

THE TRAGER® NEWSLETTER

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An Interview With Deane Juhan

FOR ISSUE CONTENTS, SEE P. 23

Michael Madrone and
Lhesli Benedict

Michael, a Tutor and Tutor Committee Chairperson, and his partner, Lhesli, a Practitioner, conducted this interview with Deane in September, 1992, at the San Diego Conference. It will be published in three parts.

Michael Madrone (MM): What prompted you to write *Job's Body*?

Deane Juhan (DJ): I fell out of graduate school in English literature and into Esalen; I just sort of followed my nose and very quickly stumbled into bodywork and immediately loved it and found I had a knack for it. It seemed I had found what I was supposed to do. As I kept watching my own technique and started noticing the people who had been at it for a very long time, I saw very consistent dramatic turnabouts in people's health and psychological problems and physical problems. Of course, through Esalen came the parade of New Age specialists with this and that technique, and bodywork was a big component of it. I just kept seeing dramatic and lasting life-changes happen as a matter of course, as the weeks' workshops went by.

So, I said, if a little bit of physical contact is turning these people's lives around in such palpable, observable, psychological, and physiological ways, there has got to be some scientific reasons for it. It's not random. The people who are good at it are consistent at it.

So, I just started poking around all the scientific literature that was readable to me, which at that point was largely *Scientific American* and other collections of essays, and I tried to see if there was some clinical research that pointed to some neurological or physiological effects of touch, or the kind of intervention that touch and psychotherapy does, that points to anything like some kind of scientific foundation

of why a new idea or a new feeling or a new posture would basically change the organism's function.

I spent lots of years paddling around reading this and that, and found to my great delight that, yeah, there is a tremendous amount of research that had spilled out—usually as epiphenomena of other research projects. What they kept finding was that their research controls with lab animals would fall apart because some of the lab technicians were nice to their animals in their keeping; others could care less; and others were hostile to the animals. It was skewing their results drastically. So they had to start coming to grips with the reasons why these lab animals weren't reacting the same under similar circumstances.

In study after study, trying to clear up their own methodology, what they found was that the way that the handlers were treating the animals in their care profoundly affected how they reacted to whatever laboratory nightmares they were being put through to prove this, that, or the other—to the point where patently lethal operations that were only designed to see how long it took an animal to die without this or that organ, weren't successful. The animal just kept on living, even with lethal lesions or with lethal removals, or their survival times would be extended so dramatically there was no way for scientists to account for it with their paradigm or their other data.

The long and short of it was that they started to spin off into other more specific studies, that have, by this point reaffirmed countless times the fact that the amount of tactile input into a mammal organism—I say mammal because the higher up the chain it goes, the more impact it seems to have, not even getting to the quality yet—was crucial to sur-

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SEVENTH INTERNATIONAL CONFERENCE

From the Conference Planning Committee

Roger Tolle

Roger, our conference committee chairperson, is a Tutor and Workshop Leader from New York, NY.

The Seventh International TRAGER Conference is scheduled for August 11-14, 1994, at the Tamiment Resort in Bushkill, Pennsylvania. It continues to excite, challenge, and occupy lots of time and energy for the Conference Planning Committee. We meet once a month for a full day of meetings, and spend countless hours between meetings following up on our agreed upon tasks. Most of us are having a great time with this planning process, although it sometimes feels overwhelming. We also get discouraged when we realize that we aren't able to please every one with every decision. Probably most important, however, is the growing sense of community that is developing within our group as a result of the consensus decision making process to which we are committed.

With this Newsletter you will find our advance registration flyer along with information on the resort facility and a room registration form. If you know you want to attend the Conference, or any of the Pre- or Post-Conference Workshops, don't wait to register. Space will be especially limited at the Pre- and Post-Conference Workshops, and first choice will be given to those who enroll first. Many workshop descriptions can be found in this Newsletter.

We're doing our best to plan this event as far in advance as possible and we give you information as soon as it's

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vival level. And what those who pursued the questions further seemed to consistently discover was that a lot of autonomic and homeostatic processes didn't kick in and coordinate and integrate without sufficient tactile input. My speculation was, when I first started reading, if it's not touched, then there's no tactile information fed to the brain, and the brain doesn't really know where the body part is in space and doesn't have any read out of its relationship to other organs and doesn't have any read out of its physiological and homeostatic relationship to everything also that is happening. So, it's just a question of shining a flash light around a dark room so the brain can find all the parts.

I am still pretty convinced that's probably the fundamental mechanism, that the brain requires information to work and tactile input is one of its major sources of relevant information. That then became the formative idea for *Job's Body*, and I just had a lot of fun going through the questions: "What are the clinical studies on connective tissue? What are the clinical studies on skin disease? On organic implosion?" These became the chapter heads for *Job's Body*. This is how touch affects your muscle systems, your glandular systems, etc. So that was the rationale behind all that.

Now the reasons for the subject matter that I drew myself towards were twofold: You'll notice in the bibliography that there's so much that's brand new and a lot of it is like *Scientific American* articles and relatively accessible literature, a lot of it from the 60's and 70's. That was because at that point that was the level of sophistication of my reading and my vocabulary. And also there was a conscious decision not to look for advent geared, far-out, new, or untested studies.

I wanted to say: This is what we can say about touch based on unshakable, indubitable, old, long-known information. It's just that nobody's strung it together on this string before. I didn't want it assailable on scientific grounds. So I was careful to choose pieces of data that weren't controversial, and weren't new, and weren't tested.

The new project I'm working on—

and the book that will spin out of that—is much more focussed on more recent research, both because my own reading interest came through 60's, 70's, 80's, & 90's and I got more interested in what's current, and also because I got more able to digest it and understand what they're about, and more breathless with every turn because I began to realize that they're pushing through the tissue paper of their own old paradigm. And what they're discovering is what Dr. Milton Trager has been saying all along is palpably, mechanically, biomechanically true. And metaphors he's used are rapidly becoming nomenclature.

Lhesli Benedict (LB): It sounds like you want people to get this.

DJ: Absolutely. To me it's a 2-pronged attack. One is the experiential thing, where our Practitioners touch more people, and more and more people experience what can happen. But what's going to get more people touched is piquing their interest. But, their interest isn't piqued until they think this is new and significant and might help their condition or might shed light on their research project. So to me the verbal, intellectual communication is just part of how you reach and touch people and part of how: 1) you make people interested in getting the experience so they seek out a TRAGER Practitioner and get it, and 2) because it's so new and because it stands the way we've thought about our bodies and our mental process on its head, to give the person who is going through the experience a handle on what they're going through. We've so devalued subjective experience that a lot of people don't even know a change when it hits them in the face. So I want to validate the experience of the Practitioners who are in the middle of it, and creating interest for people who haven't come over to check it out yet.

MM: What's the current research exploring and telling us?

DJ: The three main areas that have gotten me the most juiced lately have been: One that started with a shift in theories of brain function about twenty years ago coming out of the paradigm that had lasted for a long time, ever since phrenology really, of specific areas of

the brain doing specific operations. Like one area of your brain sees, and another hears, and another feels tactile sensation, and another runs your voice box, and that all of those areas compute very specific operations, and then mix them in some kind of central mixing board, and that comes out as coherent conscious experience and behavior. The current thinking and the current model that's in the middle of development now, which seems to me to be a major intellectual leap forward, is that the compartmentalization is not true, that there are certain areas of the brain that seem to have certain associations with tasks to do, but no area assembles any one sensory modality in anything like computer form. And no area operates an arm and no area operates a leg—the brain is a totally integrated unit and all the cells are firing all the time. Memories aren't trapped in a cell or a specific cell loop, they're spread through the whole system and the system is continually globally active. So it's global pattern shifts that create different neurons of your brain firing or not firing.

So that is one big idea, that the whole nervous system from periphery into core is a vertical system that involves the entire system all the time. So any thought unfolds from the bottom up out to the top of the tree, and the whole tree—from root to leaves—is part of any thought, or any gesture. It's an integrated machine, to the degree that it's a machine.

To be continued next issue...

Media Watch

The following are announcements of articles about TRAGER and/or listings in various media.

The September/October issue of *Body Therapy* magazine contained a major article on TRAGER by Instructor Bill Scholl.

An article by Instructor Amrita Daigle will be published in December, 1993, in *Québec en Santé*, a magazine on health.

Self magazine has included TRAGER in its listing in its August 1993 issue.

[Continued on p. 5]

7TH INTERNATIONAL CONFERENCE — 7ÈME CONFÉRENCE INTERNATIONALE — 7.
INTERNATIONALE KONFERENZ

available so you can arrange to be there. We also encourage you to consider bringing your family along for a vacation. This beautiful, peaceful place with all its available outdoor and sports activities can be fun for all ages. The surrounding area has a variety of other tourist destinations if you want to extend your stay in the Poconos; and of course, the big city excitement of New York and historical sights of Philadelphia are only 2 hours away.

As our plans continue to develop we will attempt to integrate your feedback and suggestions. We'd love to hear your comments in any case, but keep in mind that the decision making process continues to roll on with major plans happening far in advance of the Conference. We fear that many of your good ideas may not reach us in time for us to integrate them into the decision making and communication timetable, so don't delay in sending us your great ideas, and your feedback.

Program:

Meredith Curtin (607) 273-0633

Logistics:

Michael Crear (212) 787-5168

Pre- & Post-Conference Workshops:

Lucinda Lea (215) 848-1911

Town Meeting & Tutor Conference:

James Day (609) 392-7653

General Coordinator:

Roger Tolle (212) 787-5167

LA 7ÈME CONFÉRENCE
INTERNATIONALE

La septième Conférence internationale TRAGER continue d'exciter, de stimuler et d'occuper beaucoup de temps et d'énergie du comité de planification de la Conférence. Nous nous rencontrons une fois par mois pendant une journée entière de réunions et nous passons des heures incalculables entre les rencontres, à nous acquitter des tâches sur lesquelles nous nous sommes mis d'accord. La plupart d'entre nous trouvent beaucoup de plaisir à ce

processus de planification quoique parfois, on se sente dépassé. Le déçoupage se fait aussi sentir quand on prend conscience qu'il est impossible que chaque décision plaise à tout le monde. Ce qui importe probablement le plus, c'est la croissance entre nous du sens d'appartenance dû au consensus sur le processus de prise de décisions auquel nous nous sommes engagés.

Vous trouverez avec ce Bulletin de nouvelles un formulaire des préinscriptions, des renseignements sur les possibilités de logement et un formulaire d'inscription pour la réservation des chambres. Si vous prévoyez déjà participer à la Conférence ou à tout atelier pré-conférence ou post-conférence, ne tardez pas à vous inscrire. Les places seront tout particulièrement limitées et les premiers inscrits auront les premiers choix. Beaucoup des descriptions d'ateliers apparaissent dans ce Bulletin (v. p. 22).

Nous faisons tout notre possible pour planifier cet événement le plus tôt et de vous transmettre l'information dès qu'elle est disponible afin que vous puissiez organiser votre séjour. Nous vous encourageons aussi à planifier cette session à l'intérieur de vos vacances et d'emener votre famille. L'endroit est beau, paisible, et les gens de tout âge peuvent trouver plaisir dans les activités de plein air de toutes sortes. Les environs offrent une variété de destinations touristiques si vous désirez prolonger votre séjour dans les Poconos et naturellement, la stimulation qu'offre la ville de New York et les sites historiques de Philadelphie sont à seulement 2 heures de distance.

Au fur et à mesure que nos plans évolueront, nous nous efforcerons d'intégrer vos commentaires et vos suggestions. De toute façon nous aimerions beaucoup les recevoir, mais souvenez-vous que le processus de prise de décisions continue d'évoluer en fonction des plans principaux, et ceci, bien avant le moment de la Conférence. Nous craignons que plusieurs de vos bonnes idées n'arrivent à temps pour que nous

puissions en discuter et les inclure dans la publication du calendrier, alors n'attendez pas et faites-nous parvenir VOS IDÉES GÉNIALES ET VOS COMMENTAIRES.

Au programme:

Meredith Curtin (607) 273-0633

À la logistique:

Michael Crear (212) 787-5168

Aux ateliers pré-conférence et post-conférence:

Lucinda Lea (215) 848-1911

À la réunion de ville et à la conférence pour tuteurs:

James Day (609) 392-7653

À la coordination générale:

Roger Tolle (212) 787-5167

[Traduction: Maureen Powell]

7. INTERNATIONALE
KONFERENZ

Die Vorbereitungen für die 7. Internationale TRAGER Konferenz halten die Planungs-Kommission ganz schön in Trab und nehmen als echte Herausforderung eine Menge Zeit und Energie in Anspruch. Wir treffen uns einmal im Monat für einen ganzen Tag zu Sitzungen und verbringen zwischen den Sitzungen zahllose Stunden, um die gesteckten Ziele und Aufgaben zu realisieren. Die meisten von uns fühlen sich wohl in diesem Planungsprozess, obwohl es durchaus vorkommen kann, daß sich einzelne hier und da überfordert fühlen. Auch die Tatsache daß wir mit dem besten Willen nicht mit jeder Entscheidung alle zufriedenstellen können, dämpft von Zeit zu Zeit unseren Enthusiasmus. Am wichtigsten für uns ist jedoch wahrscheinlich das stetig wachsende Gemeinschaftsgefühl in unserer Gruppe als Resultat des Prozesses, zu dem wir uns verpflichtet haben, in allen Fragen eine übereinstimmende Meinung zu finden.

[Fortsetzung auf S. 4]

Mit diesem Newsletter anbei findest Du unser Früh-Reservations-Angebot mit Informationen über den Tagungsort und einem Formular für Zimmer-Reservationsen. Wenn Du jetzt schon weißt, daß Du die Konferenz oder irgend einen der Workshops vor oder nach der Konferenz besuchen willst, warte nicht mit Deiner Anmeldung. Vor allem für die Workshops vor und nach der Konferenz wird es wenig freie Plätze geben, und die Reservationen erfolgen entsprechend dem Eingang der Zahlungen. Die Beschreibung einiger der Workshops sind in diesem Newsletter zu finden (vgl. S. 22).

Wir tun unser bestes, dieses Ereignis soweit als möglich voraus zu planen und Euch alle Informationen zu geben, sobald diese erhältlich sind, um es möglichst vielen zu ermöglichen, dabei zu sein. Wir möchten auch alle ermutigen, ihre Angehörigen, Familie oder Freunde für Ferien mitzubringen. Dieser wunderschöne, friedvolle Ort mit all seinen Freizeit- und Sportmöglichkeiten bietet Spaß für alle Altersgruppen. Die Umgebung der Poconos bietet eine Vielfalt von lohnenswerten Ausflugszielen, und selbst das Abenteuer New York oder die historischen Sehenswürdigkeiten von Philadelphia liegen nur etwa zwei Stunden entfernt — vielleicht läßt sich der Aufenthalt verlängern.

Mit der fortschreitenden Realisierung unserer Pläne wollen wir versuchen, Dein Feedback und Deine Vorschläge zu integrieren. Wir würden in jedem Fall gerne Deine Ansicht kennen lernen, Deine Kommentare hören — wobei allerdings zu berücksichtigen bleibt, daß der Prozeß der Entscheidungsfindung für wichtige Pläne schon lange vor der Konferenz ununterbrochen weitergeht. Wir befürchten, daß viele gute Ideen uns nicht so zeitig erreichen, um sie noch in unseren Entscheidungs- und Kommunikations-Zeitplan zu integrieren. Schiebe es also nicht auf, uns Deine Ideen und Dein Feedback mitzuteilen.

Verantwortlich für

Programm:

Meredith Curtin, 607-273-0633

Logistik:

Michael Crear, 212-787-5168

Workshops vor und nach der Konferenz:

Lucinda Lea, 215-848-1911

Hauptkonferenz und Tutoren-Konferenz:

James Day, 609-392-7653

Gesamt-Koordination:

Roger Tolle, 212-787-5167

[Übersetzung: Walter Graf]

PROGRAM/PROGRAMME/ PROGRAMM

Now's The Time

One of the logistical realities of conference planning is that program elements are largely in place before the average conference-goer starts thinking about the event. Thus there is a risk that workshops, etc., might not be as relevant to the needs and wishes of participants than if somehow a poll could have been taken of all those actually attending.

We've minimized that risk as much as possible by consulting intensively with key persons in the TRAGER Community before making decisions about what pre- and post-conference workshops to offer. However, YOUR response NOW constitute our insurance policy that offerings most effectively serve you. Should enough of you indicate a ground swell for a workshop that we haven't incorporated into the program, we may yet be able to do so.

Direct your comments regarding pre- and post-conference workshops as soon as possible to Lucinda Lea, 5916 Green Street, Philadelphia, PA 19144, (215) 848-1911.

As for two-hour workshops within the conference format itself, we are still very much in the market for ideas and suggestions as well as complete proposals. Again, however, we urge that you do

not dawdle—conference planners are working within an inexorable framework of deadlines well in advance of the actual event.

Forward proposals, suggestions, ideas, or questions NOW to any member of the Program Committee: Meredith Curtin of Ithaca, NY, Jim or Carol Day of Trenton, NJ or Maxine Guenther of Red Bank, NJ. If you wish to send a fax, send to (609) 392-1211.

Il Est Temps!

Que les éléments du programme sont passablement en place avant que la moyenne des participants commence même à penser à la possibilité d'y assister. Il y a par conséquent un risque que les ateliers, etc., ne répondent pas de façon aussi pertinente aux besoins et aux attentes des gens que si on avait pu faire un sondage parmi tous les participants éventuels.

Nous avons réduit ce risque le plus possible en consultant de façon intensive les personnes clés dans la Communauté TRAGER avant d'arrêter nos décisions sur les ateliers pré-conférence et post-conférence à offrir. Cependant, VOTRE réponse MAINTENANT nous confirmera que ce que nous offrons vous convient le plus. Elle sera assurément notre meilleure police d'assurance. S'il arrivait qu'une lame de fond de la part d'un bon nombre d'entre vous nous indique un atelier que nous n'avons pas inclus au programme, nous pourrions probablement encore l'ajouter.

Expédiez vos commentaires sur les ateliers pré et post Conférence le plus tôt possible à Lucinda Lea, 5916 Green St., Philadelphia PA 19144, 215-848-1911.

Pour ce qui est des ateliers de deux heures, à l'intérieur du cadre même de la conférence, nous sommes tout à fait à la recherche d'idées et de suggestions de même que de propositions complètes de projets. Ici encore, cependant, ne traînez pas — ceux et celles qui planifient

la conférence fonctionnent à l'intérieur d'un cadre de travail où les échéances sont sans pitié et ceci, bien avant l'événement.

Expédiez vos propositions de travail, vos suggestions, idées ou questions MAINTENANT à n'importe quel membre du Comité du programme — Meredith Curtin of Ithaca NY, Jim ou Carol Day of Trenton, NJ, or Maxine Guenther de Red Bank, NJ. Pour expédier une télécopie, composez le 609-393-1211.

[Traduction: Maureen Powell]

Nun ist es Zeit!

Bei der Planung großer Anlässe ist es unvermeidlich, daß der Programminhalt festgelegt werden muß, bevor die Mehrheit der Teilnehmer/-innen überhaupt an das Ereignis denkt. Es besteht das Risiko, daß die geplanten Kurse usw. nicht so optimal auf die aktuellen Bedürfnisse und Wünsche zugeschnitten sind, wie wenn erst zu Beginn der Konferenz eine Umfrage über den Inhalt stattfinden könnte.

Wir sind bemüht dieses Risiko so klein wie möglich zu halten, indem wir engagierte Personen in der TRAGER Gemeinschaft kontaktieren, bevor wir entscheiden, welche Kurse vor und nach der Konferenz durchgeführt werden sollen.

Wenn Du Anregungen hast, melde Dich JETZT, um sicherzustellen, daß unser Programm so dienlich wie möglich ist. Wenn genügend von Euch Interesse für ein Kursthema anmelden, das noch nicht geplant ist, können wir das jetzt noch berücksichtigen. Wendet Euch mit Euren Anregungen für Kurse vor und nach der Konferenz so bald als möglich an Lucinda Lea, 5916 Green St., Philadelphia, PA 19144, Tel. 215-848-1911.

Auch sind wir immer noch offen für Anregungen, Ideen, Vorschläge oder ganze Kursangebote für die während der Haupt-Konferenz durchgeführten zweistündigen Workshops. Aber bitte, warte nicht noch länger damit, denn das

THE 1994 CONFERENCE COMMITTEE



Clockwise from bottom: Monique Perrault, Michael Crear, Carol Day, Roger Tolle, Stephani Murdoch, Bonnie Burgund, Mimi Harris, Panna Flower, Michael Lear, Tony Giordano, Meredith Curtin

Planungsteam ist an Termine gebunden, die zeitlich viel vor der Konferenz liegen.

Übermittelt Eure Vorschläge, Anregungen, Ideen oder Fragen JETZT an eines der Mitglieder des Konferenz-Komitees: Meredith Curtin in Ithaca, NY, Jim oder Carol Day in Trenton, NJ, oder Maxine Guenther in Red Bank, NJ, oder schickt ein FAX an unsere Nummer: 1-(609)-392-1211.

[Übersetzung: Walter Graf]

Media Watch (continued from p. 2)

Glamour will publish an article issue including a section on "TRAGER: The Art of Gentle Persuasion". It will be at newsstands sometime in December.

Tutor Layo Nathan, late of Australia, had her article on TRAGER published in the *Newsletter* of Melbourne School of Tactile Therapies, in August of 1993.

The December, 1993 issue of *Muscle & Fitness* has a lovely piece by Ann

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REMEMBER

Workshop descriptions begin on p. 22.

N'OUBLIEZ PAS

Les descriptions d'ateliers commencent à la p. 22.

VERGESST NICHT

Die Beschreibung der Workshops fängt auf S. 22 an.

Convery, "Recuperation Beyond the Depths of Massage". There has been a great deal of response to this article from across the US.

Details magazine is scheduled to have a piece by David Berringer on body-work including TRAGER published in their December issue.

Report from the California Coalition on Somatic Practitioners

Jack Liskin

Jack, a Practitioner, is Assistant Professor of Family Medicine and Director of the Physician Assistant Program at the University of Southern California School of Medicine. He generously volunteered his time to attend a semi-annual meeting of the California Coalition of Somatic Practitioners. The following includes Jack's report together with an addendum describing a meeting in Northern California. The Coalition's activities may very well have both national and international impact, and it is a forum in which TRAGER Practitioners may participate.

The recently developed California Coalition of Somatic Practitioners met on August 29, 1993, in Los Angeles, California, to explore ways of bringing together bodywork practitioners, organizations, and schools for the purpose of developing regulatory policies in California. This activity is part of the larger national movement toward potential certification and regulation of bodywork practitioners. I attended a portion of the meeting representing The TRAGER Institute. Individuals representing massage schools and organizations, as well as Rolf®, Feldenkrais®, Alexander, reflexology, Aston® Patterning, shiatsu, Lomi, and local bodywork groups comprised the rest of the gathering of about 25 persons. The Coalition has drafted a one-page statement of purpose and definition of "somatic" as a working document to guide its activities; some of the participants, however, complained about its wording and about the over-representation of the massage interests. Michael M. Murphy, a Rolfer®, worked hard to maintain consensus and to keep the agenda moving in his role as Coalition co-chairperson. Here is the draft purpose and definition:

Purpose: The Coalition is an open group of Associations, Guilds, Institutes, Schools, Other

Groups, and Individuals working for the common good of the somatic professions.

The goal of the Coalition is to achieve and function as a genuine community, resolving differences in a spirit of cooperation and respect, rising above special interests to consider the interests of the entire profession, and of the public we serve.

The Coalition seeks to gather, organize, and distribute information regarding regulatory alternatives, and to develop constructive guidelines for regulatory policies in California. Reasonable efforts will be made to distribute such information to, and receive feedback from, members of our respective professional groups, and the vast number of non-affiliated practitioners in California. The Coalition will explore and communicate regulatory policy alternatives, understanding that policy decisions must ultimately be supported by the community of somatics practitioners in California.

Definition: "Somatic Practice" includes the skillful application of touch, movement, and education for the purpose of enhancing well-being and self-awareness.

A "somatic practitioner", through the professional application of touch, education, and clear communication, facilitates enhanced well-being and increased self-awareness.

The Coalition has received donations and pledges of donations from several organizations and schools, the California Massage Therapy Association (CMTA) being the largest contributor. Other organizations, including The TRAGER Institute, are supporting the group by agreeing to mail the Coalition regulatory policies survey (still in draft form), to the respective members. The group is not legally in-

corporated yet, and will be hiring a tax consultant to review its non-profit status and give advice on the matter.

The Association for Humanistic Psychology's Somatics Community hosted a meeting at Alive and Well!, in San Anselmo, California, on September 25th, featuring Beverly Schultz and Michael M. Murphy speaking about the Coalition and the developing regulatory survey. The next A.H.P. Somatics Community Meeting is December 10th at Alive & Well!, called "Celebrating Community", 100 Shaw Drive, San Anselmo, California, from 7-10 PM, call 415-258-0402 for directions.

The California Coalition's next meeting will occur on January 23, 1994, at the San Francisco Airport Hilton Hotel. There will be another meeting shortly after that on March 20, 1994, in conjunction with the CMTA's annual convention at the Universal Sheraton, in Los Angeles.

Washington, D.C. Update

Cherie Jones

Cherie is a soon-to-be Practitioner from Washington, D.C., as well as a practicing attorney. She serves as our eyes and ears at meetings of the National Wellness Coalition and related events. Cherie has also become a regional coordinator. The following is a multi-faceted report.

I. National Wellness Coalition

By the time you read this report, there will have been another major event sponsored by the National Wellness Coalition (NWC), of which The Trager Institute is a member. This event, a National Wellness Summit, is scheduled for November 19, with a reception to be held the evening before. The purpose of the Summit is to develop a consensus on wellness policy and a plan for incorporating wellness components into President Clinton's emerging health care reform package. Invited speakers at the conference include First Lady Hillary

Rodham Clinton, Washington, D.C., Mayor Sharon Kelly, the Rev. Jesse Jackson, Surgeon-General Jocelyn Elders, Dr. James Gordon, Director of the Center for Mind/Body studies, and others. A mailing has been sent out to over 6,000 potential participants. I will report on the outcome of the Summit in the next newsletter.

2. Massage Therapy Legislation

The local D.C. Chapter of the American Massage Therapy Association (AMTA) has developed a proposed bill which it plans to have introduced in the next legislative session of the D.C. City Council. Although the proposed bill was originally limited to exempting massage therapists from an archaic law which associates massage with prostitution, the revised bill will also provide for registration of massage therapists. The AMTA has shared drafts of this bill with representatives of The TRAGER Institute, and other bodywork modalities. The proposed definition of "massage therapy" includes "the manual manipulation of the human body...[for the purpose of] causing movement..." This language would presumably include TRAGER practitioners under the umbrella of this definition. Settings in which massage therapists may practice include "private offices, medical facilities, health clubs, spas, beauty salons, chiropractors' offices, mental health facilities, and private residences..."

The proposed bill lists four alternative ways of qualifying to register as a "massage therapist." One is to graduate from a 500-hour accredited massage therapy school. The second is to be a member in good standing in a "nationally-recognized professional nonprofit organization which requires of its members education equivalent" of a 500-hour program or requires the completion of a written examination in massage therapy. The TRAGER Institute is specifically named in the bill as such an organization, although there seems

to be some misunderstanding about the current educational requirements of TRAGER certification. The third way is to successfully complete the National Certification Examination for Massage Therapy and Bodywork. The fourth way is to be licensed in a state which licenses massage therapists and which requires 500 hours of training in order to qualify for the license.

It is anticipated that some form of this bill will be passed by the end of 1994.

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.

Board Retreat: In early August of this year, the Board of Directors held a retreat in Sonoma County to explore issues of the Institute's mission, purpose, values, and organizational structure. Walter Graf, Secretary of the European TRAGER Representatives, participated in the retreat. One outstanding accomplishment was the drafting of a mission statement:

"The mission of The Trager Institute is to develop, teach, and maintain the quality of TRAGER psychophysical integration and MENTASTICS movement education throughout the world. The Board also approved the European community's request to formalize two committees: The European TRAGER Representatives, chaired by Walter Graf, and The Translation Committee chaired by Esther Perin. The Board's current agenda includes discussion upon the material generated by the retreat."

September 8, 1993: (These minutes have not yet been approved. They will be reviewed at the November 10 meeting, and any changes made will be re-

ported in the Spring newsletter.)

The Board accepted the essence of a proposal from the Personnel Committee which describes the process by which Instructor Candidates may be chosen. The Board accepted a Finance Committee proposal to increase membership dues by US\$25, and to decrease the fees for Practitioner Review trainings by US\$100. The Board approved a proposal by Don Schwartz to create guidelines for proposals to the Board, and to include administrative staff review of Board proposals.

A motion was passed to accept an offer by Garvey and Grammann to do a general marketing review and overview marketing plan for The TRAGER Institute. The Board passed a motion to change the corporate bylaws to say that a Board member may serve two consecutive two-year terms at the end of which time they may elect to serve one or two years more—if they are so elected. A Board member may not serve more than six consecutive years.

Committee on Committees

Michael S. Stulberg, M.D., Chairperson

The Committee on Committees (COC) met at the Board retreat in early August, and proposed to the Board that The European TRAGER Representatives and The Translation Committee (chaired by Walter Graf and Esther Perin respectively) be accepted as official Institute committees.

At our meeting on September 3, 1993, the COC offered Jeffrey Joel editorship of the TRAGER Newsletter, and, if he so wishes, coordinator of a possible publications committee.

To help ensure adequate representation at Board meetings, the COC recommends that the Instructors Committee and Tutor Committee select an alternate who can attend Board meetings when the primary representative is unable to attend.

The COC called for development of

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a "Sponsorship Task Force" to advise the Board and Institute on many issues of sponsorship. (The task force has been formed consisting of Michael Madrone, Cindy Popp-Hager, Jean Hopkins, Regina Kujawski, and James Day, co-ordinator.)

The COC is also supporting the development of a Research Committee which will have an initial charge to develop observation and documentation as a primary value of TRAGER practice. To date, Harry Friedman, Jack Liskin, Lisa Marder, Adrienne Stone, and yours truly have volunteered to participate in the development of this committee.

Ethics Committee

Elna Adams

The Ethics Committee's ongoing work is to work on developing a committee structure that will allow for geographic diversity, in a simple and clear uncomplicated process.

When complaints come in we stop and direct our attention on that issue. For example, one complaint raised the question of guidelines for student behavior in class and the responsibility of the Instructor. We are looking at that question and will be sending our thoughts to the Instructor Committee. There were some inaccuracies in the Ethics document in the last published TRAGER Handbook, and the corrected "Code of Ethics and Conduct" is to be found on pages 12 and 13 of this issue of the Newsletter.

Instructor Committee

Karen Hortig

The Instructors Committee has been working on the logistics, staffing and financial reimbursement for the Practitioner Review classes in Laguna, California, the Practitioner Reviews in the field, and the Practitioner Practicums.

Some of our members have been involved in the curriculum development for the new certification program which will be presented to the group as a whole at our annual meeting on February 7-12, 1994.

Several of our members serving as representatives on the Personnel Committee have been putting in many hours in preparing proposals for the selection of new Instructor trainees and working in conjunction with the Instructor group and the Board for the application and selection process of new Instructor trainees. They have also been involved in formulating job description for the Instructors.

We have completed a survey of the moves taught in the current curriculum and discussed if there is a need for standardization of moves at this time until the new certification program is activated.

We have asked for and received volunteers to form a subcommittee to review and study the Special Conditions (formerly "Reflex/Response") class in its entirety. This sub-committee includes Betty Fuller, Cathy Hammond, and Gary Brownlee.

Personnel Committee

Jill Stephens

Greetings to all from the Personnel Committee (PC). First of all, we want to tell you that we have a new Committee Chairperson. Alain Alain, a TRAGER Practitioner from Quebec, has assumed the role of Chair as of October.

Amrita Daigle has stepped aside after a year of chairing the committee. She has done an incredible job of organizing and leading our busy, multinational, bilingual group and we wish to thank her publicly. She remains as an active member of the PC while she continues to work as Practitioner, Tutor, and Instructor. She intends to devote more time to her husband, Guy, and her little son, David. Thank you Amrita!

In addition to being a Practitioner, Alain works full-time as a Veterinarian. He has begun his term as Chairperson by reminding us of the need to "take it easy", a phrase he likes to use. He is emphasizing the need to take pauses, reflect, and allow ourselves to feel the echoes. He encourages us to stay light in our work and to feel pleasure in what we do. We take our job quite seriously and as busy people with very full lives, we appreciate his gentle reminders and his guidance as we continue our work together. Good luck, Alain and thank you for assuming this responsibility!

So, now to bring you up to date on our most recent activity.

At their September meeting, the Board voted to allow us to proceed to open an application, evaluation, and selection process for as many as 6 new Instructor Trainees to be integrated gradually into the Instructors Committee over a two-year period. Furthermore, they mandated that an ad hoc subcommittee of the PC be formed to conduct this process. Presently, we are working on a design for a fair and complete selection process and we are interviewing people for the selection committee. Once the process, including a point system for skills evaluation and a tentative application timetable have been established and approved by the Board, the Instructor Trainee Selection Committee (ITSC) will begin sending out applications and evaluating the completed applications.

The ITSC will be made up of from three to five members representing a broad range of the TRAGER Community and pledged to conduct as fair and impartial a selection process as possible. The Committee will be overseen by the PC and its recommendations reviewed by the PC and the Board. Part of the ITSC's job will be to document and report on the process. New ITSC members will be selected for each round.

From its start in California, the Institute has grown to be a multilingual, multinational organization and, as such, must provide a teaching staff throughout the world. Most of our present

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teachers are based on the west coast of the United States, and though many travel far and wide to teach TRAGER classes, there is a need to provide more teaching support in areas that are fast developing or just beginning to emerge.

Based on the current membership, 57% of our members are American, 29% are European and 17% are Canadian. At the same time, 87% of the Instructors are American, 8% are European, and 8% are Canadian. Clearly, we have some catching up to do in order to begin to correct this imbalance and support the needs of our diverse world-wide membership. We do not expect to accomplish this all at once, but we are recommending that some weight be given to language and location in the next round of selection.

We are very grateful to all the people who have worked together with us in reviewing the status of Instructor. We are excited about the job ahead and feel confident in the approach the Institute is taking. It seems clear that as an organization, our members must take more responsibility for designing our future. Committee work is time consuming, but it is also rewarding to see the work move forward!

Instructor Trainee Prerequisites and Criteria

A. Prerequisites

1. Trager Institute membership in good standing.
2. Active as a Practitioner for a minimum of 7 years.
3. Active as a Tutor for a minimum of 5 years.
4. Active Introductory Workshop Leader.
5. Active Supervised Practice Leader
6. Assisted Dr. Trager within the last 5 years (this may be changed in the future).

7. Assisted at least two Instructors within the past two years.

8. Able to read, write, and speak basic English.

There will be a US\$100.00 application fee that will be refundable to those who do not meet the prerequisites.

B. Evaluation Criteria

1. Mastery of the Work.
2. Teaching Skills
3. Communication Skills
4. Self-Development
5. Cooperation and team spirit
6. Promotional Skills
7. Organization Skills

The Instructor Trainee Selection process will be open soon. New Instructor Trainees will be selected and integrated into the Instructor Committee (IC) at a measured time. There is no limit to the number of potential Instructors in the world, however, there is a limit to the rate at which Instructors can be trained and integrated into the system. The PC looks forward to welcoming new Instructors pledged to teaching Beginning trainings in their own areas, opening new areas for teaching, and preparing students for advanced levels.

Translation Committee

Esther Perin

Our first meeting was held in October, 1993, in Zurich and we covered the following:

1. By-laws, tariffs for translation fees and 1994 budget for committee costs to be submitted to the Board for written approval.
2. Suggestions with priorities for translation of articles and papers with 1994

budget to be submitted to the Board for approval.

3. Contact with European liaison to the Marketing/Public Education Committee.

4. Request from Deane Juhan and the Institute for copyright for translation of Deane's article, "The Physiology of Hook-up".

Tutor Committee

Michael Madrone

The Tutor Committee continues to provide its ongoing functions of receiving and processing applications for Tutor, Tutor Trainee, and Supervising Tutor. The committee also continues to handle grievances regarding Tutors, and to facilitate communication with the Tutor Seminar Leaders and with the other divisions of The Trager Institute including the Instructors, other functioning committees, and the Administration.

In addition to these ongoing functions, the Tutor Committee has been addressing several specific items. Among them are:

Acceptance of the Board of Directors' directive that the committee be responsible for monitoring Tutor continuing education compliance. To that end the committee has formed a Compliance Subcommittee and has accepted the offer to serve on the subcommittee by Sally Van Dusen, Nutan Joy and Gail Stewart. They have been appointed for a term of one year.

Creation of a new set of Tutor renewal forms. This was mandated by the 1992 Tutor Conference and sent to Tutors in their evaluative work.

The committee is conducting studies of other issues which have arisen and will report in future newsletters when decisions are reached by consensus.

The committee has agreed to establish a policy allowing Tutors to apply

[Committee Reports continue on p. 10]

for a leave of absence for up to one year provided Tutors do so in writing and in advance.

The committee has clarified a policy that Tutor groups wishing to meet may be provided mailing labels by the office provided that the Tutor group provides the duplicating, postage and labor for the mailing.

In addition, there are a number of important items that the committee would like to draw to the attention of Tutors:

1) The committee has agreed in principle to add assisting at Practitioner Review classes as a continuing education option for Tutors with 3 or more years of experience. Before adding this, we want to give Tutors the opportunity to comment on this change. Comments may be sent to any Tutor committee member.

2) The Committee on Committees has asked that the Tutor Committee form a task force to study the question of "non-passing" tutorials. Volunteers may apply to the Tutor Committee.

3) We need Tutor volunteers to organize the next Tutor Conference. We need you now! Please step forward to help us continue and build upon the great job done in San Diego. Volunteers please apply to the Tutor Committee.

4) We also need volunteers to begin to work (play) on two courses which were mandated by the Tutor Continuing Education ballot. One is a video course. The other is a Tutor/Instructor course. This is a great opportunity for creative input. Please come forward and contact the Tutor Committee.

Finally, the Tutor Committee would like to thank and acknowledge the office administrative staff for their continuing attention and hard work in support of Tutor functions.

European Trager Representatives, Summary: 1990 - 1993

What have we achieved since we first met in November 1990?

1. *As communication channels to the Institute*

We have a voice in the Institute.

We are recognized as partners.

"International" means that the different needs of and differentiations between the various countries are taken into consideration.

Projects that have been finished

Separate section for Europe Trainings in the Schedule

Clarification of the Roster

Paid translation of the *Handbook* into French, German, Italian, Swedish and Hebrew

Translation of the draft Certification Program into these five languages

Adaptation of the draft Certification Program to European needs

Attendance of our Secretary Walter Graf at the Board Retreat

Formation of a Translation Committee
Acceptance by the Board that the European Representatives form a committee

Projects under discussion

Gold-framed renewals to be sent with the Newsletter to save on mailing costs

Local language-oriented Newsletters replacing the American Newsletter

2. *As communication channels between the European countries*

No projects have been completed

Projects under discussion

Intra-European Communication

Establishing a European Archive with Articles, Videos, Promotional Material, etc.

Advanced Post-Practitioner Education
European Ethics Committee

Hearing all this we feel that as Representatives we have fulfilled our task as Communication Channels to the Institute but as a Committee more emphasis must be put on establishing and supporting communication among the European countries.

European Representatives' Committee Report

Esther Perin

The 9th meeting of the European TRAGER Representatives (ETR) that took place in Zurich on October 8 became the first meeting of the ETR Committee. The Board of Directors, in their retreat in August, responded positively to our request.

With great interest we listened to Walter Graf's report from the Board Retreat, reading aloud the mission and the purpose of the Trager Institute as well as the reflections of Board members about what an International Organization really means.

Upon the input of our secretary Walter Graf we unanimously agreed that instead of having all the countries' representatives meet twice or three times a year we elected three people as a "bureau" with administrative decision power, to deal with pending matters, work out suggestions and communicate any input from the members and the institute to all the other members of the committee. For the first year Elizabeth Ormyron, Esther Perin and Walter Graf have agreed to form this bureau.

We learned from Maurice that due to our input the new certification program will be adjusted for Europe to give space to adapt it to the different countries' needs.

Since the Board nominated us to supervise the Translation Committee certain directions have been given and requests for Translation of Articles put forward to the Institute.

We all feel that a fresh wind has come into our group and are curious to see what will emerge in 1994.

Europäische Übersicht: 1990 - 1993

Was haben wir erreicht seit unserem ersten Treffen im November 1990?

1) *Als Vermittler zum Institut*

Unsere Meinung wird im Institute ernstgenommen.

Wir werden als gleichwertige Partner anerkannt.

"International" heißt, die Vielfältigkeit aller Länder miteinzubeziehen.

Abgeschlossene Projekte

Separate Übersicht der europäischen Kurse im Kursverzeichnis (Schedule)

Verbesserung des Adressverzeichnisses (Roster)

bezahlte Übersetzung des *Handbuchs* in Französisch, Deutsch, Italienisch, Schwedisch und Hebräisch

Übersetzung des Ausbildungsprogramms in diese fünf Sprachen

Anpassung des Ausbildungsprogramms für Europa

Teilnahme von Walter Graf als Vertreter Europas an der Klausur des Boards im August 1993

Bildung und Anerkennung eines Übersetzungs-Komitees

Anerkennung unserer Regional-Gruppe als offizielles Komitee

Pendente Projekte

Versan der goldrahmigen jährlichen Praktiker-Bestätigung mit dem Newsletter zur Kosteneinsparung

lokale, sprach-orientierte Zeitungen anstelle der amerikanischen

2) Also Vermittler unter den europäischen Ländern

Keine Projekte abgeschlossen

Pendente Projekte

Inner-europäische Kommunikation

Aufbau eines europäischen Archivs für Artikel, Videos, Werbematerial usw.

Weiterbildung für Langzeitpraktiker/-praktikerinnen

europäisches ethisches Komitee

Diese Übersicht macht uns klar, daß wir als Vertreter unsere Aufgabe als Vermittler zum Institut erfüllen. Als Komitee müssen wir das Augenmerk auf den inner-europäischen Austausch legen

[Übersetzung: Esther Perin]

Résumé de Nouvelles des Représentants européens en TRAGER: 1990-1993

Qu'est-ce qu'on a réalisé depuis notre première réunion en novembre 1990?

1) Comme voie de communication avec l'Institut

WINTER 1993/94

Nous avons une voix sérieuse dans l'Institut.

Nous serons traités d'égal à égal.

"International" veut dire que la multiplicité de pays et les différences entre eux seront considérées.

Projets achevés

Liste séparée des cours européens dans le calendrier

Amélioration du répertoire d'adresses

Traduction payée du manuel en français, allemand, italien, suédois et hébreu

Traduction du Programme de Formation en ces cinq langues

Adaptation du Programme de Formation aux conditions européennes

Assistance de Walter Graf à la retraite du Conseil d'Administration en août 1993

Etablissement d'une comité de traduction

Reconnaissance de notre groupe de représentatifs (-ives) comme comité officielle de l'Institut

Projets en attendant

Envoi de l'attestation annuelle de réinscription avec le Bulletin de nouvelles pour épargner

Bulletins dans les langues locales au lieu du Bulletin américain

2) Comme voie de communication entre les pays européens

Pas de projets achevés

Projets en attendant

Communication au dedans de l'Europe

Etablissement des archives européennes contenant des articles, bandes-vidéo, publicité, etc.

Formation pour praticien(ne)s de longtemp

Comité européenne d'éthique

Nous sommes convaincu par ce résumé de nos obligations comme représentant(e)s à l'Institut. Comme un comité nous devons appuyer sur les échanges entre les membres en Europe.

[Traduction: Jeffrey Joel]

Administrative Report

Don Schwartz

Dues Increase and Training Fee Decrease for 1994: Two different economic factors have dramatically influenced the fiscal health of The TRAGER Institute in 1993. The first is the growing expenses of our developing volunteer committee structure. The second is a decrease in the registrations for our Practitioner Review classes in Laguna Hills, and around the world. These two factors have led to a deficit for the calendar year 1993. Although this is not an emergency situation, we need to make adjustments now to ensure that we do not head into an emergency. Consequently, the Board of Directors has approved a dues increase of US\$25 for Students and Practitioners. This dues increase will help stop a repeat in 1994 of 1993's deficit. At the same time, in response to the lower Practitioner Review registrations as well as formal and informal membership requests, the Board has decreased the charge for Practitioner Review classes from US\$425 to US\$375. For many members, the raising of dues and lowering of class fees will constitute a net savings of money. The Board hopes that registrations will increase for these important continuing education classes.

A Special Thank You for Our Committee Members: Although our committees are costing us money, their functions are absolutely critical. They are tackling most of the tasks in our organization which have either been ignored, or dealt with inadequately for many years. Also, the committees are being developed in response to strong, loud, and clear membership requests that decision making be decentralized. Our committees meet primarily through teleconference calls which, though expensive, are drastically cheaper than the expenses associated with meetings held at given locations. I have consistent and direct contact with committee members

[continued on p. 17]

There are some incorrections in the version of the "Code of Ethics and Conduct" in the last version of *The TRAGER Handbook*. At the request of the Ethics Committee, the Board of Directors has authorized the corrected reprinting of the Code in this newsletter. You may photocopy these two pages and place them with your current Handbook.

CODE OF ETHICS AND CONDUCT

I. Preamble

The Code of Ethics and Conduct describes the level of behavior which TRAGER Practitioners maintain in order to protect the Institute, public, and themselves. All members of the Institute are expected to follow these principles.

The guidelines for following the Code of Ethics and Conduct are taught within the training program. Detailed instruction of the principles of the Code of Ethics and Conduct is included in the Beginning level and all subsequent levels of training and continuing education by The Trager Institute. Support materials in this process include the Standards of Practice, *The TRAGER Handbook*, the Code of Ethics and Conduct itself, all signed agreements, and other printed materials as needed.

Students' and Practitioners' compliance with the principles outlined in the Code is evaluated through trainings, tutorials, feedback from the public and peers, and other programs or communications as needed.

This ongoing process of evaluation is done in interaction with a combination of Instructors, Tutors and the Ethics Committee.

Matters involving possible violation of the principles of this Code, if not resolved according to the process mentioned above, are brought to the attention of the Ethics Committee for action. Principles of basic fairness are followed in all these procedures. Only the Board of Directors has the power to refuse to grant or renew the individual's membership and right to use the TRAGER service marks.

II. Institute Precepts

A. *Use of the TRAGER name.*

1. Only authorized TRAGER Institute members may do the tablework or demonstrate MENTASTICS or TRAGER psychophysical integration and MENTASTICS (The TRAGER Approach).
2. Authorization requirements are specified in "The TRAGER Handbook."

B. *Instruction.*

1. Only Instructors and/or Workshop Leaders designated by The Trager Institute may conduct trainings—required or elective—in The TRAGER Approach.
2. Authorization requirements for these functions are available from The Trager Institute.

C. *TRAGER Practitioners provide accurate information to the public about The TRAGER Approach.*

1. The TRAGER Approach is always described in terms of an educational model rather than a medical one.
2. Practitioners do not diagnose, prescribe, or claim to treat any condition unless otherwise licensed to do so.
3. Within the context of a session or demonstration, any approach other than TRAGER shall not be represented as The TRAGER Approach.
4. Practitioners refer clients to colleagues and health professionals with care, stating the reason for referral and their knowledge of the practitioner or methods recommended.

D. *TRAGER Practitioners are responsible for complying with state and local laws and regulations governing their practice.*

III. Professional Integrity

A. TRAGER Practitioners uphold The Trager Institute standards for professional practice.

1. References for the standards of practice are *The TRAGER Handbook*, the Practice Guide, the Tutor Manual, the Code of Ethics and Conduct, and all signed agreements.
2. Practitioners fulfill all ongoing continuing education requirements.
3. Practitioners abide by the Code of Ethics and Conduct and all signed agreements.

B. Each TRAGER Practitioner is responsible for the quality of her or his work and for the exercise of sound judgment.

1. Practitioners assess their own state, skills and knowledge so as to avoid misleading or harming a client physically, emotionally, mentally, socially, financially, or in any regard.
2. Practitioners do not work when their ability to do so is impaired by alcohol, drugs, strong attitudes, motivations or emotional states.
3. Practitioners bear in mind that their own actions may reflect on other Practitioners.

C. TRAGER Practitioners respect the rights and dignity of all individuals and protect the welfare of their clients.

1. Practitioners respect the client's authority about his or her own experience.
2. Practitioners hold as confidential all personal information about others learned in a professional capacity.
 - a) Information learned in a professional context is not divulged in any way that lets the client's identity be known, except with the client's permission.
 - b) Confidentiality and anonymity are maintained when discussing professional issues with teachers and colleagues.
 - c) In the event that a client or colleague presents a personal or public danger, Practitioners are encouraged to refer that person to the proper appropriate service directly.
3. Practitioners respect the reputation of colleagues. When discussion of problems about colleagues is necessary, it is done in terms of principles, not personalities.
4. When possible, Practitioners communicate directly with the individuals involved to resolve issues; when necessary they use the resources of Tutors and the Standards Committee for assistance.
5. Practitioners do not use the professional relationship to further their own personal or sexual interests or to promote their own political or religious beliefs.
6. Practitioners do not place their own financial interests above the welfare of their clients.
 - a) Fees reflect the customary range for the experience of the Practitioner, the setting, and the region in which the services are provided.
 - b) Practitioners do not conduct or recommend sessions for the sole reason of receiving payment.

D. TRAGER Practitioners maintain clear and honest professional relationships with clients and colleagues.

1. Fees, appointments, length of session, location and other business arrangements are agreed upon between client and Practitioner.
2. Practitioners are responsible for keeping professional agreements they make.

E. TRAGER Practitioners show sensible regard for the social codes and moral expectations of the community in which they practice.

Putting Ethical Thinking Into Practice

Julie Greene

Julie is a Tutor from Berkeley, CA, a member of the TRAGER Institute Ethics Committee, and teaches the elective class COMMUNICATING WITH CLIENTS.

What is ethical thinking by a TRAGER Practitioner? Ethics are a set of understandings about what is appropriate, right and acceptable, and are usually based upon standards and values held within a cultural context. The TRAGER Institute's guidelines for right conduct by Practitioners are set out in the Code of Ethics (see p. 12 of this Newsletter). The Code is broad and general; it is not a set of precise dictates that can tell us exactly what to do or what to avoid doing in every situation within our practice. Ethical thinking entreats us to ask, "Am I doing what is best for my client?" The Code gives us principles or precepts to apply in both asking and answering such questions. These are supposed to be dispassionate, neutral and universal.

The word *unethical* conjures up thoughts of gross violations of the code. While it is true we hope to prevent or stop any such gross violations, this article is not about those. It is about putting ethical thinking into practice to become more sensitive to how our interactions with clients affect them and may undermine the effectiveness of our work with them. Such ways of being include oblique put-downs and power-trips a Practitioner might lay on a client, ignoring or discounting a client, or using a client to somehow further the Practitioner's personal agenda or fill the Practitioner's needs. They include the more subtle ways in which our attitudes, actions and inactions detract from our ability to help our clients. This level of ethical thinking requires discernment, sound judgement and reasoning by each of us in each situation. It's about asking questions, making our own ethical decisions consciously, and being open to

changing our decisions in the future as we re-examine from a new perspective and experience.

Since most of us do not have bad or selfish intentions towards our clients, and are in fact endowed with abundant goodwill towards them, why should ethical thinking and practice need tending? Noticing how our ways of being may adversely affect our clients can be a slippery process. Even the most good and kind among us have blind spots. For those of us who wish to be very correct, it might be uncomfortable to realize that what we think is "right" today may appear wrong tomorrow as we develop and as situations change. What is "right" can be elusive, but we can aim and keep re-aiming in that direction. This could be called aspirational ethics.

Imagine the following situation: A client, June, is chatting in a friendly, social way while being worked on by Sam. June is initiating the chatting and topics, and both June and Sam seem fine with that... Now let's say that June starts talking about having found a real bargain on a widget Sam happens to be seeking, and Sam steers the conversation into that topic (the name of the store, directions to the store, did they have in other colors, etc.)...

Has Sam crossed a line? Personally, I think he has and I'll say why I think so in a moment. But first I want to make the point that this scenario does not represent a cut and dried ethical situation; I'm sharing my opinions on this not as "good ethics" but as an example of my thinking, and an invitation to you to do your own. You might interpret it differently and just as validly. We don't have to agree, and I am open to changing my mind.

Here's my response to this scenario: I think that in general chatting *can* interfere with the effectiveness of TRAGER work, but not *necessarily*. Understanding that practitioners have different styles, another practitioner might diplomatically discourage such chatting (so that the practitioner can concentrate or so June can go deeper, focus on her body,

etc.). If chatting does go on, I think it's important that it is initiated and continued by June, and is okay with Sam in his professional judgement in the moment. However, when Sam got into asking for information about purchasing the widget, I feel that his attention was not on the client, that he was directing the conversation for his own benefit not the client's, and that it is better not to do that. Although this is certainly *not* a "violation" June should report to the Ethics Committee, the section of the Code I refer to for inspiration is: "Practitioners do not use the professional relationship to further their own personal or sexual interests or to promote their own political or religious beliefs."

Below is a set of vignettes. If you find some of them ambiguous, or wish for more detail, you can imagine them with different sets of details and different ways of playing out. Check with your copy of the Code of Ethics (p. 12), check your own values and gut feelings, and talk to others.

Stuart is at an intermediate training. He and several others there are from the same circle of acquaintances. During the discussion circle the others begin to discuss some clients who are people Stuart knows, mentioning names and details of the session.

Jenny calls in response to an ad of Sue's. She says she's heard good things about TRAGER work. Jenny says she has a pain in her knee that nothing has helped and asks Sue if TRAGER work "will work".

Sage's long-time client, Julian, comes in after a special luncheon event at work where he's clearly had a few drinks. It's never happened before.

Between sessions one day Sabina receives word that her ex-husband is refusing to pay a certain bill he should be responsible for and she is furious. She plans to call him and let him have it at the end of her work day. Her next

client is a regular client, Jason. As Jason comes in, something in her appearance leads him to give her a concerned, curious look and ask her how she is today. She says she is fine.

In addition to Stella's TRAGER practice, she also sells skin care products. As Stella works on her TRAGER clients, she tells them which products would be best for their particular skin type.

Sonny has a client, Jessica, who he feels is "needy and whiny". Sonny never says anything about it to Jessica, but he thinks that if she would "just stop complaining and get on with things" she would make better progress. Each session, Sonny is becoming increasingly irritated with Jessica and less sympathetic to her.

John has called Scott for a TRAGER session, having heard about the TRAGER Approach from a friend in another part of the country. As Scott works on him, Scott finds himself adding in a bit of deep tissue work here and there that he feels is appropriate to John's needs. After the session John remarks on how glad he is to have tried TRAGER work.

During the course of sessions, Shirley's client, Jack, comes in very upset saying that his daughter is planning to have an abortion. Jack feels very strongly that this is murder of the unborn child and he is desperate to stop it. Shirley is strongly pro-choice, and as she listens to Jack go on about this, she is finding it difficult to stay in hook-up.

Shelly thinks her client, Georgina, appears to be very sad. Shelly remarks on this, but Georgina says she feels fine. Shelly tells Georgina she should not cut herself off from feeling her sadness.

What do you think about these situ-

ations? What's your *emotional* reaction to each one? Can you identify the section(s) of the Code which could apply in each situation? Remember, there may be no simple or "right" responses to these. They are intended to stimulate your thinking. And I hope they will kindle discussion in pairs or in groups at trainings or other TRAGER gatherings.

Ethical practice on this level is an internal quality that can never be compelled by dictate or code (although it is good to use the Code as a guide in our thinking). It is a habit of monitoring ourselves and challenging our own behavior, values and attitudes on an ongoing basis. It is up to each of us individually to go beyond asking what is *allowed*, although it's good to ask that, and also to ask what is truly *best* for our clients. When we acknowledge, as Dr. Trager says, that there is always further we can go, then we are putting ethical thinking into practice.

Watch It

Michael Madrone

Michael is a Tutor and Tutor Committee Chairperson from Vancouver, B.C., Canada.

"Open your eyes and watch your work! You wouldn't drive your car with your eyes closed, would you?" Anyone who has ever been in a training with Betty Fuller has probably heard those words at one time or another. (Possibly even spoken to oneself!) Many people consciously or unconsciously think they need to look to the heavens while doing TRAGER (undoubtedly, to get "cosmic inspiration"). Others close their eyes to "go deeper and get in touch". However, those who have tried Betty's advice to watch their work has probably found their work improving. On a purely visual level, persons who "drive their car with their eyes open" soon notice that they are receiving a wealth of information from their clients. Subtle (and sometimes not so subtle) changes in skin color, ripples, waves, goose bumps, as

well as breathing patterns, soon become evident as relevant and perhaps crucial information for the Practitioner.

In addition to the visual, there is another level on which Betty's advice to watch our work makes deep sense. Generally speaking, people have visual, auditory, and kinesthetic experiences. When they have those experiences, their eyes tend to naturally fall into certain placements. That is to say, they tend to quickly look in certain predictable directions.

When people have a kinesthetic experience, such as giving a TRAGER session, usually their eyes quite naturally look down and to the right—at least for a moment. This is true for most feeling experiences. In fact, in English anyway, our language tends to reflect this, as we sometimes say, "I felt down right happy" or "I felt downright sad." I'm sure other languages have their own expressions, and I would be curious to hear from anyone who would be willing to share theirs.

The interesting thing about the phenomenon of eye placement is that it occurs spontaneously and in every culture as far as we know. This has been the topic of more than 15 Ph.D. dissertations and the results are consistent (Marilyn Atkinson, NLP Institutes of Western Canada). About 95% of people follow these eye accessing cues, as they are called, and many of the 5% minority are left-handed and simply look downward and to the left when in a kinesthetic experience, which seems to make sense.

By the way, auditory experiences, including memory, such as remembering the sound of a favorite song, elicit an eye accessing cue where the eyes look neither up nor down, but in the middle range. And visual experiences, including remembered ones, tend to elicit a response where people look up. There are further refinements to this patterning depending upon whether the experience is past (remembered), present, or future (imagined). However, I won't go into that now.

[continued on p. 16]

Going back to the person who looks to the heavens for more feeling while giving a TRAGER session, we can begin to see how they are working at cross-purposes to their body's own natural neurological patterning. Suddenly, Betty's advice to look down at the person on our table takes on a whole new level of meaning. For, not only do we naturally look down when we are in a feeling state, but the reverse is also true. That is, we can promote a deeper feeling for ourselves by looking down and to the right.

If you doubt any of this, it is fairly easy to test. Simply ask someone whom you know is right handed, what color their kitchen walls are, and there is a 95% chance they will quickly look up and to the left (visual recall) while they remember. If they are left handed, they'll look up and to the right, probably. Some people, such as myself, are naturally left-handed, but were switched over at a young age by our parents. Another test would be to ask someone how they feel about something very deep or emotional and they will probably look (very quickly, of course) down and to the right. (This test is hard to do yourself because the glances are usually quick and unconscious.) Knowledge of eye accessing cues and other cues I'll discuss is useful in being able to more effectively lead your clients in the MENTASTICS process. Generally speaking, people tend to have preferred learning modalities. In other words, most people have a preference for either visual (being shown), auditory (being told), or kinesthetic (doing it). Of course, we all use all three, but most people prefer one or possibly two modalities.

Our language phrases reflect this as well. (I am referring to English, but I have no doubt this is true for other languages as well.) If a client shows up in your office and says, "I saw your advertisement; and I see where you're coming from with this TRAGER; let's see if you can show me what it looks like," they're probably visual. Or, "Listen, I've heard about your TRAGER work, and it sounds good to me. It really

rings true; do you hear me?" (auditory). Or, "I just get a sense that TRAGER is for me. It just feels right and true for me. In fact, I feel down right happy after a session. It fits. Let me sit with this for awhile." (kinesthetic). I'm exaggerating slightly to make the point, but as you begin to observe people closely, there will be some interesting results.

A lot of the language that has been developed to describe TRAGER has historically been kinesthetic (since most people experience TRAGER as kinesthetically). We are taught to "feel the weight; feel the shimmer. What could be lighter?" etc. All of which is fine and helps us in going deeper and further. The problem sometimes comes when we try to teach MENTASTICS to a client who has a non-kinesthetic (is auditory or visual instead) preferred learning modality. This happened to me once. I was teaching a shoulder MENTASTICS move to a client who just wasn't getting it. I was saying things like "feel the weight" and she was simply puzzled. Finally I stopped, and asked her "How do you like to learn?" Immediately, she replied, "Oh, I'm very auditory." So, I said, "Listen, tune into your shoulder. What's it saying?" Right away she did the movement she couldn't get only moments before. A huge smile crossed her face and she shrieked, "I hear it! I hear it! My shoulder is purring to me!"

By the way, I felt downright happy for her.

REGIONAL NEWS

Simmerin' and Shakin' Down-under

Layo Nathan

Layo, originally from Great Britain, is now a Tutor, IWL, promoter, and future sponsor in the continent of Australia.

G'day mates! If you've been feeling the Earth move under your feet recently, don't worry! It's probably just the waves of enthusiasm for TRAGER

work that have been rocking the Australian continent! Things are really hopping down here, and I don't just mean the kangaroos! Perth hosted the first TRAGER Introductory Workshop in September, and I just returned from Melbourne, in October, where the interest is so great that they have already fully booked the next one in January, with Adelaide, Sydney and Auckland, New Zealand lined up in the coming months. It looks very likely that Betty Fuller will be here in our Winter — your Summer — to do a whirlwind Beginning Training tour. The cities are hardly a hop, skip and a jump, kangaroo-style, from each other. We're talking more a ten-day camel trek across the desert from Adelaide to Perth (the equivalent distance from London to Moscow, with sand) but I guess Betty will do okay.

Since emigrating here last year I've been impressed by the warmth, and open-heartedness of the Australian people. If any of you have friends, relatives, casual acquaintances in Australia, that you would like to benefit from the work, please write. I would be happy to contact them. This is also an open invitation to drop by. We have space for visitors. Leave your swag on the doorstep, and we'll boil up the billie for you. My address and phone number are: P.O. Box 28, Brighton, South Australia 5048, 08-296-5847.

Chesapeake Area Trager Association

Cherie Jones

The Chesapeake Area Trager Association (Chessies) sponsored a Review Day for Trager practitioners and students which was held on October 3 at the Bannockburn Community Center in Glen Echo, Maryland. Tutor Martin Anderson flew down from Boston to lead us in a fun day of MENTASTICS, stomach, side and seated TRAGER work. 15 people attended from Maryland, Virginia, D.C., Pennsylvania and

EXPLORATIONS

New Jersey, and benefited from Martin's gentle, humorous and perceptive direction. The Chessies appreciated the opportunity to review familiar principles and learn some new techniques. Martin commented that it is pleasant to meet TRAGER people in different locations and immediately feel like part of the family! In addition to sponsoring this Review Day, the Chessies meet regularly every two months for a day of trading and sharing. We also participate in special events. For example, Joe griffin recently gave a presentation of TRAGER to the Montgomery County Stroke Club, and several Chessie TRAGER Practitioners gave mini-sessions to the stroke survivors. The Chessies have also done demonstrations at a number of local health fairs.

I have been designated as Regional Coordinator for the Chessies, so I will keep you informed of future activities.

Administrative Report

(continued from p. 11)

and their work. We all see the fruits of their work published in this newsletter and present in other contexts of our organization. Our committee members are working hard, taking on difficult tasks, sacrificing valuable work and play time, and providing direct services to all of us. Therefore, on behalf of all of us, I thank you.

Growing Young with TRAGER, My Experience with Seniors

Martin Sendrow

Martin is a long-time Practitioner who divides his time between Southern California and Arizona.

Now I am a youth of 76 in perfect health and I attribute my wellness to the TRAGER Experience. When TRAGER was demonstrated, I had no inkling how it would impact and challenge me to the very depths, how it would take over and become the main driving force in my thinking and activities. I was "hooked up" to TRAGER, determined to learn to give powerful sessions, the kind that won me over.

Two weeks after a demonstration at my massage class, I was in a Beginning Training Carol Campbell gave me a full session putting me in heavenly delight. I was touched like never before; a wonderful dimension, how beautiful, how exciting, full-reaching, a harmony of free flowing in strokes of bliss. There on the table Hook-up flowed with the most beautiful melody. I experienced a new dimension never dreamed of in my 66 years.

Carol emphasized again and again: this work is about feeling and "hook-up". When the feeling comes, so will the understanding of what needs to be done, what needs to be brought to the client and how the client will understand consciously, and way deep in the unconscious, the hook-up state.

My progress was slow, slow to the extreme. It is so different, such a change from my background: a butcher, soldier, machinist, a TV repairman, an electronics technician, a husband and a father. Now at 66 I was starting a new career.

When I gave all these free sessions, I was learning the skill to unblock old habits, to pinpoint problems, to teach myself how to get loose, to let go of

holding patterns. I can't give what I don't have. To get the feeling required touching and moving and learning. I gave what I could and every experience helped. I repeated the Beginning training, and gradually my understanding and skills improved. The classes with Milton unlocked my breathing, my voice, my hips and pelvic area. I have changed to a soft, flexible, and mobile person. This all happened after 66 years of age.

Experiencing the change in my mind and body is very powerful and carried through to my clients through Hook-up. Sometimes improvement is slow, then we get lighter, never forcing, eventually the understanding will come through.

Ten years later, I am still growing. It is a wonderful instrument. Now I use words like softer, freer, giving, flexible and Hook-up. How should the neck move, the hip joint, the shoulders and every part of the body? Can my client and I reach a little additional flexibility? The flexing and bending, which is my MENTASTICS, goes on continuously with me and with my clients. It has made my mind and body younger every day. The old person of 65 was stiff, in poor posture, had back problems, constricted chest, stiff neck and was in medium health. This has changed. I am now a youth of 76 in perfect health. That is what TRAGER has done for me.

The seniors are the people that I work with the most, and for them the possibility for immediate, continuous and lasting improvement mentally and physically with TRAGER is what I encounter all the time. To visualize, to guide, to inject direction to wellness to my clients is giving a gift which was given to me, and that I am passing on.

A necessity of growth for me to be receiving TRAGER sessions from the most skilled to those who are just starting. I enjoy them all. So, I would like many exchanges which I will pursue at every opportunity.

And so, for the anniversary of 50 years of married life, my wife, Cathy, and I are planning to spend three months

traveling Europe, and I would welcome meeting many members of our European Extended Family, and to trade and compare notes.

As a senior in the TRAGER family, my contribution is in giving inspiration to anyone to become a TRAGER Practitioner as a retirement career. Perhaps there could be a special, less expensive program that would enable seniors to use this tool for themselves and others to experience improved health and longevity.

Describing TRAGER in 12 words or less

The following are the inspirational, poetic and insightful responses of Intermediate students from a May, 1993 class with Carol Campbell in Hove, England.

• TRAGER is... • TRAGER is a psychophysical re-education initiating free movement and space within mammalian tissues. • TRAGER is being a bird on the wing in all weathers. • TRAGER is reminding my body into feeling lighter, softer, less than that, and less again. • TRAGER is a method of inviting the structures of the body into releasing deep muscle memories. • TRAGER is body mind integration using rocking to generate feelings of lightness and freedom. • TRAGER is invoking the higher self to resonate universal possibilities/scope within the body/mind. • TRAGER is body and mind movement blending together in a lullaby. • TRAGER is lightness, is touching what makes you unique, because it has never changed. • TRAGER is reaching the unconscious mind, releasing blocks causing disharmony in the physical body. • TRAGER is heightened awareness; inner stillness and a sense of peace readily recalled by the unconscious mind.

• TRAGER/Soulmate of Softness/Friend of Freedom/Lover of Lightness/Pathway of Peace • TRAGER is intuitively knowing what is appropriate. • TRAGER is a system of learning about your body through motion and awareness. • TRAGER is a system of learning about your body through motion and awareness. • TRAGER is movement education and bodywork that restores physical function and emotional well being. • TRAGER allows movement and awareness in the body and mind-simple, subtle, profound. • Gently, rhythmically, TRAGER opens us up to a lighter way of being. • TRAGER is empowerment to chase new, freer ways of being. • TRAGER is like the meeting of the waters, the vibrations and energy I feel, and yet I get a stillness. • TRAGER generates safe movement designed to help tissue release unnecessary mobilization.

Final Moments

Marjorie Milliken

Marjorie Milliken is a client of Michael Madrone's. She is the 1993 British Columbia triathlete champion for her age group. She consistently places in the top of her division nationally.

These are the final moments of my TRAGER session. The steady voice of the Practitioner trickles through my daze and instructs, "Let the feeling sink into your body, right into your cells, all the way down". Know that you can have this anytime just by asking, "How does this feel?" Being a physical person, forty-six years of age, with ten years of triathlon competition and training under my belt, battle-scarred from several broken bones, major surgery and overuse injuries, I continue my quest for ways to balance my life and yet allow me to reach new heights. So far, clear answers and magic pills have eluded me. I have exposed

myself to many species of massage and bodywork that range from the bread and butter of Swedish muscle rubbing to the ethereal energies of Reiki. More than anything else, the jiggling, shaking, stretching, swinging, kneading and squishing manipulations of TRAGER, work for me. TRAGER leaves my body with a new relationship to gravity. My neck grows, chin lowers, shoulders push back, chest expands and my knees become bouncy. I wonder if people point and stare at the funny person doing the "soft shoe" slowly and deliberately down the street. TRAGER does make me feel different and I like it. Is this what "feeling grounded" is like? Is this how our hunting ancestors quietly maneuvered through the forest? Is this the same state that the lazy-all-day house cat slips into right before doing the lightning fast pounce on unsuspecting prey? Notice the little jiggle that our feline performed right before the launch? Was that a TRAGER movement? The *I Ching* calls this state of power "the strength and gentleness of a mare". World-class swimmers access this feeling right before the big race while standing on the blocks. They jiggle, shake and rotate their joints and then they give it one hundred and ten percent. The fastest one hundred metre track sprinters in the world all know that they can only run faster by finding ways to let their body relax more. In fact all top competitors know how to "make it look easy".

I suspect that each one of us also yearns to find our unique perfections and then fine tune them. My daily stresses and strains knot and tense my body and mind into wavy funhouse-mirror distortions of what perfect reality could be. Then my well-deserved TRAGER session unwinds and shakes me back again to my fulcrum. I truly want to be able to return to this state again and again, this point of balance where I can access strength and truth.

MEMBER NEWS

I'm Moving—In More Ways Than One!

Carol Campbell

After 17 years in Santa Cruz, I've moved to nearby Scotts Valley. Only ten minutes inland from the ocean and the weather is different, sunnier with less fog. I could get used to this! I can now be reached at: 800 Lockwood Lane, Scotts Valley, CA 95066, 408-438-6560.

And even more movement is in store. My son, Kyle, and I are planning a five-week trip to Europe next summer (June 28 to August 4th or so). Our itinerary is in process. I would love to hear from anyone who might have suggestions about special events, festivals, great places for kids (Kyle will be 9), something that's a "must see" in your area, affordable places to stay, whatever!

In addition, let me know if you would be interested in having me available for sessions (with TRAGER folks, clients, friends), as well as tutorials. I would love to do a few in each area we stay as a way to share my work and meet some of our day-to-day travel expenses. I could also be available for a supervised practice or Mentastics class here and there (not more than 4 hours in length) or other, short TRAGER activities. I'm excited by the possibility of connecting through the language of TRAGER.

We look forward to hearing from you!

Tutor Maryann Zimmermann wishes to communicate her new address to everyone. It's:

5130 La Jolla Blvd., #3M,

San Diego, CA 92109.

Her phone number remains the same.

Celeste Rogers has a new phone number: (715) 831-1343 home. She is now associated with the Chippewa Valley Center for Therapeutic Massage, 505 S. Dewey, Suite 207, Eau Claire, WI 54701 (715) 834-9355.

New Practitioners

We congratulate and welcome to the Trager family the following new TRAGER Practitioners:

Maurizio Andorlini
Fiesole, Italy

Patricia Bowman-Ruck
Edson, Alberta, Canada

Ginette Chalifour-Cloutier
Longueuil, PQ, Canada

Aline Cote
Rimouski, PQ, Canada

Elizabeth Davies
Hewitt, NJ, USA

Marga Enyart
Albuquerque, NM, USA

Ronald Fine
Media, PA, USA

Suzanne Garceau
Val d'Or, PQ, Canada

George Gilmore
Martinsville, IN, USA

Theresa Huber
El Paso, TX, USA

Sarto Lord
Quebec, PQ, Canada

Bruce Margolis
Troy, NY, USA

Christopher Massonneau
Waynesboro, VA, USA

Tiberio Morbiducci
Paris, France

Margrit Muller
Aettenschwil, Germany

Yolande Payette
St.-Lambert, PQ, Canada

Shannon Roberts
Austin, TX, USA

Joseph Starr
Windsor, NS, Canada

Peggy Weller
Dayton, OH, USA

Jude Williams
Rome, NY, USA

Roster Corrections

We inadvertently listed Marcy Lyons, of New Jersey, with the wrong phone number. Her correct number is: 201-762-2459.

The correct telephone number for Cherie Jones, of Washington, D.C., is: 202-337-8439.

Here are a couple of people to add to your 1993 roster:

Christl Gartner, Gabriel v. Seidl 31, D-8022 Grunwald, Germany 49-89-64-92-073.

Bonnie Burgund, 259 Flatbush Avenue, #2R, Brooklyn, NY 11217, 718-783-5022.

OPEN FORUM

A Fond Remembrance

Adrienne Stone

Joan and Glenn Weil were both models for the "Reflex-Response" now "Special Conditions" class on two different occasions. Both of these fine folks were born with cerebral palsy. At the time of Glenn's death last month, they had been married to each other for forty years. Talk about soulmates....

Joan had asked me to say some words at the funeral. The following says it all for me, is what I shared then and would like to share again.

I will remember my first encounter with Joan and Glenn some twelve or thirteen years ago, I was going my physical therapy at St. John's Hospital and as I hurried around doing my work, my attention was repeatedly drawn towards the parallel bars. Day after day, morning or afternoon, Joan, then recovering from spinal surgery, would come down for P. T. Glenn would always be by her side. They drew me in. I wanted to now more of these special folks who seemed to share such a devotion and connection to each other, in their own wonderful way. That was the beginning of my "romance" with the Weils. And now today,

OPEN FORUM

we are at the close of a very brilliant, extremely unusual and exhilarating epic, with the sequel beginning already.

Glenn was his happiest when he doing something for Joan. No matter how long it took him, how awkward it felt, or how much Joan complained about its not being exactly fast enough or that his hand wasn't exactly in the right place when he helped her stand, there was nothing else that he would have rather been doing.

Glenn prided himself on their independence as a couple. Whether it was a car trip to Colorado, a day trip to Dana Point, or one of their many adventures overseas, to the Orient, to Australia... Nothing seemed to big, or too difficult. With their shrewd planning and combined inner strength, they were on their way. I just raised my eyebrows, wished them luck and went about my day feeling a little richer for knowing these remarkable people.

There was the move from their lovely home in Century City to the mobile park in Pico Rivera. This way they could have two dwellings. One for themselves and one for their care giver. They did anticipate eventually needing additional help and Glenn felt strongly about their privacy, not wanting anyone else to have to live directly with them. This seemed to solve the dilemma.

One of the greatest gifts that these two people shared and that Joan undoubtedly will carry on, was the ability to laugh at themselves. The two of them recalling the stories of late night fireman rescues to help both of them off the floor after an unsuccessful mission into the bathroom, and the story that I'll never forget as Glenn relayed it to me about the time he took Joan to a Chinese Specialist for a little electric stimulator that she sometimes wore for pain relief. I asked how it went. All I could get out of Glenn was, "Just imagine a Chinese and a CP trying to communicate!" All of him laughed when he laughed, as all of him did everything he did. We'll miss him. Knowing Glenn and knowing Joan will always help me to remember what is possible.

Relationship with Body

TAV is a client of Alan Hundley and is a incest survivor.

Where it has been — a body alienated from mind and environment. A body full of fear and pain. Reluctant to reach out to touch and unwilling to accept touching for fear of more pain. A body that has not felt entitled to imbibe the life force. A body that did not feel OK about being. A body that was not sure it wanted to be physical.

Where it is now: Now, a growing connection with the fluidity of the body. An opening to be able touch and be touched. A new sense of comfortableness about belonging. Reclaiming bit by bit unexplored freedoms. Rejoicing in the joy of movement and feeling. A new investment in being with and in for the body. An increasing sense of being OK with pleasure. An awakening of desires and creativity. There could be more carrots.

Images: The image that comes for me is a cornucopia that is only partially full. A blessed image but not complete. Second image - a wild roller coaster ride with spine-chilling swoops and swerves, veers to the left and right. Leaving the stomach behind for dizzying drops and traveling upside down. Wanting and not wanting to get off. The adventure, the fears, the knowledge that it will ride out to a comfortable stop.

Dialogue: *TAV to body.* I open to accept life energy and to recirculate this. I open to take in the breath of the universe. I rejoice at taking full entitlement of all my powers.

Fire and water
receive in joy
streaming feelings.

Body to TAV. I am glad that finally you open to accept me. It is good.

Testimonials

I. A letter to Dodie Becker from a Client

Dear Dodie,

I have benefited greatly from your treatment and decided to "document" it for you.

I was diagnosed with Parkinsons in 1981, and have been on Sinemet ever since. Over the years, my neurologist, Dr. Guy Corsello, has added Eldepryl, Parlodel and Imipramine to my medication. We also tried some other drugs over the years, but these are the ones we are currently using.

While my condition has gradually worsened, I have been fortunate in that it has deteriorated relatively slowly. I can still play tennis, and do, three times a week. But I have dropped out of the USTA Super Senior tournament circuit, having last played in the 70 and over group. I am now 76.

I first read about The TRAGER Approach in the National Parkinson Foundation Report of the 3rd Quarter, 1992. The article interested me, and I called the Pittsburgh support group at the University of Pittsburgh to get the name of a certified Practitioner and got your name. I had tried massage for Parkinson but got little benefit from it. The TRAGER Approach sounded promising.

I have found it relaxing to the extent that it stops my tremor while I'm in a "wearing-off" period, helps me get my breathing rhythm back and almost puts me to sleep. The music helps, too. It's almost 500 years ago that Shakespeare observed that "Music has charms...." The direct benefit lasts several hours.

The indirect benefits last longer. By this, I mean that I am able to improve my condition, days after a session, by concentrating on recalling the feelings at various areas of my body experienced during the last session. I am not always successful in doing this, or I may be only partially successful, if at all, but it is a process full of hope and positive

thoughts. So I come back for reinforcement, physically and mentally.

The whole idea of intercepting harmful messages between the brain and the muscles, and breaking the circuit, is intriguing and opens up new fields of possibility.

Thanks. Sincerely yours, James Newman

2. TMJ Testimonial

Lynne Welke

The following "testimonial" is from one of my clients, the wife of a local dentist. My sending her "testimonial" is another of my own testimonials of the value of Deane Juhan's workshop.

TRAGER works! For over 10 years I have suffered from temporomandibular joint dysfunction and myofascial pain. These have resulted in headaches, earaches, sleeplessness, facial tightness and knots through my neck and shoulders. In the past seven years, I have had splint therapy, two years of orthodontic treatment, physical therapy and discussed the option of oral surgery.

Although the orthodontic treatment corrected my bite and relieved some of the popping and clicking, I still experienced a great deal of facial pain. This was a result of clenching and ultimately of stress. The splints helped to control the clenching somewhat, and the physical therapy eased some of my pain, but neither got to the root of my problem, which was stress and how I reacted to it.

TRAGER has helped me to learn to release the tension and stress from my body. We may not always have control over the outside influences in our lives, but we can learn to control how we react to those stresses.

After two 1-1/2-hour TRAGER sessions, I began to feel tremendous relief. The pain from my face was gone and I was able to sleep through the night! Since then, I have experienced facial tightness and pain, but when it occurs I can control it by doing the exercises, or MENTASTICS, given to me by my therapist, Lynne Welke. Within 10-15 minutes the tightness and pain have subsided if not totally

dissipated. In fact, it happens so quickly that I can literally feel my muscles relaxing. This is the most valuable aspect of the TRAGER approach — it helps me to control the pain on my own.

Some of the other treatments I went through served an important purpose (e.g., orthodontics), but I believe that the TRAGER approach has finally addressed the root of my problem, by teaching me how to control the way my body reacts to stress.

TRAGER therapy has helped me tremendously and I would highly recommend it to others.

Sincerely, Stacy Green

FROM THE NEW EDITOR

Jeffrey Joel

Don Schwartz suggested I write a bit about myself as an introduction. I figured that since I have been around the TRAGER world for about 12 years, everyone knew me already. But then I saw the list of people on the International Conference Committee, realized I did not know many of them, and decided that some sort of introduction was necessary.

I live in a yurt in Kelly, Wyoming, a small village entirely contained in Grand Teton National Park, at about 6500 ft (=2000 m). It is in the area generally known as "Jackson Hole", and my partner and I have an office in Jackson, Wyoming. We are about 500 miles (800 km) northwest of Denver, 300 miles (480 km) northeast of Salt Lake City, and 1000 miles (1600 km) from Los Angeles, San Francisco and Seattle. I moved here from Ann Arbor, Michigan, where I taught mathematics at the University of Michigan, was an editor for *Mathematical Reviews*, and had a practice dealing mostly with severely disabled or traumatized clients. I lived for years in both France and Germany and speak or read most European languages as well as Chinese and Japanese.

The TRAGER Newsletter must fulfill many functions: it must serve as a

vehicle for official news and as a forum for members; it must assist in professional development and give inspiration to those, like me, who are isolated geographically. It must help to unite the international community that we, the TRAGER Institute, have become, and to explore cultural differences. Most of all, it seems to me, the Newsletter should serve as a means for sharing experiences. To me this goes to the heart of what the TRAGER approach is. My most profound moments in TRAGER sessions (giving and receiving) have been the sense of this enormous shared space in which anything is possible. I would like more of that feeling of exploration to come into the Newsletter. Field reports and problem-solving are one aspect of this. Yet there is the very palpable intimacy of a session. How do we communicate this to each other? to our clients? to the public?

These questions also go to the heart of the difficulty of developing a marketing strategy. We have talked about this over and over again, going back to the first Conference I attended in Santa Rosa in 1983, but little seems so far to have come from all the discussion. Is there a disparity between the Hook-up we have in session and connecting with the rest of the world?

These are some things I invite you all to explore. I am happy to receive written communications at the address Don gave on p. 24 or by Fax at 1-307-733-1726. (I also invite submissions in languages other than English which would be translated for our mostly Anglophone readership.)

CONFERENCE WORKSHOP PROPOSALS

Practitioner Practicum at the Conference

Gary Brownlee

Like the Phoenix from the ashes, the Practitioner Practicum has been reinstated and just in time for the International Conference in 1994! For those of you who never heard of it, the following description should help. Can you imagine a three day training with not two, not three, not even four, but with five Instructors? And all of them having different body types, different backgrounds, and different perspectives of the TRAGER Approach. We all know the emphasis is in the approach, rather than technique or method. Milton has always said that you can only give what you honestly have yourself, and that Practitioners need to allow themselves to develop physically, mentally, and spiritually. The effectiveness of the work is dependent on the development of the Practitioner. This training offers the opportunity to develop by working with a knowledgeable and experienced group of Instructors of great diversity.

Format: Although the format may change in detail it will likely include focus on individual parts of the body, such as neck, back, etc. with each instructor contributing from his or her perspective. You will experience MENTASTICS led by different instructors at different times. During the class you will have the opportunity to do some tablework and Mentastics with the instructors and get their particular feedback. You will also have the opportunity to ask that question that's been bugging you and get a variety of answers (it might even be five different ones!) And for sure there will be time for trades and probably some work from the instructor on your personal glitches.

Prerequisites: Completion of a Practitioner I training.

Unique Aspects: working with five Instructors at one time; concentrating one individual body parts; and direct feedback on your work. These are fea-

tures that have been valued by Practitioners who have indicated how much it broadened their view and feeling to experience the variety of teaching styles, and allowed more freedom in their own tablework and MENTASTICS. Assistants in other trainings always report how enriching it is to work with more than one Instructor. Perhaps it is because we are in a place to see or hear something differently or that it is expressed in a way that gives us an "AHA!"

An Important Distinction: The Instructors of this class donate their time and energy and expertise, with only partial expenses being reimbursed. The balance of the proceeds go to a committee fund form which expenses of all the Institutes committees are paid. This includes the Education Committee, Marketing Committee, Tutor Committee, Personnel Committee, and Instructors Committee. So by participating in this training, you not only benefit yourself directly, but you benefit the operation of the various committees working for you! How's that for a win-win situation?

Discovering Continuum

Kathleen Hill, Continuum Instructor

I have been invited to teach Continuum on August 15th, a one-day workshop held the day after the 1994 TRAGER Conference (August 11-14). Movement and Breath are what we are, not what we do. This day provides an opportunity for in-depth exploration of our intrinsic fluidity.

Using sound, breath, motion, and silence in open inquiry, we meet creativity in the rich landscape of sensation.

Based on the teachings of Emilie Conrad Da'oud, this workshop is a basic introduction to the concepts of Continuum.

Presentation skills for TRAGER Practitioners

Max Dixon, for 31 years, was a college teacher of acting, movement, voice, public speaking, persuasion, program presentation and other performance courses. As a director, actor and coach he has been involved in a delightfully broad spectrum of creative and artistic challenges. In 1992, Max resigned his position in the Professional Actor Training Program at the University of Washington to devote full time to coaching speakers, attorneys, performers and all who use communication as a vital, primary part of their professional life.

We will actively address those skills necessary to establish rapport with an audience of any size. Participants will learn to clarify, organize and focus their message and to land it with commanding presence and *hook up*. What helps us connect with clients usually needs to be expanded and amplified in order to connect with a greater number of people; and to care with some flair is both possible and enjoyable to learn.

Hands On Maniken®- Hand and Forearm

Cynthia Christy

In this one-day hands-on Maniken class, August 9th, participants will build the muscles of the hand and forearm on a Maniken arm model. This exploration of anatomy is a unique opportunity for your hands to build themselves. Video camera and monitors will be used to provide a close-up visual experience. As you build the muscles in your body, movement will be encouraged. Cynthia will guide you through the layers of structure from deep to superficial, showing you how to form the muscles and read the bone markings. Discussions in these classes tend to be stimulating and invigorating with side trips into evolution and comparative anatomy. Fee includes use of the lab equipment during session. There is limited seating so please register early.

CONFERENCE WORKSHOP PROPOSALS

Somatics Explorations: The Hand

Deane Juban will be giving this class at the Conference. Don't miss it!

The human hand is one of the most remarkable creations of nature. Its arrangement of bones, muscles, and connective tissue is a marvel of engineering; and its strength, sensitivity, and dexterity provide an ever-increasing range of skills that no other species enjoys. More cells in our sensorimotor cortex are devoted to the enervation of the hand than to any other part of our bodies. Indeed, it has been argued that the mushrooming of the human brain was in large measure a response to the unprecedented possibilities created by the anatomical refinements of our thumbs and fingers. Certainly they are one of our few uniquely human features. We will explore the hand's capacities as tool and as feeler. A large repertoire of MENTASTICS and tablework manipulations will be demonstrated and practiced. In addition to addressing our client's needs we will specifically practice the care and feeding of the bodyworker's own hands. (Specific anatomy of the hand, wrist, and arm will be included.)

A Workshop on Sex, Ethics and Boundaries

Daphne Chellos M.A.

Daphne is a psychotherapist, sex educator and certified massage therapist who has been in the health profession since 1974. She developed and taught sexuality and ethics, psychology and communication courses at the Boulder School of Massage Therapy for seven years. She is currently on the faculty of the Transpersonal Counseling Psychology program at The Naropa Institute in Boulder. Daphne has been recognized as a pioneer in sexual ethics in the bodywork field and writes an ethics column in the Massage Therapy Journal.

Do you know the difference between touch and intimacy, sexuality and sensuality? Are you comfortable discussing boundaries with your clients? Do you know what a dual relationship is? Can you write your own personal code of ethics? Have you ever been attracted to a client and noticed it affected your work? Are you concerned about being accused of sexually abusing your client?

These questions are at the heart of working ethically with our clients. In this one-day workshop, we will explore the answers to these and other questions and provide you with skills to deal effectively with sensitive client-practitioner interactions. The format combines lecture, small group discussion, role plays, and personal reflection.

This workshop will be offered twice at the Conference. On August 9th (for Tutors only) will focus on these issues as they relate to the tutorial setting, and August 10th will focus on the private practice setting and is highly recommended for all Practitioners and Students.

August 11—14, 1994: 7th International Conference: Expanding Our Vision, Within and Beyond

Calling All 1994 Conference Workshop Leaders

What special idea or experience can you share with the TRAGER community?

The 1994 International Trager Conference's focus, **Expanding Our Vision, Within and Beyond**, emphasizes space and time to nurture our inner visions of our own TRAGER work, and to explore our next step to move that vision into the world around us.

We will be offering a wide range of workshops. We are especially interested in facilitating panels concerning specific client populations (such as abuse survivors, physically disabled, 12-step, very young, senior citizens, etc.) and active TRAGER practices which interface with other health professionals (from the mainstream medical to alternative medicine and whatever is in between.) If you have a special expertise, please fill out a workshop application (on p. 24 of this newsletter), drop us a line, or call us. We want to get people together to share their experiences. And if you have another great idea, let us know that, too. This is your conference, help us have a program that helps you grow.

Here's what to do:

1. Think of a great idea;
2. Fill out the application;
3. Mail it to Carol Day at 21 Whittier Avenue, Trenton, NJ 08618 or fax it to: 609-392-1211 (day or night) before the January 1st deadline.

See you at the Conference!

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Winds of Change

Don Schwartz

I'm happy to announce that your newsletter has a new editor, Jeffrey Joel, a Tutor from Kelly, Wyoming. Jeffrey has volunteered to take on this important job, and with support from the Committee on Committees, and Board of Directors, he has received this job. Sometime soon, the Committee on Committees also hopes to establish a formal publications committee.

Jeffrey has many hats. He is a mathematician, knowledgeable computer operator, and linguist. The amount of time and energy involved in editing the newsletter has diminished my capacity to offer the depth and strength of support and leadership for our organization that I can and want to give. Additionally, it will be a healthy change to have a new perspective inform both the graphic look and content of our newsletter.

I hope all of our members will support Jeffrey in this new role. How best to do that? Send him articles! As always, we need more reports from the world of TRAGER, about your significant experiences with clients, and in trainings. Educational staff, we need to hear from you. And when you send in an article, add some more direct connectedness by including a good quality black and white photograph. You may send your newsletter contributions to: Jeffrey Joel, P.O. Box 70, Kelly, Wyoming, 83011. Thanks for supporting Jeffrey, your newsletter, and, ultimately, your organization.

(A note of introduction from the new editor can be found on p. 21.)

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SPRING

NEWSLETTER

DEADLINE

FEBRUARY 15, 1994

THE TRAGER NEWSLETTER

**Workshop Proposal Application: 7th International TRAGER Conference
Deadline, January 1, 1994**

Name: _____

Address: _____

Phone (day/evening): _____

Biographical Information (include years of TRAGER work, special training or certification, leadership training, etc.): _____

Presentation title: _____

Description (use additional sheets if required): _____

Language of Presentation: _____

Equipment Needs (overhead projector, screen...): _____

Room Needs (chairs, tables, open space, etc.): _____

Minimum and Maximum Class Size: _____

Mail to: Carol Day, 21 Whittier Ave., Trenton, NJ 08618, or

Fax to: (609) 392-1211