

# TRAGER NEWSLETTER

SPRING 1993

VOLUME XII, No. 1

## PROFESSIONAL DEVELOPMENT

### Electives on the Loose!

Deane Juhan.

*Deane is an Instructor and well-known author of Job's Body. This article is a report from the Education Committee's Subcommittee for Electives.*

The Subcommittee for Electives--**Maurice Hirsch** and myself--is happy to report important progress in the Education Committee with regard to the selection of trial "elective" workshops for the new Certification and Continuing Education Programs to be initiated in the future.

For two or three years now, proposals for "elective" kinds of classes have been put on hold, until a new and better administrative system could be designed and implemented. The new committee structure initiated by the Board of Directors is currently working out fair and consistent procedures for the Institute's administrative and educational decision-making processes, and the freeze placed on a number of proposed classes and projects has begun to lift as ways of dealing with each specific category emerge.

During the "freeze" period, more than twenty "elective" class proposals have been collected and held. The Education Committee felt that this file was an excellent place to begin the search for potential elective classes for our new Certification Program. With this long-term goal in mind, the proposals were read and discussed by the Instructors Committee and the Personnel Committee. The recommendations of these two committees were then forwarded to the Education Committee, which has the responsibility to take these recommendations under advisement and make final decisions concerning the selection of trial electives.

The proposals listed below have been currently accepted for trial. The Education Committee has not yet processed the entire backlog in the file, so if your proposal is not listed, it may well not have been thoroughly discussed and voted on at this time. If you have any questions concerning the status of a proposal you do not see listed here, please contact **Beverly Cox** or me in the United States, or **Maurice Hirsch** in Europe.

These classes will be offered with the following provisions: They may be listed in the TRAGER schedule. They will satisfy the

Continuing Education requirements for *one year only* during the *first three years* of Practitioner status. They will be subject to a rigorous review of class plan, actual performance, and feedback from all participants. They will contribute 12% of the gross class incomes to the Institute. There is no guarantee at this time that any class will be included in the final Electives list in the new Certification Program. The purposes of these trials is to discover which classes will actually prove their value to our students before the new program begins, insuring it as much quality as possible. To date, the thirteen trial classes are:

- Continuum for TRAGER Students and Practitioners, **Susan Harper**, Continuum instructor.
- **Maniken**® Survey of Anatomy and Kiniseology, **Cynthia Christy**, Tutor, Zahourek Systems Certified Instructor.
- Bringing TRAGER Spirit Into Everyday Lives, and, Hook-up, Creativity, and Joy, both presented by **Jean Hopkins**, Tutor.
- Movement and Transformation series, **Roger Tolle**, Tutor.
- Professional Development, **Michael Madrone**, Tutor.
- Utilizing Human Dynamics, **Shelly Siskind**, Tutor.
- Communicating with Clients, and, Getting MENTASTICS Across to Clients, both by **Julie Greene**, Tutor.
- The TRAGER Approach in the Medical Context, **Jack Liskin**, TRAGER Practitioner, assistant professor of family medicine and director of the Physician Assistant Program at the University of Southern California School of Medicine.
- Contact Improvisation for TRAGER Students and Practitioners, **Ric Watson** and **Elleva Joy McDonald**, TRAGER Practitioners, Contact Improvisation instructors, and faithful performers and presenters at International TRAGER Conferences.
- Self Presentation Skills, **Max Dixon**, TRAGER Practitioner, former professor of acting/movement, currently professional presentation coach.
- Foundations of Movement: Anatomy and Physiology, **Lenore Jones**, TRAGER Practitioner and anatomy instructor.

Congratulations to these individuals!

More trial electives will be announced in the future as the committees process the remaining proposals in the file, and as new proposals come in. A format for written proposals is being designed by Carol Camp-

bell so that everyone will know the information required by the Education Committee for processing. In the meantime, please note that the "freeze" on these particular kinds of classes is over for the time being. The Committee welcomes your ideas. Please contact me by mail if you wish to submit a proposal; as soon as the materials are completed and available, I will send you an information packet with the format outline and all other information you will need to apply.

I urge you to actively support these trial classes with your word-of-mouth and your attendance. They represent the best and most relevant adjuncts to The TRAGER Approach that we can find, and your discriminating participation is crucial to the evolution of our new Certification and Continuing Education programs. Take part, and let us know what you liked!

## National Certification Program

Bob Haase.

*Bob provides public information for the (United States) National Certification Program.*

The National Certification Board for Therapeutic Massage and Bodywork offered its second examination to date this past December. Storms on the Eastern seaboard closed down two testing sites and kept the total candidate count down to just under 1,300.

TRAGER Practitioner **Kevin Roy** of Olympia, Washington, has been appointed to the Program's Examination Committee which meets twice a year. He will be par-

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ticipating in examination and item writing reviews.

Two examination dates will be offered in 1993. The May 8th examination has an application deadline of March 13th, and the November 13th examination's deadline is September 18th.

Those who wish to take the examination will automatically meet the "grandmothering" provision if they have practiced massage or bodywork for a period of at least one year at the time of their examination. It is important to know that there are no minimum number of sessions or treatments required under this provision and this option will not be valid after the 1993 test dates.

For a Candidate Handbook please call: 800-622-3231.

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## Study Guide and Eligibility Requirements for the National Certification Exam for Professional Massage and Bodywork

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Ginger Carney

*Ginger is a Practitioner from Chicago, Illinois. She is working on a physical therapy degree, and wrote an article on the National Certification Program in our last newsletter.*

In the Fall Newsletter I indicated the I was preparing something of a "Study Guide" for the National Certification Examination for Professional Massage and Bodywork (NCE). That is now available from me for \$10.00. It includes eighty-six pages, eight of which are my comments mostly in reviewing each of the books on the recommended reading list as well as some that I would personally recommend. The remaining pages are mostly copies of material from those books that may help you decide whether any given book would be helpful to you. I decided that this was needed since it is so hard to find many of these books off a book shelf to review—even at massage schools.

I would like to make one thing very clear: This Study Guide is not intended to provide you with all the information you need to know for the NCE without further reference to other books. My goals are the following:

- 1) To provide more specific guidelines and suggestions for preparing for the exam than provided in the 1992 NCE booklet (but remember, there is nothing "of-

ficial" about this—they are only my personal opinions and recommendations);

- 2) To assist you in identifying the reading material that will best meet your needs in preparing for the exam and/or for future study;
- 3) To give you some specific suggestions for studying in ways that make the best use of your time—e.g., making use of driving time to memorize things—and in ways that will have the most effect on your work—e.g., practice palpating and visualizing the anatomical structures);
- 4) To help you perceive the task of preparing for the exam both as a manageable one (one in which you can be successful) and a meaningful one (one that can assist your ongoing development in your work);
- 5) To motivate you for further study whether or not you take the exam.

I would also like to clarify that while I believe this material will be helpful to a wide range of Practitioners, a lot of my personal comments are directed specifically toward Practitioners who are not graduates of 500 hour massage training programs, and who have had very little didactic instruction, except for the Anatomy course offered through the Institute; also, directed toward Practitioners who may be deeply immersed in an intuitive mode of functioning (which is most of us, since that is so critical for TRAGER work, and so often, why we are drawn to the work), and who may not feel much confidence in the value of spending time for this kind of analytical studying, or in some cases, in their ability to be successful in doing so.

To request a copy, send \$10.00 to: Ginger Carney, 6820 N. Hamilton, Chicago, IL 60645. (No SASE is needed.)

The 1993 test dates are May 8th and November 13th with regular application deadlines probably being March 27th and October 2nd. Remember, that the Grandmothering provision only applies for the 1993 examinations. However, if you don't feel you can be ready for this year, you may be able to qualify later on the basis of a combination of professional experience and education. Each year, 400 sessions within that year, counts for 7.5 points. You can count up to four years for 30 points maximum. The remaining 20 points would have to be from education (one point of credit for every ten clock hours, but each program must be at least 100 hours.) For credit for your TRAGER training, you would add up all of your hours in training with Instructors. For Tutor training, you would add up all of your hours in training with Instructors; Tutors,

or Workshop hours—that total must be at least 100 hours (not each individual training). Call the National Certification Board at 708-864-0774 to clarify any further details about your situation.

Many people still question the value of this exam. Certainly, it alone is not going to solve all of our problems with regard to recognition as 'health care' professionals, but it is a significant step. Five states have already begun to consider it the test to be used in their licensure process. It is significant that it encompasses various forms of bodywork, and not just massage therapy. Hopefully, that may be an influence on states in developing licensure acts. Although this does not have to do with the exam itself, I think it is also very significant that Congress ordered the National Institutes of Health to set up an advisory panel regarding "unconventional" forms of health care, and that the AMTA president (Elliot Greene) was asked to testify before this panel. Two million federal dollars have been allocated to research in this area, and the AMTA may get a good chunk of that. With these kinds of breakthroughs beginning to happen, I think that anything such as the NCE, which is an opportunity to demonstrate our professionalism, is very timely and most valuable.

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## A Personal Message from Betty Fuller: On Practitioner 1 and Motion and E-Motion Trainings

By the time you read this, this April Fool [Betty's birthday is on April 1.] will already have accomplished her 66th year, and be on the way to 67! Yes, I'm a legitimate Senior Citizen (A.K.A. Tribal Elder) with Medicare, Social Security, 10% off air fares, and I only pay \$3.00 at the movies! Even so, I cannot afford to retire although a recent visit to Big Sur and Esalen really got to me! Here are my changes!

Over the last 4 years, I've had a series of accidents, illnesses, etc. which have taken quite a toll. Treatment has cost a fortune, and although I am now making a strong recovery, I must live at a different pace. I need and want to be home near my support base. So, I have rented a charming studio in Mill Valley, very near the Institute's administrative office, where I can establish private practice—at last! The space can also be sublet when I am "on the road again." I'll be home most of this Sum-

mer/early Fall, and look forward to being with you in Feed Back Sessions, sessions, tutorials, classes, and fun!

Practitioner 1 is now open to other Instructors. Call the office for further information. I am delighted about this expansion of the program, and look forward to setting up a little class so we can make a video of what I do just for the record. Call me at 415-435-5284 if you want to be part of such a venture or to make appointments.

I'll continue to teach Practitioner 1 trainings, and am available to teach the other levels of training as well. Highest priority for me right now is the further development of my elective class, "Motion and E-Motion", which has evolved as a minimum 3-day class. It has been very successful in Europe, particularly in Germany, around the time the wall came down, in Switzerland, and in Sweden where we met in Guru Mayi's Ashram. The vibes there were simply awesome!

After soaking up the information in "Healing and the Mind", the beautiful PBS series with Bill Moyers--it all felt and sounded like Milton Trager--I'm certain that it is time for "MO-E-MO" to get out into this world--NOW. It is a light introduction into handling FEELING EXPERIENCE at many levels. This workshop is open to the general public along with TRAGER folk and their family, friends, clients, and colleagues. Contact me if you are interested. (See the write-up below.) Have pentels and tapes/Will travel!

More than anything else, I want to focus on my health, meditation, private practice, and exercising this ol' buddy body of mine. I deeply appreciate your being a part of our TRAGER family and all your kindness to me. Thanks for your warm, loving notes and calls. I simply love you, each and every single one of you.

#### MOTION AND E-MOTION:

Keys to Happiness, Health and Aliveness

Our thoughts and emotions are the primal architects of our well-being. Like two sides of a coin, we can't have one without the other! What we think and how we experience our emotions can make us "sick to death" or "healthy, wealthy, and wise." It is up to us to wake up, to become conscious and aware of our thoughts and feelings. With awareness, we can choose how we will experience and express our thoughts and feelings, or change them! Instead of *their* having us, we *can have* them. We can play with them, transform them, and work *with* them for the well-being of our lives, our World and our Universe.

These great powers are the "juice"--the fuel that moves and drives us in our lives at

the level of our cells. Our body *embodies* everything: the flowing, the holding--all of it! When we are awake and aware of our thoughts and feelings, we tend to flow with the current and "the livin' is easy." When we resist, block, or "zone-out", we accumulate stress and tension which lead to disease. This burden of stored-up "un-experienced experiences" impacts on our lives like a sea anchor dragging the past behind it. It takes an enormous amount of energy to "keep on keeping on;" this energy we need for living. Clearing out this "stuff" is literally a matter of life or death.

As we become more aware of our thoughts and feelings, and begin to understand the vital influence and impact they have on our health, we can cut free that anchor. As we experience out the old "stuff", tossing the flotsam and jetsam overboard, we'll lighten the load and do our living in present time right Here/Now. Learning to harness the tremendous power generated in our systems by our thoughts and feelings opens the doors to healthy, joyful, meaningful lives and sparkling future visions.

"Happy thoughts make happy molecules" *and strengthens our immune systems.*

This experiential workshop includes TRAGER and Feldenkrais® movement work, guided meditation and imagery, communication skills, and group interaction and process to help us be more comfortable without our own "stuff" so we can JUST BE with our people (clients, friends, and family) when their "stuff" comes to the surface.

NOTE: This is a personal growth workshop--an educational event. The focus is on experiencing the fun and joy that comes from learning and understanding more about yourself, and from the experience of communicating appropriately, effectively and authentically with others.

## An Invitation

Jocelyn Olivier

*Jocelyn is the Director and founder of Alive and Well!, Institute of Conscious BodyWork in San Anselmo, California, and Chairperson for the Association for Humanistic Psychology's Somatics Community.*

The Association for Humanistic Psychology's Somatics Community is a 1½ years old international organization with goals to generate unity and professional identify among the diverse specialities within the field of Somatics.

Co-Creation of opportunities for mutual support, networking and professional outreach--in the form of a speakers bureau--to expand awareness of Somatic modalities and their application in new venues has been the focus of the main activity center in the San Francisco Bay Area. A quarterly newsletter featuring articles and news from around the country, and a listing in, and copy of the A.H.P. Somatics Community Directory are two benefits of membership along with all other benefits associated with belonging to the A.H.P. Materials and financial support for starting a local activity node in your area are also available.

Anyone may attend our quarterly Community Meetings free of charge. The next two are: March 21, 7-10 PM featuring a presentation on "Are You Paying Too Much Tax?" by Somatics Community member and former C.P.A., Frank Burton, now a Radix practitioner, and June 25, 7-10 PM (call for agenda.) Both meetings will be held at Alive & Well! Institute of Conscious BodyWork in San Anselmo, California. Call 415-258-0635 for more information on the Somatics Community and for directions to meetings.

## California Coalition On Somatic Practices

Beverly Schultz

*Beverly is Director of Governmental Affairs of the California Massage Therapy Association. She has been leading the development of a California state coalition which is described below. It is possible that the work of this coalition may eventually have national and international impact on issues of professional regulation.*

The Coalition is a group of associations, organizations, schools, and individuals who have joined together to organize and distribute information throughout the profession regarding regulatory policy. The Coalition is not making decisions on regulatory policy. We intend to prepare survey packets listing possible alternatives, spanning the spectrum from licensing to maintaining the status quo. These packets will contain enough objective information regarding each alternative [form of professional regulation] so that practitioners will be able to make well informed decisions as to policy directions. We plan to send these to members of every state, national and local group in California, and will make every effort to distribute the packets to non-aff

filiated practitioners. Like the voter packets we get for initiatives prior to elections, the Survey packets will have each option outlined as to what they mean to a profession, how they are achieved, likelihood of success in implementing, etc. Following will be pro and con arguments prepared by those in the profession. Practitioners will be asked to evaluate each choice, so as to determine what the profession will support. The objective text of these packets will be prepared by an expert with experience and insight into the issues confronting our particular field.

The next meeting of the Coalition will be Sunday, March 21, 1993, at the San Francisco Airport Hilton. This will follow the close of the California Massage and Bodywork Convention being sponsored by AMTA-CA. The intention is to take advantage of the number of practitioners—both AMTA and non-AMTA—who will be available at that time, and may wish to become involved in the Coalition.

If you would like more information on the Coalition of Somatic Practices, feel free to contact me at 415-574-5579.

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## A "New-Age" of MENTASTICS...with Groups: Next Summer in the Catskills

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Carol Campbell, Sheila Merle Johnson &  
Roger Tolle

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*Sheila Merle and Carol are two of our veteran Instructors, and Roger is a long-time Tutor and workshop leader.*

On July 3-5, 1993, the three of us will be co-teaching a "MENTASTICS with Groups" training, a very special residential class at the Phoenicia Pathwork Center in the beautiful Catskill mountains of New York state. It is the only training of this sort scheduled for 1993. The class is a variation of the "MENTASTICS with Clients" training that Carol and Sheila Merle have been teaching for some years. It uses a similar format of "learning by doing" with self- and peer-feedback.

We have already given two of these classes—in Paris, and at the San Diego conference, to rave reviews. Some participant feedback: "Not only did this training give me the confidence to put it out there, I also felt nourished, replenished and enlarged from the experience."

MENTASTICS in a group situation can be profoundly transforming. For TRAGER clients, it can be a wonderful way to deepen their experience of the work, to give them more skill in the everyday application of the TRAGER principles, and to increase their enthusiasm for the process of change. For the general public, it can be the best way of introducing them to the work, and of giving them skills that are immediately useful in their daily lives.

TRAGER Practitioners may gather their existing clients for paid MENTASTICS classes, and may give up to three-hour demonstrations of the work to the public including guided MENTASTICS. This training can help Students and Practitioners for these presentations.

For Practitioners who wish to become MENTASTICS Leaders or Introductory Workshop Leaders, this training can help to develop and refine the necessary group skills. MENTASTICS Leaders are authorized to give paid MENTASTICS classes to the general public. For Practitioners who have met the prerequisites for MENTASTICS Leader status, this training offers the possibility of the two Instructor recommendations—if the participant's skills are at the necessary level. Contact the Institute's Mill Valley office for information regarding ML and IWL status.

Since the participants need to come to this training well-versed in the principles and the repertoire of MENTASTICS, there is a prerequisite of the "MENTASTICS with Clients" training.

An alternative prerequisite option has two parts: a special Tutorial addressing MENTASTICS skills and repertoire, with a recommendation of the Tutor, plus coming to the MENTASTICS repertoire day offered on July 2, 1993, at the Phoenicia, just before the MENTASTICS with groups training.

You can read the class description, fee information and a short article in the Training Schedule mailed together with this newsletter.

Come and play with us at this beautiful retreat, and develop your skills in teaching MENTASTICS to groups. It can be a wonderful and nourishing way to build your skill, your confidence and your practice.

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## Media Watch

TRAGER Practitioner **Jack Liskin**, M.A., PA-C, has had an article on TRAGER published in *Parkinson Report*, 3rd Quarter, 1992, Volume XIII, Issue III, called "The TRAGER Approach and Parkinson's Disease." Jack is assistant professor of family medicine and director of the Physician Assistant Program at the University of Southern California School of Medicine, a National Parkinson Foundation Center of Excellence. For more information, please write: National Parkinson Foundation, Inc., 1501 N.W. 9th Avenue / Bob Hope Road, Miami, FL 33136. If you have a Parkinson's client, and you wish to speak with Jack about working with them, you may call him at: 213-933-9961.

*Natural Health*—formerly *EastWest Journal*—published an article on TRAGER called "Sway the Body" featuring Practitioner **Jeannie Gellineau** of Holyoke, Massachusetts. This article appears in the January/February, 1993 issue, on page 42. For more information write or call *Natural Health*, 17 Station Street, Box 1200, Brookline Village, MA 02147, 617-232-1000. The above two published articles have presented TRAGER in a positive light, and have generated significant interest in our work.

**Deane Juhan** informs us that *Massage Magazine* has agreed to publish his keynote address given at last Fall's San Diego TRAGER Conference, next Fall/Winter, 1992/1993. We'll have more information about this publication in our Summer TRAGER Newsletter. *Massage Magazine* is also publishing an extensive interview with Deane in their June/July issue. This interview includes a substantial amount of information about TRAGER.

**Anand Gopur**, our soul Practitioner from Spain, announces the publication of a major piece on TRAGER in a major Spanish publication. Please see Anand's regional report in this newsletter for more details.

A few paragraphs about TRAGER appear on page 187, in the "Bodywork" chapter of the recently published *Reader's Digest Family Guide to Natural Medicine*.

The Multiple Sclerosis Foundation located in Fort Lauderdale, Florida, is compiling a book on alternative approaches for the management of multiple sclerosis symptoms. A piece on TRAGER by **Deane Juhan** will be one of the featured chapters. **Samantha Gill** is gathering the information for the book at this time. She hopes to have it ready for publication by the end of Summer. More information about this publication will appear in our Summer newsletter.

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Elin Silveous

*Elin works for Health ResponseAbility Systems which has created an electronic health and medical forum. The following article introduces the forum and describes TRAGER's inclusion.*

Information about The Trager Institute [and TRAGER work] and alternative health care approaches is now available in Health ResponseAbility System's "Better Health and Medical Forum" on **America Online**, an easy-to-use, consumer electronic information service.

The Better Health and Medical Forum offers information and discussions on a broad range of health-related topics including chronic diseases and disorders, common medical problems, alternative medicine, lifestyle and prevention, insurance and medical benefits, health policy and health care reform, patients' rights, and caregiving. **President Clinton** is now a member of America Online, and electronic mail can be sent directly to him using his identification code, CLINTONPZ.

"We are building an electronic community of people who use health care services—the consumers—and the people who deliver those services. We want everyone to gain a better understanding of personal, regional, and national health care issues. One outcome will be more informed consumers. More informed consumers can significantly impact the quality, cost, and availability of health care services in this nation," said **Allen J. Douma, M.D.**, CEO and Medical Director of Health ResponseAbility Systems, a Virginia-based company.

Members who own a computer and modem can get free software and free time to explore the Better Health and Medical Forum by calling: 1-800-827-6364, extension 6751. When requesting software, please remember to: 1) indicate the type of computer you have; 2) give the size of disk you prefer (5¼" or 3½"); 3) ask for the new WINDOWS® version if you presently run WINDOWS.

## COMMITTEE REPORTS

### Marketing Committee

Martin R. Anderson

*Martin is a Tutor from Brookline, Massachusetts.*

It is with regret that I must report that I have resigned as Chair of the Marketing Committee, effective immediately.

The reason for my departure is personal. I simply don't have the time and energy to have a full-time TRAGER practice, chair the Marketing Committee, and have the time and space that I require to be healthy.

I am fully supportive of the process that The TRAGER Institute is engaged in—exploring committee structure. I have had great support from members of the Board, the office staff and especially the members of the Marketing Committee over the last year. My heartfelt thanks.

I can't speak for the committee as a whole, but reflect only on my own experience of the last year sharing some of what I learned. First, that this is a difficult thing—running a committee and communicating over large distances with TRAGER members who are volunteering their time in the midst of busy schedules. Our committee was too large to manage with twelve members. Our mandate was too large—to promote the Institute, the Certification Program as well as supporting the marketing needs of members. We made too many proposals. We tried to take on some of the ongoing marketing functions of the Institute before we had a clear structure of decision making in place. We didn't have the input—until recently—of **Sandra Jo Palm** to give us the tools and teach us the skills necessary for successful committee structure and communication.

However, we were able to clarify and communicate to the Board and the membership some of the important issues relating to TRAGER and marketing. We researched the marketing policies of five other professional bodywork associations. (See the Fall, 1992 Newsletter.) We created a comprehensive marketing survey for members that may provide useful information to the Institute if it is deemed appropriate to send out.

At this juncture, some present members of the Committee are interested in con-

tinuing to explore the issues of marketing, but no one wants to chair a committee. If this issue is of interest to you, and especially if you have experience with marketing of any kind, **Michael Stulbarg** and the Committee on Committees would like to hear from you.

Lastly, I would just like to give support to the idea that as an organization, we are in a time of transition and experimentation and exploration. We need to give ourselves lots of time, and room to make mistakes as well as room to grow. We need to be gentle with each other and gentle with ourselves. We need to breathe with all of this. We need to remember, as we look to create new ways of being with each other as an institute, of how we are with others in sessions and in the classroom—no trying and not working hard—just being with it.

### Education Committee

Beverly Cox

*Beverly is a Tutor from Mount Shasta, California.*

Thank you to all of the concerned members who have sent in feedback responses to the Certification Program DRAFT proposal in the last newsletter. We will be reviewing all feedback and giving a report in the Summer newsletter. We are currently in the process of getting some pilot elective classes up and running.

### Tutor Report

Michael Madrone

*Michael is a Tutor from Vancouver, British Columbia, Canada.*

The Tutor Committee has been very active putting into motion the mandate given it by the recent Tutor Conference. Among the committee's activities have been the determination of its own internal workings including communication and determination of role.

The committee successfully resolved the issue of Tutors who were in non-compliance with their continuing education requirements. The committee received the two ballot issues involving Tutor Education and Continuing Education which were drafted at the Tutor Conference and finalized by **Ru Wing** and **Julie Green**



Tutor Committee Members: Jan A-son Fogel, James Day, Rita Lustgarten, Bob Wing, and Michael Madrone.

(thank you Ru and Julie) and oversaw their review by the Education Committee. The Education Committee approved the terms so that when the ballots were sent to Tutors they would know in advance the meaning of what they were voting on. The ballots were mailed and voting continued until March 11, 1993. Thanks to the office staff for skillfully handling a complicated mailing. At the time of newsletter printing, the results of the ballot were not known.

In the last committee report in the *TRAGER Newsletter*, there was a typo. The report should have read that the Tutor Conference Planning Committee consisted of **Roger Tolle, Martin Anderson, Carol Day, Jim Day, Stephanie Murdoch, Maxine Guenther, Terry Bremer and Steve Buchbinder**. Apologies for the error.

## An Apology

Janet Francis King

Janet is a Practitioner from Arlington, Massachusetts.

As author of the Marketing Committee column in the Fall, 1992 Newsletter, I wish to extend my apologies to the TRAGER membership for reporting inaccurately on some committee news. At that time, the Marketing Committee had not formally addressed issues of internal organization and communication. What I reported regarding committee structure, decision-making procedures and prioritization of projects was based on my personal impressions and not arrived at by committee consensus, as implied. Other information in the article was reported accurately.

## From the Personnel Committee

A thorough review of the policy and procedure for application, selection, and training of TRAGER Instructors is underway at this time. As part of this review, the Personnel Committee (PC) is considering the possibility opening up this status to qualified applicants.

It would be helpful for the PC to have a list of all interested Practitioners so that when the application packet is complete, it can be sent out without delay.

Please notify the PC of your interest in being on our mailing list. Send your name and address by May 15, 1993, to: **Alain Alain**, 31 Rue Joly, Riviere-du-Loup, Quebec, G5R 4C2, Canada. If you have questions, feel free to call Alain, or any other committee member.

## Avis provenant du Comité du Personnel

Nous sommes actuellement à réviser la politique et la procédure concernant l'inscription, la sélection et l'entraînement de nouveaux instructeurs TRAGER. Le Comité du personnel (PC) aimerait donc connaître celles et ceux qui seraient intéressés à s'inscrire au statut d'instructeur de l'Institut Trager.

Le comité du personnel veut ainsi se constituer une liste de noms de praticiennes et praticiens intéressés par cette offre d'emploi de sorte que lorsque la trousse d'inscription sera complétée, elle pourra vous être acheminée dans les plus brefs délais.

Pour ce faire, veuillez s'il vous plaît nous

en avisant par écrit en envoyant votre nom et vos coordonnées avant le 15 mai 1993 à: **Alain Alain**, 31 Rue Joly, Rivière-du-Loup, Québec, G5R 4C2, Canada.

Si vous avez des interrogations, n'hésitez pas à rejoindre Alain ou tout autre membre du comité du personnel.

## Committee on Committees

Michael Stulberg

Michael, a Board member, is Chairperson of the Committee on Committees.

The Committee on Committees continues to meet regularly in an effort to support and upgrade the Institute's volunteer committees. The Education and Personnel Committees have been meeting regularly and have made substantial progress. Lessons learned from the restructuring of the Marketing Committee include the need for clearer charters for each of the committees, smaller committee sizes--with additional members serving on subcommittees--to facilitate communication, the need for support and education in the use of teleconference calls for committee meetings (thanks to **Sandra Jo Palm**).

The Nominations Committee, which identifies individuals who might become Board members, is being enlarged. (Please see **Betty Fuller's** report in this newsletter.) The Ethics Committee is very excited about developing a new structure to be proposed to the Board when it is ready. Thanks to the enthusiasm of **Esther Perin**, a proposed "Translations Committee" is being brought before the Board.

In sum, there is considerable progress in building up the committees. We keep learning, and welcome further input.

## Nominations Committee

Betty Fuller

Members of The Trager Institute's Board of Directors serve two-year terms, and may serve no more than a total of 3 terms. All Board members must attend the meetings in Mill Valley, California, every

other month, serve on one of the Board's Committees, and take part in Board retreats and other special gatherings. The Directors all volunteer their time and services. There is a legal ratio which must be observed between the number of TRAGER people who serve on the Board and the number of supportive people with no direct "interest."

If you wish to propose a candidate for nomination to the Board, please make clear the obligations above, and obtain the full consent of your person. Then send in their vita along with their statement of interest and willingness to serve if elected. We also welcome your comments. We are looking for people who have experience and expertise in Fund Raising, Research, Public Relations, Media, Organizational Development, and Long Range Vision! All nominations must be in The Trager Institute's Mill Valley office, in writing, care of the "Nominations Committee" by June 1st of this year.

## Learning to Work Together Over Long Distances

**Sandra Jo Palm**, The Trager Institute's meeting facilitator and trainer, has chaired two teleconference meetings of many of our committee chairpersons. These meetings have addressed issues and concerns of how committees can best conduct their business in the context of long distances and teleconference calls. The teleconference meetings have also addressed key questions of inter-committee communications and coordination. Another teleconference call is planned for this June.

DS

## Board Minutes Summary

The Board of Directors members are: Harry Friedman, Betty Fuller, Jean Iams, Rita Lustgarten, Jan Stevens, Michael Stulberg, and Anne Wormood. As of February, 1993, Deane's service to the Board as Instructor representative has been completed, and the new Instructor Committee representative is Gary Brownlee.

October 14, 1992: Board members shared feedback and thoughts on the San Diego conference, and expressed appreciation for the successful hard work of the conference committee. Also noted were

the problems and dissatisfactions that arose around the lack of written and verbal translations.... Plans were made for a Board retreat to focus on broad and deep Institute issues.

### Committee Reports Highlights

**Ethics:** In response to a request for representation from the European organization, the Ethics Committee is working on a proposal to create a European branch of the Ethics Committee.

**Tutor:** A new set of committee members was announced: **Jan A-son Fogel, James Day, Rita Lustgarten, Michael Madrone, and Bob Wing.** Michael Madrone is serving as the Tutor Committee Chairperson.

**Personnel:** Anne Wormood shared that the committee is focussing on the procedure/criteria for creating new Instructors. She will also be meeting with the administrative staff to discuss salaries/benefits based on her study of a 1991 survey of non-profit organizations.

**Marketing:** Harry Friedman joined as the Board liaison to this committee.

December 9, 1992: The Board agreed on the 1993 Board meeting dates which are as follows: January 27, March 24, May 12, July 14, September 8, and November 10.

Discussions were held on ways to support the committees—especially in the use of teleconference calls as the necessary form of committee meetings.... Plans were made for a teleconference call of committee chairs to discuss this topic.

### Committee Reports Highlights

**Personnel Committee:** A motion was passed accepting a Personnel Committee proposal for staff benefits.

**Tutor Committee:** Discussion regarding Tutor continuing education.

**Education Committee:** Proposed procedures for approving pilot elective classes was discussed.... An implementation timeline subcommittee was formed to be chaired by Gary Brownlee. The proposed certification program must receive final Board approval by July 1, 1994, if we are to meet a proposed 1995 deadline.

**Committee on Committees:** A letter from (former) European TRAGER Representatives secretary **Esther Perin** requesting formalization of a Translations Committee.

January 27, 1993: Betty presented the slate of officer nominations, and the following officers were voted: Jean Iams, President; Harry Friedman, Vice President; Betty Fuller, Secretary; and Jan Stevens, Treasurer.... Ideas for the agenda setting for the upcoming Board/Instructors meeting were discussed.

**Education Committee:** Deane Juhan reported on the experimental three-committee consensus approval process amongst the Instructors, Education, and Personnel Committees.

# INSTITUTE NEWS

## San Diego Conference Completion

The 6th International Conference Committee—**Maryann Zimmermann, Adrienne Stone, Glenda Adair, Jan Bennett, Carolyn Mason, Will Putnam, and Priscilla Dick**—have amassed the conference participants' feedback, and made reports of their work and the conference. These reports will be passed onto the next conference committee (see the very next article below).

Conference financial comptroller, Jan Bennett, reports that:

The total funds handled in support of the conferences (including the Tutor Conference) totalled \$89,869. We were proud to forward our profits of \$18,727, as well as repayment of all seed monies for both conferences. Additionally, the Institute netted \$15,686, from the pre- and post-conference trainings that it sponsored. Rounding out the total proceeds were incomes from the sale of workshop tapes as well as donations from the raffle held during the conference.

Registrar Glenda Adair reports that there were 312 conferees—a record breaker! 55 Tutors attended the Tutor Conference, and a record-breaking 128 members attended the Trade Day. 116 members attended the pre- and post-conference trainings which the conference committee and many others supported.

Many valuable lessons were learned and relearned—especially the challenges and urgency of translating conference written materials and verbal presentations. These lessons have been passed on to the next conference committee.

In conclusion, San Diego Conference Chairperson Maryann Zimmermann writes:

My eternal gratefulness to our magnificent Steering Committee. The intelligence, creativity, fun, caring, devotion, dedication, commitment, ideas, and follow-thru—all in Hook-up—expressed was awesome and transformational for me to be a part of. My heartfelt appreciation is further extended to the extended committee [*Louise de Montigny, Esther Perin, and Gary Brownlee*], all volunteers, the Institute's staff, Board, spontaneous assisting (especially *Nicolette Washington*), the support of Instructors and Tutors, the San Diego Region, the attendees, and those who could not attend, but gave their support in a myriad of ways, and, finally, *Emily and Milton Trager*. I hope to see you all at our next International Conference!

## The 7th International TRAGER Conference: Summer, 1994

Terry Bremer

*Terry is a Tutor from Philadelphia, Pennsylvania. The Northeast Region's Conference Committee's proposal will be brought before the Board of Directors at their March 24th meeting.*

The Northeast Region is pleased to announce that it plans to sponsor the 7th International TRAGER Conference, August 11-14, 1994. Many Institute members gave us their wish list for the next conference site, and the search team used those criteria to select a site. We have selected Tamiment Resort in Bushkill, Pennsylvania.

The on-site inspection team—site search chairman *Terry Bremer, Michael George, Panna Flower* and conference chairperson *Roger Tolle*—all thought this location was well suited for our next International Conference. Many other Institute members were also very helpful with the search. Tamiment is easily accessible for U.S., Canadian and European participants. Located in state forest land in the Pocono mountains, it provides an idyllic country setting.

Tamiment is a Lenape Indian word meaning "amicable." The energy feels very sacred. The facility is modern, has beautiful meeting rooms, a famous professional

theater, a ninety-acre lake, thirty person environmental hot tub, sauna, steambath, gym, tennis, golf, horseback riding, hiking, children's daycamp, nightclub, and nearby waterfalls and river rafting. Vegetarian and non-vegetarian diets can be nicely accommodated. Rates are reasonable. August is their best season, warm in the daytime, and cool at night. We have appreciated the hospitality of other regions, and look forward to the opportunity to host the next conference.

## Is It Time for a Dues Increase?

Don Schwartz

This is not a formal communication from any Institute Committee. Rather, it is a personal expression from me to you. And I look forward to hearing back from you. It has been four years since our last dues increase, and I'm wondering if it is time to consider another increase. I share this idea with you, our members, in this way because it is important that you participate in this important decision, and because the decision to raise dues could not be a wise one without your support.

Key factors affecting this decision include:

- Continuously rising operating costs.
- The need to support our emerging committee structure.
- The need to provide additional funds for translations of information to and from the major languages represented by TRAGER members throughout the world.
- The proposal to have an elected Board with the attendant costs of the election, travel, and accommodations.
- The need to build a strong financial base for our future growth and development, as well as stability.
- The need to support emerging membership needs.

I'm pleased to share my observation with you that our organization has been growing stronger financially over the last three years. I attribute this growth to our dedicated educational staff, sponsors, and Practitioners; to record breaking membership; and to cost-conscious spending. There are many organizations of our kind which are operating at a deficit! We have a strong base now from which to grow.

As our financial strength develops, I

look forward to our being able to offer virtually all membership services requested, to the creation of an endowment fund, to the development of grant applications, and to presenting a strong and clear profile to the world of a healthy, international, multi-dimensional professional organization which supports and presents its work to the world with excellence.

As always, the strength, integrity, and effectiveness of The TRAGER Approach and The Trager Institute comes from you, our members. What do you think about a dues increase in the next two years? What would you consider an acceptable range of increase? Please let me know by writing to our office at: 33 Millwood, Mill Valley, CA 94941-2091. Thank you!

## Federation Report

Don Schwartz

The Federation of Therapeutic Massage and Bodywork Organizations—our formally adopted name—met on December 18-19, 1992, in Boulder, Colorado. Federation representatives present were: *Elliot Greene* and *Ruth Marion* of the American Massage Therapy Association; *Carl Dubitsky* of The American Oriental Bodywork Therapy Association (and meeting Chairperson); *Anna* and *John Chitty* of the American Polarity Therapy Association; *Jeffrey Maitland, Ray McCall, and Jim Schuelke* of The Rolf<sup>®</sup> Institute; and *Corrine Larson* and yours truly of The TRAGER Institute.

There were many discussions this meeting covering a wide variety of topics including: National Certification, educational standards, activities of the Federation's Joint Governmental Relations Committee (JGRC), the National Institutes of Health's (NIH) interest and involvement in "alternative medical practices", the National Wellness Coalition, professional liability insurance, nomenclature (that is, the terminology and definitions of the massage/bodywork field), models of national health care services provision and costs, Federation membership, Federation bylaws, and computer communications.

Elliot Greene, who lives near Washington, D.C., and who has attended NIH hearings, accepted the role of informal Federation representative with respect to NIH activities. (Congratulations to Elliot on his re-election to the AMTA Presidency!) I will serve as a telephone liaison for urgent NIH communications, and I am urging



The Trager Institute to plan a response to NIH openings for research grant applications. Elliot was also selected as the Federation representative to the National Wellness Coalition in the case that the Coalition creates a formal Federation representative position.

As a result of discussions about the Federation and the JGRC, the following resolution was adopted in support of the work of the JGRC:

"The Federation represents our membership organizations, and in support of the missions of our respective organizations we provide leadership for the therapeutic massage and bodywork field. We invite the involvement of other organizations which meet the membership requirements of the Federation."

Corrine Larson, The Trager Institute's representative on the JGRC, reports that:

"The JGRC has had primarily two activities this year:

1) We have reviewed state statutes and local ordinances which are being discussed, or have been recently passed, in order to identify issues of concern to TRAGER Practitioners as well as the greater massage/bodywork field. The ultimate goals of this review will include a discussion of the pros and cons of licensure as a preferred form of professional regulation, and the development of potential model language which could be used by local, state, and national groups in pursuit of professional regulation.

2) The JGRC committee members keep each other abreast of any activities or issues which may arise throughout the nation and which may impact on the professional lives of our practitioners. This informational process entails a 1½ hours teleconference call per month! Thus far, we have reviewed two state and two local ordinances. We are beginning to ferret out some terms and definitions which may have merit; but, mostly we are seeing the kinds of compromises that groups are accepting in order to obtain passage of a piece of professional regulation legislation."

I am serving on a committee with Jim Schuelke and Elliot Greene to develop forms and procedures for organizations to apply for Federation membership.

The next meeting is scheduled for May 14-15, 1993, in Chicago, Illinois, and yours truly will serve as Chairperson. Thanks to John Chitty for his excellent notes and minutes taking.

## Towards a Global TRAGER Organization

One of the great challenges The Trager Institute has faced since its formal beginning in 1980, has been the fact that the TRAGER work has spread throughout North America, Europe, and Israel; and yet most of the information produced by the administrative office is in English. My personal vision of The TRAGER Approach and the Institute is that of an integrated global network of responsible, skilled, and enthusiastic Students, Practitioners, and Educational Staff. In my work as your administrative director I have been a highly vocal supporter of moving forward towards breaking international linguistic and monetary barriers to the realization of a global vision.

I'm pleased to report that we are making steady progress. First and foremost, the Board and administration are in a dialogue with the European TRAGER representatives toward the goal of changing our information exchange systems so that members receive Institute information in their language. There will be regular reports on this process of change which I hope will be complete within a year. Secondly, *The TRAGER Handbook* has been translated into five different languages—French, German, Hebrew, Italian, and Swedish. (Many forms have already been translated.) Finally, over the last three years, the administration has been sending advanced copies of the newsletters to the key members representing the language groups in Europe—and Quebec—so that developing organizational structures have the option of translating and distributing any or all newsletter articles.

For the rapidly growing number of non-English reading members, it is a frustrating and alienating experience to receive English newsletters, and for many English reading members, it is an irrelevancy and inefficiency to receive many articles translated in many languages. So, at this time of transition, we are minimizing the appearance of translated articles in the newsletter; but are sending, as stated above, advanced copies for translating through currently existing channels. We are also keeping the newsletter relatively small at this time. As soon as we have developed a fully-operational international system, I anticipate an expansion of the English language newsletter, and that the non-English membership groups will have plenty of material from which to choose for translation and distribution.

I thank all concerned for the progress we have made thus far, and look forward to much more in the months and years to come.

DS

## 1992 Preliminary Financial Report

For the calendar year 1992, the Institute received a total of us\$399,963. A detailed financial report will appear in the Summer Newsletter. The administration is working with the Finance Committee and the Board to develop 1993's budget which, too, will be reported in the Summer newsletter.

DS

## State Authorization Application Submitted

The Trager Institute has submitted an application to the State of California for authorization as a private, post-secondary vocational educational institution. I hope to receive a favorable response to the application within a few months. With this formal authorization The Trager Institute's stature within California, the rest of the United States, and in other nations will be enhanced. I'll report on the results in our Summer newsletter.

Given the successful implementation of a new certification program sometime in the not-too-distant future, the Institute may wish to consider applying for national accreditation, further enhancing our organization's stature, and making financial aid easier to obtain for potential Students.

DS

## Thank You Member Donors!

Several members made donations to the Institute above and beyond their normal annual dues. These members include:

Doris Ellsworth  
Patricia Joy Frisbee  
Harry Friedman  
Julie Kennicott  
Regina Kujawski  
Linda Stratton

Thanks to all of you for your generosity. If you made a donation this season, and your name doesn't appear above, please let

me know so that I may acknowledge you in our next newsletter.

DS

## The Physiology of Hook-up: How TRAGER Works

An edited version of *Deane Juhan's* keynote address, "The Physiology of Hook-up: How TRAGER Works," at last September's San Diego Conference is being readied for printing and distribution. Deane has generously shared his address with the Institute as a fundraiser, and we will announce its sale in our Summer newsletter. Another version of this address will appear in *Massage Magazine* in late 1993/early 1994.

## Schedule Announcements

**Winter Practitioner Training in Hawaii:** In January, 1994, a Practitioner Review training with a special emphasis on upgrading MENTASTICS skills will be taught by **Karen Hortig** and **Sheila-Merle Johnson** at a beautiful retreat center on the island of Hawaii. Following the Practitioner Review, Sheila Merle will lead 2 additional days of MENTASTICS classes, focussing on communicating the MENTASTICS experience to clients and groups. Please see your next [Summer] schedule for details.

**Montreal Schedule Change:** The Montreal Intermediate Training and the "MENTASTICS with Clients" class shown in this schedule for August, 1993, have been rescheduled for November. The Intermediate is now November 13-17, and the "MENTASTICS with Clients" training is November 19-21.

# REGIONAL NEWS

## TRAGER in Spain

Anand Gopur

*Anand is a Practitioner from Barcelona, Spain.*

What an adventure! Thanks to a beautiful article on TRAGER published this past September, in Spain's most prestigious magazine on holistic medicine, there is suddenly great interest in Milton's method. Since October, I've taught four well-attended Introductory Workshops, and four more are already planned for the Winter/Spring. Each workshop has been an exciting event in itself while contributing to the refinement of the next one as well as to my own development as a workshop leader. I love sharing Milton's work with people, and every time I teach a workshop I wonder which of the participants will one day be a TRAGER Practitioner.

My goal of organizing the first TRAGER training in Spain, and creating the structure to support the Students going through the Certification Program is on its way to being realized. However, with ninety five percent of the potential Students unable to speak any English, I believe it would be unwise and unfair to offer them the training without the availability of a Spanish speaking Tutor. Therefore, the final step prior to scheduling the first Beginning training is my gaining Tutor status which I'm currently working towards.

The IIIrd International Congress of Psychophysical Therapies will take place in Barcelona, April 28 - May 2. Unlike the two previous ones, this congress will be attended almost exclusively by psychotherapists who utilize the body in order to do psychotherapy. I will lead a workshop at the Congress entitled: "The TRAGER Approach/The Power of Gentleness". Canadian Tutor **Louise de Montigny** will also lead a workshop at the Congress, so TRAGER should be well represented there.

The IIInd Symposium on Natural Medicine will take place in Madrid, October 1-3, and I will be a guest speaker and workshop leader at the symposium. I look forward to the opportunity and special challenge that introducing Milton's work in a medical context always presents.

On a more personal note, my wife is

now four months pregnant. This means, as a Swiss friend of mine said, that by the Summer there will be another "little" TRAGER representative in Spain!

## Northwest Regional TRAGER Conference

The Northwest Regional TRAGER Conference is taking place on June 11-13, 1993, at Breitenbush Healing Retreat and Conference Center. We in the NorthWest welcome one and all to come to this 1993 Regional Conference. Breitenbush Hot Springs is an historic Oregon resort, graced by natural hot springs, wild and scenic river, and ancient forest. It is two hours drive from Portland, and the Mt. Jefferson wilderness. It is alive to our relationship with the land and waters—how nature nurtures us as we work consciously to care for her. There the structures are heated with their own geothermanl energy and receive their electricity from their hydroplant on the river.

The cost is \$150, if received by May 1st (\$160, after May 1st), and for Canadians \$135 U.S. (\$145 after May 1st). The workshops have not yet been defined. This is our conference and the more we each take part in this event, the less it will be a burden to some, and the more it will be fun for all. We are open to all the help and enthusiasm we can get from your ideas and talents for setting up the workshops, etc.

For further information, contact **Mercy Gonzales**, 503-288-3932; **Dennis Newcomer**, 503-232-4330; or **Pat Orlinski**, 503-239-0590. (Addresses are available in the Membership Roster.)

## Summary of the 7th Meeting of European TRAGER Representatives, Zurich, November 28, 1992

Anand Gopur

The 7th Meeting of European TRAGER Representatives took place at **Esther Perin's** office in Zurich, and it was a cozy affair that began with the "passing of the torch" as secretary of our group from the talented hands of Esther into the com-

fortable lap of TRAGER Practitioner **Walter Graf**, who received the unanimous approval of all members present and graciously accepted the position.

I want to acknowledge Esther for her dedication to TRAGER in Europe, and I'm sure that there are many other TRAGER people in Europe who feel as grateful to her as I do for the work she has done on our behalf. Walter Graf is a new TRAGER Practitioner with a lot of administrative experience and an obvious gift for languages since he speaks German, French and English, while understanding some Italian and Swedish. After reading his minutes of the meeting I was really impressed with his efficiency, and I feel that we are once again very fortunate to have someone with his skills who is willing to play such an important role for us.

To make sure that all members receive important messages in their own language, Esther suggested that we start a "Translation Committee", and we ask the Committee on Committees for recognition. **Maurice Hirsch** (France), **Esther Perin** (German), and **Gianpiero Polliciono** (Italian) have made themselves available as members for this committee.

Currently there are several regional newsletters published in French, German and Swedish. Anyone who wishes to obtain a copy of these newsletters can contact the following representatives directly: Maurice Hirsch (French), 17 Ave. La Fontaine, F-94100 St. Maur; Horst Huppert (German), Hubnerstasse 155 1Stb., D-8000 Munchen 19; Ulla Mortensen (Swedish), Skedgatan 2, S-94134 Pitea.

To me, the most important issue of the meeting was the further recognition of our need for better communication with all of the different committees of The TRAGER Institute and it's governing body. We would like to have at least one European Representative as a member of each committee—and a European Representative on the Board of Directors. Our understanding of the committees is that they all function primarily through telephone meetings with a budget provided by the Institute that would include telephone calls to a European committee member. The only exception is the Board of Directors which meets in person several times a year. Nevertheless, with a possible sharing of membership on the Board between two Europeans along with the financial support of the Institute even this could be feasible.

#### Other News:

France: **Maurice Hirsch** presented the new brochure of the "Mouvement TRAGER France" which lists all French TRAGER Practitioners.

Spain: I presented a copy of the first Spanish language article ever published on TRAGER. A beautiful, very effective article. Copies can be obtained by contacting me directly in Barcelona.

Switzerland: **Elizabeth Ormyron** reports that a Swiss insurance company will offer a partial reimbursement of the cost of TRAGER sessions for their members. Esther Perin has begun to offer TRAGER-days in German speaking Switzerland (Zurich, Bern, Basel) in the same way that Elizabeth Ormyron does them in French speaking Switzerland. (Geneva).

## News from London, Ontario, Canada

Lois Ann McBurney

Our London area group continues its monthly meetings, with members attending for various reasons, not the least among them being having fun and laughing together, as well as sharing hugs, MENTASTICS, and problems we encounter in our practice and promotion of TRAGER work.

Several members have put on demonstrations at local health fairs in the past year.

In February, we had a well-attended workshop led by Marianna Hartsong, called *Feldenkrais*® for TRAGER People. The *Feldenkrais* Awareness Through Movement lessons enabled us to understand more clearly how our bodies move. We then applied what we had learned to inventing new MENTASTICS moves, and to improving our TRAGER tablework. This self-development class was time well spent!

Coming up, to keep us in touch, are several supervised practice days, to be led by **Shelly Siskind**.

## For All NoCal Tutors

Henry Bornstein, Tutor

The next two Northern California Regional Tutor meetings are scheduled for 10 AM - 3 PM, on Friday, May 21, 1993 and Wednesday, September 1, 1993

Tutors and Tutor Trainees who are visiting our area are invited to attend.

For further information, please call **Gae Henry** or **Henry Bornstein** at: 510-841-3766.

## A TRAGER Demo

Maryann Zimmermann

*Maryann, the San Diego Conference Chairperson, is a long-time Tutor from San Diego. This article describes a successful demonstration of TRAGER at May Birch Women's Hospital.*

On Saturday morning, January 23, 1993, **Jan Bennett** and **Priscilla Dick** joined me in co-collaborating and presenting a TRAGER Demonstration at May Birch Women's Hospital. It is a new structure and an affiliate of the Sharp Hospital, one of the largest in San Diego.

The demo was a successful and satisfying 2½ hour weaving of MENTASTICS, showing the section of Hook-up from Dr. Trager's MENTASTICS video, and viewing the 17 minute TRAGER Approach Texas tape.

The atmosphere was alive with Hook-up, movement, feeling and questions. The event ended with table TRAGER tastes and final deepening of Hook-Up closure.

Folks signed up for MENTASTICS classes, and we all felt good to be invited back into a medical setting.

What fun for Jan, Priscilla and me to come together in authenticity and put out there what we do and love everyday.

## MEMBER NEWS

### New TRAGER Children

Practitioner **Ocean Laughingdawn** and **Deborah Lynn Meyer** of Madison, Wisconsin, announce the adoption of their new daughter, **Ashley Spring Mur**, on December 17, 1992. Ocean Joy writes, "she is the heart of our family and we are blessed by her presence."

**Suzanne Carol Hager** was born to **Clyde** and **Cindy Popp-Hager** on December 31, 1992, a happy New Year's eve!, weighing in at 8 lbs. 7 oz.

A baby boy was born to **Gail Easton, Lukas Larrabee Easton**. He was born on February 26, 1992. (This announcement did not go into the newsletter last Winter, but is being announced now.)

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## A Journey

Linda Ford

Linda is a Practitioner (since 1982) from Millersville, Maryland. This article was initiated by TRAGER Tutor Jean Hopkins of New Mexico, as an interview with Linda, and evolved into Linda's direct personal statement. My thanks to Jean for this initiation, and gratitude and best wishes to Linda.

Five years ago I was diagnosed with invasive breast cancer! How shocking—a shock that rippled through to my soul. Terror and fear was all that I could see. Several others who I knew with the same diagnosis have died already. I am still here—feeling happier and more whole and holy than ever.

My body has gone through several assaults: chemo-therapy, radiation surges, hormone adjustments, medications and surgery, all of which are designed to buy me more time, even though my bones hurt all the time. Last year I couldn't breathe, walk or talk without severe pain. I couldn't even pull the covers up over me.

Why am I still here? What keeps me going on? In one word, its "Hook-up."

Each step of the way I come back to "What could be lighter?" It seems this connection to the question goes deeper and deeper. Deeper into the cells of cancer. Each time I go inward questioning and feeling into the question, I learn a deeper awareness of the "message" or lesson this disease has to share. This has become my spiritual path. In truth since the moment I walked into the Beginning training with **Betty Fuller** in 1981, "Hook-up" has been an intimate part of living life. Even now "Hook-up" is my way to living—not dying.

What could be freer? Unconscious patterns of thoughts and movement come up to be recognized. Subtle changes occur. Changes that bring me to my empowerment. The warrior in my heart rallies and is now an old dear friend lighting my way.

After the mastectomy and lymph node removal I lost the use of my left arm. I was unable to raise it beyond a few inches from my body. The Occupational Therapist (OT) gave exercises of line drawing on a

piece of paper to follow in order to regain mobility. A week later I stopped the boring, isolating, unalive regimen and turned to "Hook-up" and MENTASTICS. The OT's prescribed exercises were not designed for me. They were separate and overly generic, dehumanizing—a burden. MENTASTICS were fun, exciting, enlivening, and, most importantly, working to re-educate my body into function. Again I could raise my arm.

Finally, after a time, I returned to my private practice of TRAGER and healing arts. A miracle. The first of many. Then, despite a re-occurrence and advanced metastasis, I again returned to my TRAGER practice. Now, I'm going slowly and gently, seeing many fewer clients than ever before. Because of pain and medications, my TRAGER practice is mostly reserved for working with myself. I am connected to a PortaCath I.V. dripping a slow dose of chemo 24 hours a day, seven days a week for an indefinite period of time. "What could be lighter?" As a Practitioner who continues to explore the cells of my own body and the genetic and past-life memories stored within these cells, I, in turn, help awaken this level of awareness in my clients. This brings an incredible opening and learning for myself and those I touch.

My body/mind has become so tuned to feeling any stress or pressure. When I feel the weight, I turn to "The Light." To the nothingness, the infinite unknown, to "Hook-up." A miracle. A miracle that is appearing again and again.

It is with great love and gratitude I thank **Milton Trager** and the TRAGER Family.

I am alive. I am happy. I am overflowing.

I give this "Nothingness" away only to be refilled beyond any expectation.

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## Alive!: A Close Call

Pamela Lewis

Pamela is a Practitioner from Holland.

Hi! I am writing to tell you that me and my dog, **Sika**, have just survived a horrible airplane crash in Portugal, on December 21, 1992, where 55 people died—five were friends from a group of 37 with whom I was travelling. I was on my way to a month of providing TRAGER to groups on holiday, and teaching my dance work. Luckily the part of the plane I was sitting in (row

12, behind the kitchen in front of the video wall) is where the plane broke open tossing us gently out of the plane and upsidedown, fastened in our seatbelts, on the Earth - unhurt! Amazing Grace!

[Editor's Note: Pamela included a newspaper clipping photo of herself with Sika, with an expanded caption which stated, "Lewis said that if it wasn't for her dog, a mixed black Labrador and Newfoundland, she wouldn't have escaped. Because she arrived late, she and her dog were put in front, the least damaged part of the jet. And because she was holding Sika under her seat, she was already doubled over in a protective crouch when it crashed.]

At this time, I need a lot of emotional support and contact with my friends in America, and at The TRAGER Institute. Any experience on how to handle such an event in one's life will be received in welcoming arms!

Thanks for being there. You can write me at Bewkelaar 19, 3984 AA Odijk, Holland

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## I Am Here

Leonard King

I am a Student of TRAGER living in the Scottish highlands by Inverness. With U.K. training just getting underway and being the only Student in Scotland, it is rather difficult to receive sessions/tutorials and generally talk about and share TRAGER. Any TRAGER visitors would be welcome to stay for a few days as long as you don't mind sleeping on the floor. We live in a beautiful spot with a small loch, and share it with horses, cats, owls, and a canary. All are welcome. I can be contacted at Leanach Quarry, Culloden Moor, Inverness, IV1 2FS, Scotland, U.K.

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## New Address in Hong Kong

Carole Couchman

I am a TRAGER Student and have completed the Beginning Training in Vancouver, Canada, with **Carol Campbell**. I now reside in Hong Kong, and would like anyone coming to Hong Kong to get in touch with me for trades. I am still giving

sessions and the response here has been truly remarkable. My address is: No. 2, 9/F, Block S, Kwun Hoi Court, Aberdeen Centre, Aberdeen, Hong Kong, 852-873-4979 (phone & fax).

## TRAGER Marriages Continue!

TRAGER Practitioners **Mark Hoch** and **Kathy Jennings** announce their marriage on January 3, 1993, at their home in Broad Brook, Connecticut. Kathy and Mark met on a TRAGER table. New Practitioner **Sundar Gold** brought the two together for a trading session. The rest is history. In addition to being a Practitioner, Mark is also family practice physician. Kathy teaches modern dance at the University of Massachusetts, in Amherst. She is also studying to be a Pilates instructor.

## Marianna Hartsong's Moving

Tutor Marianna Hartsong's new address and phone are: 526 MacDonnell Street, Kingston, Ontario K7K 4W7, Canada, 613-549-6883. This address is a friend of hers to use while she finds her new home. She probably won't be there, but you can write or call her there. Massages can be left on her machine, long distance calls will be returned collect. You can also reach her by electronic mail on ECONET: [mfhartsong@igc.org](mailto:mfhartsong@igc.org).

## OPEN FORUM: LETTERS TO THE MEMBERS

*This section is traditionally called "Letters to the Editor". However, the letters are really addressed from one--or, occasionally, more--member(s) to all the members. Thus, the new title.*

Alain Alain  
Dame du Portage, Quebec, Canada

*Alain's letter was initially addressed to Board member Jan Stevens, and is printed here at the author's request.*

Finally, I received the last TRAGER Newsletter in mid-December. I was quite surprised and disappointed to see that my article about the Personnel Committee was only published in English. I have to tell you that I had also sent the French version of it and I asked, with my letter, to be so kind to translate it in German as to reach more readers.

Also, with the annual re-inscription letter signed by Don, December 1, 1992, he is talking about "the progress we have made in the multi-linguistic communications..." at the last San Diego Conference supposedly "international"! I do not agree with this statement, and more, I do not understand how he can pretend this. Having been there, it was really a shame the way the International Community was treated. I thought that Don had understood the lesson we all had there as to take good care of the other languages involved now with the TRAGER work in the world.

I see now that he didn't understand because this last Newsletter is absolutely all in English. Where is the progress?

I am very sad to know that all the French readers of my province (Quebec) have received this newsletter. Most of them don't read English. And where are the pictures of the last conference? How come there isn't any pictures of Milton in San Diego? Everybody had a kodak!!

If The TRAGER Institute is really serious about the "International" side we want it to take, we will have to make and take good decisions and actions. If we want TRAGER work to be International, it will need the energies to translate. If we want more Quebecers and Europeans to come to the next conference, we will have to offer them the basics: Communication in their language!

Would you attend a TRAGER Confer-

ence in Berlin with all the workshops in German? Unfortunately, the TRAGER Newsletter doesn't "cover up" the tremendous conference we had in San Diego.

I do understand that publishing a Newsletter is not an easy work. I acknowledge the good work of Don in doing so and the purpose of my letter is not aimed to break an individual, but to change a way of seeing things...only in English. It is easy for me to read it in English and get something out of it. But this is not the same for a majority of Quebecers and (probably) a majority of Europeans.

TRAGER must join all of us because the "Source" is universal. How do we do this? How is this possible?

Maybe a "Newsletter Committee" would be a good idea. This Committee would have the job of building up the Newsletters in an International way, permitting a network, giving "themes" to each issue, inviting people to write in, covering meetings, conferences, etc.

Let us find a way to take care of everybody in the TRAGER Network. Let us listen and read the others. Let us be open to each other and appreciate our differences.

Thank you.

Alain Alain  
Dame du Portage, Québec, Canada

*La lettre d'Alain fut initialement adressée au Président du Conseil d'Administration Jan Stevens, et est reproduite ci-après à la demande de son auteur.*

J'ai finalement reçu le dernier Bulletin TRAGER à la mi-décembre. Quelle ne fut pas ma surprise et même ma déception de constater que mon article à propos du Comité du personnel n'était publié qu'en anglais. Je dois vous dire que j'en avais également rédigé la version française et que, dans ma lettre de présentation, je demandais à ce qu'il soit aussi traduit en allemand afin de rejoindre un plus grand nombre de lecteurs.

De plus, je veux attirer votre attention sur la dernière lettre de Don en date du 1er décembre 1992 et concernant la ré-inscription annuelle des membres de l'Institut. Il y parle "... des progrès que nous avons fait dans notre approche aux défis des communications multilingues..." lors de la dernière conférence TRAGER de San Diego, supposément "internationale"! Je ne suis franchement pas d'accord avec un tel énoncé et, qui plus est, je ne comprends pas comment Don peut prétendre cela. Ayant été présent à cet événement, je peux vous déclarer que la communauté internationale y a été traitée de façon plutôt honteuse. Je croyais que Don avait

bien saisi la leçon que nous avons tous eue à cette occasion, à savoir d'être attentif aux besoins de plusieurs de nos membres en matière de traduction.

Je vois bien qu'il n'a pas compris puisque ce dernier Bulletin TRAGER est entièrement écrit en anglais. Où est le progrès?

Je suis donc vraiment déçu de constater que tous nos membres du Québec ont reçu ce Bulletin car la plupart ne lisent pas l'anglais.

Et où sont les photos de cette dernière conférence? Comment se fait-il qu'il n'y a aucune photo de Milton à San Diego? Pourtant, tout le monde avait un appareil photo!

Si l'Institut TRAGER est vraiment sérieuse à propos du statut dit "International" que nous voulons tous développer, nous aurons à prendre les bonnes décisions et entreprendre les bonnes actions pour y arriver. Si nous voulons que l'approche TRAGER devienne Internationale, nous devons trouver l'énergie nécessaire pour traduire tout le matériel dans d'autres langues. Si nous souhaitons que plus de Québécois et d'Européens assistent et participent à la prochaine conférence, nous devons leur offrir la base = communiquer dans leur langue! Assisterez-vous à une conférence TRAGER à Berlin où tous les ateliers seraient uniquement en allemand? Malheureusement, le dernier Bulletin TRAGER n'a pas pu réaliser la couverture adéquate de cette formidable conférence qui s'est déroulée à San Diego.

Je sais très bien que la publication d'un tel Bulletin n'est pas une mince affaire. Je reconnais et apprécie le bon travail que Don effectue dans la réalisation et la publication de ce Bulletin. Comprenez bien que le but de ma lettre n'est pas de "briser" quelqu'un individu que ce soit mais plutôt d'apporter des changements dans la manière de voir et de faire les choses—seulement en anglais!

Il m'est facile de lire l'anglais et d'en tirer profit mais il n'en va pas de même pour une majorité de Québécois et d'Européens.

L'approche TRAGER doit tous nous rejoindre puisque la "Source" est universelle.

Comment faire cela?

Comment cela est-il possible?

Peut-être pourrions-nous créer un nouveau comité du Bulletin? Ce comité aurait pour mandat de réaliser les Bulletins d'une façon internationale, de permettre la création d'un réseau, de trouver des "thèmes" pour chaque numéro, d'inviter des personnes à y rédiger des articles, de

faire la couverture des conférences, réunions, etc.

Permettons-nous de prendre soin de tous nos membres!

Permettons-nous d'écouter les autres et de lire ce qu'ils ont à écrire! Permettons-nous l'ouverture, permettons-nous d'apprécier nos différences.

Merci.

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An Apology

Don Schwartz

Dear Alain,

Your concern about the absence of the Personnel Committee report in French in our last newsletter was brought before the Board at their meeting in January. The Board shares your concern about the issues of communications from language to language, as well as the need for clear policy regarding the newsletter. The Board has also asked that I place my apology to you in the newsletter which I am happy to do.

The absence of the Personnel Committee article in French was my responsibility, and it was an honest mistake which I regret, and for which I apologize. In response to your initially expressed concern, I initiated the distribution of the article in French, but I became ill shortly after initiating the project, and was unable to see it through to proper completion. I apologize for that, too. I have received your letter to the Board which you requested be printed in both languages in the newsletter, and will do so for the Spring newsletter.

Also, after our last conversation, I spoke with Fabienne and Maurice Hirsch as well as Louise de Montigny, and they have assured me that the channels of communication are open between France and Quebec for French-translated Institute information. The first piece will be the Handbook. Concurrently, we are continuing our dialog with the European TRAGER community on progress in translations.

I send you and yours my best regards.

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Une Apologie

Don Schwartz

Cher Alain,

Votre inquiétude au sujet de l'absence, dans notre dernier Bulletin, du Rapport du Comité du Personnel rédigé en Français fut soumise à l'attention du Conseil d'Administration lors de sa réunion du mois de janvier. Le Conseil d'Administration partage votre préoccupation avec la question des communications d'une langue à l'autre, tant bien que le besoin d'une politique nette en ce qui concerne le Bulletin. Le Conseil

d'Administration m'a également demandé de vous offrir mes excuses par écrit ce que je fais très volontiers.

L'absence de la version française du Rapport du Comité du Personnel fut ma responsabilité et était due à une erreur honnête que je regrette vivement et pour laquelle je vous demande pardon. À la suite de votre demande originale j'avais bien pris des dispositions afin d'assurer la distribution de ce Rapport en Français mais, malheureusement, j'étais tombé malade par la suite et n'ai pu surveiller la suite de mes instructions. Pour cela aussi je vous demande pardon. J'ai bien reçu votre lettre adressée au Conseil d'Administration dont vous avez demandé la publication dans les deux langues dans notre Bulletin. Elle sera publiée dans notre Bulletin du Printemps.

De même, à la suite de notre dernière conversation, j'en ai discuté avec Fabienne et Maurice Hirsch tant bien que Louise de Montigny et ceux-ci m'ont assuré que les voies de communication restent ouvertes entre eux pour la distribution au Québec des communications de l'Institut traduites en Français. Le premier document en sera le Manuel. En même temps nous continuons le dialogue avec la communauté européenne TRAGER au sujet du progrès dans le domaine des traductions.

Avec mes meilleurs sentiments à vous et aux vôtres.

---

Michael Madrone

Vancouver, B.C., Canada

I have read with great interest the discussion that has been carried in the last two or three newsletters regarding the debate about what powers should reside with the membership, and which should reside with the Board of Directors. While I do not know *Sheila Christian* personally, I believe she deserves a big round of applause for having the courage to raise these issues and clearly comment on them. I would like to add to the discussion, which I believe is an important one.

In her original letter (two newsletters ago), Sheila asked the Board why the membership had not been informed about three areas:

- 1) the contract of the Board had entered into with Alan Test Consulting and Marketing Company;
- 2) the contract the Board entered with Jayne Bonfietti;
- 3) whatever happened to thousands of dollars that were raised from members for the Ginger Fund.

I eagerly awaited the reply from the

Board in the next newsletter, but was disappointed to see they completely ignored these important questions. So, I again raise Sheila's original questions: Where is the Board's report to the membership on these important financial questions? It is, after all, the membership's money; our money.

Secondly, I would like to comment on a member's letter which questioned why we might need a representative Board since we have a Board of "locally based members" and it would cost too much to fly anybody else in for Board meetings.

Regarding the first point, the Board may be locally based if you are from California, but it is not locally based to the majority of our members who live outside California. Anyone who thinks that geography doesn't affect people's behavior is naive.

Secondly, there is no need to fly people in for Board meetings. All of our committees, with the exception of Ethics, have international members. They function quite well using all the modern forms of communication that are available to us these days. Thousands of corporations exist with Boards that have members from different locales. To suggest that the TRAGER Board could not function similarly doesn't make any sense. Having our Board only come from one tiny geographical area severely limits its ability to function internationally as a true reflection of our international membership. A perfect example of this is seen in the last newsletter: Practitioner **Winnie Hunt** offered to donate 30 acres of land and a building to The Trager Institute but this proposal was met with a lukewarm response by the Board. This begs the question, what would have been the response by an International Board?

I look forward to a continuation of this debate, and an end to the notion that members who raise and discuss such issues are somehow disloyal.

I also look forward to a reply from the Board to the important financial questions that Sheila has raised. Thank you.

---

Barbera McMenemin  
Spring Valley, California

I am burned out with traditional weekend trainings. For people like myself, who have an active practice, spending several hundred dollars and a full weekend every three years to satisfy the Institute requirement just doesn't meet my continuing education needs as a Practitioner. What would meet my needs would be one-day review seminars and specialty one-day intensives focusing on the neck, shoulders, chest, back, legs/feet, or a one-day training demonstrating "new" movements to update

Practitioners who are certified. I sincerely want to be involved and informed about "new" moves. There must be a better way to dispense this information.

I firmly believe that, with a versatile continuing education program as described, more Practitioners would remain active, thus markedly reducing the dropout rate. A Review class for Practitioners and one-day "new movement" seminars should be some of the options as well as credit for those who desire to assist other trainings. Also a Practitioner should have to travel a reasonable driving distance (less than two hours.) It is a lot easier for one Instructor to come to an area where several are signed up.

It also seems to me that qualified Tutors should be able to sponsor a one-day "Introduction to New Movements" or one-day review seminars. I see Tutors as a very logical source of expertise for this kind of continuing education seminar.

I know many suggestions are being reviewed regarding continuing education. I do plan to take the Jaw Workshop in May; however, I have been informed this elective does not qualify as continuing education. That to me is really sad. The reason I want to take the Jaw class is I will be getting into learning more deeply the working of the jaw and its related parts. To me, that is an example of an excellent continuing education offering.

In my letter to the TRAGER community (Winter '92), I made mention of an other area for continuing education or elective 3-day workshop, and that is to offer one for dealing with special nervous system conditions: cerebral palsy, Parkinsons, multiple sclerosis, muscular dystrophy—to mention a few. Such workshops should include people who have these conditions. This is not intended to eliminate the "Reflex Response" workshops.

Since the mentally disabled is my area of expertise, I would be privileged to help construct trainings that apply TRAGER for people who are mentally disabled. This is the 90's. Be creative and start giving others like myself within the community an opportunity to share my twelve years of TRAGER experience with the learning and mentally disabled. In the area of holistic hands-on work, TRAGER could take the lead and set a precedent. My fear is that the Institute will remain in their comfortable "Ivory Tower" of tradition and control. Now is the time to open innovative doors rather than control through fear and over regulation.

Yes, I believe in continuing education after a person has completed the training requirements. In the past several years, I have gained more from my tutorials than any three- or six-day trainings which left

me drained and feeling very inadequate as a Practitioner. I know from talking to others that this inadequate feeling is not uncommon. If there is such a thing as a "TRAGER Standard" it has eluded me. From my point of view, technical methods can be defined within standard "left brain" terms and should be in written picture format. Other institutions of bodywork methods offer a student instructional manual. No such manual has ever appeared describing the basic movements and hand positions. To compile such a manual with Dr. Trager would solidify The TRAGER Approach and set it apart from all others for posterity. Truly professional methods will always stand the test of time. It is high time The Trager Institute produce a hands-on text/manual. Regarding intuition, there is no standard for "right brain" intuition. Intuition is unique to each Practitioner. In the privacy of my office, a place for healing, there is no manual. There is only me, the client, and a state of Hook-up.

Through the eyes of the Institute, I am no longer an active Practitioner. In my eyes I believe I am still a Practitioner. It would be a dream come true if the state were to license The TRAGER Approach under the medical model as an authorized accepted procedure. As it is, the Practitioner status is hardly recognized in the holistic health model. Do keep me informed if the Institute broadens the continuing education requirements for Practitioners. Thank you.

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The Sun My Heart  
Jo Hayward Haines  
Fenelon Falls, Ontario, Canada

An article called "Moving and Removing: TRAGER and Chronic Fatigue Immune Dysfunction Syndrome" by Jo appeared in the Fall '92 Newsletter. There was an important quotation by Thich Nhat Hanh in the article that should have been included. Jo writes:

One aspect crucial for healing from major illness is over-coming the interior of the illness by a leap into a bigger context of one's existence. The dynamics of that process are so well expressed by that quote [below], I feel without it, the piece lacks a certain relevance I wanted it to have. We need to remember our inter-relatedness to each other and to all forms of existence if our work is to succeed. This understanding must be fundamental, that "the sun is my heart."

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The Sun My Heart

We know that if our heart stops beating, the flow of our life will stop, and so we cherish our heart very much. Yet we do not often take the time to notice that other things, outside of our bodies, are also

essential for our survival. Look at the immense light we call the sun. If it were to stop shining, the flow of our life would also stop, so the sun is our second heart, a heart outside of our body. This immense "heart" gives all life on Earth the warmth necessary for existence. Plants live thanks to the sun. Their leaves absorb the sun's energy, along with carbon dioxide from the air, to produce food for the tree, the flower, the plankton. And thanks to plants, we and other animals can live. All of us—people, animals, and plants—consume the sun, directly and indirectly. We cannot begin to describe all the effects of the sun, that great heart outside of our body.

Our body is not limited to what is inside the boundary of our skin. It is much more immense. It includes even the layer of air around our Earth; for if the atmosphere were to disappear for even an instant, our life would end. There is no phenomenon in the universe that does not intimately concern us, from a pebble resting at the bottom of the ocean, to the movement of a galaxy millions of light-years away. Walt Whitman said, "I believe a leave of grass is no less than the journey-work of the stars..." These words are not philosophy. They come from the depths of his soul. He said, "I am large, I contain multitudes."

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A Suggestion from the  
London, Ontario TRAGER Work  
Group

We would like a column to be started, in a question (or problem) and answer format, with Practitioners sending in their questions, and two or three Tutors, Instructors, or Practitioners giving their suggested solutions.

[Editor's Note: I'm all for that! Any volunteers?! Just let me know!]

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## Coming Attractions!

### TRAGER and the Performing Artist

Marge Rivington, a vocal coach of several decades, is writing an article for our Summer or Fall newsletter on TRAGER and the performing artist. Marge has been associated with TRAGER Practitioners since 1984. Her article will present what she has learned about providing TRAGER to performing artists. Marge's regular students include celebrities of stage, film, and the recording arts.

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## Credits

Editor  
and DeskTop Publishing ..... Don Schwartz, Ph.D.

Assistance ..... Claudia Bourbeau,  
Esther Cherk, and Linda DeVere

Cakes ..... Jean Kronfield

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

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SUMMER  
NEWSLETTER  
DEADLINE  
JULY 1, 1993

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