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Checking In

Joanne P. McLees

Joanne, a resident of North Carolina, is Chairperson of the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Earlier this year, I was pleased to receive a call from the "Chair." However, I was thoroughly surprised and delighted to get to know Joanne. I am impressed with both the depth and breadth of her vision of our profession—including her understanding of international issues. I asked Joanne to introduce herself to our membership in the hopes that it would be the beginning of a series of communiques which keep our organization informed of important directions and events, and which builds bridges for two-way communications.

In massage or bodywork school
You sit in a circle
On the floor
Shoes off
Listening intently,
And in a very brief time
You've made a connection with
strangers,
From the heart you share a piece of
your self
Then another, and another, 'till your
story unfolds.
The others respond, share, hug,
sometimes cry.
Trust builds
Empathies exchange
Understanding is reached
And so it goes
Before hands go on.

How do I share myself with you?
This time the circle surrounds the
globe....

When I checked in with Don Schwartz to say "hello" and find out about the TRAGER community, he surprised me with an invitation to write about myself, my professional background, and my personal vision for the NCBTMB. When I learned that many of you live an ocean away it seemed reasonable to make this connection on a human level.

To really understand me you would need to know about my parents. My father emigrated from Italy, at age eleven. He often counseled that to be a success in America, I would need to put my pennies

in the bank and my dollars in an education. He lived an adventurous life until he settled down to love my mother.

My mother inherited the job of family cook at age twelve when her mother died in surgery. In our kitchen I learned the "Golden Rule," the "Way" of families, and to make every moment count.

Both my parents survived the early upheavals in their lives—the Great Depression and each other. Together they taught me to persevere, to sing and dance in the kitchen, and to dream all over the house.

Most girls of my generation chose marriage and children for a career. I wanted to be a pilot. When that choice seemed beyond my reach, I thought I might be a flight nurse. In quick succession I obtained a diploma in nursing from The Johns Hopkins Hospital School of Nursing, married and then completed a Bachelor of Science in Nursing degree from the evening college of The Johns Hopkins University. Many years passed before I soloed an airplane.

One day a friend showed me two captions from a stark cartoon:

I've just had a wonderful feeling...

I am me....,

No, you're not.

I thought about that a long time and then changed my life.

Some people grow together, some grow apart, in my culture the woman has always had responsibility for maintaining a marriage. I revisited that teaching and rejected it. Soon after I traveled to many countries, reclaimed my individuality, and started a lifetime of independent scholarship studying survival issues. I started with fighter pilots who had been burned and disfigured in war, moved on to studying POWs, WW II Holocaust and Allied Resistance literature and artifacts, joined a crisis counseling team, and eventually became an advocate for disabled athletes.

By the time I completed a Master of Science degree in medical-surgical nursing with an undeclared minor in adult education, I was newly energized. Yet I felt bone raw from a decade of inward exploration, women's rights activism, and life change. Once again I made a shift.

What I learned from my research refocused my energies and changed my philosophy about the needs of humans. I believe that when faced with a crisis we do not adapt in a way that fragments our sense

of wholeness. Rather, we fight to maintain that wholeness along the entire hierarchy of needs, as they have meaning for us. When I applied this philosophy to nursing care, my patients bloomed and so did my sense of self.

Just as individuals survive, so do organizations. I have been fortunate to work with volunteer groups at the founding level. For three years I served on the National Board of the American Association of Critical Care Nurses (AACN) and the AACN National Certification Board. Over the years I've been President of a volunteer Board for a community education center, and had various roles on non-profit Boards for literacy, literacy development, and disability. Something wonderful happens when you help a new Board get up and running. You can volunteer for responsibilities that challenge your capacity to perform and grow. At no time in my life has this seemed more apparent than with my role as Chair of the National Certification Board for Therapeutic Massage and Bodywork.

Many years ago my favorite nursing instructor taught a class on comfort measures. The effects of giving and receiving a back massage seemed incomparable. For years I incorporated massage into my nursing care. In the mid 1970s I became deeply involved in the technological revolution in health care. In the 1980s traditional health care failed to meet my needs to be whole, I made another life shift. I received formal training in therapeutic massage and embraced alternative health care to facilitate my healing.

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The NCBTMB

A few years ago I heard *Elliot Greene*, President of the American Massage Therapy Association, present a talk on national certification. I knew from experience with the AACN that the process he described was valid and well planned. Sometime between the won ton soup and the fortune cookie at that luncheon meeting I knew that I wanted to get involved. In June, 1992, I passed the first National Certification exam. In September, the Certification Council opened nominations to the newly forming Board to those recently certified. I submitted my candidacy and soon received notice that I had been selected. Three months later the Board elected me as their Chair.

For the past seven months I have maintained a full time job in nursing, a part time eclectic practice in massage therapy, volunteer work with an experimental theatre group and two nursing organizations, and a more than full time commitment to National Certification. I've lost weight and gained many friends. I'm fortunate to work with a formidable Board of Directors whose members bring visionary leadership to our program of National Certification.

When asked to describe my personal vision for National Certification I think of the recent draft of a fifteen page "Reaction" document which Board member *Emily Cowall* and I prepared for submission to the NCBTMB. We addressed every aspect of running our program from who would lick stamps to offering our program in other nations. Much work remains to move this vision into action.

In the months ahead our Board will plan to plan for the future while completing the basic components related to re-certification, complaints and discipline, and approval by the National Commission for Certifying Agencies. Our first issue of the Certification Newsletter will be hailed this Fall. A video tape on National Certification has reached the editing stage, and copies are targeted for distribution to massage therapy and bodywork schools. The research essential to modifying, expanding and repeating a job analysis for the profession should be completed in 1993. Groundwork for an advisory council to the NCBTMB is in progress. The examination committee now has a subcommittee on references. As states adopt the National Certification Exam (NCE), testing sites and dates will expand. Eligibility for the NCE will change with increased emphasis on education requirements and standards of practice changes within the field. The option for grandmothering has been extended through the last test date in 1994. With the addition of our Director of Certification, centralization of our business and

certificant registry should be complete this Fall. In August, the NCBTMB will choose a strategic planning method that could involve multiple surveys of certificants and potential certificants.

The NCBTMB Mission Statement is: "The National Certification Board for Therapeutic Massage and Bodywork promotes professionalism by creating and maintaining standards of competency in the field. Our heartfelt commitment is to unity in service while honoring diversity." Our primary purpose, excerpted from our bylaws, is "the evaluation of those individuals who wish to enter, continue and/or advance in the profession of therapeutic massage and bodywork through the certification process, and the issuance of credentials to those individuals who meet the required level of competence."

I invite you to "check in," enter our circle, participate in our mission and purpose, and grow with us. You are our heart. I invite you to contact us at: The National Certification Board for Therapeutic Massage and Bodywork, P.O. Box 1080, Evanston, Illinois 60204-1080, 708-864-0774, FAX: 708-864-1778.

Meetings in Washington, D.C.

Cherie Jones

Cherie is a TRAGER Student from Washington, D.C. She is also a practicing attorney. Thanks to Tutor Martin Anderson, we were referred to Cherie as a potential representative to the growing number of meetings in the Washington, D.C., area involving the National Wellness Coalition, the National Institutes of Health and their Office of Alternative Medicine, and other organizations indirectly or directly connected to the national political arena. The serendipity of Cherie bodes well for all of us. She has attended several meetings, and this is her first report.

In the latter part of May, I attended on behalf of The Trager Institute, a four-day conference on Alternative Medicine, Wellness, and Health Care Reform, co-sponsored by the National Wellness Coalition (NWC) of which The Trager Institute is a member, the National Institutes of Health's (NIH) Office of Alternative Medicine (OAM), the National Museum of Health and Medicine, and the U.S. Botanic Garden. The four-day conference was attended by over 400 people from around the country. The agenda for the first two days of the conference was developed by the NWC to highlight the benefits of alternative practices, and to explore the possibility of incorporating a wellness component into President Clinton's forthcoming health care reform package.

Marilyn Ferguson, award-winning author of *The Aquarian Conspiracy* and editor of the *Brain/Mind Bulletin*, was the keynote speaker the first morning. Ms. Ferguson noted that the current "sick" health care system is a paradigm of our society as a whole. She spoke of our responsibility to "find heroic traits in ourselves" which will enable us to act to change the current health care system to permit the incorporation of wellness principles. This, she claimed, will give us a reason to be healthy, as "more people are finding joy and a sense of purpose and true health by finding out what they can do for the whole system."

Dr. James Gordon, Georgetown School of Medicine and Director of the Center for Mind/Body Studies, chaired the first panel of eminent health practitioners and researchers, who were assigned the task of "Assessing the Role and Future of Alternative Medicine in the U.S. This panel included *Dr. Jennifer Jacobs*, a specialist in homeopathic medicine, *Dr. Tiffany Field*, Director of the University of Miami Touch Research Institute (TRI), *Dr. Jeffrey Blumberg*, professor of nutrition at Tufts

University, **Dr. Stephen Burch**, Director of the New England School of Acupuncture, and **Dr. Tory Hudson**, a naturopath. At the outset it was noted that one of the barriers to incorporating into the mainstream these so-called "alternative" or "complementary" practices is the relative scarcity of scientifically-validated research. Each of these speakers provided an overview of the current scientific research in his or her field.

Dr. Field's research on the therapeutic effects of touch were, of course, particularly interesting to me. She reported that there are currently 34 research projects in progress at the TRI to scientifically document the healing benefits of massage. Significant positive results have already been substantiated in cases of premature babies, cocaine-addicted infants, depressed children & adults, children with post-traumatic stress disorder arising from Hurricane Andrew, children and adults with eating disorders and HIV. An especially interesting study has shown that grandparents who both gave massages to their grandchildren and received massages from massage professionals benefitted more from giving the massages than from receiving.

The following panel was directed to predict the "Next Steps" for alternative medicine in the U.S. This included **Dr. Wayne Jonas**, of the Walter Reed Army Institute of Research, **Dr. David Eisenberg**, Professor at Harvard, and **Dr. Joseph Jacobs**, Director of the Office of Alternative Medicine at NIH. Dr. Eisenberg is best known for his starring role in the recent PBS special on "Healing and the Mind," created by Bill Moyers. In addition, Dr. Eisenberg has recently published an astounding study in the *New England Journal of Medicine*. This study has significantly contributed to the heightened awareness of, and interest in, alternative medicine by the "established" medical professions, the insurance industry and the [Clinton] administration. In the study, Dr. Eisenberg, utilizing a functional definition of alternative medicine as "any medical intervention not taught widely in U.S. medical schools or generally available in U.S. hospitals," found that over 63 million people used alternative therapies in a one-year period, making over 425 million visits to alternative therapy providers at a cost of \$10.3 billion. As a result of this study, Harvard Medical School is now offering a course to document the efficacy, safety and cost-effectiveness of alternative therapies. Dr. Eisenberg commented that his study underscores the "tremendous amount of potential energy for alternative medicine" in this country.

Dr. Jacobs described the role of the newly-created Office of Alternative Medicine at NIH. He views the OAM as being



Cherie Jones

a bridge between alternative and conventional communities. For example, he is involved in networking with the various medical institutes within NIH, discussing with them the benefits of alternative practices. Although the OAM will not conduct large-scale clinical trials of alternative techniques, it will offer technical assistance to those with grants from the OAM to study such techniques. He noted that, to date, the OAM has received over 6,000 requests for applications for grant money. The OAM will also review and evaluate the results of the studies. In addition, the OAM will organize technology assessment conferences. In summary, he said that the OAM will attempt in general to "answer the groundswell of demand for alternative medicine."

The final panel of the first day, entitled "Community Wellness: New Alliances, New Strategies," addressed the institutionalization of the grass-roots alternative health care movement. Various speakers illustrated how holistic health and healing processes are being considered in planning for community public health. For example, **Dr. Marlene Kelly**, representing the Mayor of Washington, D.C., noted that a conference on health care reform was held in the city in April. As a result, a draft of a reform package will soon be adopted which will incorporate wellness objectives. **Maro Zagoras**, of the National Civic League, described a program for developing "healthy cities and communities" which is being adopted throughout the country. All agreed that wellness needs to be a major focus of community public health in the future.

The morning of the second day of the conference was devoted to policy issues related to national health care reform. The focus of the discussions was on ways to integrate wellness and alternative health care practices into the mainstream health care system. **Dr. Walter McClure** led the panel addressing "Proposals for Improving Access/Outcomes/Cost" of health care. He pointed out that in order to move alterna-

tive medicine from the "fringes" into the mainstream, we must distinguish it "from the other piggies at the trough." According to Dr. McClure, it is only by demonstrating that alternative techniques produce better results than conventional medicine that people will be convinced. He claimed that all health care services must be judged by the following criteria: (1) relief of the health problem; (2) patient satisfaction; (3) good short-term and long-term outcome; and (4) innovation. If alternative medicine can compete on this "level playing field," then it will be seen as "good" medicine and will no longer be relegated to the fringes.

Congressman Jim McDermitt, a psychiatrist, the author of the Washington state health care reform plan, and currently a member of the Ways and Means Committee in Congress, addressed the current national health care reform debate. He noted that the U.S. "medical industrial complex" is a \$950 billion industry, equal to the sixth largest country in the world. Therefore, the systems currently in place in this industry have to be dealt with. Congressman McDermitt touted a single-payer system as the most reasonable way to reach the goals of health care reform. This system permits individuals to choose health care providers, while putting the providers at risk—i.e., the single payer system allocates a certain amount of money for each service and requires providers to work within that amount. He stated that health care reform is "the biggest ordered social change since 1935," and encouraged people to get involved in discussions of health care reform in the states.

Dr. Judith Feder, Deputy Assistant Secretary of Planning and Administration of Health and Human Services, and one of **Hillary Clinton's** primary advisors on health care reform described the critical principles of the Administration's health care reform package. She said that the package will: (1) cover all Americans; (2) provide states with flexibility; (3) hold insurance plans accountable for quality coverage at affordable rates; and (4) shift the emphasis of providers to primary care. When asked whether the package will focus on wellness as a component of health care reform, Dr. Feder responded that the Clintons are committed to this concept "in terms of prevention." She also stated that "the full range of initiatives will be included."

Finally, a representative of the American Medical Association (AMA) stated that the AMA supports universal coverage and access to medical services. She acknowledged that the issues of cost containment must be addressed, but asserted that changes should not be abrupt. She agreed

that quality is the key to health care, but stated that the term needs to be defined, and techniques must be developed to adequately measure quality. She claimed that the problem with the single payer system described by Congressman McDermitt is that it will affect innovation in the medical field.

Representatives of Congress and the administration were available on the afternoon of the second day in a "Town Meeting" forum to answer questions on current issues impacting alternative health care. For example, staffers of **Congressman Bill Richardson** and **Senator Orrin Hatch** described pending legislation intended to ease FDA control of vitamins and other dietary supplements. **Denys Crum**, a representative from the administration, answered questions regarding the forthcoming health care reform package, stating that "people will feel secure to seek treatment without going bankrupt." She also stated that there will be many hearings across the country once the plan has been announced. Therefore, "those who have something to say will be able to make their voices heard." A staff member from Senator Harkin's office announced that Senator Harkin will be holding hearings on alternative health care in the next several months. He expressed the Senator's view that "prevention and health promotion should be the cornerstone of our health care system." He noted that more and more members of Congress are becoming aware of the benefits of the wellness movement and alternative health care practices.

The final two days of the conference, which I did not attend, involved lectures and panels to describe specific holistic health care practices, such as indigenous traditional medicines, homeopathy, nutrition, herbs, Chinese medicine, feminine passages, massage/body work modalities, traditional divinations systems, folk medicine, chiropractic, and ayurveda, among others.

The National Wellness Coalition has held several meetings since the conference to discuss plans to take advantage of the focus on wellness and alternative health care generated by the conference. The NWC is considering a plan to develop and hold a series of town meetings around the country to educate the public and stimulate support for a comprehensive wellness strategy. Also, the NWC may organize another major conference to be held in the Fall to further develop issues addressed at the May conference.

Finally, the NWC has been in contact with members of an organization called The Creative Coalition (TCC), which is comprised of film celebrities, writers and filmmakers dedicated to social issues. TCC

is producing a film on alternative medicine, and is interested in working with the NWC on this film, which may be air as early as this Fall. I will continue to monitor NWC developments as they unfold. In addition, I would encourage anyone who is interested to join the NWC individually and support the work of this organization. For more information, call me at: 202-337-8439.

1994 TRAGER Conference Planning: An Inside Story

Meredith Curtin

Meredith is a member of the Conference Steering Committee and Practitioner from Ithaca, New York.

To start off, let me tell you important news from the 1994 Conference Planning Committee (CPC). First, the Board and the CPC have come to a consensus about the dates and location of the Conference, so put these on your calendar: **August 11-14, 1994, at Tamiment Conference Center near Bushkill, Pennsylvania.** Second, the Education Committee has just okayed the CPC proposal to allow Continuing Education credit for attendance at the Conference and Trade Day. The next step is for the CE proposal to go the Board of Directors.

From the first, our vision for this conference was to create a space and time for the whole TRAGER community to look inward to find its own clear heart, that each member of the community be renewed as he or she returns home, energized with the TRAGER peace-filled healing energy as they go back to their own community. Tamiment's peaceful and beautiful natural surroundings supports this vision on several levels, giving the community a sense of spacious retreat, and giving individuals opportunity to personally refresh their spirits in nature.

I really want to talk about the conference planning process itself. After all, what is a fun-loving TRAGER Practitioner doing as a volunteer to organize a conference? What is so special and unique about planning a TRAGER conference anyway? After all, it is just about logistics and administration and registration and money, isn't it? A big group of people is just a big group of people. Well..., planning a conference for the TRAGER community is as different from planning an ordinary conference

as a TRAGER session is from a conventional medical appointment; not only is the end result different, but the approach, the intention, and the process is different too.

The end result—at least what we hope to achieve—I mentioned above. Our intention is to approach the community (both the entire TRAGER community, and our own selves as a committee) with a TRAGER-like attitude - Hooked-up, with respect, open and listening to whatever we find, and promoting a dynamic peace, more ease, and better function in the community. Our process is one of consensus-building. Most of us on the the committee have a lifetime of experience working with the leaders and followers of hierarchical groups. It is a real challenge to learn a new process, one that requires each person to commit to contributing their ideas, to commit to listening to others (even when they are hard to listen to), to commit to finding a solution that everyone can live with (not just the majority). It is interesting learning a new way of doing and getting a conference planned, too.

We want to stay in touch, so keep checking the Newsletter for more updates. If you have something you want us to know, drop us a line at Meredith Curtin, 313 Warren Road, Ithaca, NY 14850.

LATE BULLETIN!

James Day

The Seventh International TRAGER Conference Planning Committee has just encapsulated its theme concept for the 1994 extravaganza in the following words: **"BUILDING THE VISION....Withinand Beyond."** The present words may or may not change. What is vital is the meaning the Committee seeks to convey: that the future growth and development of our work depends on our collective ability to go deeply within to clarify and articulate the meaning of TRAGER work, and then communicate that essence in productive ways to others beyond the TRAGER community.

The Planning Committee wants your feedback now! What kinds of workshops would help you become more grounded, clearer, more effective in your personal TRAGER work? What kinds of workshops would help you enhance your abilities to educate others as to the benefits of the work in their lives? We are asking for workshop ideas over whole within/beyond spectrum—from "how to" deepen our Hook-up, to build a flourishing practice. As you hold the theme concept in your mind/heart, does a workshop leap into your consciousness? Let your imagination loose!

This is a time for brainstorming. Also visualize possible leaders/speakers—either within or beyond the TRAGER community. How about you, by the way? Is there a special workshop you've always wanted to give? Maybe its time has come.

Let committee planner know what you think/feel. Call any member of the Program Subcommittee: **Meredith Curtin**, Ithaca, NY, 607-273-0633; **Maxine Guenther**, Red Bank, NJ, 908-741-5447; or, **Jim or Carol Day**, Trenton, NJ, 609-392-7653. By the time you read this (because of the realities of publication deadline and production), committee members may be able to stimulate your thinking even further with new developments. Just remember, the more we share with one another, the more exciting and richer the project becomes.

Your Conference Committee Planners are also projecting pre-conference one-, two-, and three-day workshops rather than both pre- and post-conference workshops as at past conferences. Planners feel that this innovation concentrates energies more effectively, and is more economic and efficient for all concerned.

P.S. The Planning Committee is also looking for Introductory Workshop Leader(s) to structure a possible community meeting of IWLs. Contact **Roger Tolle**, New York, NY, 212-787-5167.

Communication and Problem Solving in the TRAGER World: Views from an Outsider

Michael Stulbarg

Michael is a practicing physician, and member of the Institute's Board of Directors. He has lead the formation of the Institute's volunteer committee structure.

At a recent meeting on the Committee on Committees I was extolling the approach to communication and problem solving that I have witnessed since I have been on the Board, in Committee meetings, conference calls, at the Instructors annual meeting, and the International Conference. I was asked by someone, **Jeanie Iams** I think, to put some of these thoughts down.

I am not by any means an expert on group process. But I do know what I see in the medical world, and it is very different form what I have experienced with TRAGER. I wonder how many of you re-

alize how unusual it is. Sometimes it takes a visitor or outsider to make you realize how special what you have really is. Like having someone stay with you from the Midwest who reminds you of the spectacular nature of Northern California (yes, despite the traffic, earthquakes, overcrowding, and crime).

What really strikes me most is the recurring process of self-examination and feedback that goes on at every level. Everyone wants to do better, and they really want feedback. In my world, when people ask for feedback, it seems to me that they mostly want approval. While the Board and the rest of the TRAGER world, of course, want approval and appreciation, they seem to want to know how they are functioning in the world, and how they might be different or do it better.

The practice of giving and receiving feedback seems to open people up in a remarkable way—to information, to feelings, to sharing. There is much more openness to the ideas of others; and when an issue is difficult or contentious, it encourages the practice of "going around the circle" where everyone gets the same 1, 2 or even 5 minutes. This is evident in the consensus process which is now practiced with vigor on conference calls, at committee meetings and even Board meetings. It opens up new possibilities, accessibility for new ideas. This "practice" of respect for the opinions and feelings of others reverberates through a group so that one feels really heard...making it easier to let go of one's own ideas or opinions. In some ways it might seem inefficient to do things this way, but I believe it is more efficient because when one feels truly heard, it is easier to move on.

Cooperation of the TRAGER community with the demands for "hands on" courses and feedback is also striking to me. This reflects a commitment to maintaining the standards of practice as well as the professional integrity of TRAGER Practitioners. In contrast, physicians have to have CME hours, but there is no requirement to subject yourself to examination by others in a regular way. Lectures are safe, non-threatening, readily available—often in spectacular vacation spots around the world. One is not challenged to "perform" as one is in a TRAGER tutorial. If a physician is criticized or told one does things differently from others, the tendency is to feel threatened and be defensive. I do not say these things to badmouth my profession. The commitment of most of my colleagues and their desire to help others is remarkable. Rather, I want to congratulate you on what you have developed and maintained. It requires consensus of the membership to maintain it, a deeply held

belief that self-examination and feedback are vital to your personal professional well-being.

Some might say that I am not really an "outsider" because of my long association with TRAGER (through my wife, **Sheila Merle Johnson**). But it was not until I became a Board member that I really began to appreciate how things work. It has been a profound learning experience for me and I am grateful to have been an intimate part of your world for the past 2 years.

A Practitioner's Tale

Mary Kent Norton

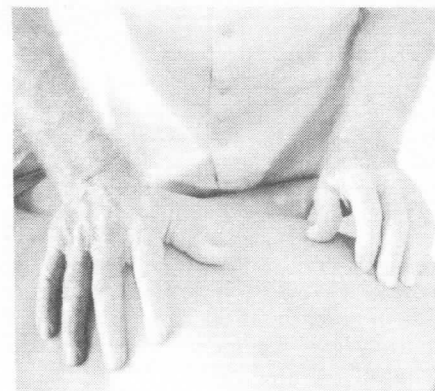
Mary Kent is from Annapolis, Maryland.

I don't know how to put this, but I am going to try. I remember Milton Trager saying that to describe the TRAGER experience in words is difficult; after having the experience no words are needed.

In March of last year, I had a serious accident when a tractor trailer cut into me on the Washington, D.C., beltway. I was driving along with the traffic as calmly as always when the apparition of the truck loomed large in front of me. The next second there was crashing sound, and I was riding a horrible roller coaster, saying out loud God help me! I came to a stop almost vertical, hanging in the seat belt with a terrible crushing pain in my sternum and chest, unable to breath. The trooper who had witnessed the accident arrived first, as then did many others, to help extract me from a completely demolished Ford Taurus.

The five hours in the shock trauma unit of Washington Hospital Center using every test available to see the extent of the injuries was an intense initiation of pain, awe and admiration of what emergency techniques are available. I vowed that I would never ever, ever underestimate the

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pain that people can go through. I had the feeling of being in competent hands, though, and was also in touch enough to refuse the epidural they wanted to administer because of multiple rib fractures, a broken left clavicle, and a knee that had been so crushed that it was to require reconstructive surgery. I made the effort to breathe enough to pass the test, and so was spared the epidural, receiving for a time doses of morphine. All the organs were badly bruised, but not ruptured, and so I felt absolutely blessed to be alive at all without serious brain/spinal chord injury, and the knowledge that I could and would mend.

I have such memories of loving support and a vision of many hands holding me like angels. My fellow "Chessies" from the Chesapeake TRAGER group here in this area were immediately alerted, as also my classmates from the Barbara Brennan Healing Science Training. **Dr. Jack Teitelbaum**, who has been introduced to TRAGER because of his wife, **Rhonda**, with whom I had been working for over eight months, came immediately from Annapolis, to see me and to help me over some rough hospital spots. My TRAGER buddy and partner in the office, **Rhonda**, came to the hospital with touch and the hope I needed. I knew that soon I would be receiving the needed TRAGER and bodywork that would set me back on the road to wholeness. I began to appreciate every note, every flower, every whisper of loving affirmation. My family were all there for me—including my husband who had himself almost died of two heart attacks in the Fall, and who had spent time, also, in the same Washington hospital center. It was a miracle.

My awareness has become razor sharp, and I can feel "how heavy?" and "what is lighter?" I can allow movement of the intrinsic muscles of which **Emily Conrad D'aoud** speaks, and which totally integrates with Dr. Trager's "Hook-up." Receiving the beautiful TRAGER sessions from such beloved and competent and alive Practitioners has been a glorious and joyful experience. My "knowing" says, "Ah, Yes." Memories of what we were learning at the Practitioner training in February, 1993, with **Gail Stewart**, **Bill Scholl**, **Roger Tolle**, and **Jean Hopkins** came to me, and deepened the awareness. I wept a great deal, from relief, from joy, from terror and from old memories surfacing. It has been an initiation into sacred spaces, and my heart and soul are open to it. Meeting the dark Goddess Death was a good and necessary encounter. Something of the drivenness in me has truly died. I no longer have to prove anything or "get it right". I am really here. "Let me see now how can it really be?"

So, I am writing this to thank Milton Trager, the teachers, and all of us who have found this way. But, most especially, I want to thank the beautiful, shining Practitioners who have ministered to me. First **Rhonda Teitelbaum** who brought crystals and light; **Kathy Stewart**, who was driven many times from Harrisburg, PA, to work with me; **Joe Griffin**, with his beautiful grin and wide eyes, who taught me pain games as he "MENTASTIC-ke'd" his way around me knee and body, telling funny stories; **Betsy Weick** and the other "Chessies" who sent cards and called and stayed in touch; and **Karen Roberts** who just moved here from the West, and has brought her own special expertise.

The doctor, a woman surgeon who reconstructed my knee, said, "I have never seen such a recovery so soon or so completely around your knee, or for any surgery I have done." I was able to tell her that I am receiving the work that I do. It has been over three months since March 23rd, and I have only been permitted to put full weight on my right knee for two weeks. Much further work is necessary in MENTASTICS, balance, and deepening of "how it can be". I will be continuing to work with the movement, and the table sessions, realizing, also, how much I needed all of this even before the accident. So the accident has introduced me to deeper possibilities!

It is never too late. I just celebrated my 70th birthday on July 5th, and I am younger and more alive than when I first met **Gail Stewart** and TRAGER about 14 years ago.

PROFESSIONAL DEVELOPMENT

Work-Related Injury

Julie Greene

Julie is a Tutor and Tutor Seminar Leader from Oakland, California.

The purpose of this article is to stimulate discussion of an unpleasant topic—injuries which could be related to practicing TRAGER work. There are certainly hazards of acute or chronic injury in any activity that put stress on the joints and/or involves repetitive movements.

I recently received a letter from **Lois Ann McBurney**, a Practitioner from Ontario, who has suffered a debilitating tendinitis condition in both wrists. Lois Ann reports that her first conscious awareness of anything wrong occurred while practicing a move she'd recently learned in a TRAGER class. While it is impossible to know what injury or condition may have been present before that, what she felt then was a sharp pain whenever she attempted to practice that move. A couple of months later she was regularly noticing some discomfort at the end of sessions she gave, then during. Once, while practicing a different move, she again experienced the sharp pain followed by burning. At the time she wrote to me, Lois Ann was experiencing pain in many activities, including: handwriting, toothbrushing, driving, knitting, and opening cans.

Lois Ann wrote to me in my role as Tutor Seminar Leader, to express her recommendation that all Tutors be made aware of symptoms of "repetitive strain" injuries. When Lois Ann did seek medical treatment, she was told that her condition would probably not have been as severe had she done so much earlier. Her main message to me was that if Tutors are educated as to the symptoms of repetitive motion injuries, they can advise tutees experiencing those symptoms to immediately seek medical attention.

Lois Ann reports having told 5 Tutors about having pain, although she did not necessarily give each one the whole context and history. Each Tutor responded as we are trained to do. That is, she was advised to:

- Stop working and rest for as long as necessary,
- Immediately do some MENTASTICS,

- Do more MENTASTICS between sessions,
- Modify any move as necessary so that it is comfortable to do,
- Discontinue any move that is uncomfortable, and avoid certain moves altogether if necessary,
- Lighten up, soften up, work less hard, let go of trying,
- Use her body weight (not arm and hand strength),
- Avoid bending the wrist as much as possible.

I called two Board members who are medical professionals, **Michael Stulberg, M.D.** and **Harry Friedman, D.O.** for their input. Both agreed that "if it hurts, it ain't the TRAGER way. Stop. And change what you are doing." Beyond that, Tutors (unless, of course, otherwise licensed to do so) are not trained to make medical evaluation—licensed health care professional may do so—and can not be expected to recognize or diagnose symptoms—this would be true even for a Tutor who may have educated her or himself about repetitive motion syndrome or other conditions.

However, even though a Tutor cannot properly take responsibility for knowing when someone should seek medical advice, we can encourage someone generally to have something medically checked out at their own discretion. This leaves the responsibility with the tutee, yet offers them that option.

If you experience pain while practicing TRAGER work, remember, the effectiveness of The TRAGER Approach is not dependent upon any one move. What works for one Practitioner might not work for another. If it hurts, don't do it. Change it. Soften up and use your body, not your strength. Let go of trying, let go of effort, and just feel. Step away, shake out and come back lighter. To communicate softness and ease to a client, be in a state of softness and ease. The effectiveness of The TRAGER Approach depends more upon how we do what we do, than it does upon what we physically do. How can we reach the client's mind through our work? And, if you think you may have an injury, or if you have pain that lasts more than a few days after resting it, do consider seeking medical attention.

Perhaps you have ideas or experiences with this subject. Please send your ideas to any of the following:

Board of Directors: It has been mentioned that the Board might be considering having a medical subcommittee to study this and other issues. Write to the Board if you have any ideas on this or can offer support.

Instructors Committee: Is there a way we can increase our coverage of this topic within trainings? Do we need to include more reminders for each Student and Practitioner to monitor his or her own body's responses to practicing the work—my own experience has been that this is adequately expressed, but is there a way to bring it home even more deeply? Also, are Students being explicitly reminded that, as with any physical activity, when injuries occur they should use their own sound judgement about seeking medical attention?

Tutors: Certainly, in addition to the excellent advice given to Lois Ann, there may be times we will want to suggest that someone consider seeking medical advice. We can continue to stress that there is no one "right way" to do a move. We can continue to be vigilant in helping tutees learn to work less hard, watching for such tendencies as trying to do it "right" or trying to accomplish something." We can help individual tutees come deeply into sensing their own bodies and their own internal experience moment by moment, finding their own sense of what feels right within themselves, their own responsibilities and power. When necessary, we can discuss the limits of our own training and knowledge.

Please send your ideas and experiences to the Board of Directors, the Instructors Committee, and/or the Tutor Committee. For more information on repetitive motion injuries, Louis Ann recommends the following booklet:

Repetitive Motion Injuries, How to Keep from Overstraining Your Arms and Hands, by Jeffrey S. Harris, published by Great Performance, Inc., 14964 NW Greenbrier Parkway, Beaverton, OR 97006.

Questions and Answers

Michael Madrone

Responding to a membership request published in our last newsletter, Tutor Michael Madrone from Vancouver, B.C., Canada, has offered to field questions from members for publication in our newsletter. "Questions I feel comfortable answering," writes Michael, "might revolve around: Tutoring, Neuro-Muscular Disabilities, Sponsoring, International Issues, Promotion (marketing), etc...." You may address your questions to Michael at: 102-2252 West 5th Avenue, Vancouver, BC, V6K 1S3, Canada.

COMMITTEE REPORTS

Board Minutes Summaries

The Board of Directors members are: Gary Brownlee, Harry Friedman, Betty Fuller, Jean Iams, Rita Lustgarten, Jan Stevens, Michael Stulberg, and Anne Wormood. These summaries reflect motions passed by the Board, and are not intended to describe the agenda discussion in its entirety.

March 24, 1993: A motion passed that the Board and Instructors Committee (IC) include the annual joint IC/Board meeting on their agenda at each meeting, and that in September, the Board and IC should work towards finalization of this agenda.

It was agreed that the Board will finalize their mission statement at their next meeting, and submit this to the IC for feedback, with the request that the IC put finalization of the mission statement on their agenda. The 1993 budget submitted by the Finance Committee was accepted. It was agreed to send Jan Stevens as a Board representative to the Northwest Conference. (See a report on this conference in the "Regional" section of this newsletter.)

A motion was passed to distribute approved Board minutes to each of the committee chairpersons. It was decided to invite an European TRAGER representative to serve in an ambassadorial role at the next Board retreat.

May 12, 1993: A motion was passed accepting in principle the Personnel Committee's proposed Instructor Trainee application process. A revision of the proposal was requested of the Committee based upon Board feedback, and including guidelines for implementation of the application process. The Board congratulated and expressed their gratitude to the Personnel Committee for their excellent work on this proposal.

A motion was passed requesting from Tutor James Day an outline of a plan for his proposed Marketing Task Force—with timeline and budget. The Board retreat is set for July 30, 31, and August 1, at the Westerbeke Ranch in Sonoma County. In response to a request from the 1992 International Conference Committee asking the Board to specify how the Conference's funds would be utilized by the Institute, the Board directed that those funds be channeled towards the Institute's international communications and relations.

July 14, 1993: The Board approved pro-

posed corrections to the Code of Ethics, and directed the administration to reprint these corrections in the next newsletter as well as the next printing of *The TRAGER Handbook*. The Board accepted Jim Day's Marketing Task Force proposal, with a request for an update report by October 20, 1993.

The 7th International Conference Committee's proposal for our next conference in the Northeast United States, in August, 1994, was accepted. (See the report in the committee section of this newsletter.)

A proposal from Cathy Hammond that the Institute make available to its membership an edited version of an audio tape of Milton Trager, M.D., on his work was accepted. The administration will be responsible for sales and distribution of this tape. (Ordering information will be presented in our next newsletter.)

A motion was passed that all TRAGER material to be sold to the members or the public be coordinated through the Institute's administrative office for pricing, sale, and distribution.

1993 Board Meeting Calendar

The Board will be meeting on **September 8**, and **November 10**, 1993. Proposed agenda items for those meetings should be submitted by **August 18** for the September meeting, and **October 20**, for the November meeting.

Personnel Committee: A Comprehensive Report

Amrita Daigle

Personnel Committee Members:

Alain Alain, Quebec, Canada: Practitioner

Alain helps with everything, particularly translations. 418 862-4673.

Amrita Daigle, Instructor, Chair of Personnel Committee

175 rue due Poitou, Neuville (Quebec) Canada G0A 2R0 418 876-3568.

Fabienne Hirsh, France, Europe: Instructor

Fabienne is our liaison with IC, Anatomy Committee, EC 011-33-14-885-0638.

Marianne Morgan, California, USA: Practitioner

Marianne has resigned from our Committee for health reasons in March. Thank you for your fruitful work!

Shelly Siskind, Ontario, Canada: Tutor, SPL, IWL

Shelly cherishes our management of feedback files. 519 660-4433.

Jill Stephens, Idaho, USA: Tutor

Jill is coordinator of Instructor Trainees Selection project. 208 448-2242.

Anne Wormood, California, USA: Board member

Anne works on Administrative Staff file. 415 457-8500.

The official formation of our Committee was on June 30th, 1992. Since our birth, the Personnel Committee has had thirteen formal meetings, plus at least four mail meetings. And...a couple of meetings with **Sandra Jo Palm**, a facilitator who helps us to untangle our processes! We usually meet by conference calls and have each time a pre-planned agenda, proposals and minutes. We practice efficiency with having specific roles for the call: facilitator, time keeper, note taker. We always spend at least one minute of Hook-Up in each meeting. We mainly use these calls for decision making. Between group calls, we do a lot of thinking, consulting and planning. All of us are spending from a couple of hours a month to many hours a week in this project.

We are now 6 members and our quorum is 4 members. We use a 100% consensus model for our decisions (among the members present in the meeting, as long as we have quorum).

Since the beginning, we are playing between addressing the "global view" of the Institute's Personnel and taking care of specific problems.

We are currently finishing a whole review of the administrative personnel, including the making of an Employee Manual.

Our present main task is the review of Instructor trainee status. We want to support a healthy growth for our Institute. We have asked for feedback and ideas from the other Committees of the Institute—and many other members around the world. So, we are weighing lots of criteria to evaluate the need for new Instructors. The Board has approved, in principle, the idea of opening the Instructor trainee status. They have asked us for more details before giving us a green light. So we go back to our desks and continue to work on establishing fair and clear policies, procedures and criteria. The application packet is almost ready. We are still working on the selection criteria to create an Instructor Trainees Selection Committee. We look for criteria like: fairness, objectivity, representative membership, clearness, wisdom, dependable.

Two other tasks are simmering: the review and evaluation of our present Education Staff, and management of feedback that circulates in the Institute. We are going to take care of these two in a short time, we hope. We now want to focus on the project of re-opening the Instructor Trainee status. We don't want to be scattered in order to stay efficient.

We regularly check among ourselves to see if we are happy in our Committee. We are seeking a way of working together that will allow us to stay in Hook-Up while dealing with our tasks. We dance with passions, burn-out, broad vision, excitement, resistances...like in a real TRAGER session!! And...we love to receive feedback (from you)...like in a real TRAGER session!

Our work together is VERY INTERESTING. We continually learn about group process and international consciousness: it enriches our personal vision. Participating in the Personnel Committee means taking part in one of the main aspects that affect competence in our whole Institute. It's managing living resources!

If you feel you would like to add your touch in, we are presently looking for help in sub-committees and will eventually need new Members in the Personnel Committee. If you have about 10 hours a month to offer, you could be comfortable with us. Your involvement might be in as short as three to six months, if you want to be in a sub-committee. Joining the Personnel Committee as a regular member could mean a commitment of one to two years. Interested? Call or write Amrita!

Comité du personnel

Amrita Daigle (traduit en français par Alain Alain)

Les membres du comité du personnel sont:

Alain Alain, Québec, Canada: praticien

Il aide un peu à tout, particulièrement à la traduction 418 862-4673.

Amrita Daigle, instructeur, présidente du comité

175, rue du Poitou, Neuville, Québec, Canada, G0A 2R0 418 876-3568.

Fabienne Hirsch, France, Europe: instructeur

Elle fait la liaison de notre comité avec le comité des instructeurs, le comité d'anatomie et le comité éducation. 01133-14-885-0638.

Marianne Morgan, California, U.S.A.: praticienne

Elle a dû abandonner notre comité en mars pour des raisons de santé. Nous la remercions pour le travail productif qu'elle a fourni.

Shelly Siskind, Ontario, Canada: superviseure

Elle est particulièrement intéressée par la gestion de tout le feedback généré par l'organisation Trager. 519 660-4433.

Jill Stephens, Idaho, U.S.A.: superviseure

Elle est la coordonnatrice du projet de sélection des futurs instructeurs. 208 448-2242.

Anne Wormood, California, U.S.A.: membre du comité des directeurs (Board)

Elle s'occupe particulièrement du dossier du personnel administratif de l'Institut Trager. 415 457-8500.

Notre comité a vu le jour le 30 juin 1992. Depuis son envol, le comité du personnel a tenu treiz réunions et au moins quatre consultations postales...sans oublier quelques réunions avec **Sandra Jo Palm**, une personne ressource qui a le don de faciliter l'organisation interne des comités! Nos réunions se déroulent généralement par télé-conférences et nous les planifions toujours à l'avance (ordres du jour, propositions écrites, compte-rendu de la dernière réunion). Afin d'être des plus efficaces, nous nous attribuons des rôles spécifiques à chaque réunion: animateur, secrétaire, responsable du temps. Nous observons toujours au moins une minute de Hook up lors de chaque réunion. Nos télé-conférences servent surtout à l'aspect décisionnel de notre comité. Et entre chaque télé-conférence, nous réfléchissons, nous consultons et nous planifions. Chacun de nous consacrons de quelques heures par mois à plusieurs heures par semaine à travailler au sein de notre comité.

Notre comité compte maintenant six membres et notre quorum est de quatre membres. Nous prenons nos décisions sur la base d'un consensus à 100% de tous les membres présents lors de notre réunion, en autant que le quorum est atteint.

Depuis la création de notre comité, nous "valsons" entre une vision globale de toutes les ressources humaines de l'Institut et la résolution de tâches plus spécifiques.

Nous sommes actuellement à la toute fin d'une revue complète des tâches et conditions de travail du personnel administratif de l'Institut et à l'élaboration d'un "Manuel des employés."

Pour le moment, notre tâche principale consiste à reviser tout le processus de sélection de nouveaux instructeurs. L'intention qui nous anime est d'assurer une saine croissance de l'organisation

Trager. Pour ce faire, nous avons consulté plusieurs membres d'autres comités ainsi que des membres de l'Institut réparti autour du globe. Nous avons donc recueilli une panoplie de critères dans le but d'évaluer les besoins pour de nouveaux instructeurs. A ce jour, le comité des directeurs (Board) a approuvé le principe d'une ouverture du statut d'instructeur. Cependant, ils désirent avoir plus de détails avant que le processus de mise en candidature et de sélection soit mis en branle. Nous pourrions donc notre travail afin d'établir des critères et une procédure à la fois claires et équitables pour tous. Le dossier d'inscription est presque prêt. Nous travaillons aussi afin de déterminer les critères permettant la sélection de membres qui feront partie du comité de sélection des futurs instructeurs. Nos critères sont du genre équitabilité, objectivité, représentatif, clarté, sagesse, fiabilité.

Deux autres tâches sont en veilleuse actuellement soit la revue et l'évaluation de tout le personnel enseignant de notre organisation ainsi que la gestion de tout le feedback généré par l'Institut. Nous espérons pouvoir nous en occuper très bientôt mais pour l'instant, nous nous concentrons sur le projet de sélection des futurs instructeurs, histoire de ne pas disperser nos énergies partout à la fois.

Nous vérifions régulièrement si les membres de notre comité ont du plaisir à y travailler. Nous recherchons une façon de travailler ensemble qui nous permet le Hook up tout en assurant la réalisation de nos tâches. Nous jonglons avec les passions, la fatigue, la vision globale, l'excitation, les résistances...tout comme dans une vraie séance de Trager! Et nous aimons recevoir du feedback de vous...Tout comme dans une vraie séance de TRAGER!

Nous considérons notre travail de groupe comme des plus intéressants. Notre vision personnelle s'enrichit continuellement à mesure que nous apprenons à nous développer en équipe sur la base d'une conscience internationale. Participer au comité du personnel veut dire prendre part à l'un des aspects touchant le plus à la compétence de toute notre organisation: c'est la gestion des ressources humaines!

Si vous avez le goût de venir ajouter votre grain de sel, nous vous rappelons que nous recherchons de l'aide pour nos sous-comités et, éventuellement, de nouveaux membres pour le comité du personnel. Vous pourriez être très à l'aise avec nous si vous disposiez d'une dizaine d'heures à offrir par mois. Votre implication au sein d'un sous comité pourrait n'être que de trois à six mois tandis que votre participa-

tion régulière au comité du personnel peut être un engagement d'une ou deux années.

Intéressé?

Si oui, écrire à ou appelez Amrita!

Tutor Committee

Michael Madrone

Michael, a Tutor and coordinator of the Tutor Committee, hails from Vancouver, B.C., Canada.

Co-ordinator: **Michael Madrone**, 102-2252 W. 5th Avenue, Vancouver, British Columbia, Canada V6K 1S3, Phone 604 736-2700, Fax 604 736-2700.

Members: **Jan A-son Fogel** (Sweden), **James Day** (USA), **Rita Lustgarten** (USA), **Robert Wing** (USA)

Tutor Committee's Charter:

- 1) To serve as an advocate for the interests of the TRAGER Tutors as a whole;
- 2) To facilitate communications between the Tutors, and between the Tutor body as a whole and the Board of Directors, its authorized committees and administrative staff, including periodic reports to the Tutor body as a whole, concerning actions taken or contemplated by the Board, its committees, or staff, which might have a bearing on the interests of the Tutor body as a whole;
- 3) To make recommendations to the Board, based upon the input of the Tutor body as a whole, as to new policies or decisions that are deemed by the Committee to serve the best interests of the Tutor body as a whole;
- 4) To assist in the resolution of grievances concerning Tutors, or between Tutors, through informal peer resolution, and if deemed necessary, through reference to the Ethics Committee for appropriate action;
- 5) To formulate standards and guidelines for TRAGER Tutors, and to recommend to the Board of Directors the adoption of these standards and guidelines;
- 6) To be responsible for receiving and processing applications for entry in the Tutor training program, for conferring the statuses of Tutor Trainee and Tutor after verification that requirements for these statuses have been met and for monitoring the fulfillment of Tutor continuing education requirements;
- 7) To establish procedures concerning the election of future Tutor Committee members, the decision making process

of the Committee, and the working rules of the Committee.

Current Issues:

The Committee is:

- 1) currently revising the many sets of forms which are used in the training of new Tutors and the continuing education of current Tutors. We are also updating the Tutor manual. These changes were necessitated by the recent revision of the Tutor training process and the Tutor continuing education requirements which were recently passed by a 2/3 majority of Tutors and ratified by the Education Committee and the Board of Directors.
- 2) currently revising Tutor re-entry guidelines.
- 3) currently revising the tutorial forms, and creating a new form for renewal of Tutors as mandated by the recently approved Tutor ballot mentioned in #1 above.
- 4) looking at ways of streamlining the process of the annual renewal of Tutors.
- 5) reviewing "friendly amendments" which were proposed to the recent Tutor ballot.
- 6) in communication with the 1994 Conference Committee regarding a joint Tutor Conference with the International Conference.
- 7) conducting its ongoing mandate of receiving and processing application for Tutor Trainee and Tutor re-entry, as well as monitoring and facilitating quality control and complaints.
- 8) through its Representative on the Board of Directors, *Rita Lustgarten*, conducting its business *vis-a-vis* the TRAGER Board of Directors.
- 9) involved in an ongoing process of refining its own internal structures and communication processes. We are currently using the process of consensus.
- 10) conducting certification of Supervising Tutors under the new requirements mandated by the recently passed Tutor ballot.
- 11) currently polling Tutors in order to find a way to elect future Tutor Committees which complies with the guidelines given the Committee by the 1992 Tutor Conference.
- 12) The Committee has been directed by the Board of Directors to oversee continuing education compliance by Tutors, and is creating structures and processes for this to happen.

Committee on Committees

Michael S. Stulbarg, M.D., Chairperson

The Committee on Committees has been less active the past couple of months. We are reluctant to push for the development of new committees as there is so much work going on already.

We had a combined meeting with the Instructors Committee (thank you, *Gail Stewart!*) to help clarify lines of communication and problem solving.

Some help with publications is necessary, but it is not clear if a committee is the best way to deal with this problem. A member, *Jeffrey Joel*, has offered to help with the newsletter.

We are still trying to solve the problem of replacing the temporarily dissolved Marketing Committee. *Jim Day* and *Rita Lustgarten* are leading in the gathering of information. It is clear to us that this is a major priority of the membership.

I chaired a conference call of committee chair-persons on June 25, 1993, which included the chairs of the Education (*Beverly Cox*), Personnel (*Amrita Daigle*) and Tutor (*Michael Madrone*) Committees. Don was the administrative liaison. Emphasis was given to the need for each committee to refine its charge...as the Board does not have the "the" answer as to what should be done. There is often a great deal of overlap in the work of the committees, and this will continue to be a problem. To help solve this, the group of committee chairs agreed to exchange minutes of their meetings to keep everyone informed. Beverly reported that she is actually taping the conference calls of her committee so she can reflect on them afterwards. Don offered to purchase a similar taping device (at about \$20 each) for each of the other committees. The consensus was that this was a useful activity which should occur regularly. We set our next conference call for October, and will try to have the Instructors and Ethics committee represented.

Is the New Committee Structure in Trouble?

As the Chairman of the Committee on Committees, I am concerned about our new committee structure. We have been having trouble getting volunteers to sign up for committees. Does this sound familiar? We hear the same thing about politics--where millions of people do not even take the trouble to vote--even when they can do it from their homes by absentee ballot. If you are not involved on a committee, please read on!

Why don't more people volunteer?

1. Do they believe that nobody cares? I assure all of you that people do care. We have been getting a lot of appreciation for the changes which are occurring...though they are not always so clear and straightforward, and they certainly take a lot of time. The issues are messy and solving problems by phone is not so easy. These problems did not arise overnight.
2. Do they believe they don't "know" enough? The issues are not so complicated that special expertise is generally needed. (And there are many "experts" in the TRAGER network who can help for special problems.) What is needed is caring, interest, and willingness to listen and respond. As in the jury system, a committee needs a group of fair, concerned (TRAGER) citizens willing to listen and respond in an honest and straightforward manner.
3. The committee they want to be on doesn't need volunteers. Of course, you may not get to do exactly what you want right now. Eventually you probably will. What is crucial is to be willing to help do whatever is needed. Some of the issues are sensitive (e.g. ethical issues, reviewing performance), but dealing with individual sensitivity is part of what TRAGER is all about. You will get satisfaction from knowing you are helping solve the organization's problems. After all, The Trager Institute exists in large part to help support the members.
4. Are they just too busy to volunteer? Of course, we are all busy. I work about 60-70 hours/week. Others may work more. But I believe in what this organization stands for, and I do want to help. Some committees are very time-consuming, but others meet infrequently and deal with narrow issues. You can limit your time involvement. Conference calls are usually set at times they work for everyone.

No, the new committee structure is not in trouble yet. But many of the same people are being called on again and again. New blood is needed. We do not want to burn out our hardworking committee members. Nor do we want ensconced members running things year in and year out. Turnover is important.

So, what should you do? Call me personally to discuss your interests, call any of the committee chair-persons, or call the Institute's administrative office in Mill Valley. Find out what is going on. Let us put you in our database of "future committee persons."

Education Committee

Beverly Cox, Chairperson

Hello, Everyone! Here's an update on our Committee's progress:

We have recommended to the Board that the 1994 TRAGER Conference be accepted as fulfilling the continuing education requirements for attending Practitioners. We have approved several more pilot elective classes, and are nearing completion on creating an elective class evaluation process.

We have been working on incorporating the feedback from the membership on our 500 hours Certification Program Proposal Draft. The major voice of concern came from Europe, Canada, and other countries that are not facing the same political/medical/legal/licensure issues that the United States is. After much investigation, discussion, and debate, we have come up with a revised Certification Program Proposal that we feel addresses the various needs of the different countries. We still have to work out some of the details before presenting the proposal to the Board.

In order to meet the developing medical/legal climate in the U.S., we still propose a 500 hour program. We have worked out a reduced hour program for Europe (approximately 350 hours) that will meet the need to raise the quality and maintain the integrity of the work. This program may be available to Canada and other non-U.S. countries as well. It will also serve as a model TRAGER program for those in the U.S. who are already certified from another 500 hour program (massage therapists, etc.). We have done our best to make changes that reflect the needs of the membership while striving to create a program that will qualify TRAGER work as an accepted accredited program in the U.S.

INSTITUTE NEWS

Media Watch

Congratulations to Instructor and author **Deane Juhan** on being the cover story of the July/August issue of *Massage Magazine*. The story consists of a comprehensive interview in which Deane refers to TRAGER numerous times. (Please see your products order form in the schedule for information on how to order reprints.) Deane will also be writing his own regular column for *Massage Magazine*. Thanks to his efforts, the TRAGER word is getting out to many more people.

The May, 1993, issue of *ELLE* magazine contains an article on bodywork entitled, "Stand and deliver: the new focus on the body." In this article, there is a paragraph which covers TRAGER in a positive light. Thanks to New York Practitioner **Clifford Shulman** for helping to make this possible.

Contact, a publication of the British Columbia College of Chiropractors, published an article on TRAGER and MENTASTICS, in their March, 1993, Volume 4, Number 1 issue. Thanks to BC Practitioner **Joanna Lazzarotto** for her contribution to the creation of this article. You may contact *Contact* at: #102 - 7031 Westminster Highway, Richmond, BC, V6X 1A3, Canada, 604-270-1332, Fax 604-278-0093.

TRAGER received a mention in an article entitled "All the right moves" in the March, 1993, issue of *Women's Sports and Fitness*.

Allure magazine is scheduled to publish a major article on bodywork which will most likely appear in the September issue. This article will include significant coverage of TRAGER. We will follow up on this in our next newsletter.

Michael Madrone and **Lhesli Benedict** conducted an interview of **Deane Juhan** for *Shared Vision* magazine, a Vancouver, B.C., based publication. An edited version of this interview will be published in the October, 1993, issue. For more information contact *Shared Vision* at: 1645 West 5th Avenue, Vancouver, B.C., V6J 1N5, Canada, 604-733-5062, FAX: 604-731-1050.

The premier issue of *Body Therapy* magazine will be published on September 1st, and will feature a healthy article about TRAGER by Instructor **Bill Scholl**. Complimentary copies of this issue will be

mailed to TRAGER Practitioners in the southern United States. For more information contact: *Body Therapy*, 3001 West Beauregard, San Angelo, Texas 76901, 800-809-3998.

DS

Federation Report

Don Schwartz

The Federation of Therapeutic Massage and Bodywork Organizations held its regular meeting on May 14-15, 1993, in Evanston, Illinois, at the new national headquarters of the American Massage Therapy Association (AMTA). Federation representatives present were: **Mark Anderson** and **Elliot Greene** of the AMTA, **Cindy Banker** and **Steven Schenkman** of the American Oriental Bodywork Therapy Association (AOBTA), **John Chitty** and **Bernadine Tomko** of the American Polarity Therapy Association (APTA), **Ray McCall** and **Jeffrey Maitland** of The Rolf® Institute, and **Corrine Larson** and yours truly, Chairperson, of The Trager Institute.

Insurance: It was decided to continue the Federation professional liability plan for the first full year before discussing adjustments. Federation organizations are encouraged to continue to promote and educate their members about the program and its benefits. Other kinds of insurance policies were discussed.

National Certification: National Certification Board (NCB) member Steven Schenkman reported that about 4,000 people have taken the examination. **Joanne McLees** of North Carolina is the new Board President. (Please see Joanne's article elsewhere in this newsletter.) The NCB is aware of issues of relevancy of the examination to various non-massage approaches, and is exploring ways of approaching this question.

Joint Governmental Relations Committee (JGRC): The JGRC has continued its work through conference calls every four to five weeks, looking at state and local laws and developments, and working with local coalitions.

In response to the JGRC's request for clarity as to its role and liaison with the Federation Board, the Board adopted the following:

- 1) The JGRC will be sent approved minutes as soon as possible after each Federation meeting. The Secretary will take steps to accelerate approval. Corrine Larson will continue to inform the JGRC of Federation developments.

2) The Federation [Board] sees the continuous providing of information to members through its respective organizations' newsletters as a high priority, and, therefore, asks the JGRC to provide as much information as often as possible for redistribution. Specific accounts of developments in individual states is especially valued.

3) The Board requests policy proposals to be developed by the JGRC for discussion, consideration, and action by the Board.

4) The Federation organizations will each check to make sure that their JGRC representatives have the resources necessary to pursue the JGRC agenda whilst concurrently avoiding exhaustion and burn-out.

The Federation Board reaffirmed the value that the JGRC should try to influence local, regional, and state situations towards a positive outcome characterized by cooperation amongst the participants, and the right to practice for all interested parties.

New Federation Activities: Out of the JGRC report and discussions came a decision to produce our first Federation publication to be bundled with each member organization's newsletter. This publication will have major articles on law, legislation, professional regulations, and governmental relations; semantics, concepts, theories, and philosophy of hands-on approaches; and others not yet specified. Yours truly will serve as the editor, and other organizations will handle design and layout.

Reports were made and discussed about the following topics:

Federation membership, the National Institutes of Health's Office of Alternative Medicine, the National Wellness Coalition, general direction of the Federation, and terms and definitions of massage/bodywork/etc.

The Board encourages its organizational members to adopt America Online as its computer information exchange medium. It is available to both Mac and PC users.

Finally, the Federation Board is approaching the Boards of each Federation organization with the idea of having a "Leadership Conference", that is, a meeting of all of the Boards and other leaders. A database of organization leaders is being developed.

The next Federation meeting will again take place in Evanston, on November 19-20, 1993.

1992/93 Financial Report

Jan Stevens, Finance Committee Chairperson and Board Member

	1992	1993 est.
Funds Received		
Membership dues	\$156,900	\$148,000
Institute-sponsored trainings	139,600	119,000
Other trainings	63,300	52,600
Other Funds*	42,200	24,200
Total	402,000	343,800
Funds Expended		
Direct Costs of trainings**	66,200	77,400
Office space and supplies	34,500	43,800
Payroll/services rendered	107,200	117,300
Printing/postage/publications	54,600	32,000
Committees	38,700	46,000
Other Funds***	65,100	48,500
Total	366,300	365,000
Net Revenue	35,700	(21,200)

* This figure includes products sold (t-shirts, tapes, books), money received from the 1992 Conference, interest, and donations.

** Training costs include direct payments for Instructor fees and expenses, coordinator, room rental, etc., and do not include administrative costs such as production of the Schedule, preparation and mailing of materials, registration, etc.

*** Includes cost of products, conference expenses, legal fees, telephone expenses, state fees and taxes, and translation expenses.

Discussion: 1992 was a banner year for us in terms of gross revenues—due primarily to the strong contributions made through the International conference in San Diego. The Conference itself netted about \$16,000 (including the Instructors raffle) plus the pre- and post-conference classes in San Diego had high enrollments, which boosted our training revenues. Also, in 1992, increased membership renewals brought us to 1,940 members, another record.

Expenses, too, were higher due to supporting the Committee structure (\$38,700.) and publication—including translations—of the Handbook (\$16,400).

For 1993, current projections include reduced training revenues, and about \$46,000 in committee expenses, which will result in a shortfall of about \$21,000. If these conservative estimates prove accurate, the deficit will be covered by 1992 net revenue. In the next weeks, the Finance Committee will be examining the financial structure of the Institute for possible modifications to support the changing decision-making processes, training requirements and requests, training requirements and requests for membership services. Any comments you may have are welcome and can be sent to my attention in care of the Institute's Mill Valley office.

Administrative Report

Don Schwartz

Sprint®

The Trager Institute's administrative office has consolidated our long distance telephone services. It turns out that Sprint's teleconference service has proven to be outstanding, so we have placed all of our outgoing lines on Sprint. To our surprise and delight, we discovered that Sprint's policy was to reduce our teleconference—our largest telephone expenditure category—bills by 5%.

We are also working with Sprint to develop a membership program. This program would allow all United States members to receive an **additional** 5% off of their personal long distance bills by virtue of their Institute membership. (As international trade barriers come down, we hope to offer this service to members around the world.) Sprint would also donate a portion of their Trager Institute membership telephone income to the Institute. This is truly a win/win/win program, and we will inform you as soon as it is developed.

Trager Institute Receives State License

The State of California's Council of Post-Secondary and Vocational Education has licensed The Trager Institute. This approval elevates the Institute's stature within California, the U.S., and, indeed, in other nations. This process may turn out to be our first step towards national accreditation. As always, we will keep you posted.

Do You Want Two?

A growing number of members are requesting that they have two listings in our annual membership roster, and some want to receive Institute mailings at both addresses. To accommodate this growing number of requests we have made significant changes in our computer membership program. It may seem like a simple idea and task to have two addresses associated with an individual member; however, it is quite complicated primarily because each individual member is associated with a very specific set of information—training history, statuses, continuing education requirements, etc.—and it is necessary to keep that specific information directly associated with the one individual record.

The charge for having two listings in the roster will be US\$25, starting with the

1993/94 renewal. There will be an additional US\$35, to have additional Institute mailings sent to the second address. Our 1994 renewal form will reflect this new offering.

TRAGER in Cyberspace

Following through with our Federation agreement, The Trager Institute has joined America Online (AOL), a computer telephone service. The Institute's administrative office in Mill Valley, is now able to send and receive messages to and from anyone who is on America Online or the "Internet". If you are on AOL, you can send your messages to "TragerD", if you are on, or have access to, the Internet, you can send messages to "tragerd@aol.com".

There is a potentially great cost-saving opportunity in having a single medium—such as AOL—for computer telecommunications. This service allows you to group fellow members under one name, such as "Committee Chairpersons", and to send a document at the stroke of key thus saving mail and fax costs and time. It also allows you to schedule and participate in real-time meetings through a typed-in dialog box and window, again at a significant savings over traditional teleconference calls.

If you are interested in joining America Online, please call Don Schwartz at: 415-388-2688.

Continuing Education Requirements

The Board of Directors has mandated that our administration increase the monitoring and enforcing of annual Practitioner Continuing Education requirements. To that end, we have altered our computer program to make more comprehensive reports, and have added various kinds of mailings to Practitioners who are in non-compliance, or who may be soon in non-compliance. If you are having problems fulfilling your CE requirements, please communicate with our Mill Valley office by phone, fax, or mail as soon as possible. You may speak with either Claudia or Sandra. If you receive a letter in error, please just give us a call so that we may correct our records. We have received some letters which are not too friendly. We want you to know that we are just doing our job. Thanks for your cooperation and support!

Membership Insurance

Only 15% of our qualified Practitioners have elected to purchase the professional liability insurance policy. This figure is, of course, very low; and I hope to see it grow in the months and years ahead. Our ability to continue offering the policy may, in part, be a function of the number of qualified Practitioners who elect to have it. I understand that some Practitioners may object to purchasing insurance on philosophical or metaphysical grounds. However, it only takes one client bringing about a suit, and the costs just to defend it would probably be astronomical irrespective of innocence or guilt. *Natsha Heifetz* reminded me that many—if not most—professional health care facilities and referral services require liability insurance. The cost—less than 25 cents a day—is very reasonable. So, please consider again the purchase of this insurance for your own protection, and protection of our profession. I welcome your calls or letters if you have any questions about it.

I have heard about a number of Practitioners being injured, and becoming temporarily unable to work. This is a serious matter, and brings up the question of disability insurance. Some massage/bodywork practitioners chose to self-insure. That is, they save a certain amount of money each month until they have accumulated about one year's worth of income. This is like paying yourself your own monthly insurance premium. For those who want an insurance policy, they are available. This issue was discussed at our last Federation meeting. At this time we are continuing to offer just the professional liability policy as a group. However, any individual Practitioner may call *Maginnis and Associates* at: 800-621-3008 for a premium quote. You may also inquire about health and life insurance policies they offer.

Deane Juhan Reprints Available

Instructor Deane Juhan has generously offered The Trager Institute the rights to reprint and distribute his Keynote Address, "The Physiology of Hook-up: How TRAGER Works," delivered at our Sixth International TRAGER Conference, last September 18, 1993, in San Diego, California. Deane's presentation was well received by the conferees, and requests came in immediately for reprints.

The administrative office is also pleased to offer reprints of *Massage* magazine's comprehensive interview with Deane that appeared in their July/August, 1993, issue. Please see your schedule for pricing and ordering information.

Hawaii, anyone??

Sheila-Merle Johnson and Karen Hortig

This Winter there will be a residential Practitioner Review class followed by a 2-day MENTASTICS class at a very special place—a spiritual retreat center on the island of Hawaii. The location is beautiful, peaceful and inspiring. The residential cost is low. What a way to deepen our sense of TRAGER and MENTASTICS and develop our ability to communicate MENTASTICS to others?

The dates are **January 21-23, 1994**, for the Practitioner Review, and **January 24-25**, for the MENTASTICS class. Sheila-Merle Johnson will teach both classes, together with Karen Hortig in the Practitioner Review.

This idea grew out of the desire of several Practitioners in Hawaii, not only to meeting their Practitioner requirements, but also to upgrade their MENTASTICS skills, and to develop their ability to teach them to groups, as a way of putting the TRAGER message out to the world. So, the intention is that the Practitioner training will have a special emphasis on MENTASTICS, in addition to refining and deepening aspects of the tablework, and that the 2 days will focus on communicating the MENTASTICS experience to clients and groups. The focus of the Practitioner Review may shift somewhat depending on the needs of all the participants at the time.

There is also the possibility of doing an assessment for MENTASTICS Leader during the 2-day MENTASTICS class for those who have attended all five days of the two classes, and have completed all the pre-requisites for this status. If this interests you, be sure to get the application packet from the Institute's Mill Valley office in advance, and verify that you have completed the pre-requisites. Then contact the Instructor in advance, and bring the packet with you to the trainings.

Come play with us in the Hawaiian Winter!

Roster Corrections

The following members' listings were inadvertently omitted from, or incorrectly printed in, our 1993 Membership Roster. To you and all our members we apologize for the errors. We suggest that you photocopy this page, and place it in your current roster.

Kit Basom, Practitioner
c/o Merritt
982 North Cedar Brook
303-444-2669

David Best, Student
250 Mowat Avenue
Kingston, Ontario K7M 1K9, Canada
613-547-2043

Heike Friess, Practitioner
Dornberg Str. 20
D-8000 Munich 80, Germany
89-43-5144

Marianna Hartsong, Tutor
526 MacDonnell Street
Kingston, Ontario L7K 4W7, Canada
416-588-4439

Hartmut Premendra Mayer,
Practitioner
St. Barbarastr. 28
D-7900 Ulm, Germany
731-35086 / 731-6021-709

Margrit Mueller, Student
Alte Stockstr. 33
CH-5022 Rombach, Switzerland
64 37 25 73

Layo Nathan, Tutor
10 Downing Street
Hove 5048, S.A., Australia
8-296-5847

Colette Ruault, Student
51, rue de Liers
F-91240 St. Michel/Orge, France
1-60-16-31-87

George Taillon, Practitioner
2400 Montee-Gagnon
Blainville, P.Q., J7E 4H5, Canada
514-437-4173

Isabella Von Huendeberg, Practitioner
6195 Elgin Street
Vancouver, BC V5W 3K3, Canada
604-327-8167

The Heart of Healing:

Remarkable Stories of How
We Heal Ourselves

Turner Broadcasting System (TBS) Superstation announces the world-wide broadcast of *The Heart of Healing* on three consecutive nights, Tuesday through Thursday, October 26, 27, and 28, at 8:05-10:05 PM ET, with encores at 12:05-2:05 AM ET. Produced for TBS Production by Independent Communications Associates, Inc. (InCA) in cooperation with the Institute of Noetic Sciences, *The Heart of Healing* is a six hour, multi-part series which presents successful examples of psychological and spiritual techniques for treating serious illness and promoting well-being.

Hosted by *Jane Seymour*, who plays the title role in CBS's dramatic family series, *Dr. Quinn, Medicine Woman*, this documentary series takes the viewer from Arizona to Africa, California to China, and numerous other locales, profiling people confronted with life-threatening conditions. Supported by substantial case studies and scientific data, the series documents dozens of personal stories of women and men whose own experiences of illness and recovery—from cancer, serious burns, neurological disorders, phobias, and more—are, for them, proof that the mind/body connection is enormously powerful and real.

The production and broadcast of this series is yet another mainstream look at the new (although many say "old") ways that we can view the body/mind/spirit. It appears that this interest will continue to expand throughout the years to come. TRAGER Practitioners and The Trager Institute benefit from this kind of educational programming. Indeed, the next step for our organization is to have TRAGER **included** in these kinds of programs!

DS

Members, Service, Money, and Trust

Don Schwartz

In our last newsletter (Spring, 1993), I wrote an article sharing the view that a dues increase is desirable for the financial and political integrity of The Trager Institute. (By political integrity I mean the experience and reality of **connectedness and mutual support** between and amongst all of our members and the formal organiza-

tion. Provision of service to members is a primary source of connectedness.) I asked for feedback from members.

Practitioner *Martha Robrahn* wrote a comprehensive response which you may read in the "Open Forum" section of this newsletter. There were very few other responses, most of them negative to the idea of raising our dues.

Whether or not we have continuously rising operating costs, whether or not we have to consider allocating additional funds for translations (our international membership is now more than 43% of our entire membership), and whatever kind of decision-making structure(s) we may devise, and however much these structures may cost, there is one basic issue we are all facing together: What do we really want from The Trager Institute, and are we willing to pay for it?

I believe we have been in a vicious negative cycle. The Institute's income from dues and training fees has allowed us to survive and grow, but has not allowed us to really support the professional development of TRAGER in the world—especially documentation & research and publicity/promotion/public education/etc. Unless we, as members, see and benefit from that kind of service coming from the Institute, we may be hesitant to pay additional money to the organization. However, without additional funds, the services cannot be provided in their fully realized forms.

What we need is an exquisite positive cycle where we increase our contributions and realize significant services from the increase. One key ingredient necessary to create this kind of cycle is trust in the Board, evolving committee structure, and administration. From my experience of our administrative staff, our committee members, our international membership organizers, and our Board, we are a group of individuals who sincerely want to see the Institute fulfill its potential. In other words, there is good reason to trust. In other words, if you supported a dues increase and if that dues increase were implemented, the funds would, indeed, go towards highly desirable and constructive uses. As I said in my last article on this topic, I don't believe we can raise dues without your clear support, and I ask you again to consider offering the organization this support. Thank you!

REGIONAL REPORTS

European Representatives Report

Anand Gopur

Anand is a Practitioner and European TRAGER Representative (E.T.R.) from Barcelona, Spain.

The 8th meeting of the European TRAGER Representatives took place on April 22nd, in a new business center in downtown Zurich. Our initial enthusiasm was somewhat dampened at the start of the meeting when we realized that representatives from only four countries had come to the meeting. Newcomers to these meetings like myself (Spain) and our new secretary *Walter Graf*, joined three of the Pillars of the E.T.R. team *Ester Perin* (Switzerland), *Giampiero Pollicino* (Italy), and *Ulla Mortenson* (Sweden). We had our hands full with several important issues to work on, and the rest of this article summarizes our thoughts on them.

We are all in complete agreement that the present Certification Program needs to be expanded in order to better prepare TRAGER Practitioners to exercise their profession successfully. However, the proposed Program seems to be more of an increase in the quantity of the training instead of specifically addressing the areas of TRAGER practice where the majority of us need more development such as selling our services to the public, and a more complete preparation for our role as an educator with regard to the client's use of his body in movement, and with regard to the attitudes and emotional experiences that often appear during a TRAGER session. The proposed Program also seems to be exclusively American. That's to say, it is designed to meet the possible future needs of American Practitioners who wish to receive a new legal status that would permit them to work with some insurance companies, and to hopefully improve their professional image in the eyes of the general public. The fact that each European country/state has different laws from every other state makes the proposed American standards inapplicable in Europe. We fully support the improvement of the current Certification Program, but if The Trager Institute finally adopts the Program as it is proposed, then we believe that the requirements for the practice of TRAGER in the

United States *should be different* than those for the practice of TRAGER in Europe (and probably Canada, too).

From the European point of view, to start, we propose including the Practitioner 1 training, TRAGER Alternatives, and Indications/contraindications, along with the already existing requirements for initial Certification. From there, the already existing continuing education (which would hopefully better address the previously mentioned areas of Practitioner development, among others) could eventually result in the granting of another new status such as "Advanced Practitioner". The quantity of time and the level of skill required by this new status would more or less correspond to the time and skill requirements of the longer American program. Conceivably, this would make it possible for a European Practitioner to work in the United States and, of course, for an American Practitioner to work in Europe.

On the subject of a Global TRAGER Organization, we believe that we should model ourselves after a highly successful international organization, and *Walter Graf* has volunteered to search for a model organization. It's obvious that in order to function on a global scale we must have clearly defined structures, more connections, and better communication—especially between The Trager Institute and the E.T. Reps. So far, we feel that the Institute's main effort in "globalizing" TRAGER has been through Newsletter translations into European languages. We believe this falls far short of the mark, and that the task of translating the Newsletter should be the job of the yet-to-be-formed Newsletter Committee. Therefore, we strongly request that the Committee on Committees create the Newsletter Committee. Many of the European translators who would work on that committee are already available and waiting—so let's not waste any time in getting started!

The European continent, with more than 400 TRAGER members (one third of our total membership), is the fastest growing region in terms of TRAGER trainings, Students, Practitioners, etc. This is in spite of a noticeable decrease in the frequency and size of trainings during the last year. We believe that any increase in membership dues at this time, or the proposal of paying for two years' membership at a time, would both result in a reduced number of Practitioner renewals.

In the past year there have been a substantial number of complaints about the quality and uniformity of teaching in the European Practitioner level trainings. To justify the higher fees charged for these classes and to satisfy the educational needs of more experienced Practitioners, the

Education and /or Instructors Committee must take whatever steps are necessary to guarantee a higher standard of teaching in these classes or face the predictable consequences of smaller trainings, cancelled trainings, and eventually fewer TRAGER Practitioners in Europe.

The problem of translating during a TRAGER training from one language into another has almost always meant that Europeans receive less instruction than Americans in the same amount of time. Whoever is responsible at The Trager Institute for deciding who becomes an Instructor must realize that there is a real need for Instructors who speak European languages --and for Europeans as Instructors. We would like to have a better understanding of how these decisions are made and we ask that somebody who is involved in this process please contact us through our secretary Walter Graf.

The E.T. Reps unanimously support the RIGHT OF REFERENDUM. Of course this implies clear structures and a well working administration. The Trager Institute's regulations--which no one of us knows--have to be adapted to this goal.

At the end of the meeting, the E.T. Reps. who have been coming to the meetings since our group was first organized three years ago at the first European TRAGER Forum all expressed a deep frustration with The Trager Institute for what is perceived as an inexcusably slow response time to many of the questions and requests that we have directed to the Institute. Our bi-annual meetings are held approximately 6 months apart, and it is not uncommon that a communication which has been sent to the Institute shortly after a meeting has not been adequately responded to (if at all) by the time of the next meeting. None of us doubt the good intentions of the Institute, but they are not a substitute for a more professional communication and things cannot continue as they have for much longer. Otherwise, we as a group will choose not to continue. It is also very clear that the work as we do as liaisons between the European community and The Trager Institute along with the many hours of work that we have invested, and will continue to invest, not to mention the personal expenses that we have incurred (voluntarily) in traveling to meetings, long distance phone calls, and mailings all merit more recognition by the Institute specifically in the form of a new status as the EUROPEAN TRAGER COMMITTEE. As a committee, we would receive a budget (as all committees receive), and considering the complexity of coordinating things within Europe, and between Europe and the Institute we believe it should be as large as possible.

I personally feel quite frustrated in my own attempts to communicate with and participate in the so called Marketing Committee which seems to be existing in a state of limbo. I have made several long distance phone calls trying to track somebody down who is responsible for this extremely important committee but I have received only a bare minimum of information from Martin Anderson and James Day about this Phantom committee. I am confident that I can make a valuable contribution to such a committee, and I believe that aside from it's apparent new change of name to the *Public Education Committee* that such a committee will have a great deal to do with the future success (or failure) of TRAGER as a legitimate and well respected profession. Therefore, I sincerely hope that someone will contact me in the near future with the good news that this committee has finally come out of it's long hibernation.

Giampiero Pollicino has volunteered as the organizer/chairperson of the next International TRAGER Conference in Europe (Italy), in 1996. All members interested in participating the organization of the conference should contact him at his address in the roster.

Note: I am proud to announce that on July 5th, my wife **Laura** gave birth to a beautiful baby girl named **ONA**. She weight 3.35 Kilos at birth.

Minutes of the Northwest Regional TRAGER Conference Town Meeting Held at Breitenbush Conference and Retreat Center on June 13, 1993.

The meeting opened with MENTASTICS followed by committee reports. The following are synopses of the committee reports.

Jan Stevens, Board of Directors: The Board recognizes the membership's desire for more input and had discussed the idea of regional representatives sitting on the Board. The history of the marketing committee was also discussed.

Gwen Crowell, Instructors Committee: Since the creation of the personnel committee much of the IC business has been diverted, so the Instructors have more time to concentrate for each Instructor to share tastes of their classes. Also discussed was **Milton Trager** signing a legal document authorizing the Instructors to carry on his

work. Much has been learned by Sandra Jo on how to conduct effective phone conferences.

Jill Stephens, Personnel Committee: The committee has created a review practice for staff at the TRAGER office and all office workers have an official review (lots of work!). Their committee is presently reviewing the Instructor's position. Although this synopsis is short, the amount of work the committee members have done is to be commended.

Each reporter was given at least one standing ovation (a practice enthusiastically adopted during the meeting!)

A suggestion was presented from the Students that Practitioners give reduced rates to Students. This was then amended to all in the TRAGER family giving reduced rates to each other.

The following proposal was given consensus:

"As a Student of TRAGER it would be valuable and very supportive to have a (non-paid) **mentor** to talk/meet with on a regular basis. Each Student will take the responsibility to find his/her own mentor."

A notebook was later passed around for those willing to be mentors (to Students present at the conference) to sign their names.

10:45 Support groups met for last time.

Seattle/Washington group: Agreed to meet the first Wednesday of each month at **Jack Blackburn's** house at 7:00 PM, 5762 27th NE, Seattle, WA 98105.

Portland, Oregon group: No date was set for next meeting but all agreed to participate in some way in the already concrete bi-weekly meetings, and to continue the Oregon phone tree, also getting calls to the Eugene and Ashland Practitioners.

Isolates: It was agreed to abolish the word "isolates" and creative ways to stay in contact were discussed.

11:45 Scramble

No report from Jan Stevens, Jill Stevens, and Gwen Crowell. Those meeting with Jack Blackburn on "working the Works" agreed they desired to challenge the TRAGER requirement that TRAGER business cards not include any other bodywork and that other bodywork/professions be recognized and accepted by The Trager Institute and community.

12:10 Planners Fishbowl: The following lists are the items shared by the committee members:

Went Well:

Working with others/comraderie, shared responsibility, did trades, supported each other, being connected, offering services, setting limits for self, calling people,

people agreeing to do workshops.

Did not go well:

Information getting delayed, loss of data disk, owning thinking of self as organizer, traffic from west to east Portland, computer bombing, doing it first time/not knowing, always mentally questioning (What needs to be done?), didn't know budgeting details

Committees received a standing ovation followed by a group hug. The following people volunteered for the next conference: **Jack Blackburn, Kate Burns, Nan Colton, Diane Sill, Gretchen Dingman.**

The following proposal reached consensus:

The traditional N.W. TRAGER Conference will not be held in 1994. Members are encouraged to attend the International Conference. An informal gathering can (will?) be held at Jill's beautiful property in Idaho.

Group memories of last year's conference included:

Mill Valley office moving to Canada: (Board of Dir. did ask for more information and request was gently tabled);

Request to editor of newsletter for space for dissident opinions to be published;

Proposal for regional representative to sit on Board of Directors.

A suggestion was made that the conference be one day longer. The town meeting ended with all participants sharing what they would be taking home in their hearts and minds from the conference. The preceding was written from the selective notes and memory of the volunteer secretary. Any deviations remembered by others present are most certainly honored.

TRAGER for TRAGER's Sake

Maryann Zimmermann

Tutor Maryann Zimmermann chaired last year's International Conference in San Diego, CA.

There is a wonderful feeling that comes from putting out the TRAGER work/play just because it is fun to share the possibilities.

Priscilla Dick and I had that experience again on May 7, 1993. We agreed to do the one-day Health Faire sponsored by the Philip Y. Hahn School of Nursing, at the University of San Diego.

It was a day of 15 minute tastes of TRAGER tablework and an appropriate

MENTASTICS move or two. We also had 1 of 3 video tapes going: Milton and MENTASTICS, A Session with Milton, and The Texas Tape, throughout the day. Priscilla and I were available for questions and had a table of TRAGER books, journals, articles and other information for perusal and some free take-home things.

It was a flowing, satisfying, TRAGER kind of day with specific and general feedback from students, staff, and other Health Faire volunteers.

One amusing and touching testimony came from a young man who had his 15 minutes last year. He said, "that TRAGER feeling was much more than 15 minutes inside of me and got me through the final exams of my sophomore year. I'm here to get thru my junior finals." Another young student conveyed a message from a pre-med student who was at the Faire last year and is studying in Europe this year. He had a tendency toward high blood pressure when under stress and it had dropped 40 points after his TRAGER taste last year. He told his friend: "If those TRAGER folks are at the Health Faire again, tell them I'll never forget that experience and I'm going to follow-up in the not too distant future. I do the two MENTASTICS often that were taught to me to recall the feeling and it works."

After the day, Priscilla and I sat on the campus grass to regroup and check in with each other. We both felt warm, tingly, and peaceful. It is indeed satisfying to be a part of the TRAGER movement and put TRAGER out there for TRAGER's sake.

MEMBER NEWS

Congratulations to...

...Practitioner **Susan Sacks** of West Orange, New Jersey, on the birth of her first child, **Jessica Lori**, born April 28, 1993, and weighing in at 6 pounds, 4 ounces.

Here in Scotland

Angyline Millar, Practitioner

I am moving to Scotland in June, and my new address will be: 39A Montgomery Street, Edinburgh EH7 5JX, Scotland. I am looking forward to a new start with TRAGER in Scotland. Are there any Practitioner's nearby?

OPEN FORUM

Ellen Besso
Gibsons, BC, Canada

To the Marketing Committee: This is a suggestion which I believe would be very helpful to people building a TRAGER practice. In each TRAGER Newsletter, a short health article could be included about various aspects of TRAGER. This could then be used by Practitioners for distribution to clients.

Martha Robrahn
Santa Cruz, California

Every time I hear about a possible dues increase I cringe. I cringe because I remember the woman who spoke a few years ago at the Indianapolis Conference about the financial impact that the last increase in dues and the continuing education requirements had upon her life. She spoke of charging some of her clients only \$10 or \$15 for a session because that was all they could afford. She was a single mother raising her children alone, so she clearly could not have a full time practice. I wonder if, even today, this woman and others like her can afford to remain members of The Trager Institute.

All of us do this work out of love; love for our clients and love for what the work brings to us. If we are lucky, we make a living doing work we love. Not everyone is so blessed.

I am not opposed to a dues increase, but I would prefer to have a dues structure that does not place undue hardship on people who are just starting their practice or who cannot do the work full time. Even the liability insurance I buy is based on the number of hours I work. Could we implement a dues structure that could somehow be reflective of the benefit each member receives from this work? I have two proposals for consideration.

Option 1

Create a dues structure based on income received from TRAGER related activities. Ask each member to send \$100 or 1% of their past year's TRAGER income, whichever is greater. Those people with an income of more than \$10,000 would pay higher dues. For the rest, dues would remain the same.

Option 2

Create a dues structure based on the average number of TRAGER hours worked per week. If you get paid for 20 hours or less per week of TRAGER (sessions, tutorials, classes, etc.) your dues remain at \$100. If you work more than 20 hours per week, your dues would be higher. (I'll leave this to someone else to decide.)

I feel either of these options would be fairer to everyone than a flat rate dues structure. Additionally, they give the Institute valuable feedback on the number of Practitioners who are achieving some reasonable measure of success with this work.

Whew! I do feel lighter for having gotten this off my chest (and shoulders, neck, etc.)

Well, what do you think? Please send your responses to Don or the Open Forum. This is our Institute. We can all help to make it better by adding our energy to it, even by simply writing a letter. Thanks for listening.

Susan Jensen-Fisher
Washington, D.C.

Dear Don, I have read your article in the Spring newsletter about a dues increase. I have been a member and Practitioner since 1985, and don't feel the need for any additional services or support from the Institute. I do not favor a dues increase.

Daya Goldschlag
Spokane, Washington

This letter is a somewhat sad, somewhat mad farewell to The Trager Institute.

First, I want to give my deep thanks to Milton for having the creativity and confidence to allow this method to emerge and develop. I have much love and respect for this work. I am very appreciative of all I have learned from Milton, Instructors, Tutors, TRAGER Community and all my clients.

Having had a full-time TRAGER practice for 13 years, I feel more than ready to graduate. I'd like to see a Practitioner level that acknowledges that one has the form and the feel, and can maturely take responsibility for one's own continued growth and integrity without further TRAGER Institute classes. There seems to be no room for this, perhaps because of the income generated by a forever ongoing training. I am angered that after such a long investment of training, practicing, teaching and educating folks about The TRAGER Approach I have no title, no degree, cannot use the name for which folks have come to connect with me and my work.

I will continue, of course, to do this

bodywork that I love and feel blessed to be able to continue, I hope, for many years. I will just call it something else and re-educate folks on the name. I also hope that in the future senior Practitioners will have the possibility of completing their training.

Lynne Welke
La Habra, California

Hopefully, this letter will find its way into our newsletter. I would like you to get a sense of the power, excitement, joy and transformational possibilities for you and for your clients from taking Deane Juhans Jaw and The Physiology of Hook-up class. I took it in San Diego, May 22, 23, & 24, sponsored by our own Maryann Zimmermann.

This class is not to be missed! Deane's incredible knowledge combined with his imagery and metaphoric language is transformational. His class should be available to take not as an "alternative", but as part of the certification program that fulfills continuing education requirements. The effects will reverberate powerfully into The Trager Institute and into the world.

My work as a Practitioner will never be the same! The quality of hook-up I now experience has deepened incredibly, the knowingness of the body as a fluid, spiraling environment is now a reality for me. The results my TRAGER clients experience is awesome...jaw work will always be a part of their sessions now.

My daughter, Anya, had the good fortune to be a model in Deane's class. After two sessions with Deane and my continuing work with her, her TMJ pain is fading, she now has much greater awareness of the movement of her jaw, her head-aches have disappeared, her digestion improved.

After some jaw work, a client with a history of sexual abuse got, for the first time since she can remember, feeling in her pelvic area. She cried, as did I. Another client with chronic back pain got up from the table session with comfort and told me that three days later she realized she hadn't been using pain killers since that session.

As for myself, I am so much more aware of my own feelings and responses: I notice small changes in my facial expressions which give me a clearer picture of how I face the world, I notice how my scalp moves when I raise my eyebrows, I have a larger and clearer vision both inside and out. Doing MENTASTICS laying on my back on the floor the other night, my hands gently traced the curve of my jaw, then went down and felt the curve of my pelvis...hum...my hands again went up to my face, feeling the boney structure under my eyes and the area I now know to be

muscle one inch deep above my ears..
hum...and my hands returned to feel my
pelvic bones and the muscle on the side of
my hips. My "hum" turned to an "aha!"
They are the same! My face and pelvis are
mirrors of one another! I just lay there in
wonderment, exploring.

Thank you, Deane. Thank you, Milton.
Thank you, Maryann.

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