

## From the Education Committee: The Draft Certification Program Proposal

This article would normally appear in the "Committee Reports" section of our newsletter. However, we are presenting it as the lead article to encourage as many members as possible to read and respond to the proposal.

### Introduction

Below is the revised Certification Program Proposal for TRAGER psychophysical integration and MENTASTICS movement Education. Changes from the first working draft reflect the thoughtful and valuable feedback which many Institute members sent to the Education Committee--feedback for which the Committee has been extremely grateful. Many of your sound objections have been responded to, and many of your creative ideas have been incorporated. The resulting document has been positively impacted by literally dozens of Students, Practitioners, Tutors, and Instructors.

This Proposal approximately doubles the hours of training prior to candidacy for Practitioner status. It also offers a much broader selection of possible "elective" courses with which to supplement the expanded "core" training in TRAGER tablework and MENTASTICS. These are dramatic departures from our current program, and yet these changes have emerged directly from our experience over the past several years with our current system.

In the beginning, there was only one teacher and no program at all. First Betty, and then others, simply followed Milton around learning whatever they could, whenever they could. Milton had never shown anyone how to do his work, and the work itself was radically different from anything his early students had previously learned. Both the teaching and the learning progressed on an extremely *ad hoc* basis, with no guiding theory, and with each new development springing directly from hands-on class experience.

Eventually a small group of students emerged that were proficient enough to begin teaching Dr. Trager's basic principles to others--spreading his work to a larger public. At this stage there was still very little formal organization, and the foundations of a fledgling Institute--and training program--continued to be developed on a class-by-class basis. This was a period of creativity, experimentation, entrepreneurial risk, and great excitement. But, it soon became clear that clearly defined standards of practice and consistent administrative procedures were necessary in order to effectively and fairly deal with a growing body of Students and Practitioners.

It was at this stage that a group of Instructors and students sat down to create the first certification program. This led to the formation of a "Training Track Committee", much like the current Education Committee, who worked for two years to develop the current program. A tremendous amount of thought and work went into its design, and, at that time, it represented the best ideas culled from previous training experiences.

We have now had nearly a decade of experience with the second version of the program, and have had some 1,500 students proceed through it. This program has worked very well, indeed, for many students, and it will certainly continue to be our foundation for instruction. It has put some sound principles firmly into place. But over time and with more experience, it has revealed some weaknesses as well, and a new ground-swell of feedback from members the last few years has led to this new Certification Program proposal.

### Certification Program Problems

In the first place, Betty and Milton began with the assumption that the Institute would primarily be training individuals who were *already established professionals* in the bodywork and health

care fields. As it turned out, our trainings have attracted a much broader spectrum of students, including many without the previous experience to prepare them for the specific professional and emotional demands of a TRAGER practice. Secondly, there was a general under-estimation of the potential difficulties involved in truly grasping the disarmingly simple principles of the work. Everyone came to the trainings knowing how to do "something", although sometimes not from the bodywork field, and often it has not proved to be quick and easy--even for previously seasoned bodywork professionals--to learn to do the kind of "nothing" that is the essence of Milton's approach.

Gradually reports of dissatisfaction began to surface from many levels. Recently graduated students often felt under-trained and insecure. Their practices were not taking off as they had hoped. Tutors--and clients--reported disturbingly wide deviations in standards and skill levels among various Practitioners in the field. Milton confided to the Instructors that too many Practitioners were not ready to absorb

### ABOUT THIS NEWSLETTER

Producing this newsletter has been a truly bitter-sweet experience. For the first time, we had many more excellent articles submitted than we had space. The focus for this newsletter has turned out to be critical developments and issues of the TRAGER organization itself, and critical issues about the profession of massage/bodywork/movement education/somatic education/hands-on practice in our society. These issues affect Students and Practitioners everywhere, and I encourage all members to learn about, give input on, and participate in the rights of TRAGER Practitioners to practice, and to be fairly compensated.

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All Students and Practitioners! Please complete and send in your Marketing Committee Survey as soon as possible!

his teaching by the time they got to his classes. And, added to these problems, was the growing perception that The Trager Institute offers the shortest training program by far among all the major approaches in the bodywork business. It is becoming increasingly clear that this brevity of training means that our program simply is not taken seriously by many peers, consumers, and potential students.

Congruent with the growing perception of these shortfalls, another kind of complaint began to surface among Students and Practitioners: Our continuing education requirements are too great a financial and logistical burden, particularly during the first three years after graduation to Practitioner status. Few graduates, it appears, are generating the level of income that would comfortably absorb these post-graduate training costs.

All of these various difficulties seem to converge upon a single underlying problem: We are training many of our students about half enough for them to start up successful and confident practices, and then we oblige them to pick up the other half during their first three years as struggling professionals.

Viewed in this way, the underlying problem has an obvious answer: Include all the necessary training before advancing Students to Practitioner status, and then graduate Practitioners who are truly ready to practice successfully in their field. Then demand of them only the necessary amount of continuing education requirements to maintain their active connection with the Institute and keep their skills abreast of new developments in the work.

### Certification Program Changes

This approach has informed one of the principle changes in this Certification Program proposal. The total amount of training proposed has actually increased very little. But, the day of graduation has been pushed back to the point at which training is actually complete. And, once a Student has graduated from this new program, the intention is that continuing education requirements can be significantly reduced without compromising the continuing professional development of our Practitioners.

Another principle change--one that is not obviously implied by the mere addition of more training hours before graduation--is a significant shift in emphasis towards MENTASTICS, self-development through Hook-up, and the

whole idea of movement re-education. Too much of our training in the past has focused too exclusively upon the tablework and the repertoire of "moves." This has tended to make The TRAGER Approach appear to be simply another form of massage, and has distracted attention away from the skills that are truly primary, and the effects that are genuinely unique to the work.

Clearly the majority of our training hours need to be spent in these "core" areas of skills and concerns: Hook-up, MENTASTICS, movement re-education, tablework, anatomy and physiology, and professional issues. But it is equally clear that many of our Students and Practitioners want and need class work and self-development in other areas as well in order to be well-rounded, well-informed professionals. There exists a wide and rich variety of knowledge and skills within our membership--and from outside sources--that would be useful to many of our Students and Practitioners.

Hence, the idea of a broad menu of "elective" courses: This seems to be an ideal way to honor and utilize our own native talent, broaden our Students' and Practitioners' education with the kind of information and services which they themselves have said they need, and a way provide the flexibility of individualized programs within the overall training. Our anatomy and physiology courses were added to the current program in this same spirit, and their popularity suggests that other relevant additions should be equally successful.

### Goals for the Expanded Certification Program:

To give the Student a deeper understanding of the TRAGER paradigm of mind/body intervention--that of reaching the functional mind through the movement of the body and its tissues; to assure a high level of tablework skills at Practitioner certification; to assure a high level of skill in teaching MENTASTICS to clients, so that the Practitioner can relate MENTASTICS to each part of the body, as well as teach fundamental principles of self-care; to assure that all Practitioners have basic skills in leading group MENTASTICS, and in giving public demonstrations; to assure that Practitioners have the verbal skills required to give competent interviews, feedback, guidance, etc.; to have the business acumen and professional skills necessary to create a viable, thriving practice, and the depth of understanding of ethics to bring integrity to

that practice; to have a learning process that mirrors Milton's development of the work, that is, developing the understanding of self-movement first: "You can only give what you have honestly got." (Milton Trager)

### Program Proposal Outline

#### 1. Prerequisites to the Certification Program

Introduction to TRAGER Movement Education (20 hrs); minimum of 3 sessions received from certified Practitioner (6+ hrs); written recommendation of Practitioner; written statement by applicant; application process.

#### 2. Core TRAINING A -- (6 days)

#### 3. FIELDWORK A

#### 4. Core TRAINING B -- (6 days)

#### 5. Fieldwork B

#### 6. Anatomy & physiology training - (6 days)

#### 7. Core TRAINING C -- (6 days)

#### 8. FIELDWORK C

#### 9. Core TRAINING D -- (6 days)

#### 10. Electives - (156 hrs)

#### 11. FIELDWORK D

#### 12. Practitioner Continuing Education

### CERTIFICATION Program Proposal

#### General Notes:

- The Education Committee views TRAGER work as a unified whole, with the movement education principles applied in various positions, such as standing, prone and supine. We are concerned that the terminology of MENTASTICS and TRAGER, or MENTASTICS and tablework may create an artificial sense of separation of these skills, but we have continued to use them in this document since they are in current usage.

- Costs listed below are approximate. Core trainings have been calculated at current fee of \$100/day. Electives at a suggested fee of \$75/day. Tutorials are listed as \$40/hour and private sessions are counted at \$60 with 2 hours of credit given, while recognizing that session length may vary from this. Actual costs will vary according to options taken and location. All costs are in US dollars. Also, actual hours may end up being more than 500, depending on electives chosen or readiness for certification.



- Only hours in the presence of an approved Instructor, Tutor, or workshop leader count towards the 500 hours.
- Transfer credit may be given for previous experiences in anatomy and for certain electives. The standards for this credit are to be defined.

### 1. Prerequisites to the Certification Program

Requirements: Introduction to TRAGER Movement Education- (20 hrs; \$125)

**Goals:** To teach TRAGER self-care skills for integration into daily life.

To offer information about, and experience of The TRAGER Approach that will help interested persons make an informed decision about receiving private sessions and/or applying to the Certification Program.

**Format:** Can include 20 hours of Introductory Workshops, or a minimum of a one-day Introductory Workshop (8 hrs) and the other hours in MENTASTICS classes. - Minimum of 3 sessions received from certified Practitioner (6+ hrs; \$180) - Written recommendation from a Practitioner - Written statement: How I learned about TRAGER; how it has affected me; why I want to train in TRAGER.

**Application process:** Applicant applies to Sponsor for core training A. (see below) submitting application materials. Instructor reviews materials and accepts or rejects, in consultation with Sponsor, if desired. We recommend a long range intention of having an Admissions Committee or possibly regional Admissions Committees.

### 2. Core TRAINING A -- (6 days/ 48 hrs/\$600)

**Goals:** To provide a basic understanding of the principles of TRAGER movement and Hook-up through a broad repertoire of MENTASTICS for the Students' personal use.

To begin applying TRAGER to partnered work, through:

- Basic shared MENTASTICS
- Learning to give and receive feedback.

To develop the feeling of tissue and weight that underlies the tablework through an exploration of the weights of each part of the body and very elementary moves.

NOTE: In addition to the goals and content listed, all four core trainings will include:

- Professional issues (ethics, communication, certification program info., etc.).
- Basic anatomy & physiology integrated with the demonstrations to clarify the intention of the movements.

### 3. FIELDWORK A -- (24 hrs/\$610)

**Goals:** To integrate and refine the learning from the core training through practice time and through private and group supervision.

**Requirements:** - 30 sessions given with written session notes and no professional fee.

At each level, the sessions given reflect learning from previous core training(s). For example, at this early stage, practice sessions might include personal MENTASTICS and exploring partners' weights at the table, while sessions in Fieldwork B & C would include more tablework repertoire.

- 10 sessions received, minimum of 4 from Practitioner, with written session notes. (8 hrs/\$240-could be up to 20 hours/\$600 if more sessions received from Practitioners)

- 8 hours of tutorial time: 4 hrs/tablework & 4 hrs/MENTASTICS. (8 hrs/\$320)

- 8 hours of group supervised practice: in Supervised Practice days, MENTASTICS Days, or MENTASTICS classes. This can be replaced by 4 additional tutorial hours. (8/\$50 or 4/\$120)

- Recommendation from Tutor to proceed to next training level.

### 4. Core TRAINING B -- (6 days/ 48 hrs/\$600)

**Goals:** To deepen the experience of Hook-up.

To broaden MENTASTICS repertoire.

To develop MENTASTICS practice with partners/clients.

To extend the movement vocabulary into the basic repertoire of tablework moves.

To explore talking about TRAGER to others.

To counsel the Student regarding elective choices.

### 5. FIELDWORK B -Same as Fieldwork A (24 hrs /\$610)

### 6. Anatomy & physiology training - (6 days /48 hrs/\$600)

**Goals:** To develop comprehension of functional anatomy as it specifically relates to the TRAGER paradigm of movement education. To learn anatomical terms to enhance communication with other health professionals.

Notes: This training may be taken anytime after training A and before training C, from any of the approved TRAGER anatomy teachers. A written exam

evaluating basic anatomy and physiology knowledge is very likely to be part of the new certification program.

### 7. Core TRAINING C -- (6 days/ 48 hrs/\$600)

**Goals:** To deepen understanding and skill in MENTASTICS processes for self and partners.

To extend the range of vocabulary and movement possibilities of hands-on work and body use in all positions, including side-lying and sitting, and to develop specificity of intervention.

To develop further communication skills (feedback, client communication, etc.)

To develop self- and peer-evaluation.

To further develop private practice skills, addressing each Student's problem areas and issues,

To introduce group skills for public demonstrations and group MENTASTICS teaching

To evaluate the Student's needs for specific Electives classes to help each Student round out their practitioner skills.

### 8. FIELDWORK C -Same as Fieldwork A (24 hrs /\$610)

### 9. Core TRAINING D -- (6 days/ 48 hrs/\$600)

**Goals:** To develop and refine adaptations of hands-on work and guided movement for specific client needs.

To explore variety in session format and responses to challenging client situations.

To evaluate basic group leadership skills in public demonstrations and in leading groups in MENTASTICS. If the Student does not pass assessment of basic group skills, a later evaluation would be necessary.

To have the teaching staff and each individual student evaluate the Student's readiness to go for 2 certifying tutorials (see below), or if the Student needs additional specific fieldwork before these tutorials.

### 10. Electives - (156 hrs/\$1463)

**Goals:** To round out skills needed by individuals in order to meet the standards set for certification as a TRAGER Practitioner. To allow the Students to make choices taking into account their individual needs and professional interests.

Notes: Electives need to be taken *before* final certifying tutorials. (See below) There may be minimum hours required in certain categories. Elective costs can vary greatly depending on options selected.

Categories being considered are: Supervised practice: MENTASTICS classes, Supervised Practice days, etc. Professional and personal development: interview skills, communication skills, group skills, interpersonal issues, dealing with emotions and transference, thematic workshops (e.g. TRAGER and substance abuse), etc.

Anatomy, physiology, pathology

Business practices: record keeping, marketing, etc.

Ethical and Legal issues: sexuality, disclosure, confidentiality, etc.

### 11. FIELDWORK D - (6 hrs/\$240)

**Goals:** To follow up on recommendations derived from self and staff assessment from Training C. To evaluate private practice skills before certification.

**Requirements:**

- Complete any additional recommendations or requirements for practice, classes and/or special tutorials or mock-class tutorials from Core Training C, or from evaluating Tutorials.

- Two 3-hour evaluating tutorials - (6 hrs/\$240): the Student does full MENTASTICS and tablework session with a Tutor in each 3-hour tutorial. This is NOT a teaching tutorial, and the Tutor reserves most feedback for the end. If it becomes a teaching tutorial, the Student is not ready for certification and receives further recommendations.

- Written statement - Theme paper may be required as in current program.

- Application process - to be developed.

Total core requirements (includes prerequisite hours) - 344 hours/\$5400

Total elective requirements - 156 Hours/\$1450

Total program requirements - 500 Hours/\$6850

### 12. Practitioner Continuing Education

**Goals:** To continue development as a Practitioner. To assure maintenance of Practitioner standards.

**Requirements:**

- Tutorials: 1 tutorial/year.

- Training: 24 hours of training credit every 3 years, with selection from such things as reviewing core trainings, taking Practitioner trainings, assisting, taking selected electives, Supervised Practice Days, etc.

Note: This is the current Education Proposal. There is a suggestion from the administration to go to Practitioner renewal every 2 years, with a tutorial only every two years.

Issues still under development:

Your creative ideas are welcomed!

1. Student supervisor: We are discussing the need for a supervisor or advisor for each Student going through the 500 hour program, whose purpose would be to consult on or perhaps even require an individualized elective program. One question is whether this would be necessary, or whether the recommendations made by the various Tutors and Instructors would suffice. Another question is whether this would be a paid position if it exists.

2. Transition to the new program for current Students and Practitioners:

As a result of the increased amount of training, there will be new Practitioner standards under the new program. Specifically, it seems likely that there will at least be new standards for basic group presentation skills, and there may be higher standards for tablework and MENTASTICS skills as well. Over the next year the Committee will be addressing the question of how to implement a smooth, efficient, and fair transition from the current program into the new one.

Another question is whether new Practitioner standards would eventually apply to people who have Student status at the time the new certification program is implemented. What would be the time-frame to complete the old program with the old Practitioner standards? And how can we best encourage our current Practitioners to take advantage of the new courses in the new continuing education program to upgrade their skills?

3. Certification program approval process.

The Education Committee awaits your feedback on this proposal. For our non-English reading membership, this proposal is being translated into Swedish, German, French, Italian, and Hebrew. **We need your feedback by March 1, 1993.** Some aspects of this proposal may need to go out for another round of feedback. The Education Committee's current understanding, as communicated by the Board, is that the Committee would then write the final draft of the program, taking into account the member feedback, and would present it to the Board of Directors for final approval.

The Education Committee: **Claudia Bourbeau, Gary Brownlee, Beverly Cox, Chairperson, Louise de Montigny, Maurice Hirsch, Sheila Merle Johnson, Deane Juhan, and Roger Tolle.**

## Moving and Removing: TRAGER and Chronic Fatigue Immune Dysfunction Syndrome

Jo Hayward-Haines

Jo Hayward-Haines is a TRAGER Practitioner residing in Ontario, Canada.

**The Illness:** Reading *Fred Savage's* article ("TRAGER and MENTASTICS: A Positive Tonic for Health," TRAGER Newsletter, Winter 1991-1992), I was struck by how similar our healing experiences with TRAGER have been: his, recovering from osteo-arthritis; and mine, recovering from Chronic Fatigue Immune Dysfunction Syndrome (C.F.I.D.S.) or myalgic encephalomyelitis (M.E.).

In a recent MENTASTICS Workshop, *Sheila Merle Johnson* encouraged me to write my own story. *Bayla Goldstein*, at my last tutorial, said: "Write it just the way you told it to me." So--Here goes.

It was in the summer of 1987, that the illness was finally diagnosed. For sometime I'd been experiencing sensations normally associated with the flu: skin sensitivity, aching joints, muscle weakness and pain, difficulty coordinating movement and maintaining balance, a muddiness in the tissue of my body, mental confusion, and an overwhelming desire to sleep. Other signs that the immune system was being bizarrely challenged included persistent swollen lymph nodes, painfully swollen spleen and a low-grade fever. I felt as though I were a walking tinman [from "The Wizard of Oz"]--without the oil. What a cataclysm of screaming cells! What were they saying?

The variety of symptoms, the random nature of their occurrence, and the wildly inconclusive results of lab tests, served only to amplify the sense of chaos. I felt as though a thunderbolt had been flung into my being, and that the vibrational effects might fragment and decimate any sense of wholeness I had once known.

Historically, the illness has often accompanied polio epidemics and it shares some symptoms: brain and peripheral nerve injury discovered from human autopsy studies; inflammatory changes in the area of the capillaries, with extrusion of blood cells across blood vessels, forming clumps of fibrotic cells, spotty degeneration of the myelin sheath of peripheral nerves, and abnormal brain scans have appeared in Magnet Resonance Imaging.



"AIDS it is not," my doctor reassured me. "Whatever you call it," he added, "it lasts six months to several years. You will have to change your life drastically, but you will not die from it."

Having struggled through a year and a-half of teaching while feeling half-awake and in constant pain, I finally decided, in the the Winter of 1989, to take a medical leave of absence. My doctor told me, quite honestly, that there was nothing he could do for me. He prescribed rest. I knew, by then, that I had to take responsibility for my own healing with whatever consciousness, will and intelligence I had left.

**Healing:** Despite my promise--made in the confines of the illness to write about healing--if I ever recovered, I have been nervous about "going back into it." I've been writing this story slowly, drawing support from the movement of the weeping birch tree outside my window, from pauses for MENTASTICS to renew the realization of oneness with the Earth touching my feet. Sitarist Nikol Banergee's "Morning Rag" often breathes with me. I read in Thich Nhat Hanh: "The Sun My Heart"

In 1988, when I arrived at *Thea Wakeford's*, a TRAGER Practitioner my son had learned about, I would not have been able to comprehend the above passage. At the time I could hardly finish reading a sentence. I was teaching French, but I could hardly speak a coherent sentence, French or English. I never knew if the words that came flying to mind like leaves scattering in the wind would ever be able to settle themselves into sentences.

After introductions, Thea led me to her sunny little TRAGER room. I aligned my mushy body onto the TRAGER table with an indifferent attitude. Little did I know how profound a difference The TRAGER Approach would make in my life!

Thea doesn't verbalize a lot. She seemed normal and sane, and I was so grateful not to have to "do" anything. She began slowly and rhythmically, her hands sinking into my shoulders, pressing her fingers into the flesh of my chest, as it rose and fell. She lifted my head--how heavy and dense it felt!--and she rocked my head between her hands. Something about that brought tears to my eyes. She gently stretched, lifted and tossed and rolled my legs. (I had legs!) She touched my toes. She said, "We want our touch to be like the touch of the wings of a butterfly." I wandered off. I yearned for some ferocity of movement, to be shaken, plopped, awakened

from the web of apathy that ensnared me. Undeterred, Thea steadily spoke a different message of natural, tender moves. Later, she taught me some MENTASTICS.

I remember standing clumsily in her living room. I was bemused, and felt as though I had emerged from a kind of shower. She was teaching me. I fought to focus, to understand. What is this? The weight of an arm? Okay, I can do this. Through the fog I heard her say, "And you can ask your arm--now that you've got the sense of its weight there, as though strumming a guitar--could it be lighter?"

Driving home, I noticed I could see the trees. I could see green. I didn't cry out, "Yes, yes, at last!" I just noticed. Something had happened. Something had shifted. Something had changed.

Because I was determined to do nothing but what might promote healing, and having left my job (my husband becoming a gourmet cook, lovingly enticing me to please eat), I was diligent about practicing MENTASTICS. Daily I would stand in my living room and recite "Could it be lighter?" while my arm pumped up and down. Having lived in India, and having practiced Yoga, I knew something about not being attached to results. Then one day the first insight rippled through my whole self. (So there "was" a whole self!) You really "are" supposed to be talking to your arm. And the arm will "answer"! I looked down at my arm and, in a way, my arm looked back at me. I remember laughing delightedly. Could it be lighter? Yes! Yes! It could be. It is! And when I began to play, there were two at play, the mind and the body.

I continued experiencing TRAGER sessions at regular intervals, and the second pivotal experience was in my shoulder. Thea had sensed, I think, that I needed some direction about what might be allowed to happen during a session. She said that people often experience energy shifts which are sometimes accompanied by an emotional release. I was being told it was safe to allow a little more intimacy. So being touched by a person who was present yet detached, who by her moving of my body reminded me of my living substance--weight, density, flexibility, shape--was, I realize now, a profound experience. Profound, and yet occurring very naturally.

Now that a certain coherence, a mind-body-spirit coherence was beginning to be experienced and enjoyed, I decided to return to teaching. Still, I was so interested in this fascinating

work that, with Thea's encouragement, I arranged with my school board to be granted a leave of absence to begin in April the TRAGER training. I completed the school year very well.

On this plateau of healing I continued, sometimes feeling adrift, then sensing around me (separate still), in Maine, my birthplace, a kind of waiting. There was another relapse, common to this, but quite unexpected by me, inasmuch as I had been dutifully attentive to my diet, exercise, singing, doing MENTASTICS, and resting. Unable to return to school, my life fraught with insurance company hassles, I felt terribly ashamed. Deprived of my ability to teach, something I love doing, I felt worthless.

At last, after a variety of medical adventures, another critical shift in the healing process occurred. I visited a medical doctor knowledgeable in and curious about alternative therapies. The most significant aspect of his treatment was to suggest that I ask of the illness itself: "What are you teaching me?"

At those words I felt another profound energy shift within, one similar to the awakening jolt I'd received when MENTASTICS clicked in, and the kaleidoscope received another shake. I asked--and I have continued to ask, and ask.

And the answers that have come!

As Fred Savage wrote in his article: his practitioner noted that he, Fred, accepted osteo-arthritis as a gift, not as a penalty; that he accepted all help. Like Dr. Bernie Siegel's cancer victors, I also expected to find my way to health and well-being. But perhaps my relapse showed me that I still harbored some expectation of a miracle, that I was stressfully pre-occupied with cure. Unable to read, paint or learn through channels now closed, I was discovering the one sense I had belittled and ignored--the one sense open to me that I could learn through--the sense of touch. I had been learning through giving regular TRAGER sessions as part of my beginning TRAGER requirements. I took the Intermediate training, sloughing through the discomfort and clumsiness of my slow learning only because of the honest attentiveness of my TRAGER Instructors and Tutors, and because of those flashes of insight and tissue change that really happened. Sometimes, though, I secretly thought, "Well, those groans of pleasure are surely a little over-done. And walking around with Milton Trager leading MENTASTICS at the Indianapolis Conference, I thought, alright, this is fun, but aren't they a bit awash in their over-enthusiasm?"

Then one day, perhaps a couple of months later, doing MENTASTICS in my room, my feet started to sing. At the time, I could barely walk slowly to the end of a very short block and back. And then collapse. So I feel, well, these feet are fluff balls. They feel warm, sunny, open--as though they could be tossed by the wind like tumbleweed. I'm traveling with them. Carefully, to tenderly keep clustered this sense of lightness, I drifted downstairs, slipped into a coat, went out the door and, feet tossing their way along the road leading down to the river, I went all the way down, feet singing, and all the way back, easy as breathing, a good two miles, and not a flutter from the exhausted heart, nor a gasp from overworked lungs. Nothing.

Now this was a revelation! There was no longer any doubt in my mind about the wealth of discoveries to be made through MENTASTICS.

And it's this questioning approach of TRAGER that has guided and deepened my experiencing and my practice of TRAGER from that point on. I began to read a bit. I became a TRAGER Practitioner, and the essay requirement I wrote was the first coherent writing I had done in ages. Questioning, I have discovered related healing modalities as well, all of which I have incorporated into my TRAGER Practice.

**Well-Being:** In 1984, well before my illness, I started what we called the Victoria Peace Project. We were a group of friends who had endured too many years of distress at the prospect of our beautiful Earth, and all of life with it, being destroyed by a petulant finger pushing the button of nuclear holocaust. Now I see how many forms our search for peace has taken, and how many answers we have unveiled!

I believe that we, as conscious human beings, are traveling on a journey of peace-making, and as we discover it, we discover as well the bountiful nature of life and the joy of living it. As the poet Rumi says, "The ocean cares so much for every wave, it brings it safely to the shore."

So we are home. *On se sent bien dans sa peau.* The beauty of the TRAGER experience, both giving and receiving, continues to evolve. At the heart of it, though, what is constant is that we do not maneuver and manipulate, we do not adjust. We question. We are attentive to the sensing of how we are all inter-related, how we are "multitudes," not cogs in a machine to be fixed so we tick on time.

To Milton and Betty, and to all of us who benefit so much from each other's work--joyous gratitude, wave on wave.

## What Is Going On At NIH?

Elliot Greene

*Elliot is the President of AMTA (American Massage Therapy Association). He recently attended hearings at the National Institutes of Health (NIH) on "alternative medical practices". This report appears in the Fall, 1992 issue of Massage Therapy Journal, and is printed here with permission of the AMTA.*

Earlier this year, the National Institutes of Health began its first organized effort to study alternative forms of health care. In June, the NIH formed an *ad hoc* committee to begin the process. Hearings were held to receive testimony about which areas of alternative health care merited attention, and the development of methods for studying them. The hearings were reported in *Hands On* (Vol. VIII, No. 3), the AMTA newsletter.

The next step NIH took was to sponsor a major meeting of around one hundred researchers and practitioners on September 14-16, 1992. I was invited by the NIH, as President of the AMTA, to participate in the meeting. The potential importance of these developments to our profession is great, consequently this column will be devoted to discussing what happened.

Before looking at what took place at the meeting, it is interesting to consider how NIH's program to study alternative health care practices got started. The National Institutes of Health form the United States' largest research institution with a budget of us\$8.9 billion. The NIH mission is: "Science in pursuit of fundamental knowledge and its application to extend healthy life and reduce the burden of illness and disability." The U.S. Senate Appropriations Committee, which periodically evaluates NIH's programs, found that NIH was not giving sufficient attention to alternative forms of health care.

In an action spurred on by Iowa Senator **Tom Harkin**, the Appropriations Committee stated, "The Committee is not satisfied that the conventional medical community as symbolized by NIH has fully explored the potential that exists in unconventional medical practices. Many routine and effective medical procedures now considered commonplace were once considered unconventional and contraindicated. Cancer radiation therapy is such a procedure that is now commonplace, but once was considered to be quackery. In

order to more adequately explore these unconventional medical practices the Committee requests that NIH establish within the Office of the Director an office to fully investigate and validate these practices. The Committee further directs that the NIH convene and establish an advisory panel to screen and select the procedures for investigation, and to recommend a research program to fully test the most promising unconventional medical practices. The Committee has added us\$2,000,000. for this purpose."

In following the Senate committee's mandate, NIH opened an Office for the Study of Unconventional Medical Practices--this is the term NIH is using for alternative forms of health care, recommendations have already been made that this title be changed. The purpose of the Office is to work with the alternative health care community and, according to NIH Associate Director **Jay Moskowitz**, "set an agenda and begin a strategic planning process that will guide the evaluation of unconventional medical practices." The Office for the Study of Unconventional Medical Practices became the sponsor of the September meeting.

A letter to meeting participants explained that the expected outcome of the meeting would be the development of methods to identify unique opportunities and implications offered by alternative health care practices. Also planned were discussions of implementation strategies, research & research training programs, and methodologies necessary to fully develop the potential applications of these practices. The end result would be specific recommendations to NIH to frame issues and assist in developing priorities for NIH's budding program for alternative health care research.

At the opening of the meeting, NIH Associate Director **Jay Moskowitz** informed the group that the purpose of the meeting was to make recommendations for a research agenda for NIH to study alternative forms of health care. Moskowitz stressed, "It is imperative that we include the practitioners of these (alternative health care) practices in developing a plan." He expressed that, "This is an exciting time for NIH and many will say overdue."

Six panels were formed to cover the alternative field: Structural and Energetic Therapies (this included therapeutic massage and bodywork), Mind/Body Control Interventions, Pharmacological and Biological Interventions, Electromagnetic Applications, Traditional and



Ethnomedicine Treatments, and Diet/Nutrition/Lifestyle Changes. Eight questions were posed to each panel:

1) What are the recent research accomplishments in alternative health care practices?

2) What are the major research opportunities offered by alternative health care practices from both a short and long term perspective?

3) What are the major health care opportunities offered by alternative health care practices from a short and long term perspective?

4) Identify the criteria that are needed for establishing research priorities for alternative health care practices—for example, would the research fill a critical gap in our existing knowledge base?

5) Are there any specific remedies or interventions, particular diseases, conditions or special populations that should be the initial focus of our efforts?

6) What are the barriers to the growth and development of research opportunities in alternative health care practices?

7) What role do you envision for the Advisory Committee to assist the NIH in establishing and reviewing the research agenda?

8) Are special incentives needed to stimulate research in alternative health care practices?

The responses of the six panels to the questions are much too lengthy to report here, however certain themes emerged. There were many calls for a shift in thinking toward the concept of wellness, rather than exclusive focus on disease. There was much appreciation for the idea that people have healing potencies within themselves to function at their optimal potential. Greater global awareness was encouraged through surveying the literature produced in other countries and respectful study of the healing traditions of other cultures.

Changes in research methods were advocated. For example, conventional research methods relying on the double-blind controlled study and the elimination of the placebo effect present problems when applied to studying forms of alternative health care. Consequently, other research methods need to be used and accepted, such as one method called "outcomes analysis" which looks at changes in health status that can be attributed to care.

Changes were suggested to make the peer review process, which is used to decide which research proposals get

funded, fairer and more effective when considering alternative health care research proposals. The importance of doing cost-effectiveness studies was pointed out. There were many calls for researchers of alternative health care practices to be shielded from prosecution and harassment by the Food and Drug Administration and other authorities.

It was apparent that NIH's term "unconventional medical practices" was widely unpopular among the group. It was hoped that NIH instead would use a term such as "alternative health care" or "complementary health care."

The ambitious meeting agenda also placed participants in another set of groups called cross-cutting issues panels. There were five topic areas of the cross-cutting panels: Data Bases, Information Collection and Dissemination; Research Training; The Peer Review Process; and Methodology and Epistemology (two sections, this is the one I was on). Each panel was asked to address a different set of questions. While it is not possible here to mention all the recommendations, generally these panels stated that alternative health care practices need to be integrated into these topic areas that are so vital to research and made recommendations on how to do so.

Over the next few months, each panel will write a report on its recommendations. Sometime in January or February 1993, the panel reports will be published together in one larger report that will probably have a title such as "Report of the NIH Working Group on Unconventional Medical Practices."

At the closing of the meeting, the meeting chairperson, **Brian Berman**, Director of the University of Maryland Pain Center, remarked, "There are real problems in health care, perhaps (alternative health care practices) will fill some of these gaps in dealing with major health problems. We can offer new directions in health care: new thinking, attitude, direction." Berman called for an atmosphere of trust and real communication between the holders of "conventional" and "unconventional" points of view.

The meeting closed with a flourish as a pleasing and encouraging set of announcements was made. NIH will make about fifteen pilot grants worth US\$50,000. per grant per year in the Fall of 1993. The grants will be for research of alternative health care practices.

The peer review process used in awarding these grants would involve alternative health care practitioners and would likely feature

some of the reform ideas being proposed.

NIH will also hold grant writing and peer review training workshops for alternative health care practitioners. An effort will be made to get more literature on alternative practices placed into the collection and computer data bases of the National Library of Medicine. Finally, NIH will sponsor more symposia to foster research in specific areas of alternative health care. (Hopefully one will include therapeutic massage and bodywork!)

What was the significance of this meeting to the therapeutic massage and bodywork profession? On the larger scale, it was an action that took a constructive, tangible step to bridge the gap between the "conventional" and "unconventional" approaches. This included facing one of the most formidable barriers—ignorance of alternative approaches by mainstream physicians. Our profession and the public will surely benefit if an atmosphere of cooperation, respect, and inclusivity begins to prevail over what has previously been evident in health care and related research.

The meeting was another signal of the fast-moving changes related to society's way of dealing with health care and other areas related to becoming and being well. In turn, this will affect society's support and use of massage therapy and bodywork.

The event also stimulated major media attention. Several networks and newspaper sent reporters to the meeting and did stories on alternative health care, some of which specifically reported on massage therapy.

Some important concerns were also expressed. Participants wondered about how assertive NIH will be in fulfilling the Senate Committee's mandate, how much funding will be provided in future budgets, and whether the alternative care community will remain as relatively unified and mutually supportive as they were at the meeting. There was a significant degree of apprehension about harassment by the Food and Drug Administration and other regulators, as examples were cited of innovative researchers actually getting support from NIH only to be raided by FDA agents. However, NIH officials made an effort to show that they're sincerely interested in reaching out to the alternative health care community, and it's not business as usual. We will watch with great interest how things develop.

## Professional Liability Policy Available to U.S. TRAGER Practitioners

Don Schwartz

I'm pleased to announce that U.S. Practitioners will find an application form for a professional liability insurance policy together with this Newsletter and renewal mailing. This new policy, available through The Trager Institute, was developed in cooperation with the other four member organizations of The National Federation of Therapeutic Massage and Bodywork Organizations, and is sponsored by Maginnis and Associates, Inc., in Chicago, IL. It is an excellent \$1,000,000 policy for a very reasonable annual premium: \$90., or \$99. for Practitioners who have had this kind of professional liability coverage from companies other than Maginnis. *The additional \$9. covers the policy holder in the case that a claim is made from the time period of the previous coverage--up to five years prior to the current policy.* To apply for this policy, simply fill out the enclosed application form, and mail it in with your Membership Renewal Form and check. Since this policy covers the Practitioner for the *calendar year of 1993*, your forms and check are due by *January 1, 1993--if you are renewing with insurance.* Please call me at the Mill Valley office (415-388-2688) if you have any questions.

## The TRAGER Conference

"It was the most  
beautiful, stimulating,  
gorgeous, glorious  
experience  
imaginable!"

Emily Trager on The San  
Diego Conference

On Behalf of the Steering  
Committee of the Sixth  
International TRAGER  
Conference, San Diego,  
*Aloha Oe*, until we meet  
again...

Maryann Zimmermann

...in a training, a tutorial, a meeting,  
a class, a celebration, the next Confer-  
ence.

The Sixth International TRAGER Conference is a VISION MANIFEST for us. It has been well worth the two years of work/play to be with you in this vehicle of education and celebration. Our heartfelt thanks go out to each of you present and not present who supported, encouraged, inspired, and acknowledged us to extend ourselves and reach higher than we ever thought we could. You gave us an opportunity to serve you in its highest meaning, which allowed us, in turn, to grow in a magical way.

I felt a paradigm shift--a healthier, functional, communicating and communing with each other in a depth of integrity. We got unstuck and moved to another level of Hook-up. When, in the opening demo, Dr. Trager said, "You're in Hook-Up," I felt that he was saying the words so beautifully and simply for what we were living. The wave is out there more fully defined on a feeling

level of "How should it be." You, as direct participants, are the emissaries and ambassadors of that whole Conference experience.

The TRAGER Approach, to me, is about peace, about a full heart of love, about creativity. It is about the pure essence and nothingness of Hook-up.

My spirit leaps with a quickening of deep appreciation to Milton and Emily Trager for their continued inspiration, to my beloved family for their love and support, the Board of Directors for their encouragement, to the Steering Committee, the Extended Committee, the European and Canadian Liaisons, and the Tutor Committee--an incredible assemblage and all of them, in their uniqueness, magnificent teachers for me personally.

In the "DANCE" of sheer expression, I embrace and connect with all of you in the oneness of us from the vast nothingness which is everything. From this outpouring an ending becomes a new beginning.

As we continue to Hook-up to the Source, ALOHA OE.

## "Conference '94" in the Northeast?

Roger Tolle

Roger is a Tutor, Workshop Leader, and Education Committee member from New York, New York. He recently chaired the Tutor Conference Committee.

After the dust settled from the exhilarating and, for me, exhausting Sixth International TRAGER Conference and Tutor Conference in the San Diego, I realized that I had agreed to plan the next Tutor Conference--along with the help and support of the other Northeast Tutors. And, that we had said we thought it would be great to have the Tutor Conference again in conjunction with the International Conference. And, that it was time, and would be great if the whole Conference package were held in the Northeastern USA, about two years from now. And therefore, that we, the Northeast Tutors, would spearhead the organization of a "Conference '94" Planning Committee. Did we really say that? Were we crazy? Of course!

So, which of you TRAGER folks from the Northeast would like to get involved from the outset in the plan-



ning and orchestrating of such an event? And does anyone have any great ideas of a place in the Northeast, easily accessible to an international airport, in which to have the Conferences? We'll begin the site search in a month or two, and would love any ideas and all the help we can get.

If you want to volunteer, or just have some ideas or friendly support to offer, please write or call Roger Tolle or Michael Crear at: 292 West 92nd St. #5C, New York, NY 10025, 212-787-5167.

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## A Request for Written Feedback

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Maryann Zimmermann, Conference Coordinator

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We have received wonderful acknowledgments. Thank you for taking the time. It is graciously received and accepted, and feels delicious. Some members gave us written feedback that we collected on the Conference site and much verbal feedback. We will be including this in our reports.

What we need NOW is more specific written feedback for the permanent books so that future Conference committees can see what worked and receive other suggestions. Please offer your feedback from the following two questions (express your experience freely, we wish to grow from all of it):

1) Tell us what we did that really worked for you?

2) What could we have done to have made this an even more incredible experience?

Send your feedback to: Maryann Zimmermann, 941 Archer Street, San Diego, CA 92109.

Many thanks and appreciation for taking the time to respond. Your feedback is very important to us.

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## Conference Fundraising Raffle Report

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Gwen Crowell

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Gwen, our Instructor from Seattle, Washington, initiated and coordinated an

Institute-wide fundraising raffle which took place at the San Diego Conference. I want to thank Gwen for this incredible job well-done. Our administrative office was in the process of moving the weeks before the conference, and Gwen took on some of the logistics of the raffle that we would normally have handled. More than that, though, I want to thank Gwen for providing strong leadership in this important area of Institute functioning.

The 1992 International Conference Raffle was a success--due to the wonderful prizes, volunteer efforts, and the generosity of our members and acquaintances. Thank you all. We raised a total of US\$3,560. Our expenses were US\$345., so we netted US\$3,215. The money raised will be used to support the committee structure within the Institute. It is exciting to think of how many Practitioners from all over the world are becoming involved in the running of our organization.

### List of Prize Winners

**Bob Wagner**, California • Top of the line **Robert Hunter Massage Table**, with accessories, valued at over US\$800.

**Leslie Wilson**, Colorado • Tuition for one **TRAGER training** value up to US\$600.

**Jo Hayward-Haines**, Ontario, Canada • **Kenko Magnetic Mattress Pad** valued at US\$500.

Twelve winners of **Instructor sessions** valued at up to US\$100.

**Cynthia Harada**, California • with **Gary Brownlee**

**Jill Dunley**, England • with **Carol Campbell**

**Sue Holper**, California • with **Gwen Crowell**

**Henry Sikorski**, British Columbia, Canada • with **Amrita Daigle**

**Janet Long**, Ontario, Canada • with **Betty Fuller**

**Robin Holding**, California • with **Cathy Hammond**

**Kaisa Larson**, Ontario, Canada with **Fabienne Hirsch**

**Katinka Peterson**, Sweden • with **Karen Hortig**

**Sandra Golden**, California • with **Sheila Merle Johnson**

**Bobbie Nehman**, Texas • with **Deane Juhan**

**Kari Johnson**, Alaska • with **Bill Scholl**

**Henry Sikorski**, British Columbia, Canada • with **Gail Stewart**

[Editor's Note: **Way to go Henry!**]

**Lhesli Benedict**, British Columbia, Canada • US\$50. gift certificate for printing from **Pronto Press**, donated by **Anne Wormood**, TRAGER Board member.

Five compact disks donated by **Invincible Records Company** of Arizona went to:

**Marilyn Ditillo**, Pennsylvania

**Nancy Harold**, Minnesota

**Helen-Marie Holmgren**, Arizona

**Ric Watson**, Minnesota

**Lynne Welke**, California

### Acknowledgments

Many thanks to our sponsors, especially **Robert Hunter**, maker of fine handcrafted bodywork tables. Robert has actively supported TRAGER for many years.

A special thanks to **Charlotte Burnstein** of Toronto, Ontario, Canada and Vermont, for her warm-hearted support. She made announcements, sold lots of tickets, and kept the drawing of prizes lively and interesting. Thanks to all of you who sold and bought tickets before the Conference, and the conference TRAGER store for taking on another job--that of selling raffle tickets. Talented **Ruth Hough** (Carolyn Mason's mother) used her artistic skills to lend a special look to the Instructor gift certificates. *Aloha.*

The raffle was a joint effort of the Instructors and Tutors Committee. **Marianna Hartsong** donated most of the cost of the Kenko Mattress Pad herself to help make the list of prizes even more exciting. It was a generous act. Her care and commitment is greatly appreciated. She was assisted in her organizing efforts on behalf of the Tutors by **Michael Madrone**.

As always, with group efforts there are many more people to thank than can be named individually. I am glad we were successful, and I look forward to the next conference raffle with even more great prizes to award. In conclusion, I would like to thank all the Northwest TRAGER folks who held my hand and helped me. Your support and commitment to TRAGER is an inspiration to me.

### In the Spirit

The day after the raffle, **Romani**, a Practitioner from Massachusetts, and I were waiting in line to buy some audio tapes of various conference workshops. She asked me how we had done on the raffle. I said we had raised over \$3,000.,

that was good, but I had wanted to raise at least \$5,000. "Oh!" she exclaimed, "I had meant to buy more tickets. Here, let me give you some money now." I was very touched by her spirit of giving.

## Special Acknowledgment and Recognition

The Committees of the 6th International TRAGER and Tutor Conference salute JAN BENNETT.

Jan Bennett handled *all funds* for the International and the Tutor Conference. We felt most fortunate that she would accept this enormous and important responsibility. The care and accuracy Jan demonstrated throughout and into completion allowed us to know that the monies were being kept "clean as a hound's tooth." Jan went beyond, by her very personhood, in being "real" and caring to each of us. Thank you, Jan. You are great, grand and wonderful.

## From Will Putnam

*Will is a Practitioner now from Lake Tahoe. He was food coordinator for both the Tutor and International Conferences.*

It was a joy and privilege to serve all who attended the Conference. The period was, for me, an intensely satisfying one to see people coming from many parts of the globe to celebrate the beauty and wonder of TRAGER. I want to acknowledge the staff of the Hanalei Hotel for their constant attention to our needs. The food received many compliments, and it was a testimony to the Hanalei's commitment to please us through their service and flexibility.

Being on the Conference Steering Committee was an enlightening and growing experience of how to bring a collective vision into the reality of peace and oneness. I want to thank Maryann Zimmermann for her constant resolve, patience, and leadership. Maryann's recognition and support of my creative abilities allowed and encouraged their expression through food and music. With the conclusion of the Conference, I feel it is time to take on new challenges and I am moving to Lake Tahoe to establish a TRAGER practice. If you are in the area, I would love to see you. Please feel free to contact me at: P.O. Box 1465, Tahoe City, CA 96145, 916-583-0453.

## Another Thanks

Carolyn Mason

I want to extend a very special thanks to Practitioner **Nubuo Iseri** of Ventura, California, for his many contributions and donations to The TRAGER Conference which included his time and ideas, audio visual and sound equipment, technical skills and musical talent. Nubuo brought, set up and operated much of his own equipment during the conference. He also donated his musical talents to play the percussion section of the band which he brought for Saturday evening. This band had played once before for Milton and Emily's enjoyment. In fact, on that occasion, Milton was moved to begin dancing to the sounds of the music they played. Nubuo's presence is always a great help. He manages to take care of so much; it seems so effortless, like "nothing" in a TRAGER-like way.

## Thank You Two Bunch Palms!

At our San Diego Conference, the Board of Directors gave special acknowledgement to Conference Chairperson **Maryann Zimmermann** and Registrar **Glennnda Adair** for their work above and beyond the call of duty. This special acknowledgement included two nights stay for Glennnda and Maryann and a guest each at **Two Bunch Palms®** in Desert Hot Springs, California. Two Bunch is a luxury spa and resort east of Los Angeles, and was featured in the 1992 motion picture, "The Player". This gift--including two continental breakfasts and a gourmet dinner--has been donated by Two Bunch Palms to The Trager Institute. On behalf of the Institute, I want to thank Two Bunch Palms for this generous donation. I also want to thank Practitioners **Nina Allen** and **Nancy Youell**, and Student **Bonnie Hunter** (all of whom work at Two Bunch) for their assistance in obtaining this donation. For more information about **Two Bunch Palms**, please write or call them at: 67-425 Two Bunch Palms Trail, Desert Hot Springs, CA 92240, 800-472-4334.

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## PROFESSIONAL DEVELOPMENT

## About the National Certification Examination for Professional Massage and Bodywork

Ginger Carney

*Ginger is a Practitioner and physical therapy student from Chicago, Illinois. In this article Ginger describes her experience of and thoughts about the National Certification Examination. She also offers help to interested Practitioners. Thank you, Ginger, for your generous offer of Practitioner support.*

Not having been able to attend the Conference in San Diego, last week, nor any Practitioner Trainings in the last few years, I feel relatively out-of-touch with Practitioners in other parts of the country. Among other things, I'm wondering about whether Practitioners who qualify to take the National Certification Examination for Professional Massage and Bodywork are doing so? If not, I wonder why? Since one reason might be that you wanted to wait to hear about what it was like from those who participated in the first examination, I thought it might be appropriate to share my feedback through this Newsletter.

My overall assessment of the exam was that it was appropriate and fair for the purpose for which it was designed--that is, to demonstrate "to the public, other health care providers, and your peers that you have met a minimum standard of education and/or experience in the field of professional massage and bodywork," and "your mastery of the five basic knowledge areas common to the field" (*Candidate Handbook*, p. 5.)

With respect to whether it was "easy or hard", I'm not very representative, since I took the exam having just completed my first year of a Physical Therapy Program. The most common comment I heard from other participants coming out of the exam, though, was that it was challenging! From further discussion I understood them to mean that they had to dig deep into their background, knowledge, and experience to carefully answer each question, such that the exam was not "easy" for them nor was it unreasonably difficult.



For those who are not clear on the eligibility requirements, I would like to bring your attention to the Grandmothering Provision applicable *only during the first two years of the exam--1992 & 1993--* if you have practiced professional massage or bodywork for at least one year at the time of the exam. A "year of experience" is defined as at least 400 sessions within one year. You must sign an Affidavit to that effect and have it notarized. (I need to point out, however, that the actual Affidavit of Professional Experience that you must sign is misleading and in error, unless it has been corrected since the one I signed.) I called the National Certification office to have this matter clarified. You simply have to have had one year during which you completed 400 sessions, and that year may have been a few years ago. It does not have to be the year prior to the time of the exam.

Since so many TRAGER Practitioners practice only part-time, it is not likely that the majority of Practitioners will qualify on the basis of professional experience. Furthermore, since the current Training Program falls far short of the 500 hour requirement, not many will be eligible on the basis of school training either, unless they have a great deal of training in other programs. So, while there are many Practitioners who are not eligible, my purpose in writing is to urge all those who are eligible to seriously consider seeking this National Certification. My reasons are most clearly expressed in the *Candidate Handbook*: Because seeking and attaining certification is voluntary, your choice to become nationally certified in professional massage and bodywork demonstrates personal pride in your chosen profession and a desire to be recognized for your mastery of the areas of knowledge unique and essential to that field. National Certification is evidence of your personal commitment to quality and can become a source of acceptance and recognition for all massage and bodywork professionals. (p. 5)

I believe that TRAGER Practitioners who practice professionally do have such personal pride and commitment, and I sincerely hope that you will want to publicly demonstrate as much by seeking national certification. It is also my hope that Practitioners will view what is required of them to prepare for the exam as an opportunity for meaningful professional development.

I would like to do whatever I can to be of assistance to those who want to prepare for the exam in a way that will

meaningfully contribute to your professional development. While my time is limited as a full-time PT student, I will be more available during the term break--Dec. 10th to Jan 11th. By Dec. 15th, I hope to have prepared and ready to send out a written *Study Guide* to complement the one in the *Candidate Handbook*. While the Reference List in the Handbook is an excellent one, it would be overwhelming to think that you have to know all the material covered in those books. I will attempt to describe more specifically what is available in each of the books, while indicating what is essential for the exam and what you may want for future study. I will also try to discuss the relevance of the various subject areas to your professional effectiveness.

My goal will be to help you focus on the essentials for the exam, to avoid getting overwhelmed, as well as to motivate you for further more indepth study as you professional career evolves. To receive this send a SASE to: Ginger Carney, 6820 N. Hamilton, Chicago, IL 60645. (There will be a nominal charge for my expenses that I will indicate when I send it to you)

To receive a *Candidate Handbook*, contact: National Certification Board, c/o AMTA, 1130 W. North Shore, Chicago, IL 60626-1670, 312-761-2682.

I will also try to be available to talk on the phone to those who have further questions with respect to how to prepare for the exam. During my term break will be the best time to do so, so try to call during that time.

Just one final reminder, the testing dates in 1993 will be the only remaining ones for which you will qualify on the basis of one year of professional experience, so there is not much time left to get moving on this. No 1993 testing dates have been announced yet, but in 1992, they were in June and December. For those who will need to qualify on the basis of professional training, further clarification needs to be forthcoming from The Trager Institute as to what specific activities will be acceptable toward the 500 hour training requirement. Hopefully, that clarification will be available elsewhere in this Newsletter.

[Editor's Note: I called the National Certification Program and was informed that, at this time, 50 "points" are required to sit for the examination, and that one (1) point of credit is given for every ten (10) clock hours of training. The training must involve involve the direct presence of a faculty member--that is, Instructor, Tutor, or Workshop Leader.]

For those who might resent our

having to prepare for a written exam as part of our effort toward obtaining recognition as professionals in our work, you might consider what is required of most other professions. As an example, even after two full years of intensive studies--including 90 exams along the way--in a physical therapy program, I fully expect to need to spend many intensive further hours in preparation for the State licensure exam, in order to more fully integrate all the information that was studied and tested in my previous school exams in a relatively compartmentalized way. While I recognize and acknowledge the primary importance of the "feeling" intuitive mode of knowing and working in the practice of TRAGER work, I also believe that the level of analytical knowing that is being evaluated in the certification exam is the minimum necessary for responsible professional practice of TRAGER work, which includes not only our work with our hands, but also, at least some verbal communication and education with our clients, the public, and other healthcare professionals.

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## Physical Therapy Corner

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Adrienne Stone

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*Adrienne is a Tutor and "Special Conditions" Instructor from Santa Monica, California. She is also a physical therapist. This article describes a special experience at the San Diego conference.*

This is a new entry that we hope you will be seeing more of in the future months. It all began at the Sixth International Conference. Corrine Larson and I supported each other in organizing a meeting of all interested physical therapists in the TRAGER community who were present at the conference. We met over lunch in the most convenient corner we could find.

The list of attendees included: *Corrine Larson, AZ; I, MO; Dianne Khebreh, CA; Mary Openlander, MO; Vicki Mullen, OR; Gretchen Dingman, WA; Richard Smith, CA; Adrienne Stone, CA; Judi Wiechula, Ont.; Herb Pike, TX; Pauline Chester-Itzkowich, NSW; Helen-Marie Holmgren, AZ; and Pam Johnson, CA.*

The main agenda of our meeting was just to get together, see how well we were represented and share ourselves.

The topics covered were: 1) Self-introductions and practice descriptions; 2) Synopsis of Documentation lecture that was not presented at the conference; 3) How TRAGER and P.T. work together in practice; 4) Insurance Reimbursement; 5) Conceptual Framework; 6) Discussion of how the present disclaimer does not support our work; 7) How to network with each other?

It was a rich experience getting together and hearing about how this work is being used in various professional settings. Although we never arrived at a set method for us to communicate in the future, we did agree to be available to each other and to reach out as needed.

Any other interested persons who would like to be part of our corner, please let us know.

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## Another Way of Being with Milton and Emily

Adrienne Stone

Milton and Emily need sessions, too, and what better way is there to really learn this work? We are looking for experienced, highly skilled Practitioners to give Milton a session. We are also looking for Practitioners to work on Emily while being supervised by Milton. All those interested in contributing to themselves and the Tragers please call Emily at 714-347-0389. The best time to call is either Saturday morning or early evenings, or the answer machine will take your message and Emily will call you back.

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## Attention all TRAGER Practitioners

Marianna Hartsong

*Marianna is a Tutor from Toronto, Ontario, Canada.*

If, over the past six months to a year, the phrase: "I feel as if my nervous system is being re-wired" means anything to you personally, I would like to hear from you. This "research" has emerged out of experiences I have been having as well as those of some of our colleagues I have happened to speak to. I have some hypotheses and questions,

but rather than bias you in any way, I simply ask the following. Please send, typewritten, a descriptive account, physical sensations, bodily changes, any shifts in your perception or experience of the world inside or outside of you. Please include any medical, paramedical, and/or metaphysical explanations. All information will be kept confidential. I am hoping to compile it for a later article in the newsletter--if it seems appropriate. Send typed manuscripts to: Marianna Hartsong, 452 Grace Street, Toronto, Ontario, Canada M6G 3A9.

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## A New Opportunity for Western U.S. TRAGER Practitioners

American Western Life Insurance is creating a new health-care plan which includes "alternative" or "complimentary" approaches. Practitioners from the states of Arizona, California, Colorado, Nevada, New Mexico and Utah have been sent an application form to become "providers" for this program--that is, to give sessions to members of the program. If you are a Practitioner living in one of the above-listed states, and you have not received this application, or if you wish more information, please contact: American Western Life, Attention: Mary Fedak, Western Health Network, P.O. Box 4998, Foster City, CA 94404-0998. Our thanks to American Western Life for including TRAGER Practitioners, and good luck to all all concerned in this pioneering project.

DS

# COMMITTEE REPORTS

## Marketing Committee

Janet Francis King

*Janet is a TRAGER Practitioner of two years with 11 years previous experience as owner/proprietor of a small retail business. She is a member of the Steering Committee of the Marketing Committee, and is currently building a private TRAGER practice in Arlington, Massachusetts.*

The Marketing Committee received the following charge from the Board of Directors of The Trager Institute in November of 1991:

- 1) to develop strategies to meet Institute goals to promote TRAGER work by attracting clients and trainees.
- 2) to develop a blueprint for a committee structure and function built around clarity and open communication.

The purpose of this article is to fulfill part of our charge by opening up the internal workings of the Marketing Committee to the view of the TRAGER membership.

The Marketing Committee, chaired by **Martin Anderson**, began working actively in January, 1992. We are currently twelve members--three from the Boston area (forming the Steering Committee), four from Canada, three from the Northeastern U.S., one from California, and one from Germany. A challenge we have not yet met is developing a working relationship with our European member. The Steering Committee meets monthly, generating questions, concerns, needs and goals which are then summarized and sent to out to other committee members for evaluation, feedback, refinement and additions. This back and forth process continues until a final decision is reached by majority vote.

Our first major undertaking was developing a list of recommendations we submitted to the Board in May, 1992. The following, in brief, were our recommendations:

- 1) Newsletter
  - that the Newsletter be a vehicle for reporting more openly on administrative policies, decisions and problems



where they exist; e.g., the dismissal of marketing consultant Jayne Bonfietti.

- that the Newsletter run a "Letters to the Editor" column with a letter/response format.

- that the Newsletter layout be revised to become more visually/graphically interesting.

## 2) Dancing Cloud Logo

- that the Marketing Committee conduct a reassessment of the effectiveness of this calligraphic character as our symbol.

## 3) Survey

- that the committee conduct a survey to determine what members currently perceive as their marketing needs.

## 4) Information Packet

- that the committee develop an updated, dynamic brochure/information packet designed to answer inquiries regarding TRAGER work and training.

## 5) Press Kit

- that the committee develop an information packet designed for the media.

## 6) Marketing Manual

- that the committee develop a simple handbook of TRAGER materials designed to assist Practitioners in self-marketing.

## 7) Resource Library

- that the committee in conjunction with the office staff catalogue the TRAGER materials now held at the office (e.g., media articles, articles about TRAGER by health care professionals, etc.) for the purpose of making them more accessible to Practitioners.

## 8) New Certification Program

- that the new program include a required course in practice development and self-marketing.

- that the new program thoroughly train students in leading MENTASTICS for groups as an avenue for self-marketing.

- that the new program be swiftly implemented and marketed to begin building a more professional image for TRAGER work.

In addition to these recommendations, we undertook to research the advisability of hiring a public relations firm to place articles about TRAGER in the national/international media.

The Board received all our recommendations favorably but saw a need to

prioritize projects. During our Marketing Committee meetings at the Conference, attended by eight members, two Board representatives and one office staffer, the projects identified as top priority were the Information Packet, the Marketing Manual and the Survey.

The Marketing Committee has been given a US\$12,000 budget for 1992, the unspent portion of which will be applied to our 1993 budget (amount unknown). We take seriously our responsibility to spend this money wisely and will not undertake projects without thorough background checks. To this end, we have researched the membership size, annual fee and marketing projects of five other training institute/professional associations: APTA (Polarity), NASTAT (Alexander), Rolf®, Feldenkrais® and Hellerwork®. The following are highlights of our findings:

1) As of August 1992, The Trager Institute has the largest membership with 740 students and 940 practitioners. Runner-up is The Feldenkrais Guild with 450 students and 400 practitioners.

2) The Trager Institute has the second to lowest annual fee. Lowest is APTA with a sliding scale of US\$50 to US\$95.

3) The Trager Institute is one of only two organizations without sliding scale fees for students/1st year Practitioners. The other is Hellerwork, Inc.

4) The only two organizations who hire media placement consultants have annual fees of US\$150 plus US\$100 PR fee (Hellerwork) and US\$450 (Rolf).

Interviews with directors of The Rolf Institute and Hellerwork, Inc. regarding media placement consultants indicated that a successful campaign requires a minimum of three years and has indirect benefits--i.e., increased public awareness of the organization's work does not translate immediately into more clients and trainees. US\$12,000 will barely begin to mount a successful media campaign (US\$1,500/mo. to US\$100,000 over 2-3 years.) In addition, the collective experience of marketing committee members indicates that any national/international promotional campaign must go hand-in-hand with active self-marketing by individual Practitioners.

The Marketing Committee wants to thank again those Conference attendees who shared their marketing needs and offers of help with us at the Town Meeting. Some of these needs have already been addressed in our recommendations to the Board. Significant needs voiced were for support materials for networking with medical, sports and dance communities, an updated TRAGER Journal,

someone to author articles for periodicals, a professional brochure and international marketing. The committee will be inviting input regarding marketing needs from the rest of the TRAGER community via a member survey we are in the process of developing.

For those of you in the U.S., please look for Trager Institute display ads in the October issue of *New Age Journal* and in the *Holistic Health Directory*, published under separate cover by New Age, due out in October (Note: 4-5% of New Age distribution is in Canada.) If these ads benefit you in any way, please let us know. As chairperson, Martin Anderson is the spokesperson for the Marketing Committee. Martin may be reached at 74 Egmont #6, Brookline, MA 02146, 617-738-0091.

We will continue to use this column to keep you informed about our progress. Over time, we want to build a relationship of trust with you by demonstrating our openness, responsiveness and ability to follow through on projects. From your side we are inviting acknowledgment when you perceive our work as effective and feedback when you are dissatisfied. We all will be sharing the responsibility and rewards of bringing TRAGER work to a more prominent place in our communities.

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## Personnel Committee

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Alain Alain

*Alain is a Practitioner from Dame du Portage, Quebec, Canada.*

The Personnel Committee has now met four times since its formation in June: two phone meetings last summer (June 30th and August 6th) and two "in person" meetings (September 17th and 19th) during the wonderful TRAGER Conference in San Diego. These last meetings were the occasion to put faces on names, and to go deeper in the group process we are creating all together now for the benefit of all members of the Institute.

This Committee has many tasks to work on presently as it will be reviewing all processes and procedures within the Institute with regards to personnel. Our last meeting permitted the creation of sub-committees in order to facilitate our work, and we are now reviewing the procedure and criteria of Instructor trainee status.

Among the other tasks devoted to this Committee, we will be reviewing

policy regarding administrative staff, reviewing all other statuses including movement to new statuses, and proposing a procedure for handling feedback. Of course, all proposals originating from this Committee are sent as recommendations to the Board.

We feel this is an extremely important Committee, and we would highly appreciate receiving all feedback, questions, proposals, comments, opinions and thoughts from all TRAGER members in order to improve this on-going process. Please send them in writing, as as soon as possible, to the Personnel Committee, c/o Amrita Daigle, 175, rue du Poitou, Neuville, Quebec, G0A 2R0, Canada.

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## Tutor Committee

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Michael Madrone

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*Michael is a very active Tutor, Sponsor, and committee member from Vancouver, British Columbia, Canada.*

In conjunction with The 6th International TRAGER Conference in San Diego, the Tutors held a two-day Tutor's Conference. The conference was organized by a committee consisting of Roger Tolle, Jim Day, Carol Day, Stephani Murdoch, Terry Bremer, Steven Buchbinder, Maxine Guenther, and Dodie Becker. Much work was facilitated, and a huge amount of Hook-up was felt.

Tutors worked and played in triads to develop professionally; and task forces were formed to deal with three areas: Tutor Education, Tutor Continuing Education and Tutor Committee Structure. A report will be going out to the Tutor body as a whole regarding the proposals which these groups will have.



*The Personnel Committee: (Clockwise from upper-left) Alain Alain, Shelly Siskind, Amrita Daigle, Marianne Morgan, Jill Stephens, Fabienne Hirsch. Not pictured, Anne Wormood.*

At that time, all Tutors will be invited to give feedback.

Prior to the conference, the Tutor body, through a democratic vote, authorized the conference to select a new Tutor Committee to replace the temporary Tutor Committee of *Shelly Siskind* and *Marianna Hartsong* who had so skillfully held Hook-up since the last Tutor Conference.

The new Tutor Committee is: *Jan A-son Fogel*, Hasselby, Sweden; *Jim Day*, Trenton, New Jersey, USA; *Rita Lustgarten*, Mill Valley, California, USA; *Michael Madrone*, Vancouver, BC, Canada; and *Bob Wing*, Santa Fe, New Mexico, USA.

Rita was re-elected as Tutor representative to the Board of Directors. Committee members were selected for a two year term.

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## Ethics Committee

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Elna Adams

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*Elna is a Tutor and Anatomy Instructor from Oakland, California.*

The Ethics Committee has been very busy of late responding to questions about what is appropriate behavior in this era of more open discussion about abuse--sexual, verbal, physical, and etc. Questions have been raised about teaching draping in class so that students know how to do it later when working with clients; personal modesty in class and how to deal with it; sexist remarks and what to do about them. We've requested that the Instructors discuss these kinds of issues in all trainings thereby raising everyone's awareness about these very tricky and important situations.

We've also noticed that not many people have read and/or understood the Code of Ethics. We would like to suggest that we all--Students, Practitioners, Tutors, Instructors and the office staff--read it, think about how it applies to real life, and discuss it amongst yourselves and in class, keeping in mind the principles of confidentiality. As members of The Trager Institute we all agree to abide by this document. If you have any questions about it we will be happy to assist your understanding.

The Ethics Committee is expanding. We are enthusiastically exploring the idea of establishing a European sub-committee. We are also interested in new blood and fresh ideas for the new committee. If you are interested please contact me at: 1419 Mountain Blvd., Oakland, CA 94611.

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## From the Committee on Committees: A Call for Volunteers

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Michael Stulberg

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*Michael is a member of the Board of Directors, and has been leading the development of the Institute's rapidly developing volunteer committee structure.*

The CC (Committee on Committees) continues to stimulate the development of committees old and new. We very much appreciated the enthusiastic feedback we received at the San Diego Conference. It seems that the membership is very supportive of a stronger committee structure, and willing to put their "bodies on the line."

At our most recent meeting on October 29th, we recommended the expansion of the Ethics Committee to reflect the wide membership of the TRAGER organization. In response to a request from Esther Perin, Secretary of the European TRAGER Representatives, we recommended the formation of a European Sub-Committee of the Ethics Committee--with the understanding that the of this sub-committee will serve on the Ethics Committee. The European group will be asked to organize this sub-committee, and inform the Ethics Committee of their process which may serve as a model for other groups in the future.

We want to emphasize again our need for volunteers for existing and future committees. Openings now exists on the



Ethics and Education Committees. A Publications Committee is under consideration. We await your ideas and participation. If you are interested in a specific committee, please contact the appropriate chairperson or Don Schwartz. If you want to talk about the committee process, or propose new committees, please contact me directly: Michael Stulbarg, M.D., Chairman, Committee on Committees, 112 Janes St., Mill Valley, CA 94941, 415-332-7559.

## Board Minutes Summaries

The Board of Directors members are: Harry Friedman, Betty Fuller, Jean Iams, Deane Juhan, Rita Lustgarten, Jan Stevens, Michael Stulbarg, and Anne Wormood.

July 8, 1992: Discussion regarding the upcoming San Diego conference and its Town Meeting. Report from Jean Iams, and discussion about Practitioner and Tutor non-compliance with continuing education requirements. Practitioners who are not current with their tutorial requirement are to receive one, final certified letter. Tutor Board rep. Rita Lustgarten to work with Claudia Bourbeau on a letter to Tutors in non-compliance.

Report from Don on the latest Federation meeting. Corrine Larson and Don to attend the next (August) meeting. Motion passed for the Institute to join the National Wellness Coalition, and Don to attend the next meeting in September. [Please see Don's reports on these meetings elsewhere in this newsletter.]

The latest draft of the "Contraindications" document for *The TRAGER Handbook* was approved.

### Committee Reports:

**Personnel:** Their first teleconference meeting was successful. A need to clarify responsibilities of the Personnel and Education Committees.

**Ethics:** Report on ongoing work.

**Education:** Their first teleconference call was successful. Formation of sub-committees--elective classes and certification program.

At the request of the Northwest Region, the following is the Board response to two proposals previously published in the newsletter:

Letter from Jan Stevens, July 18, 1992

Dear Colleagues:

Thanks for the report on your June

conference. From your article and from Rita's [Lustgarten] first-hand account, I get the impression it was a satisfying and enjoyable gathering. On page 4, two proposals from the conference are presented.

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...."

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..."

On proposal 1: First, I want to acknowledge Winnie Hunt's generous offer--and would certainly be interested in learning more about the property, condition of the building and grounds, accessibility, terms of the potential donation, etc.

The Institute is tied historically to Marin County, and have remained there because of the strong base of support provided by the local staff, Practitioners, Instructors, and other volunteers. As you imply, with a growing international membership we need to learn more about using communications technology to overcome geographic restrictions, to develop an effective, synergistic decision-making network that is independent of any specific location, whether the offices are in Mill Valley, Toronto, or Paris. With the development of Board with international membership, we have initiated that learning process--and will, no doubt, learn much about "long-distance" meetings in the coming months.

A decision to move the administrative offices would have considerable financial, legal, human, and political ramifications, requiring months of planning and dedication of scarce resources. We are not inextricably tied to Mill Valley, but the benefits of expending resources on office relocation versus marketing, certification program redesign, Handbook preparation, Instructor trainee election, etc. would have to be specifically defined in a proposal such as you present. Do continue the dialogue.

On proposal 2: Your article was printed in the Summer newsletter, circulated to the Board of Directors, and discussed at our July meeting. We could not include this reply in the last news-

letter as it had gone to press prior to our meeting--however, if you will consider it timely and relevant, we will be glad to publish this memo in the next issues.

Four additional ideas from you pod meetings are mentioned, but were not presented as conference proposal to the Board. They will be in the newsletter, however, to be absorbed by the new Committees for consideration.

I look forward to joining many of you at the International Conference in September.

August 26, 1992: Six Board members will be attending the San Diego Conference and will be available for participation in the "Town Meeting", as requested. The membership referendum proposal may be an agenda item depending on interest expressed in the agenda-building process.

### Committee Reports:

**Committee on Committees:** Discussion of the checks and balances process represented by the interplay among committees and between committees and the Board. Guidelines will be developed as to how to delegate decision-making to the committees--that is, at what point is Board approval required.

**Personnel:** Potential applicants for Instructor candidate status will be sent a letter explaining that Instructor candidate selection procedures are being developed, and that on-going communication with each individual will be maintained. All potential applicants will be referred to the Personnel Committee.

**Education:** The final draft of the new certification program--incorporating feedback from many members--will be available for distribution at the San Diego conference [and appears in this newsletter]. Further comments should be directed to the Committee via **Beverly Cox**, Chairperson (from Northern California).

**Finance:** 1992 financial status is sound. Funds received and paid are lightly higher than expected; year-end is projected as a minor surplus. Financial statements were distributed.

**Ethics:** Instructors have been advised to include sexual ethics and draping techniques in the existing curriculum. Provision for these topics in the developing certification program was also discussed and referred to the Education and Instructors Committees.

**Instructors:** Standards of Practice are being revised.

**Marketing:** Committee priorities and processes are being defined.

**Board business:** Explicit meeting processes were proposed to support expression of all views and coverage of agenda items within the 3.5 hour meeting schedule.

October 29, 1992: A major portion of this meeting was spent sharing personal experiences and ideas generated from the San Diego Conference. Many of the Committees met at the Conference, and reports were shared at this meeting. Please see the "Committee Reports" section of this newsletter. In order to allow adequate time to continue discussion of the many important topics raised, a day-long meeting has been planned for early December.

A lengthy discussion ensued regarding a bylaws amendment proposed at the Town Meeting of the International Conference. Here is the proposal:

**Bylaws amendment proposal:** At the international conference, the following amendment to the bylaws was proposed by a member. It reads:

It is the right of the membership to bring any issue to a vote of the full membership by a signed petition containing signatures representing 15% of the full voting membership.

Any issue brought to vote of the members shall be voted on by secret ballot furnished by first-class mail to all voting members. Members shall have no less than thirty (30) days and no more than sixty (60) days from the date of the mailing of such ballots to respond. A two-thirds majority of the votes cast is required for passage of any resolution submitted to the membership. At least 50% of the voting members [subsequently defined as Practitioners] must participate in the referendum in order for the referendum to be binding upon the Board of Directors.

Support for this proposal was demonstrated at the town meeting and the Board agreed to place it on the October meeting agenda.

Excerpts from our attorney's memorandum on the legal aspects of this proposal follow:

There is nothing in the California non-profit corporation law which would prevent the members of The Trager Institute from having the right of referendum.... It is important for the Board of Directors to keep in mind that they have the ultimate legal responsibility for financial transactions of, and compliance with laws by, The Trager Institute. If the right of referendum is completely unlimited, and could

result in disastrous financial or legal liability for The Trager Institute or for its Board of Directors, then obviously the right of referendum could pose a major problem.

However, if a limited right of referendum were granted which would allow the Board to veto items which have likely adverse legal or financial consequences,... I believe the referendum could work....The outcome of the referendum would allow the Board to access how important the matter(s) are to the membership, based upon the number of members who vote for a particular issue.

The Board agrees in principle to the referendum process, with the provision that it include safeguards to protect the Institute and The TRAGER Approach and allowance for the Board to execute its fiscal and legal responsibilities. The Board voted to publish this statement of support in this newsletter.

[Editor's Note: Please see the "Letters to the Editor" section for a personal response from **Jan Stevens**.]

Finally the Board of Directors acknowledges, thanks, and congratulates the International Conference and Tutor Conference Committees for a job well-done. You have provided a major contribution to the development of The Trager Institute

## INSTITUTE NEWS

### The National Federation of Therapeutic Massage and Bodywork Organizations

Don Schwartz

The Federation met on August 28-29, 1992, at The Rolf Institute, in Boulder, Colorado. Members present were: **Mark Anderson**, **Elliot Greene**, and **Maureen Miller-Weber** of the American Massage Therapy Association (AMTA), **Carl Dubitsky** and **Steve Schenkman** of the American Oriental Bodywork Therapy Association (AOBTA), **Ray Castellino**, **Anna Chitty**, and **John Chitty** of the American Polarity Therapy Association (APTA), **Ray McColl**, **Jeffrey Maitland**, and **Jim Schuelke** of The Rolf Institute, and **Corrine Larson** and yours truly of The Trager Institute. Each member organization has a maximum of two (2) voting members.

This meeting was the first Federation meeting which included members of the Federation's Joint Government Relations Committee (JGRC)--and the first in-person meeting of the JGRC which consists of one representative from each of the five organizations. The JGRC met on its own, and together with the Federation representatives. The JGRC members are **Cindy Banker** of AOBTA, **Patricia Bradaigh** of APTA, **Corrine Larson** of The Trager Institute, **Michael W. Murphy** of The Rolf Institute, and **John Fred Spack** of AMTA. Naturally, the primary theme of the weekend involved the structure, function, and content of the JGRC, and it proved to be a most valuable meeting. Corrine's report of this meeting from the perspective of her position on the JGRC appears directly after this report.

The Federation meeting was chaired by Ray Castellino; and John Chitty took the minutes. Both did an excellent job. Steve Schenkman will Chair the next meeting in Boulder, on December 18-19.

The Federation representatives settled upon the name above. I have a permanent proposition to change the word, "National" in the title to the



word, "International", to reflect the international nature of the profession, and the international nature of at least two of the member organizations--TRAGER and Rolf. Draft bylaws were shared with members, and were referred to a sub-committee for further development. Maureen and I are working on a membership application form.

An agreement was made which allows each Federation member organization to provide a professional liability insurance policy to its United States practitioners beginning January 1, 1993. Please see an article about this agreement on page 8 of this newsletter. I hope: to be able to extend this insurance policy to Canadian Practitioners in the not-too-distant future; that the European TRAGER members will be able to derive some support and inspiration from this important breakthrough so that they can develop coverage within their respective nations and/or the European Community; and, that after this insurance program is up and running, we will be able to provide other kinds of insurance policies for our membership.

Again, this was a most productive meeting, and I want to acknowledge and thank everyone involved for the countless hours of positive efforts. A special thanks to AMTA Executive Director **Mark Anderson** who approached with great skill and energy the development of the Federation's professional liability policy.

Finally, I'm happy to announce the first Federation-sponsored workshop: "Beyond Technique: Explorations in Somatic Energetics" presented by **Ray Castellino, D.C., R.P.P.**, of APTA and **Jeff Maitland, Ph.D.** of The Rolf Institute. The three-day workshop will be presented in 1993, at The Rolf Institute in Boulder, Colorado. For more information, contact: **Sandra Castellino**, 1105 N. Ontare, Santa Barbara, CA 93105, 805-687-2897--both phone and FAX.

## Report from the Joint Governmental Relations Committee

Corrine W. Larson

*Corrine, a Practitioner and physical therapist, is the TRAGER representative to the Joint Governmental Relations Committee of the Federation of Therapeutic Massage and*

*Bodywork Organizations. Corrine recently participated on a panel discussion at the AMTA's national convention in Philadelphia. The panel was moderated by Janet Smith, President of the National Wellness Coalition; and its topics included the current health care crisis, the emerging wellness paradigm, and how the future of massage/bodywork will be affected by developing health care policies. The panel included AMTA President Elliot Greene, Richard Lippin, M.D., President of the International Arts/Medicine Association, and Lyn Thompson of the Consumers United Insurance Company.*

The Joint Governmental Relations Committee (JGRC) of the Federation has been meeting via conference calls for nearly one year now. During this time we have developed ways of working with each other and have developed a sense of what kinds of issues we are being asked to address. We also recently received our charter from the Federation board when we (committee and board) met in Boulder, Colorado, August 28-29, 1992.

The charter is as follows:

JGRC Charter: Final Draft Approved 8/29/92

- I. The guiding principles of the JGRC are:
  - A. Protection and education of the public,
  - B. Freedom of qualified professionals to practice and to enjoy occupational mobility across geographic jurisdictions,
  - C. Freedom of choice for people seeking therapeutic massage and bodywork,
  - D. Recognition of the rich diversity within our field, and,
  - E. Cooperation between Federation member organizations in legislative venues.
- II. The Committee will:
  - A. Support cooperation and resolution of issues at the local level,
  - B. Encourage the development of an advisory relationship between national and local coalitions, and
  - C. Learn from our common experiences in order to encourage the development of mutually beneficial relationships between local and national coalitions.
- III. Strategies:
  - A. The JGRC will encourage local and state members of Federation member organizations to:
    1. Form and participate in proactive coalitions, which may include

non-Federation practitioners and organizations, and,

2. Be accountable in representing Federation principles in the legislative venue.
- B. The JGRC will recommend content and phrasing for language in the governmental relations arena.
- C. The JGRC will develop guidelines for local coalitions to work successfully in the governmental relations area.

Those of you who have been following the development of the Federation and this committee know that the AMTA is pursuing licensure in each of the 50 states as a way to separate therapeutic massage from the local governmental regulations which govern prostitution and massage parlors. The guiding principle behind the Federation is to support one another as member organizations and to see that none of our Practitioners are prohibited from practice as a result of these new licensure laws.

By reading the charter you can see that the committee is promoting local coalitions of therapeutic massage practitioners and bodyworkers to address these issues in their states. Several of these groups are already organized and meeting regularly. [Please see Janet Francis King's article on page 19 of this newsletter.] Some of them are working with the AMTA on promoting the passage of legislation, some have formed to assist the local administrative agency in writing rules, and some are working to make recommendations for correcting or improving a piece of legislation which has proven to be difficult or restrictive in some way. There are also instances where exemption language is being developed so that the TRAGER Practitioners may practice and not come under the jurisdiction of the massage practice act.

It's important for each of our members to realize that The Trager Institute is not promoting licensure. The Trager Institute has no stance for or against licensure. It does, however, want to protect the right of each of its Practitioners to practice.

We can see that passage of the National Certification Examination is good insurance and a possible option for those TRAGER Practitioners practicing in states where licensing for massage therapists is mandatory, and they do not meet the licensing criteria, and there is no exempting language. It will be important for The Trager Institute to be well represented on the National Certification Board so that over time the test does represent the interests of TRAGER Practitioners.

So that you know how I have been functioning, I will tell you what I have been doing. When I am alerted that legislation is proposed or anticipated, I have been calling the TRAGER Practitioners (at least one or two) in that state, giving them background and alerting them to the new coalition, its meeting time and place, and asking them to work with the other TRAGER Practitioners in their state to see that TRAGER is represented on the local coalition. I have asked them to keep me informed, and I have shared information with them. I have had good cooperation. It would help me, however, if I knew which Practitioners were interested in being involved. It would be nice for me to have a contact person in each state. Anyway you can help me develop such a list would be appreciated.

The JGRC and the Federation board are aware that these are changing times. We cannot read the future. We are trying to tread a course which will protect our right to practice, which will assure our public of competent practitioners, and which meets all of the JGRC's guiding principles in our charter.

We can see that by working in this fashion we will be able to develop guidelines for working in government relations, and we will be collecting information on various models so that in the future each local coalition doesn't have to start from ground zero the way these first ones have had to do. At this time, there are 20 states which have licensing laws for massage therapists.

It's my guess that these subjects of licensure, registration, certification and professionalism will only become more important to TRAGER Practitioners. I urge each of you to become interested and informed. It is important that each of us develop clarity about the issues and directions which will serve each of us best as we move towards this new future.

I am available to discuss your interest and direct your questions. Corrine W. Larson, 26418 Avenida Del Ray, Rio Verde, AZ 85263, 602-471-7344.

## Wellness and National Health Reform

Don Schwartz

I attended the most recent meeting of The National Wellness Coalition in Washington, D.C., on September 24th and 25th. Wellness leaders from across the U.S. met to further refine the draft national wellness policy agenda, "Wellness 2000", to discuss and participate in the development of the Coalition, and to foster planning of *Wellness 2000*, the next major wellness conference tentatively planned for September, 1993. The Wellness Agenda will be shared with state and national political institutions and leaders, and health care leaders. In the meantime, *Janet Smith*, the Coalition's President, continues to meet with wellness leaders, and to communicate with the National Institutes of Health.

The Coalition is initiating a "Wellness Task Force" to create a Wellness component for national health reform based on this agenda, and will be seeking the involvement of many organizations. In concert with this initiative, the Coalition is also initiating a membership drive for both organizational and individual memberships. For more information contact: Janet Smith, President, National Wellness Coalition, P.O. Box 3778, Washington DC 20007, 202-944-1951. Janet emphasizes the unique opportunity presented in having wellness included in national legislation, and your membership support will play a vital role in the success of this effort.

### REGIONAL NEWS

#### Summary of the 6th Meeting of the European TRAGER Representatives (E.T. Reps.) in Zurich, Switzerland, August 3, 1992

Esther Perin

*Esther is a Tutor and Secretary of the*

*European TRAGER Representatives. She lives in Zurich.*

We met in Zurich, in August, inspired by the beautiful weather and the sharing and playing during the 2nd European Tutor Meeting, which took place the three days before the E.T. Reps Meeting.

Thanks to the good communication with the Institute and understanding of Don Schwartz for the need of translated papers, we could find an agreement for the translation of *The TRAGER Handbook* into French, German, Italian, Swedish and Hebrew. This means all members of the Institute, but a few, will receive the Handbook in their mother tongue before the end of this year. This is an enormous and important step towards becoming "International".

We are working on creating standing groups to translate all the administrative and professional articles of the U.S. newsletters in the future, and to edit regional language newsletters three times a year.

To become more active in the Institute we feel the need to find European members with the necessary skills and willing to become Committee and Board Members for the present and future Committees.

Regional meetings of different kinds and the ongoing education ask a lot of traveling for our members. We, therefore, propose that the International Conference take place in intervals of 3-4 years.

In most European countries it is possible that TRAGER people taking workshops can usually get free or very cheap accommodations in home of TRAGER people. For the U.S., we feel that it would be nice to find a bit more openness for free accommodations when we take classes there.

Our next meeting takes place on November 28th.

#### TRAGER in the British Isles

Jim Day

*Jim is a Tutor and long-time sponsor from Trenton, New Jersey. He is a very active committee member. Jim has been instrumental in bringing TRAGER to Great Britain, and, as I write this, Betty Fuller is teaching the first Beginning training in England, with the sponsorship support of Jill Dunley.*



Thought you'd appreciate, for the records, this story about TRAGER work which appeared in the August issue of the *Journal of Alternative & Complementary Medicine*. It is playing a major role in bringing in registrations for the Oct./Nov. Beginning training in England, that **Betty Fuller** is instructing (and at which I will assist), as well as bringing in those interested in Introductory Workshops (which I'll be doing) as well as future trainings. So things are finally underway in England--and the two Irelands as well, because there will be people from both the Republic of Ireland and Northern Ireland at the training. As a matter of fact, I'll be stopping off in Dublin, to present a workshop and sessions before going on to England. **Jill Dunley** arranged for the Journal story.

## The Massachusetts Coalition of Hands-On Practitioners

Janet Francis King

Janet is a Practitioner from Arlington, MA, and a member of the Marketing Committee.

The Massachusetts Coalition of Hands-On Practitioners, formed in 1990, was the initiative of a group of Boston-based practitioners who came together to explore issues of regulation and licensure for our profession. Two significant events took place to spur the formation of the Coalition:

1) In the Spring of 1989, the *Boston Globe* ran a front-page story on disclosures of client sexual abuse by a very prominent, highly respected member of the Boston holistic health community. This shocking news promoted a small group of dedicated hands-on practitioners to assert that we, as a profession, must look at the ethics of our interaction with clients. The group organized an excellent workshop which I attended in May, 1990, educating us in the ethical, legal and psychodynamic aspects of the client/practitioner relationship.

2) Around the same time the president of a well known Massachusetts massage school, responding to the needs of his graduates who were running into problems registering in their local cities and towns, re-introduced into legislative committee an AMTA bill requiring massage licensure for all hands-on prac-

tioners in the state. This would require practitioners of all modalities to pass a massage exam to obtain licensure. There was a strong reaction of protest from the non-massage contingent of the hands-on community, and from massage therapists not associated with AMTA. The president withdrew his bill in a good faith gesture, paving the way for the AMTA to work cooperatively with the rest of the hands-on community.

These events served to generate much self-reflection, consciousness-raising and solidarity among Boston hands-on professionals, and resulted in a commitment to be accountable to the public for our competency and ethical conduct. The Coalition was formed to address how to accomplish this.

The Coalition organized into the following seats, each with one representative, one alternate and one vote:

- 1) AMTA
- 2) AMTA (The AMTA holds two seats because of its large constituency.)
- 3) APTA (American Polarity Therapy Assn.)
- 4) AOBTA (American Oriental Bodywork Therapy Assn.)
- 5) Movement Education (The Alexander Technique, The Feldenkrais Method, and TRAGER Psychophysical Integration)
- 6) Structurally-Oriented Bodywork (Rolfing, Hellerwork, Soma)
- 7) Mass. Assn. of Body-Centered & Body-Oriented Psychotherapists
- 8) Mass. Professional Bodywork Assn. (representing bodyworkers not trained by recognized schools or not choosing to join associations representing their modalities.)

The Coalition continues outreach to other modalities practiced in Mass. to invite their participation (e.g., *Reiki*<sup>®</sup>, Body-Mid Centering, Aston<sup>®</sup> Patterning, etc.)

Initially the Coalition explored state licensure, but the Commonwealth of Mass. is so broke, it is impossible to form a new licensing board here. The state re-directed us to work with the Commissioners of Health from cities and towns. At this point **Sally Sestokas**, TRAGER Practitioner from Lexington, became aware of the Coalition and invited me to attend a Movement Education Seat meeting with her.

Sally and I became convinced of the value of the Coalitions' work for several reasons:

- 1) By opening ourselves to regulation and licensure, we are stepping out

of the closet professionally. Licensure is our opportunity to earn the respect and status our work deserves.

2) We, as a profession are in a powerful position in Mass. to play a major role in defining and regulating ourselves. Far from being adversarial, the Commissioners are impressed by our pro-active stance and are inviting our input.

3) The Coalition is committed to safeguarding a wide range of rights; for example, the right to work in our home and the right of a skilled practitioner not trained by a recognized school to earn licensure.

The Movement Education Seat, representing the interests of TRAGER Practitioners, has received a lot attention because we are being firm about defining ourselves not as "massage" or "bodywork", but as a separate and distinct practice oriented not to treating symptoms, but to re-educating or re-patterning the mind-body system. By holding our ground on this, we have educated our peers and the Commissioners about the principles of our work. The Coalition is currently undertaking three projects:

1) Rewriting the outdated massage regulations, framed in the 1930's to protect the public from prostitution, to reflect and encompass all modalities represented on the Coalition. Each seat is reviewing and amending a draft of rules and regulations of bodywork practice.

2) Researching the possibilities for a not-for-profit board, composed of Coalition and community representatives, which may act as a advisory board for cities and towns.

3) Developing a "Do No Harm" exam (physical/ethical harm) which practitioners not trained by nationally recognized school or not members of a professional association or modality represented by the Coalition, would need to pass to qualify for licensure.

Sally and I have notified all the Massachusetts TRAGER Practitioners about the Coalition and invited participation in the Movement Education Seat. I have been approved as our seat alternate and may now attend Coalition meetings. As the work of the Coalition continues, I will report on our progress in this newsletter.

# 10th Anniversary for TRAGER in Switzerland

Monika Ammann-Sutter

*Monika is a long-time Tutor and sponsor from Kilchberg/Zurich, Switzerland*

For a long time now, as the Swiss TRAGER center approached its 2nd decade, I wished for a new course site so as to make the course more attractive, and to offer participants an unforgettable stay. I also hoped to be able to offer sleeping arrangements for participants from out of town.

I am very happy to announce that for the 10th anniversary of the Swiss TRAGER center, that wish has come true! As of November 1992, the beginning of the 11th year of our center, all courses will take place at the "Musig-Schuur im Ris" in Adliswil/Leimbach. It is a lovely farmhouse surrounded by fields, and its stables have been transformed into a concert hall. The Musig-Schuur is a short ride from Zurich main station by the suburban line (as far as Sood-Oberleimbach station). It can also be reached by taking tram No. 7 to Morgental and then bus 70 to the terminus. Healthy food and a variety of accommodation possibilities are available to suit all needs.

After the first ten years of development of TRAGER work in Switzerland, which have presented challenges of various kinds, we now have cause for celebration and for new momentum.

My thanks to all those who have contributed to make this possible, is in the form of a TRAGER-party, to which you are cordially invited. We will have celebrated the 10th anniversary in our new course centre with a birthday dinner and "in-house" music, on Sunday evening, October 11, 1992.

[Editor's Note: Instructor **Gail Stewart** just returned from Europe. She attended the above-mentioned celebration, and reports that she "left with the feeling that TRAGER work itself, young as it is, has acquired some of the characteristics of a tradition; and the beautiful old farmhouse that will shelter the next years of TRAGER classes in Switzerland seems comfortably appropriate."

## Toronto TRAGER

Wafik Raouf, Practitioner

During our last Toronto TRAGER Practitioners meeting, three major topics came up and we decided to investigate them:

1) As we all know, our work is not recognized or covered by government health plans and most insurance companies. To facilitate our marketing and establish more credibility, we need to obtain that coverage. As a first step, we need to convince insurance companies to accord us the same coverage they give other alternative health care systems. If any of your clients have received coverage, we would be interested in the details--that is, the insurance company, what type of coverage (health or motor vehicle accidents, etc.), was a major medical reference required and/or what kind of information did they request on The TRAGER Approach.

2) Professional/liability insurance coverage and Personal Health and Benefits Insurance coverage: Do you have coverage, how extensive is your coverage and with what insurance company? If coverage can be obtained for a larger group, would you be interested in joining?

3) I have agreed to act as a clearing station for all the information. You may write to me at: 526 Sandford Street, Newmarket, Ontario, Canada, L3Y 5E3.

Waiting to hear from you soon!  
Lightness to you!

## MEMBER NEWS

### Marriages and Babies

Congratulations to Practitioner **Claudine Bergamaschi** of Chaville, France, on the birth of her son, **Jolan**, on June 21, 1992, at 11:40 AM.

Congratulations to Tutor **Carla Montagnano** and acupuncturist **Timothy Moore** for their marriage on July 5, 1992. They now live in the Yosemite foothills, and have a combined TRAGER/acupuncture practice. Please see your schedule for Carla's new number.

**Cornelia Kemble Amory** and **Donald Edwin Cutler** of Manchester, Vermont, were married on June 27th 1992.

Congratulations to Tutor **Carolyn Mason** of Claremont, California, on the birth of her grandson, **Evan Paul Mason**, on April 16, 1992. Carolyn assisted Evan's arrival.

## Acknowledgments

**Mattie Shaw** is a contributor in raising money for the Scholarship and Special Projects Fund. Thank you Mattie.

Thanks to **Betty Fuller**, **Peter de Zordo** and **Jean Kronefield** for their great assistance in the Institute's move of its administrative headquarters. **Mary Kelly** donated money towards the Institute's moving expenses. Thanks to all!

## An Invitation to Glacier National Park

Maria Arrington, Practitioner

I actively welcome visits from TRAGER people. I live in a gorgeous valley just west of Glacier National Park, in Montana. There is a world-class ski area here, along with hiking, fishing, hunting, and birding. And, you can cross-country ski in Glacier, too! I have a spare bedroom, and serve as an excellent guide to the area! Come visit me, and we'll do a trade while you're here. There are easy airport and train connections available. I'm hoping to get some more TRAGER visitors soon. Could you be one?

## Addresses, Numbers, and Names

**Jona Preiz**, Practitioner, Frishman 7 - Hollon 58352, Israel, telephone number 3-849990

**Nutan Joy**, Tutor, 5480 Senwright Road, Homby Island, British Columbia, Canada, VOR 1Z0, Telephone Number (604) 335-1588.

**Kathryn [Botsford]**, a Practitioner of Newfield, New York announces her new last name of "Rose."

**Adela Gorodzinsky**, a Practitioner from London, Ontario, has a corrected business number of: 519-642-1966.

**Celeste Rogers**, Practitioner, 512 Kungs Way, #1A, Joliet, IL 60435, 815-725-6955.

**Divyam Isha**, Practitioner, 402 Gorge Road, W (Lower R. ste), Victoria, British Columbia, Canada V9A 1N1.

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## From Anne Hunt

Student Anne Hunt wants to hear from members who have information and/or experience on working with clients who have *cystic fibrosis* and/or *myathenia gravis*. If you do, please contact Anne at: 7114 Fox Hollow Dr., Shreveport, LA 71107, 318-929-2035.

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## Living in the Land of Plenty

Lenora Anderson

I am a Practitioner from the Carolinas, now living in the Bay of Plenty, in New Zealand. I have been blessed with a home on several acres of tropical native bush, on a quiet beach beside a river. I am restoring gardens and enjoying a peaceful life in this place of beauty which has received blessings from both the Maori and the Hopi people. If you are a Practitioner who has plans to visit New Zealand, I would love for you to visit. Hope to see some of you soon, as I delight in sharing this amazing place, and LONG to receive another TRAGER session!

I can be contacted at: P.O. Box 600, Whakatane, New Zealand. If you live in the U.S., it takes at least one week for your letter to reach me, and two weeks for my letter to reach you. My phone number is (7) 315-4737 if calling from outside New Zealand, or (07) 315-4737 if calling from within New Zealand. My work number is 307-0275 (same area codes apply). New Zealand is 16 to 18 hours ahead of Eastern Standard Time. Ya'll come on down to see me!

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## I Want to Move

Marianna Hartsong

*Marianna is a Tutor from Ontario, Canada.*

I am looking to relocate. What I

know about where I am going is:

a) it involves working/being somehow in community;

b) it is where I can be closely connected to the land--that is, not in a large metropolis);

c) the Winters are not long and grey.

If your's is such a place, or if you know of such a place, please let me know. Or, if you'd just like me to come to do Tutorials or teach my Awareness Through Movement classes, I am very open to exploring and getting to know new places. I am legal to work in the U.S. or Canada.

Thanks for your support. My address is 452 Grace Street, Toronto, Ontario, M6G 3A9, Canada, 416-588-4439.

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## Lion into Lamb

Sally Sestokas

*Sally, a Practitioner from Lexington, Massachusetts, serves on the Marketing Committee.*

On Friday, May 29, 1992, my client, Petra Sacksen, brought her Main Coon cat, "Lion," to see me. Lion had been ill with a kidney infection, and had not been recovering. He was not eating well, and he was making puddles in inappropriate places. Petra had asked me if I would see him, as she was quite worried about him. I told her I knew nothing about cats, but I would be willing to see him. I had worked with several dogs, so I had some experience working with animals.

Petra brought Lion into my office in a carrier. Petra had to pull him out of his carrier. He had panic in his eyes, and his claws were extended. I placed him gently on the table, and only received a minor scratch in the process. I gently stroked his rigid body until he began to relax. After a few minutes of gentle relaxation, I straddled the table, brought Lion close to me, and began the TRAGER session. As I gently rocked and relaxed every muscle and articulation, Lion began to relax and stretch out. After about thirty minutes, he was stretched out to full length, and nearly asleep! He even allowed me to relax his abdomen, which is quite unusual for a cat. Petra exclaimed that he had never been that relaxed in his entire life!

When the session was over, Petra said it would be a shame to upset him, but that it was always a struggle to get him back into his carrier. I picked Lion up, and gently placed him in front of his carrier. I

said, "Wouldn't you like to go home now?" He looked up at me, and then strolled into his carrier and contentedly curled up.

Petra was quite surprised. She said he had never done that before. In fact, she called me when they arrived home, and said that Lion was purring for the first time in his life! My conclusion was that TRAGER had turned Lion into a lamb.

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## LETTERS TO THE EDITOR

Sheila Christian, Practitioner, Oceanside, California.

At the recent Conference, I promoted the passage of an amendment to the by-laws giving Practitioners the right of referendum. As I write this I do not know whether the Board, at the October 14th meeting, will pass the amendment or not. Either way, there are important reasons that we need to establish a Practitioner communication network.

If the amendment passes we face many questions. What are the most important issues to bring to a referendum? How do we collect the 15% of member signatures necessary to call a referendum? How do we ensure that Practitioners at opposite ends of the country, or the world, are not working on the same issue, unaware of each other?

Some claim it is an open secret that "no one reads the Newsletter." Is this true? I don't think anyone knows. How do we ensure that everyone really knows what is going on? How many members are not active now because they have been ignored in the past? How many will never be active? Will we have a problem getting 50% of the membership to participate in voting?

If the amendment does not pass, we will need to determine the will of the majority of Practitioners. If, as I believe, most of us support the right of referendum, we will need a vehicle for continuing to work for the referendum amendment.

I believe a communications network among Practitioners would best support these and many other Practitioner concerns. One possible model would involve designating a contact person in each TRAGER community. And for



those areas where Practitioners are scattered we could have larger regions. For instance, the United States could be divided into four or five regions - Northeast, Southeast, Northwest, Southwest, and possibly, Midwest areas.

The European community has a system of representatives from each of the member countries. What I am suggesting is not a system of representatives (requiring elections, etc.), but just a communications network. It could function side by side with any existing structures, but would be concerned solely with facilitating communication among Practitioners. It would allow any Practitioner to present an issue to all Practitioners more quickly than could be presented in the Newsletter. We would have a group of thirty to fifty contact people throughout the world to communicate with rather than nearly 900 Practitioners.

Next, each of the contacts could create a network--a telephone tree or a postcard tree--within their area. To clarify, the contact notifies two or three people, each of whom notify two people and so on until everyone has been reached. Those at the end of each branch would call the contact person to say they received the message. I believe the personal, one-to-one approach of such a network would appeal to TRAGER Practitioners and thus encourage participation.

This communication network could be used for many things: To pass the word about a proposed referendum issue. To encourage everyone to vote once a referendum issue has been mailed out. To find out if members ARE reading the Newsletter and encourage them to take another look if they're not.

Parallel to this I would like to see a Practitioner network become a type of support group for our members. Another person in each of these areas would contact all of the members in their area once or twice a year to see if the Practitioner is having any problems in her, or his, practice--especially any problems that may be part of a larger problem within the TRAGER organization. Obviously this is something that would have to be done with great tact to ensure each Practitioner's privacy, but we need to develop a group understanding about why people leave TRAGER work. With this knowledge we can act to nourish and conserve our current Practitioners.

We are moving toward a major Certification revision and a new marketing plan. As we make these steps outward we need, at the same time, to

strengthen ourselves internally by creating such networks. These ideas are just my first thoughts; other ideas that have been suggested to me include a Practitioner association and a Practitioner newsletter. I urge anyone with improvements on these ideas or who would like to be part of such networks to write me (144 Polk St., Oceanside, CA 92057, U.S.A.) with your thoughts. Also, please share this article with at least one other Practitioner who "doesn't read the Newsletter."

Natasha Heifetz, Tutor, Berkeley, California

I am delighted to be writing this letter of thanks and gratitude to the 6th International TRAGER Conference Committee, the Tutor Conference Committee, to [meeting facilitator] Sandra Jo Palm, and to all the members of the Institute who attended the Conference--and those who didn't, but who helped to make it the most empowering and most empowered TRAGER group experience I have had. It felt like all the work we have done before coalesced, and there was a quantum leap in trust, faith, cooperation and understanding. It was apparent that the new infrastructure of the Institute is really working, and committees and task forces could be seen at almost anytime of the day and evening putting their heads and hearts together formulating the next steps in our development as a professional organization.

Four years ago in the beginning of my term as a member of the Board of Directors, we went on retreat under Carlo Rossi's leadership. By the end of the 3-day retreat, Carlo had been charged with setting up the infrastructure of the Institute (essentially committees) pretty much as it has evolved at present. Unfortunately, none of the charges were carried out which I believe caused enormous disappointment, frustration and anger, and obviously stalled our progress. Thank you to the Board "Committee on Committees" (really a task force) chaired by Michael Stulbarg for finally getting the infrastructure in place and working. Whew!!! (A huge sigh of relief!) And thank you to all the volunteers on these committees for the hours and hours of attention that it takes to get the work done.

The Conference Committee did a great job. The Tutor Conference Committee were models of friendship and cooperation working toward a common goal. The Tutors worked well together and actually made a whole lot of

progress. We even made some decisions! I wish we could meet more often.

The process we were using under the direction of Sandra Jo Palm was extraordinary. Sandra Jo has worked as a facilitator for the Northwest Regional meetings (special thank you to whoever found her) and for the Instructor's Committee. Some of the things I learned from her seem simple and obvious, and make me wonder how come I never thought of them before. For instance, it is not possible to make consensus decisions by mail, something I believe we as a group have been vaguely trying to do. It is possible for us to agree about what percentage of a vote (e.g., 51%, 66%, 75%, etc.) would mean passage. I also learned that there is such a thing as "consensus abuse".

I am so interested in Sandra Jo's feminist non-violent process in fact that I hope to organize a class in February, 1993, in the Bay Area for her to teach us about using her process. If you are interested, let me know.

I would also like to acknowledge the staff of the Institute for their continued support of our organization.

Janet Francis King, Practitioner, Arlington, Massachusetts

Over the years you [editor] have expressed clearly in your newsletter articles your commitment to protection of our service mark registration. In your "If I Were a Practitioner" article in the Spring 1992 newsletter, you suggested the use of a client release form as protection from "legal assaults". I agree it is important to insure the integrity of TRAGER work, and to provide ourselves as Practitioners with a safety net in case of client complaints. For this purpose professional liability insurance, which I recently purchased from Maginnis and Associates, Inc., is far more effective than client release forms.

However, protecting The Trager Institute and TRAGER Practitioners is only one side of the coin. The other side, which you have not emphasized as strongly, is protecting the rights of clients. Clients have the right to a Practitioner who is committed to being accountable for her/his competence and ethical conduct. Practitioners are responsible for maintaining high standards of practice through continuing education classes, tutorial supervision and training in professional ethics. Clients have the right to recourse when they perceive Practitioner incompetence or misconduct. TRAGER clients have re-

course to The Trager Institute's committees overseeing Practitioner competency and ethical conduct, and recourse to their state or city/town if the Practitioner is licensed.

Client rights is a particular interest of mine, so I developed materials to convey this to my clients. I offer an "Informed Consent" form, focused not on releasing myself from liability, but on clarifying the scope of my services and responsibilities. I also offer a statement of the ethical standards of my practice entitled "Client Rights/Practitioner Responsibilities". This statement is adapted from a prototype published by BASTA! (Boston Associates to Stop Therapy Abuse).

In any service profession, TRAGER included, the role of practitioner entails accountability to the public. Measures to protect oneself from the public must always be balanced by a commitment to serve the public responsibly.

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Nina Allen, Practitioner, Desert Hot Springs, California.

I am concerned about the suggestion in the last newsletter to hold elections to select our Board of Directors.

The current Board consists of eight locally based members who are interested and generous enough to volunteer their time and talents to the task. I feel we are fortunate to have such qualified and dedicated members and I am personally grateful that they are willing to do the work. I don't see that the existing Board membership presents a problem to us as Institute members, but the institution of elections certainly could. These are my concerns:

1) I question the ability of an election to get qualified persons on the Board. A popularity contest would more likely ensue, and I can see power hungry people being attracted to the position.

2) Such elections would represent a major expense to the Institute--that is, all of us. The cost of campaign advertising (after all, we would all need to be educated on the qualifications of each candidate), the costly election by mail, and once our lucky winners were elected, who would then fly them to and from Board meetings, and pay for their hotels and meals? I would hate to see such a large portion of our limited funds earmarked thus. Our moneys are needed for what will personally benefit all of us, that is, membership services that will support us in becoming more professional and more successful practitioners.

I don't believe that the suggestion to elect Board members was motivated by discontent with our current Board, but with a feeling of powerlessness among some of us--a desire for more voice in matters concerning us as members. However, it looks to me as though it is the members of the emerging committees who have the voice and carry the power to affect policies in every aspect of our organization. The good news is that committee members need not be local to the Institute. They can be any member--anywhere--who has the time and inclination to volunteer. Any of us can volunteer for a committee, or any of us can affect any committee by direct communicating with its members. We have power where it counts if we care to use it. And, of course, we can always put our ideas and concern to the Board directly, to our administrative staff, or for publication in our newsletter. It seems clear to me that we already have a great deal of power as individual members to be heard and get what we need within our organization.

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Barbara McMenemin, Practitioner, Spring Valley, California.

For me, the fabulous Sixth International Conference ended leaving behind a feeling of deep personal satisfaction. For the first time I was able to share my application of The TRAGER Approach with the mentally handicapped. Twelve years ago my first official paying client was a mentally handicapped young man of 27 years old living with very caring parents. To this day I see this client regularly.

Had this conference been in any other part of the world, I would not have had this opportunity for nine of my personal clients and students to participate. I am ever grateful to Maryann Zimmermann and her wonderful committee who had the vision and "gutsiness" to commit themselves to a monumental task. Thank you all for an extraordinary accomplishment.

I especially want to thank *Priscilla Dick*, *Sandra Golden*, and *Rosemary Lucente*. All of them have worked with me in my day program. Their willingness to work on clients unfamiliar to them is heart warming. They were wonderful role models to everyone watching. I sincerely thank all of you for an outstanding job, because I know at first, it was a little scary.

Those who attended the presentation personally shared afterward how much they appreciated and gained from seeing TRAGER work done on real "subjects".

All of them left with a deepened appreciation for the TRAGER work. Several of those attending were able to interact with my clients who were comfortable and receptive to allowing hands-on attention from someone they did not know. To my knowledge this was the only presentation involving actual subjects. I hope future presenters will plan presentations that will graphically demonstrate TRAGER work on individuals who have a particular problem.

I fully recognize that seeking clients who are disabled is not too popular or encouraged. More Students and Practitioners would probably be open to such work if they were exposed to working with disabled people all through the certification program. People who are mentally/physically disabled are not likely to seek out body-workers of any modality. So it is important that you be the one who reaches out. It is unfortunate that Students have to wait several trainings and quite some time before being qualified for the taking "reflex/response" training which currently is the only training that demonstrates working with people who are disabled. Perhaps this presentation will open the "door to change" within the training program.

Face it. All kinds of disabling conditions are here to stay. These deserving people desperately need TRAGER, too. From personal experience, I know these people respond beautifully to TRAGER table work. What a contribution it would be, if officially and visibly the Institute included working on many kinds of disabilities as a "natural" part of TRAGER trainings using real models. This is my vision for the future.

Anyone can receive a free copy of the four-page handout developed for the workshop by sending one dollar to help cover the cost of first class mailing to me, Barbara McMenemin, 1225 Gilford Court, Spring Valley, CA 91977. Again, a heart felt THANK YOU to the outstanding Conference Committees, Practitioners Priscilla, Sandra, Rosemary, all my clients, students, their families, and to *Dr. Milton Trager* for showing us the way.

---

Jan Stevens, Board President, Oakland, California

As Board President, I feel caught in a bind over the proposed by-laws amendment to create a formal membership referendum process. Politically, an easy gesture would be to vote for passage. I do support membership empowerment; such a vote would be one way to visibly demonstrate that support. And to vote



against it would surely be interpreted by some as clinging to power no matter my actual motivation.

However, several concerns about this proposal come to mind readily:

1. As with most credential-granting organizations, not all matters of Institute business are appropriate issues for democracy. We are first an organization of professional with purposes and standards that endure beyond any of our individual issues. For example, the definition of The TRAGER Approach in terms of what and how it is taught is consciously and care-fully developed by people who have many years of experience with the work, and with instructional methodology. For our professional integrity, we need to have instructional staff and experienced Practitioners with that background interacting to make and review these decisions.

2. The referendum provides that a vote of 300 members (51% of 900 Practitioners is 450; two-thirds of 450 is 300) would represent an absolute mandate for the organization. I have concerns that a "politically active" minority could create such a mandate--one not necessarily supported by a majority of the voting membership.

3. The direct cost of presenting and tallying a referendum would be about us\$975. (us\$575. for postage; us\$400. for legal, audit, and translation services). In addition, staff time for preparing materials and collating information would be required.

4. If we modify the wording of the proposed amendment, as advised by counsel, to allow for Board veto, we are side-stepping the intent of its supporters to make such referenda binding on the Board of Directors. If we do not modify the wording, we are exposing Institute assets (professional standing, capital, curriculum, service mark registration, etc.) to potential liabilities.

More importantly, however, I do not believe this procedure addresses effectively the underlying issue: the feeling by some members that their priorities are not directing the work of the Institute--the desire to be heard and responded to. I understand this specific proposal was plucked from The Rolf Institute bylaws, where it has been invoked only once for an issue that did not pass. Rather than just adopting one of their procedures, I encourage your creative proposals specific to the TRAGER environment.

My personal preference is to put our attention and resources into the new committee structure--to support the ex-

perienced and dedicated members who are exploring issues with a depth and care that could in no way be distilled into a written ballot. Rather than using dues to cover the referendum process, I support expanding membership services.

At the San Diego Conference, the referendum proposal became a lightning rod for those members charged about expanding members' political power. I hear that message, loud and strong. To vote against this measure is not to deny the validity of that message, nor to obstruct the processes of its realization.

Lest there be any question: The Board of Directors supports high involvement by the general membership in the decision-making processes (a.k.a. "power") of the organization. Many of you have devoted much personal resource (time, energy, and money) to the work; you are our strongest asset. We respect that, and give it top priority in how we move toward a more responsive, as well as responsible, organizational structure.

## Credits

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Contributions to this newsletter from members of The Trager Institute are welcome. All submissions are subject to editing for length, clarity, and appropriateness. Opinions expressed in this publication are those of the authors, and do not necessarily represent the views of The Trager Institute, its Board of Directors, or Education and Administrative Staffs.

SPRING

NEWSLETTER

DEADLINE

FEBRUARY 15, 1993

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