors representative to the Board of Directors is **Deane Juhan**. The Instructors are in the process of divesting themselves of the responsibility of choosing Instructor candidates and of supervising status changes. A Personnel Committee has been formed by the Board to assume these and other responsibilities.

Many thanks to the Board of Directors for sending a member of the Board, **Rita Lustgarten**, to be their representative to the Regional Conference. Rita informs us the Board meets in Mill Valley, six times a year. It is changing its focus to become more action-oriented. To do this the Board is setting up various committees. Some examples are a Committee on Committees, the above-mentioned Personnel Committee, and an Education Committee. Input to the Board from Practitioners can be made in writing via the Mill Valley office.

Next Sandra Jo instituted a "fish bowl" process, whereby the organizers of this conference sat in the middle of the circle, one seat in the middle occupied by a non-organizer, and the frustrations and joys of organizing the conference were expressed.

Then on the "Regional Conferences." Regional Conferences will rotate from B.C. (this year), to Oregon (next year), to Washington (the following year). Conference organizers will make up a notebook to pass on. The new committee can then benefit from the experience of the old.

International business is discussed next:

(1) "Real Estate Proposal". Because The Trager Institute is an international organization, because it must move from its current offices in Mill Valley, and because of the efficiency of modern communications, we propose to move The Trager Institute to Canada. To which end **Winnie Hunt** is willing to donate thirty acres of land, with a building on it, between Toronto and Montreal. There is consensus on this proposal with two stand-asides.

(2) "Proposal on proposals". We propose that an article with the proposals from this conference go to the Board of Directors, and to the Newsletter and ask that the Board reply in writing in the Newsletter as well as to the Northwest region. There is consensus on this proposal with one stand-aside.

Additional proposals from pods are not addressed due to lack of time. These proposals are:

(1) to identify national groups (such as the Multiple Sclerosis Society) that will especially benefit from The Trager Approach and contact them with demos and talks specifically when an Instructor is in the neighborhood and available.

(2) "Joumeyperson-Master status". Master status means a reduction in continuing education requirements.

(3) A Milton quote book--There has been a scribe at every one of Milton's trainings for many years and only a few of his quotes are printed in the newsletter. A book of quotes would be a source of inspiration to us all as well as a good fundraiser.

(4) A "Center for Nothingness". A retreat center, a place for sessions, a retirement center.

We then sing songs and officially close the conference. Then we eat lunch, and help clean up before leaving Loon Lake. Now the dusty dirt road back to civilization and all the cares and worries that we, with both gladness and difficulty, have left behind to attend this conference.

There is a bittersweet feeling in my heart from basking in all the comradery, friendship, and nature, and then having to leave (as always too soon, too abruptly). I am glad for the cheerful companionship of my friend Sally during the wait at the border and the long drive home.

MEMBER NEWS

Thank-you from Emily and Milton

Dr. and Mrs. Trager want to thank the countless members who showered them with cards, gifts, and loving thoughts this Spring, in celebration of their respective birthdays and anniversary. They are also grateful for the sessions TRAGER Practitioners have been providing them, as well as for the assistance you have provided.

Married (Some) with Children

This year is a boon for TRAGER births and marriages. Here they are!

Don & Anna Marie Bowers of Athens, Ohio, announce the birth of their daughter, **Alexandra Marie**, on May 5, 1992, and weighing 9 lbs., 1 oz.

Will and Gail Easton of North Bridgton, Maine, announce the birth, on February 26, 1992, of their son, **Lukas Larrabee**, who weighed 8 lbs., 2 oz.

Jack Blackburn, TRAGER Practitioner, married **Barbara Kimbrough** (psychotherapist) on March 14th, 1992, in Seattle, Washington. Much of the TRAGER community was in attendance. **Theresa Rose**, **Gwen Crowell's** daughter, was the flower girl and **Walter**, Gwen's son, carried by Brian, his father, was the ring bearer. Jack and Barbara are honeymooning in Costa Rica, from March 17th to April 4th.

TRAGER Tutor **Adrienne Stone** and Practitioner **Richard Smith** announce their marriage on July 19, 1992, in Santa Monica, California. The happy couple will be honeymooning in Hawaii.

Tutor **Fawn Christianson** and **Giovanni Giretti** of San Jose, California, announce their wedding on August 30, 1992, at Hakone Gardens, in Saratoga, California.

Practitioner **Charlotte Levinson** of Toronto, Ontario, Canada and **Don Burnstine** of Dorset, Vermont, announce their marriage on June 28, 1992, in Toronto. The couple spent their honeymoon in Vermont, and will be living on both Vermont and Toronto.

Harry Friedman, Trager Institute Board member and osteopathic physician and **Denise Diani**, physical therapist, announce their wedding on August 29, 1992.

The Power of Hook-up

Shelly Siskind

Shelly is a Tutor from London, Ontario, Canada, and Co-Chairperson of the Tutor Committee. She is also involved with a teaching called "Human Dynamics". One person and one moment brought the two worlds of TRAGER and Human Dynamics together, and Shelly's article describes that moment.

It has been long been said that a picture is worth a thousand words. In the Fall of this year I was able to experience the truth of this comment.

The Setting: Santa Barbara.

The Event: A Human Dynamics Workshop on the Process Behind Communication.

The Participants: Business trainers and invitees from other occupations from Canada, Israel, Sweden and the United States.

The Background: For a period of 9 days the participants had been immersed in learning about "Human Dynamics". These understandings help people see and appreciate their own gifts so that they can see and appreciate the gifts of others whose styles or ways of being differ, often drastically from their own. In addition to being a TRAGER Practitioner since 1984, and a Tutor since 1990, I have simultaneously been involved with Human Dynamics as one of 3 initial business trainers in Canada. It is this work that has helped me with my communication and people skills, so valuable to effective practice. In my experience, Human Dynamics and TRAGER, have several things in common:

- both are works of peace
- both came into being through a happening, not a planned event
- both require us to be in a special space in order to do the work properly, TRAGER language calls it the place of Hook-up, Human Dynamics language calls it the participation place, I experience it

as one and the same since we need to be in it, and outside of the self, in order to fully participate with another, or, in TRAGER language, to be out of the way

-when people are living this place or space, people catch it as the following event will illustrate:

The time had come for the closing circle of the training.

The Happening: One of the attendees was an Israeli police officer who was religious himself, and wondered if the work had any deeper basis, and, if so, what it was and how could it help his work. At a break I had brought a photo album with archives of other Human Dynamics trainings which we were looking at; and, as if by some synchronous occurrence, I happened to have my picture of **Milton and Emily in Hook-up** amidst the other photos. A single glance and this gentleman remarked "This picture (Trager) is what this work (Human Dynamics) is all about". And of course he was right, he had caught/got it!

The Reenouement: Moments later we reconvened for our final circle, and he made his statement as we passed the picture from person to person. There was barely a single dry eye in the house.

The Follow-up: I am excited to be to be presenting a 2-hour introduction of Human Dynamics to my TRAGER Family, at the San Diego conference. Some clues: Milton, Gary, and Gail are one dynamic, while Betty, Sheila Merle, and Carol are another. As for Deane, he's in a class by himself, though his group does make up 25% of North Americans. Have you noticed some similarities/differences in their gifts or teaching styles? Let's explore together at the conference.



Emily and Milton Trager in Hook-up.

Letter to the Editor

Sheila Christian

Sheila is a Practitioner from Oceanside, California.

Seeing the letter from the Toronto Practitioners in the latest TRAGER Newsletter has prompted me to write a letter of my own. I thought of writing most of this letter a year or two ago, but I was told by more than one person that nothing controversial was allowed in the Newsletter. I was so frustrated by this that not only did I not write that letter, but I also stopped reading the Newsletter. I felt that many crucial issues were not even being acknowledged, much less confronted.

Then I came home one day last week to find the Newsletter in my mailbox. Having just received both a session and a tutorial inspired me to sit down and read the whole thing. Reading the letter from the Toronto group, I realized that at least one policy had changed. Checking back over old issues, I discovered that I had not read the Newsletter for all of 1990 and 1991. In the next five days I read all of those neglected issues.

Such a crash-course in the world of TRAGER provided many insights. As with the Toronto group, I feel compelled to comment on the critical nature of much that I will say about the TRAGER organization. Many people will say that criticism, confrontation and anger are not the TRAGER way. I think many issues have been wrongly suppressed in the name of protecting TRAGER work.

In his introduction to the report of the restructuring task force in the Winter 1989-90 Newsletter, Carlo Rossi said, "Before moving into a 'creative mode' we, as a group, needed to acknowledge historical issues and a level of negativity that many were holding on to." He also said in that issue: "Our structure had become dysfunctional"; I believe it remains so. Suppressing criticism, confrontation and anger within TRAGER creates a dysfunctional organization. There has been secrecy, disempowerment, and foot-dragging far too long.

The two most important issues that I think we must deal with in the near future are: empowering Practitioners and expanding communication (another form of empowering Practitioners).

In a San Diego regional meeting almost two years ago, someone commented that the TRAGER organization was the most undemocratic group he'd ever seen. The phrase "taxation without representation" comes to mind. In other national

organizations to which I belong, the full membership elects the Board. The Rolf membership elects their Board. Within TRAGER, the Board elects the Board! Practitioners will only be empowered when we elect the Board. It's time we all become suffragists.

The TRAGER by-laws state: "New by-laws may be adopted or these bylaws may be amended or repealed by approval of the members or their proxies, or by written assent of these persons." I take that to mean the membership (the Practitioners), and only the membership, has the right to amend the by-laws. Given that the by-laws never define "member," I suspect that, somehow, the Board will find a way to explain that this does not say what it appears to say. Since we know that the membership has never had a vote in changing the by-laws and the Board HAS changed the by-laws, the explanation of this one should be interesting.

The membership should have the right of referendum. Until we have this right, the right to amend the by-laws, and the right to elect the Board, the Practitioners have NO power. This must change.

When the San Diego area regionalized I saw the issue not so much as one of giving power to regional groups, but one of creating regional groups as a vehicle to empower Practitioners. Believing my ideas would not be published in the Newsletter, I wrote a two-page letter that I sent to all the local members. Some of my concerns were taken up by the regional group and forwarded to the Board; their response was underwhelming. The Board seemed much more concerned with telling us what we could not do than with assisting us; for me, the last straw came when the Board told us we could not use the name the region had chosen - TRAGER San Diego - because of yet another legal problem.

I may seem strident about these issues, but anything less has not worked. Long ago, in the Winter 1990 Newsletter, the Northwest Conference mentioned many such issues: referendums on issues, a chart of organization, and membership election of the Board. The effect was as if those words had never appeared in print.

To understand the TRAGER organization we must have a chart of organization, a chart showing all the players: the Board, the Administrative Director, the various committees (which come and go without report) - anyone with power - and how they interrelate. I don't believe that, at this time, the membership will appear on that chart.

Also, we should have yearly reports of membership status. How many new Students do we have each year? How many new Practitioners? How many members

did not renew? What is the overall change in membership and what has the trend been over the last few years?

TRAGER has never had an effective marketing program. The Board has been less than frank with us about the efforts that have been made. The Spring 1990 Newsletter reported that the Alan Test Consulting and Marketing Co. had been retained for marketing and public relations; they were never mentioned again. In the Spring 1991 Newsletter it was reported that Jayne Bonfietti had been hired to provide a marketing proposal. I now hear she was fired after spending an unknown amount of our money and producing nothing useful; we have been told nothing about this. Now we are told in the Spring 1992 Newsletter that an internal marketing committee has been created. Apparently hope "Spring's" eternal with us; I take hope from a marketing group composed of members. Even so, in such an important area, information must flow freely to the members.

And, one more question: whatever happened to the Ginger Fund?

I turn now to the issues raised by the Toronto Practitioners about the Member Group Agreement. Initially I wrote almost a full page of ideas on how we could investigate ways of better supporting Practitioners while still protecting the service mark. Following one of my own suggestions (to see how comparable groups dealt with these issues), I called The Rolf[®] Institute.

The Rolf Institute uses a service mark. They also have regional groups. BUT, they have no contracts with the regional groups. Regional groups are established by two paragraphs in the Rolf by-laws; The Rolf[®] Institute feels this is all the protection the service mark needs. What could be easier?

Why wasn't research done among similar organizations to uncover this fact? How much was spent on legal fees to create 26 pages and then cull them down to 13 pages? How did this happen? How hard can they make it before we understand that Practitioners have to have a voice in this organization?

One final comment on the Toronto Practitioners letter and Ms. Reifler's reply. She said, "If you have other concrete suggestions, please let us have them. Your letter sadly lacked specific, constructive suggestions." "I found her attitude extremely offensive. "If you don't have all the answers don't question or criticize us." -- that's what I heard. When so much information and power has been kept from the members, questioning everything is imperative. Only after we gather considerable background information, can we hope

to create some answers. Sometimes I feel we're being treated like a bunch of children who just don't understand how it HAS to be.

I have one more issue to discuss, one that I have never seen mentioned in the Newsletter, and that has caused me significant distress. I became a Practitioner early in 1987; it was more than two years later before I understood the problems that local licensing can create for us. In the first years that I was a Practitioner I lived many places across the country because of my husband's work. In one location a Practitioner told me that all I needed was a small business license; in another, that TRAGER work "fell through the cracks" of regulation so I did not have to do anything. Given what I now know, I wonder if it's that easy anywhere in the United States.

I was relieved when I knew I was moving to California. Since California was the locale of the Institute, I was confident that, at least there, local laws would recognize TRAGER work. Also, since California had a reputation for being avant-garde, I assumed it would recognize the difference between bodywork and massage. I was wrong on both counts.

Shortly after moving to Oceanside, as I began to plumb the mysteries of the licensing maze, I called the Institute for information about California legislation. I spoke to someone who was hesitantly sure that TRAGER Practitioners were unaffected by massage laws. Knowing that was not true, I did not ask the Institute for any more help.

I decided to do a thorough investigation of the situation. The following is what I found for San Diego County: There are nineteen separate ordinances that govern this county. Eighteen ordinances cover the eighteen incorporated cities; a county ordinance covers all the unincorporated areas.

There are two possible licenses. A massage technician license requires a 100-hour training course (more than one person has told me that you're treated like a prostitute when applying for this license). A Holistic Health Practitioner license requires a 1000-hour training program, at a cost of well over us\$5,000. and a lengthy training period; this license is more respected, but is not recognized by nine of the incorporated cities.

No matter where I might obtain a license, I could not legally work from my home. In some areas there might be the possibility of having my home licensed as a massage parlor but that entails special requirements for bathrooms, showers, etc. And how often is one's residence zoned to allow a massage parlor? Barring that op-

tion, I have to find a massage parlor to hire me (the 100 hours license often requires listing the massage parlor where one will be working) or a medical office. In only some of the cities can I get an "out-call" license (a separate license) to work legally in a client's home, but there, too, I often have to be employed by a massage parlor.

I am very angry that my TRAGER training gave me no idea of what I could be facing. I haven't recounted all of this just to blow off steam; similar situations have happened to others. My point is that we have to make sure it never happens again. The Institute has to take greater responsibility for seeing that all Students know from the very beginning that they must investigate their local licensing situation.

I've been told more than once that if we do this we will have a serious problem getting new Students. Even if it should mean that we have no more new Students, we are ethically required to make this situation clear to all prospective students. The Upledger Institute, for instance, requires all prospective students to sign a waiver stating they are aware that Upledger training may not satisfy local licensing requirements.

These legal issues, and some personal health problems, have meant that I just don't have a TRAGER practice. Few are as lucky as I to have the financial resources to maintain their TRAGER standing while deriving no money from a clientele.

This situation is so daunting to many that they practice outside the law. They give sessions in their homes, never take massage training and ignore the laws. The entire TRAGER organization must confront this aspect of the problem as well.

The International Conference is imminent. Many people think this Town Meeting will be pivotal in TRAGER work's development. I hope this is true. BUT, we must realize that, even with record attendance at this conference, we will not have a majority of members present. Neither will we have a policy in place that will give members who are there the power to change anything.

The by-laws state: "Any action which would otherwise require approval by a majority of all members or approval by the members shall require only approval of the Board of Directors. All rights which would otherwise vest, under the non-profit public benefit corporation law, in the members, shall vest in the directors." (Punctuation added for clarity.) In other words, those rights which would normally fall to the members have been appropriated by the Board. The best outcome of this meeting

would be a ground swell of opinion forcing the Board to share its power. See you at the Conference!

A Note About This Newsletter

In response to membership and Board requests, the type size and space between letters has been increased to improve the newsletter's readability.

FALL
NEWSLETTER
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