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Trager Research: The Foundational Rocks and the Hard Places

Cynthia Glidden, Ph.D.

In the Summer, 1994, issue of the *TRAGER Newsletter*, Michael Stulbarg presented arguments in favor of systematic research to document the effects of the *Trager* Approach to health. Dr. Stulbarg's thought-provoking article described the inferential strengths of a tightly designed outcomes study. In addition, the difficulties of undertaking a controlled, randomized experiment were noted, with the recommendation that less controlled, but still organized, investigations can also yield information.

I agree with Dr. Stulbarg's conclusion that quality research is a necessary component of legitimizing *Trager* to the "health care mainstream". Dr. Stulbarg also aptly highlighted four crucial factors that al-

low scientists to infer that a prescribed treatment has had a beneficial effect. These factors include:

1) *the formulation of hypotheses*: Using theory and comparing it with our observations helps test whether what we see in our practice is consistent with what we think we know about how *Trager* works.

2) *random assignment of clients to treatments*: In order to assess the effectiveness of *Trager*work, we need an appropriate base of comparison. For example, how do clients who have received a specified series of *Trager* sessions differ (i.e., in pain, flexibility, etc.) from those who received no treatment? Ideally, all clients in the study should have an equal (random) chance of being assigned to the *Trager*treatment group or the no-treatment comparison group, that is, "ideal" in terms of ruling out alternative explanations of changes observed in the participants. We should note that optimal conditions for scientific induction are not necessarily ideal in the perspectives of clinics or practitioners who administer the treatments.

3) *observational procedures to reduce expectancy biases*: The person(s) providing the treatment should be someone other than the person(s) interpreting and analyzing the observed data. Otherwise, the type of treatment investigators provide might be subtly influence by the research hypotheses. Or the therapy

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In the Learning Process

Carolyn Amala Viola

Carolyn is a new practitioner who lives in Ringoes, New Jersey. This is her Practitioner Essay. Several names have been omitted to shorten it.

Several years ago, I became a support group leader for the Kripalu Center for Yoga and Health in Lenox, Massachusetts. I was aware that James and Carol Day, former Kripalu support group leaders, lived in my area and were now involved with *Trager*bodywork. I knew nothing of this work, but I wanted to meet the Days so I enrolled in their one-day *Trager*Introductory Workshop. I am a mother of two young children and taking the time to participate in this workshop supported me in my personal growth and reminded me what feeling relaxed felt like. Living close by made my child-care arrangements easy. This was a gift! When it came time to take the beginning *Trager* training, I did it for those reasons again: personal growth, relaxation and child-care convenience.

Many of my needs were met during the beginning training. However, I left with many unanswered questions and a feeling that I really had no idea of what this work was about. I am comfortable with people and touch, working as a voice and yoga teacher, but I could not get a sense of the *Trager* tablework. Each

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outcomes might be subject to a "halo effect", where the practitioner who naturally wants to see and show positive change understandably reports improvement in client functioning. This is *not* to say that the client has *not* in fact changed significantly. The point is that the outside (possibly skeptical) observer could easily discredit such "results" as confirmation of the *Trager Approach's* effectiveness on the grounds that self-reports of treatment outcome are not the most objective source of comparative analysis. In addition to the practitioner's self-assessment of practice, *Trager* work must also be subjected to the relatively unbiased scrutiny of observers who are not part of the practitioner-client dyad.

4) *the difficulties of conducting systematic experiments on Trager*. Yes, it's true. Controlled research involves complex organization and delicate negotiations to identify appropriate, willing participants, to insure that they are assigned to adequate treatment comparison groups, and to give a statistical analysis and interpretation of the outcomes of *Trager* treatment. Difficult, but not impossible. With the coordinated efforts of research teams, controlled experiments and quasi-experiments can be conducted, with each team member playing a critical role. (Quasi-experiments are those investigations that incorporate as many controls over the conditions as possible, even though complete random assignment to treatment groups is not practically feasible.)

My restatement of Dr. Stulberg's points is to emphasize the integral nature of research and *Trager* practice. Meaningful research always requires us to consider the tradeoffs between scientific rigor and practical relevance.

The *Trager* Institute needs to

create and develop research teams to define and investigate questions about the effective mechanisms of the *Trager Approach* to health. Roles you could play on such a team might include:

(a) specifying questions about how the *Trager Approach* influences client functioning and deriving testable hypotheses from these theoretical questions;

(b) developing outcome measures to quantify variations in clients' responses to *Trager* sessions;

(c) designing a plan for assigning subjects to treatment comparison groups;

(d) identifying sites where controlled observations could be conducted and obtaining staff cooperation with the research design. This usually involves convincing those who will make treatment assignments that concerns with rigor and relevance have been adequately balanced;

(e) volunteering to facilitate access to *Trager* clients (with clients' informed consent) and/or to provide *Trager* treatments to clients participating in the study. Very likely, volunteer practitioners or administrators would be compensated in some way for their participation on the research team;

(f) analyzing, interpreting, and (hopefully) publishing the results of a systematic comparison of treatment group outcomes. Continuing our earlier example, this might involve comparing data from clients who have received *Trager* work from those who (as yet) have not. (As Dr. Stulberg noted in his article, clients in the no-treatment "control" group may be offered treatment upon completion of the study. This also creates an opportunity for a second wave of data collection!)

In conclusion, scientific research

does not yield perfect, unassailable knowledge, but it does provide a more objective basis which health-care professionals can use to communicate about their work. If you are interested in becoming part of a *Trager* research team, please contact me at the Department of Psychology, Southern Illinois University, Carbondale, IL 62901-6502 (phone: 618-453-3541, e-mail: GA3981@SIUCVMB.EDU). It is my hope that *Trager* research teams will successfully undertake investigations to promote interaction with other health disciplines, address concerns of *Trager* practitioners, and enhance responsible practice.

Trager Work and the Language of Medicine

Jack Liskin, M.A., P.A.

Jack is a Trager Practitioner, Physician Assistant, and Clinical Assistant Professor of Family Medicine at the University of Southern California School of Medicine, where he practices the Trager Approach and heads the Physician Assistant educational program. Beginning in 1995 he will be presenting a two-day elective on "The Trager Approach in the Medical Context" for Practitioner continuing education credit.

The relationship of *Trager* work to medicine—and of the respective communities—is complex, changing, and sometimes uneasy. To the casual observer, medicine and the *Trager Approach* are at best distant cousins, occasionally communicating with each other, but separated by setting, culture, language, and perspective. But the relationship need not continue to be so remote. If we look back at Milton's personal

history, we remember that he went to Mexico to study medicine in the late 1940's as a way of legitimizing his work in the eyes of the medical community. That he did not succeed in converting doctors to his methods was a reflection of the times in which he practiced, his personal style, and the ways of medical people.

We all know that Milton's work is best understood by feeling it, not by talking about it. But we must start by talking if we wish to widen our practices and make our work known in the larger community outside the *Trager* and bodywork worlds. And talk we should; our work is valuable and is worth telling about. But how shall we talk about our work, especially to those who provide conventional health care services, and to those who receive such services, namely, almost everyone in the developed world? We know from experience that they need this kind of work. When it comes to verbalizing what we do, however, we often stumble. And when it comes to documenting our work in writing, we fumble even more.

At the recent International Trager Conference I presented a workshop, "Documenting Trager", intended to bridge the communications gap between our work and medical work. The workshop stimulated much interest and dialogue and seemed to fill a need which had not been widely recognized. This workshop was one part of the two-day elective mentioned above. The primary theme of the conference workshop was that we can and should learn to communicate well with the medical community, and that we can even have fun in the process!

We all speak our primary language, and we also use a specialized vocabulary that has emerged from

Milton's work. That second language, which we might call "Trager talk", includes words and phrases like "hook-up", "how should it be?", "what could be lighter?", "*Mentastics*", "shimmer", "Psychophysical Integration", and so forth. The world of medicine (and here I include physicians, nurses, physical therapists, chiropractors, and many others) uses its own specialized vocabulary. Unfortunately, people in the world of medicine not only don't understand Trager talk, they may think it is ridiculous. There is also good news: medical jargon is not as difficult as it might seem, and by learning a bit of it, as yet another language, we can communicate effectively with health-care professionals, and remain true to our work and our selves.

It is not possible in this space to teach a whole new language; for the purposes of this article I will address the ways we tend to introduce our work to others and suggest ways we can modify our spoken language and prepare written reports to create the best possible effect on health-care professionals. I will digress here to say that most such professionals want badly to do the best they can for the people they care for. They want to know what works for their patients, and they will recommend it if they think their patients need it. Furthermore, health-care professionals often do not know their patients as intimately as we do. Most outpatient medical care is compressed into 15 minute time slots; doctors rarely spend the time that we spend with people. One workshop attendee at the conference asked if I thought it was all right for her to tell her client's doctor that the client appeared to be clinically depressed. My response: "By all means!" Not only is it okay, but the

doctor will most likely appreciate receiving such information. In fact, if doctors or other clinicians refer people to you, sending a report of your work, at least at the start, is the correct and professional thing to do unless the client objects.

If you tell a physician that you do *Trager* work, you will likely get a blank stare in return, or at best a curious stare. You *should* say it, but you had better be ready to add something, quickly. If you say "Psychophysical Integration and *Mentastics*", chances are you will get no response at all, or perhaps you'll hear a faint internal groan or see eyeballs rolling upward. To most health-care professionals, those terms sound like just one more unproven therapy. If you abandon *Trager* talk and say something technical like "neuromuscular reeducation", you sound to them as if you're puffing yourself up. If, after struggling through your introduction, you add that the whole approach is based on "hook-up", they'll be out the door faster than you can say "Hippocrates".

It's not that conventional medicine isn't also made up of many unproven and unusual therapies. It is well known that much of what is "medical fact" today will be proved wrong within ten years. However, medicine does have a long history of careful study of illness and therapies, and, just as important, writing about it, submitting it to critical review, and sharing it with colleagues. Therefore, in the minds of most clinicians, if it doesn't appear in the written medical literature it doesn't exist, or is probably not worthy of attention. This apparently narrow outlook has at least some justification. Clinicians deal with serious medical problems—and serious liability concerns—and it is difficult for them to embrace some-

thing whose effectiveness is difficult to prove. On the other hand, it is also true that clinicians tend to believe only other clinicians of the same stripe.

Fortunately, there *are* many studies in the medical literature which document the benefits of relaxation for a wide variety of medical conditions; we can make use of this information. I remember being introduced a couple of years ago at a support group meeting for people with dystonia, a fascinating neurological problem with several subtypes, which affects a small portion of the population. The neurologist, who had previously referred a number of people with Parkinson's disease to me, told the group that I did "relaxation training". I thought about that for a while... "relaxation...wellllll...why not?" It was comfortable for him to say and to refer to the current medical literature, easy for the group to understand and accept—even if they hadn't a clue as to what it really meant—and, best of all, it was accurate. Perhaps it didn't say everything there is to say about the *Trager* Approach, but it said a lot.

"Relaxation training" has since become the term I use most in describing my work to health-care professionals. It is an easy way in. What could be more *Trager*-like? With that as entry, you can then go on and use many descriptive terms such as "movement education" and "body awareness", along with *Trager*-talk terms, including the name "Trager", as well as "freer", "easier", and "softer". And then you are "freer" to do your work. To convey the idea of "hook-up", you can say that the work is done in a "meditative" state to which people can return in order to re-experience or sustain the effects of a session.

Because I work in a medical setting and am licensed as a physician assistant, I write chart notes on my sessions, and if I see someone referred by specialists, as I often do, I send them a report of my first session including my findings and my plan. How do I document effectively? Here again, I use terms easily understood by medical people that are also true to the work and neither very technical nor outside the realm of common speech.

When you talk to a person before a session, you are taking a "history", and you can describe in writing the nature of the problem, its timing and location, what makes it better or worse, and ways the person has sought to relieve it, including medications. If there is pain, you can ask the person to rate it from 1 to 10, with 10 being the worst pain possible. When you document your tablework activities, you can say that you "mobilize" the body using "passive motion" (that is, moving the body without the person's doing anything); you help the person to increase "range of motion" (known as "ROM" in the extensive sublanguage of medical abbreviations). You "flex" parts of the body, "extend" them, and "rotate" them. The tissue or joints might be "tender" or "rigid" when you move them, less so after you are done.

For *Mentastics* you can add or substitute "instruct", "teach", "demonstrate", and have the person "practice" what you have taught in the "movement skills training" portion of the session, in order to help the person improve "balance", "gait", "mobility", and relaxation. If you have helped the person reduce "rigidity" and decrease "excessive tone", as well as diminish pain, you can include that in the chart. In an "assessment" or "impression" sec-

tion you can document the "diagnosis" as given by the referring clinician or you can state the person's "problems" to the extent that you know what they are, whether back pain or muscle tension or headache, as well as your assessment of the possibilities. In another section you can document your "plan", which might include a certain number of sessions, based on your knowledge and experience and the nature of the person's problem, as well as "home practice" of the skills you have taught.

What follows is a sample write-up taken from my own practice:

Person's Name: *Date*

History: This 36 year old recently married woman, a schoolteacher, was referred by Dr. X for chronic headache of seven years' duration which began while she was attending college. Headaches are triggered by stressful situations, reduced fluid intake, bright light and other external stimuli. She was taking Tylenol and aspirin for the pain until a month ago. She is now on an anti-depressant prescribed by Dr. X which has improved her sleep but leaves her feeling worn out during the day. She describes herself as a perfectionist who always tries to please others and works hard to meet her own and others' high expectations. She feels chronic tension in upper back muscles and says she lacks body flexibility. In college she had the beginnings of ulcer disease, since resolved. On summer break her symptoms diminish.

Evaluation/Therapy: I saw this very pleasant young woman in the consultation center the afternoon of November 2. She was eager to talk about her situation and recognized the pressure under which she routinely functions. Her neck rotation and flexion were restricted. The

chest was stiff, and hip circumduction was limited. The trapezii were bunched and hard. There was gradual relaxation and improved mobility in all areas by the end of the session. Movements were demonstrated and practiced to induce a relaxation response and relieve the workload of the upper body muscles.

Impression: There is clearly a muscle tension component to this patient's headaches, exacerbated by chronic self-imposed work and personal pressure. With some behavioral change and limit-setting along with improved body awareness and relaxation skills, she should be able to lessen headache frequency and intensity.

Recommendation: Four to six weekly *Trager* sessions with daily home practice, accompanied if possible by counseling support.

Signature & Printed Name

If you know precisely what anatomical structures are involved, name them. If you don't then refer to larger areas of the body: "trunk", "extremities", "cervical", "lumbar", "thoracic". No one is likely to reject your work on the basis of this simple approach. Further, your notes allow you, the next time you see the person, to refresh your memory and focus on the directions you have decided to follow.

On return visits, you can use the standard elements of a medical progress note. In a subjective (S) section you relate what the person tells you about changes since the last visit. In an objective (O) section you note what you have found the person's state to be by means of your tablework, *Mentastics*, and other observations. In an assessment section (A) you restate the diagnosis or problem, with a comment on its current status. In a plan (P) section, restate your plan based on the re-

sults of this visit. Here is a sample follow-up visit, using the same person whose first visit appeared earlier:

Person's Name: *Date*

S: Practicing relaxation skills conscientiously with good results. No headaches since last visit. Some trouble falling asleep but now sleeping through the night. Mid- and low back pain noted.

O: Improved mobility/relaxation generally, especially neck. Concentrated today's session on neck, paraspinal and upper back musculature, and hip flexion. Showed movements to relieve workload on back and neck.

A: Chronic headache: improving

P: Practice as instructed. Return in one week. I will bring a relaxation tape to lend for sleep.

Signature

This brief sampler of written and spoken language is neither comprehensive nor the "last word" on the subject; certainly it is not the only important element in interactions between *Trager* Practitioners and health-care professionals. I hope that it has conveyed the possibilities for opening our world and the medical world to a growing and more satisfying relationship in the years to come, and for enjoying ourselves in the process.

How Big Is Our Tent?

Don Schwartz, Ph.D.

Words

For this article I use the words "somatic" or "somatics" to refer to all skilled touch and movement practices. The word "field" refers to the set of all practices, practitioners, instructors, and organizations. I chose "field" rather than "profession" because "field" is inclusive of other contexts in which somatics are practiced in addition to the professional context.

Around the World

"Would you rub my shoulders?" one friend asks the other. A minister carefully places her hands on a congregation member's back and holds them still. A nurse, practicing "therapeutic touch", touches his patient; he also holds and moves his hands a few inches above the patient's body. An orthopedic surgeon skillfully moves a patient's rib cage during an examination. Shamans include touch and movement in what they do. A physical therapist helps a patient recover from a recent injury through various stretches and range of motion movements. A piano teacher shows his student the best way to sit. An Aston® practitioner shows a tuba player how best to hold the tuba. A Tellington-Jones practitioner improves a horse's posture. A growing number of veterinarians are using touch in their practices. Parents help their children to learn to walk. A coach instructs her athletes. Massage, bodywork, and somatic practitioners and therapists—from both Western and Eastern perspectives—touch, move, and give movement instruction to their recipients in homes, offices, clinics, hospitals, country & athletic clubs, hair salons & beauty parlours, health spas & retreats, on TV & movie

sets, and virtually anywhere that you can fit a table. Doctors of physical medicine, physiotherapists, chiropractors, osteopaths, and other kinds of licensed health-care professionals use touch and movement in their practices. Movement classes from Western, Eastern, and combined perspectives occur throughout the world. This is the world of touch and movement—the world of which *Trager* and *Mentastics* are a part.

Are You Satisfied?

I came into administration in 1980 as a failed practitioner. After my *Trager* training in 1978, I received incredibly positive feedback on my *Trager* work, but I didn't get nearly enough clients to justify a practice. Some clients wondered why people were not beating "a path to my door". I had the skill, the feedback, the business cards, constant promoting, and few clients.

Even before my participation as a full-time administrator in The Trager Institute, the most frequently expressed concern from *Trager* Practitioners had been—and still is—the issue of having enough clients to make up a satisfactory full- or part-time practice. As I read the publications of other somatics organizations and spoke with their practitioners, I began to see this phenomenon linking the various somatic approaches: practice development is a universal concern. Look at the many books, lectures, workshops, and tapes available to support the individual practitioner. Therefore, from both personal and professional perspectives, the issue of developing a successful practice has always been important to me. I deeply empathize with the many practitioners who have not yet created a satisfactory practice.

Are you satisfied with your prac-

tice? This article is essentially about identity, separation, connection, and organization—abstract topics, to be sure, but ones which directly affect how we think, feel, and behave as practitioners—especially towards our peers, our respective organizations, and the somatics field. Our behavior, in turn, affects the impact—or lack of impact—of our practices.

The "Goldfish Bowls"

One major block for many somatic practitioners is a lack of public awareness of the value of our work. I have learned the obvious—that the two primary ways of developing public awareness are "word of mouth" and active promotion. With so many people on this planet and the population increasing geometrically, I saw some limitations to the effectiveness of the "word of mouth" approach. Knowing the incredible amount of energy required to promote to large numbers of people, I reasoned, in the early 1980s, that the somatic organizations should get together, pool our resources, share our challenges, and mutually support our emergent efforts. I began making phone calls, and knocked my head against what I call "goldfish bowls". Each organization seemed like a goldfish bowl, dealing only with itself. I was disheartened at this experience of provincialism which seemed anathema to the values inherent in the many somatic approaches I had experienced directly. It also seemed ironic that so many of us—individuals and organizations—were asking medicine to open its doors to wildly different forms of "treatment", yet we were not willing to open our doors to each other.

Separation and Connection

There are millions of people around the world who utilize touch

and/or movement as a—or the—form of their service. Those of us who practice—in whatever context or form—are connected through the commonality of our service and practice. Now, I'm a great believer in the balance between unity and diversity. That is, I value supporting both individuals and social organizations as wholes, as well as acknowledging and honoring their differentiated parts or aspects. Referring to the subjective, to how individual practitioners perceive themselves in relationship to all others, I perceive that we need to open our individual experience more to our sharing of common values and practices. We are out-of-balance by being over-differentiated, over-identified with the particulars of our touch and movement world—our particular practice, our continent, our nation, our province, our state, our city, our professional stature (or lack of one), our organization, our language, etc. These are the qualities we use to separate ourselves from each other. By identifying more with those aspects of touch and movement which we share, we will be more able to contact each other, and, therefore, to provide much needed communication and mutual support.

What's The Point?

Tragedy. Right now, countless numbers of individuals around the world are in great need of attention from highly skilled and deeply caring somatic practitioners. There are many more without great need, but who can still benefit from work which can serve either as a preventative for health problems or which can serve to optimize well being; and there are millions who would simply enjoy receiving somatics sessions! Concurrently, countless practitioners and practitioners-to-be

want people—and, for some, non-human animals—to serve. But, many connections and contexts within which givers and receivers may share do not yet exist in adequate numbers. How do we create them?

How Big Is “Our” Tent?

Participating in the formation of the Federation of Therapeutic Massage and Bodywork Organizations has been a good first step for the 6 organizations involved. It is serving a valuable purpose, though it does not directly affect The Trager Institute’s growing membership outside the United States. (Please see Cherie Jones’ article on the latest Federation meeting on p. 20 of this newsletter.) I hope our Institute will consciously and intentionally become part of the greater world of skilled touch and movement, will give to, and receive from this greater world. And, in the realization of our organization’s potential, I hope we will provide leadership to the somatics world. I don’t have a ready answer as to how we can do this. But I do have a vision that our support of, and participation in this larger tent would be mutually beneficial.

Such a participation would need, first and foremost, support from our membership. However, as an organization, The Trager Institute needs to address those areas which divide us, which sabotage our own sense of belonging. On the surface, our divisions are national, geographical, linguistic, and monetary. On a deeper level, we have not yet fully committed ourselves to solving these problems of division. Do we really want to have a world-wide Trager Institute to which we all feel a sense of belonging? If we will collectively answer that question in the affirmative, and with feeling, we will solve these surface problems, we will reach

out to each other: member to member, region to region, nation to nation, and continent to continent. We will create communication and support systems that enable us to be truly connected. For The Trager Institute is a microcosm of the entire world of skilled touch and movement.

If we can become a model organization, that is, if we can place our organization’s various aspects into a coherent whole, I believe The Trager Institute could serve a major leadership role in bringing more connections to the international somatics field. We have members from many nations and several continents, our membership represents at least 7 different languages, we have members who practice in homes, offices, and in medical settings, and we have members presenting at major somatics conferences throughout the world.

Can we feel, as *Trager* members, that we are all in one tent, and can we see our tent within a larger tent? As much as possible, I want to be a voice of unity within The Trager Institute, and that means working with our members throughout the world, with our committees, administration, and Board to break through our own goldfish bowls, to make our tent larger. Recent information from the 7th International Conference in Pennsylvania bodes well for the Institute. Many members became inspired to become more active in the co-creation of The Trager Institute. I’m sure these members are sharing their enthusiasm with their fellow members in their home towns, regions, and nations.

I also want to be a voice of unity for the somatics field, to help balance the field’s differentiation with integration and cohesion. I see the

field using the resulting synergistic energy in emerging fully in the world, and in bringing givers together with receivers. There’s good news in this arena, too! Coalitions of practitioners representing various somatic orientations and organizations are forming in some states throughout the United States. Credit should be given both to the individuals involved as well as the leadership provided by the Federation. I hope The Trager Institute’s own integrity and vitality will allow us to be a catalyzing force for, and an integral part of the continuing evolution of the somatics world.

A Call to *Trager* Members and the Somatics Field

In conclusion, I want to make a specific suggestion addressed to all individual somatic practitioners and organizations. Between individual practitioners, within organizations, and amongst organizations there are countless and endless discussions regarding how best to represent the somatics field to the world, how best to emerge. These discussions often end with more questions than answers. And some of the answers seem impossible to realize.

There is one giant missing piece of our puzzle which would help answer our questions, and which would significantly support our emergence. That piece is a major sociological/anthropological study of touch and movement. This study would look for, and report on every context within which touch and movement are practiced. It would include qualitative and quantitative information from and about practitioners, instructors, recipients, students, schools, organizations, administrators, business people, bureaucrats, leaders and authors, the media, and politicians. It would be a major reference guide any somatics

practitioner or organization could use in support of his or her own practice, of any particular somatics approach, project, organization, and/or the entire field. This project would obviously be very expensive, and, therefore, require the support of many individuals and organizations. It would most certainly be a test of the somatics field's ability to develop a greater context in support of a major project.

Often, when a proposal of this scope is made, a pilot project is required. In the United States, at least, that project has already been conducted. Dr. David Eisenberg, et. al., in their article entitled "Unconventional Medicine in the United States, Prevalence, Costs, and Patterns of Use", reported in the renowned "New England Journal of Medicine", on January 28, 1993, that Americans are spending more than 13 billion dollars—for the most part, out of their own pockets—annually on "unconventional medicine". This one small article was picked up by the national print and broadcast media. The entire nation was so informed, and it became clear that "unconventional medicine" is an undeniably powerful and growing force.

The first step in this proposal is just to articulate the vision. I hope that those of you who have backgrounds in academia, scholastics, sociology, fundraising, anthropology, marketing, research, and demographics will consider this proposal, will begin envisioning it, too. The key to making its international nature successful will be to develop a research protocol replicable from nation to nation, yet flexible enough to confront any and all cultural and economic differences there may be from nation to nation. My pet name for this document is "World Touch."

I look forward to hearing from those of you who have an interest in this project.

Leaders or Followers: Post Script and References

Don Schwartz, Ph.D.

Thanks to all those who have given me their feedback on my "Leaders or Followers" article which appeared in our last newsletter. Steve Eabry, an author and the husband of *Trager* Practitioner Martha Eabry, sent a letter informing me that the number of touch and movement practitioners who are not affiliated with any touch and/or movement organization is great, very great. This phenomenon brings up questions about the role these individuals play in representing themselves and the somatics field, and how the somatics organizations can best relate with them.

As I sent "Leaders or Followers" off for publication, I was very frustrated. I was having difficulty finding references on the issue of the nature of professions—one of my article's concerns. Naturally, I found these references after the newsletter was published. In the spirit of "better late than never", here are a few references about professions. If you have any more, please mail them to me at our Mill Valley office. Thanks!

References: "The American Journal of Health and Medicine" has published two major articles. The first is "Private Credentialing of Health Care Personnel" published in two parts. Part I appears in the Summer, 1983 issue (Volume 9, Number 2) and Part II appears in volume 9, number 3, Fall, 1983. Also appearing in the Fall, 1983 issue is "Licensure of Health Care Professions: The Consumers Case

for Abolition."

Two excellent books have recently appeared covering the values/public service issue of professions. They are:

Patch Adams, M.D., with Maureen Mylander, *Gesundheit!*, Healing Arts Press, 1993. *Gesundheit!* also has a great bibliography—including the issue of health service provision and values clarification.

Sol Linowitz, *The Betrayed Profession: Lawyering at the End of the Twentieth Century*, Simon and Schuster or MacMillan, 1994.

We're in the Market

Megan Eoyang, CMT

In the last newsletter, I wrote about the value of making an internal shift from "selling myself" to "sharing myself", and about Milton's advice that we develop ourselves constantly. Part of my own development work is reflected in a quote from the wise man, Hillel: "If I am not for myself, who will be? If I am only for myself, what am I?" Professionally we belong to a larger community peopled in part by other health-care professionals, in part by clients and potential clients, and by our friends and families. How often have we heard the phrase "the web of life"? We can be stuck in it or we can send out strands to strengthen and beautify life.

When a client speaks of a health-care professional (alternative or traditional medical, fitness, or psychological) whom they hold in high regard, I ask to learn more about that provider so that I can add them to my "Referrals for Clients" file. I ask the client if they will tell the provider about me. Then I send a letter introducing myself and *Trager*

work. I write about my commitment to referring clients to outstanding professionals in many fields. Sometimes I offer a professional a *gratis* (free) session; sometimes I suggest a trade. In either case, I write that I will call in 1-2 weeks to answer any questions they may have about me or the work, to learn more about them and their practice, and to arrange a *gratis* or trade session if they would like. And then I remember to call. Sometimes I get brushed off, but since we share a client, people are usually polite; and sometimes we make a very useful connection for both of us.

I make many referrals to other professionals, and when I do, I always ask my client to be sure to mention that I referred them. If it appears likely that the client *will* go, I drop a postcard in the mail to let the other professional know to expect my client's call. Put it in writing: what goes around, comes around. So, when a client or another health-care professional makes a referral that yields a session for me, I always send a written thank-you for that referral. It takes a moment to let people know that you appreciate their support, their confidence, and their connection—another strand in the web of life.

I always include an article or two about *Trager* work with my introductory letter. It is important to remember that other professionals, like you, are very busy people. Anything longer than one page (two-sided at most) is likely to go directly into the recycling bin, unread. If they're interested in learning more, they'll tell you. Otherwise, they appreciate your thoughtfulness in providing information and not abusing their limited time.

Have you noticed that each *Trager* Newsletter lately has included

a reprint of an article published about *Trager* work? These articles are included specifically to help us with our professional marketing work. Gary Brownlee's article on *Trager* and fitness is terrific, and can be used when approaching health and athletic clubs, sports coaches, personal fitness trainers, and sports teams. In this mailing, the Institute office has enclosed an excellent piece by Adrienne Stone and James Day describing *Trager* from a physical therapy perspective, very applicable to contacts with physicians, physical therapists, chiropractors, nurses, sports injury and pain clinics, and other medical professionals. My short piece in the last mailing was specifically written with the intention of introducing our work using no *Trager* jargon, just plain English, and I send it to people who inquire about *Trager* work. Then I make a follow-up call to answer any questions and offer to make an appointment. We learn from experience: in the future, these articles will only be printed on white 20# paper stock or better, so they can be used as masters for making copies. (Sorry about the orange paper used for Gary's article.) Copies of these or any other articles on hand at the Institute office are always available to practitioners, students, and friends of *Trager* at cost. Just call Esther Cherk at the Institute office.

How do you share yourself? What language do you use to describe *Trager* work? The benefits of the work? What can you share about successes using *Trager* work? Help us dialogue. Send a few strands of the web back into our own *Trager* community. I'll share whatever you send to me: Megan Eoyang, c/o The *Trager* Institute (address on last page). Wishing you well!

Networking: Your Success Connection. Part II

John Hourigan

Part I of this article appeared in the previous issue.

Forming your own Success Team: There's more to networking than talking to people you bump into occasionally. One method involves forming a Success Team. (This is like a support group, but it's typically much more proactive than the usual support group.) It is actually a powerful extension or a consolidation of a special subset of your total network.

There are many reasons you might want to form such a group:

- They provide a ready source of professional advice, consultation and problem solving.

- You'll have a group of people whom you trust, people with whom you will feel comfortable and safe in discussing your business problems. However, the scope of your discussions is up to you and the other group members.

- They bring variety and stimulation, new ideas on how to grow your business. And by doing this, they also help you deal with the isolation you might experience from being in business by yourself.

When inviting others to join you, to join your support group, share your values with them. When I formed a professional support group, I shared some of my goals and values. It went something like this:

- I want to have a positive influence on people's lives.

- I'm committed to my goals and to helping others achieve theirs.

- I accept your reason for joining me (or my team). It doesn't have to be the same as mine; it just can't conflict with my goals.

• We all must have a shared sense of purpose (or else why are we meeting?), even though we'll each measure success differently.

To form such a group, first think about who you would want as business advisors. People in your own field would be a place to start. Then think of a few in other fields who might be interested in joining your group. As a business person, you'd be surprised at how much you have in common with the person running the local hardware store, nursery, bookstore or coffee shop. Or other bodywork entrepreneurs for that matter. They can not only help you solve your problems but they can send you customers as you can for them.

Once your list is developed, contact them (either by calling or writing a letter) and explain what you're trying to do, that you want to form a support group for the purpose of improving each other's business.

"We're putting together a team of business people who are committed to doing whatever it takes to be successful!"

You might organize this first meeting around a lunch at a local restaurant. After everyone has been served, do an *inclusion* exercise, anything that is brief and uncomplicated but that will get everyone introduced and talking to each other.

[For example: tell everyone to turn to the person on their left and in two or three minutes each, tell each other who you are and something about yourself and your business. After about five minutes, ask for quiet and then have each person introduce the person they were talking with to the group.]

Agree on rules for running the meetings: start on time, individual members are responsible for their own goals, rotate leadership and

share responsibility. Prepare an agenda, based on whether the meeting is to have a guest speaker or be for problem solving, then assign priorities to the agenda items, ask for member input or agreement, and then start the meeting.

Tell the group why you're here, what you want from the group, what they can expect from each other, how they will benefit from being part of the group, and so on. Ask for their input, their ideas on how the group can be useful and effective. It's important that you have a clear vision of what you want to accomplish (*vis-à-vis* the group). Enroll them in your cause - to be successful and to contribute to everyone else's success!

You may want to start each meeting by asking a few people to share something positive they've done since the last meeting, something that was a result of being part of the Success Team!

Possible guest speakers: ask your tax accountant to talk for 20 or 30 minutes on the tax problems of small businesses, or whatever. She'll do it because you asked her to and because there are 10 or 15 potential tax clients around the table. Next, your insurance agent, then someone from the advertising department of your local paper, a lawyer on wills and trusts, your local banker on near-term financial trends, financial planners, and so on. Keep the meetings interesting and rewarding. Ask members of the Team to speak too.

In problem-solving meetings: encourage members to describe a problem or concern they're dealing with. The Team can then brainstorm possible solutions. It would be useful to have a flip chart handy and have someone volunteer to chart all the input from the group. The

completed chart and any other notes would then be given to the person who raised the issue.

Finally, don't be bothered by drop outs, the world is full of them. Just recruit new members who are more interested in being successful than the drop outs were!

What Else Can you Do? Lots!

1. Join organizations that may be of professional interest to you and at the same time, provide you with new opportunities to network. Examples: Chamber of Commerce, Women's Groups, University Women, Toastmasters, Rotary, Kiwanis, Lions, etc. You think of some!

Go to the meetings to meet people, find out what they do, tell them a little about what you do, **give them your card** and go on with the conversation. Let them bring you back to Topic A. [You, in case you've forgotten!]. But if they don't, you do it when you feel comfortable. [Remember, you've got to be able to tell them who you are, what *Trager* is and how it can benefit them in about 35 words!]

Thank them for the conversation and move on to someone else. Make a bet with yourself that you can meet everyone there before you go home. Another goal: don't go home with any cards left in your pocket.

If you meet someone and you fail to tell them how their lives can be improved and enriched (by you), you've cheated them.

2. Keep notes on certain, if not all conversations, especially those that included a request to call them later or to send them your brochure.

3. Observe the "*three-foot rule*": Any time you're within three feet of someone, tell them who you are, what you do, and how it can benefit them! This means everywhere—at

the coffee shop, standing in line at the super market, waiting in the doctor's office, and so on. *And give them your card!*

4. Offer to speak (about *Trager* or bodywork, or whatever they think they want to hear) at Lions, Kiwanis, other groups. Then try to talk afterwards with as many people as possible.

5. Be on purpose all the time. If your goal is to be successful, then don't do anything that does not move you in that direction! But be cool. Don't get too compulsive.

6. Make up a one-page brochure about you and *Trager*. You probably see such brochures all the time. Now you can save them as models for your brochure.

7. Make a list of *everyone* you know. Think about all the people you've worked with, you do business with, have grown up with, your high school yearbook, your college yearbook, church groups, retirement communities, the membership roster of organizations you belong to or used to belong to, and on and on. Then, mail a brochure to everyone on your list. As you meet new people, (from steps #1 through #5 above), add them to your list, and then mail them a brochure. Enclose a card with your brochure - just in case they trash the brochure, they may file the card.

8. Ask everyone you meet who works in your field or a related one, how they market and network. Learn to ask questions. Learn to listen to the answers. Take notes, and use them.

9. Deal with your self-limiting beliefs about yourself. What are your beliefs around your self-limiting myths? List four or five things that are keeping you from being more successful? After you develop the list, consider this: these are self-

limiting beliefs of your own invention! And since you invented them, you can change them. Or better still, *drop them from your belief system* and replace them with more positive beliefs.

One such myth might be: "Gee, I can never remember names." As long as you keep saying this (and of course it's not true), you'll reinforce the myth at a subconscious level, until it becomes a part of your belief system. Your task then, becomes one of getting rid of beliefs that do not support the attainment of your goals and replace them with beliefs and associated behaviors that do. I never said this would be easy. But *you must do it!*

10. What are your beliefs about money?

How much money do you expect to make this year? Answer: _____.

How much money would you make if anything was possible? Answer: _____.

Why is there a difference?

11. Learn to request and accept feedback.

How well do you know the needs and preferences of your customers? Do you know what your customers want from you, what their expectations are, vis-à-vis bodywork, therapy, massage, medical or emotional help, etc.?

Do you ever ask for feedback on how satisfied they are with your service? Ask your friends and colleagues for feedback. Maybe once a year give a treatment to someone you trust to be open and honest who can give you their impressions of everything—your style, your conversation, your touch, your office, your skills.

Remember: feedback is the breakfast of champions!

12. And finally, Networking can

never be impersonal or selfish because it is the genuine expression of our interest in others and our willingness to contribute to and improve their lives.

Attention California Practitioners

Don Schwartz

The California Coalition on Somatic Practices (CCSP) will mail out its professional regulation survey form in early 1995, to as many skilled touch and movement practitioners as possible in the state of California. All California *Trager* Practitioners will be receiving a copy of this survey form. I cannot overstate how important it is that you read this form, consider it, fill it out, and send it in to the CCSP. This is an unprecedented attempt to inform individual practitioners about alternatives with respect to how society regulates or does not regulate skilled touch and movement practices, and to ask all concerned to express their preferences.

For those of you who are interested in this informational and polling process in your state, province, and/or nation, please call me at the Mill Valley office. I'll have a few dozen sample survey forms to mail out on a first-call, first served basis.

Media Watch

Compiled by Don Schwartz

The *Trager* publicity train continues to gain momentum. Here are some of the cars rollin' down our tracks:

A major article on *Trager* has been published by "Advance for Physical Therapists: The Nation's Physical Therapy Weekly," featuring Tutor James Day and Instructor Deane Juhan. Written by Advance staff writer John Murphy, "*Trager*", the article's succinct title, presents our work in a full and favorable light. "Advance for Physical Therapists" goes out to more than 62,000 physical therapists! Our thanks to all concerned for this excellent coverage. For more information, contact: Advance Newsmagazines, Merion Publications, Inc., 650 Park Avenue West, King of Prussia, Pennsylvania, 19406, U.S.A., 610-265-7812.

The Summer, 1994, issue of "Massage and Bodywork Quarterly" contains part 2 of Deane Juhan's article on The *Trager* Approach. Our thanks to the magazine for publication of this article as well as their inclusion of a complimentary advertisement. For more information, contact the magazine at: 28677 Buffalo Park Road, Evergreen, Colorado 80439-7347, U.S.A., 303-674-8478.

The September/October issue of "Massage" magazine contains a feature story on Dr. Milton Trager by Jack Liskin, *Trager* Practitioner and assistant professor of family medicine at the University of Southern California School of Medicine. This same issue also contains an article by Instructor Deane Juhan entitled "Somatic Education and Evolution." You can contact "Massage" magazine at: 1756 Picasso Avenue,

Suite K, Davis, California 95616, 916-757-6033.

"*Trager Mentastics*" by Milton Trager, M.D. with Cathy Hammond, Ph.D., has now been published in French! Our thanks go to Yves Michel of Le Souffle d'Or publishers. The French title is: "À mon corps, je dis oui: les mouvements du Dr. Trager". This is another important step towards promoting *Trager* and *Mentastics* in France, Quebec, and other French-speaking nations. You may contact Le Souffle d'Or at: BP 3, Barret le Bas 05300, France, 33-92-65-24-99, Fax: 33-92-65-08-79.

Thomas Claire has written a comprehensive book called "The Bodywork Bible" which will be published in June, 1995, by William Morrow and Company. Thomas's book contains a major section on *Trager*.

A little bird has reported that a favorable article on *Trager* will appear in the December issue of "Shape" magazine. "Shape" is a mainstream magazine, and the article is bound to create many inquiries.

The *Trager* Institute is included in the reference section of Thomas Armstrong's book, *7 Kinds of Smart: Identifying and Developing Your Many Intelligences*, a Plume book.

Finally, with Betty Fuller teaching Beginning classes this Fall in Australia and New Zealand, we're bound to get some exciting reports for our next newsletter.

Gathering in the Poconos

Roger Tolle

The Seventh International *Trager* Conference, held August 11-14, 1994 at the Tamiment Resort and Conference Center in Pennsylvania, was, from the piles of feedback collected and all other accounts, a tremendous success for the *Trager* Community. It provided significant opportunities for dialogue about the current and future direction of the *Trager* Institute and some deep healing for individuals and the community as a whole, as well as being an exciting learning experience.

Many coordinating meetings took place during the Conference involving various parts of the membership. All of them honored the Consensus group process model that the *Trager* community has been working with recently at all levels of decision-making. It is best known as a process that encourages deep listening and honest speaking of the truths inside each of us—and so it did during this Conference. Particularly important was the unscheduled dialogue about the recent Instructor Trainee selection process. (see the Personnel Committee report)

The Conference program began with all 300 participants greeting each other through movement and touch, rather than words. The creative use of gymnastic balls for the opening *Mentastics* (translated into both French and German, as were all the general sessions and many of the workshops) set a buoyant and playful tone for the beginning of the Conference. It was also physically grounding, and spiritually uplifting for participants, some of whom had traveled from as far away as Europe, Africa and Australia.

In the opening address Roger

Tolle, Steering Committee Coordinator, described how the process of planning the event encouraged both personal growth and a cohesive group dynamic. Gratitude for the process, and a rich sweetness of belonging were the results, and set the stage for all members of the Conference community to feel welcomed and inspired.

The keynote address was given by Deane Juhan. Deane gently and humorously acknowledged the Trager Institute's adolescence (not yet 20 years old), with all the awkwardness that goes with that phase of development. He also challenged us to expand our vision as we grow up--our vision of what we have developed and what this work is capable of, so that we need make no apology as we seek more professional recognition.

Even though Dr. Milton Trager was unable to attend the Conference, his presence was felt throughout, and his inspiration and guidance was frequently cited.

The core of the Conference was a series of classes designed to deepen participants' understanding and skill in the essence of the work--the ability to work in and teach the active meditative state that Dr. Trager has dubbed "Hook-up". Classes focused on practice issues, *Mentastics* movement education, and hands-on tablework skills. Throughout the Core classes, by staying in small "Homegroups" led by one or two Tutors, participants were able to experience the depth and intimacy this work offers.

Conference participants also had 50 wide-ranging elective workshop options to choose from, in 5 workshop slots. Topics included: understanding abuse and co-dependency, working with the "too-loose" body type, releasing shoulder holding

patterns, deepening Hook-up, working with chronic pain, and researching and documenting the work. Some workshops focused on getting our work out the public, and others focused on how *Trager* work relates to, or can be more deeply understood through other bodywork and movement education disciplines.

Evening events were enthusiastically attended by most of the Conference participants. The first evening, Betty Fuller led us through the Trager Saga, an anecdotal history of the *Trager* Institute.

Friday evening we all dressed up in our finery for the Banquet of Stars, which included dinner and a well-produced talent show with Amrita Daigle and Martin Anderson as the very elegant and charming Mistress and Master of Ceremonies. Dancing was kicked off by a very hot pickup band composed of Deane Juhan, Steve Buchbinder, Michael Lear, and Dorothy Sikora.

Saturday evening started with an extraordinary seafood buffet and then moved to the big ballroom overlooking the lake for some very wild drumming and dancing. "Native Tongue", a New York based performance group headed by Practitioner Martha Partridge and her husband Tigger Benford, entertained us and kept us dancing to some very intricate rhythms till late that night.

The lake, the woods, the beautiful lawns, and the recreational facilities at Tamiment were all very much appreciated. There were however, some problems with the hotel that had not been anticipated. There had been a flood in the spring, leaving many of the meeting rooms musty from the water damage. So several of the workshop leaders turned adversity to advantage and

moved their groups outside.

Despite extensive discussions with the hotel about meals, when we got there we found a new chef who had not been briefed about our requests, and who had no experience with vegetarian cooking. He did his best though, and provided a variety of entree choices at each meal.

Even with these problems, the positive feedback from the Conference keeps coming in. Additional feedback, and suggestions for our next Conference should be sent to the Institute office, to be forwarded to the next conference committee.

Thinking about planning a Conference?

Roger Tolle

I'd like to tell you a little about how the Seventh International Conference got planned. It wouldn't have happened unless some crazy and incredibly devoted folks from the Northeast had decided to host it in their region.

It began as an exciting dream, to create for the whole Trager community an experience of Hook-up as dynamic and as simple as a flower in full bloom. Like growing a garden, planning the Conference took much careful planning and attentive nurturing--plowing the ground of our local resources, planting seeds of enthusiasm wherever there was an opening, watering the whole thing with our time and fertilizing it with loving attention, weeding out the obstacles in our minds and those presented by the complex needs of our international constituency.

Throughout the process, we held as a high value that every voice should be sought out, listened to and considered. This was sometimes frus-

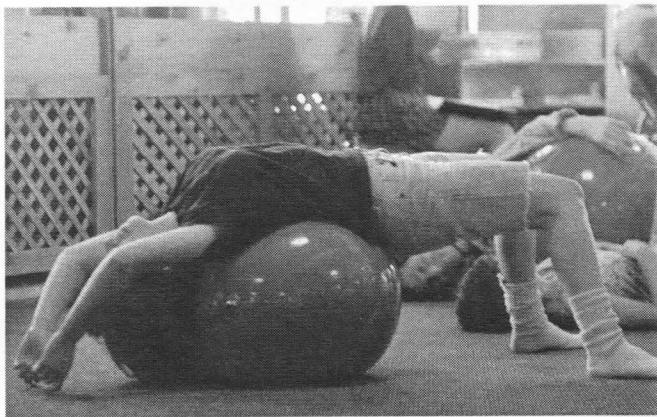
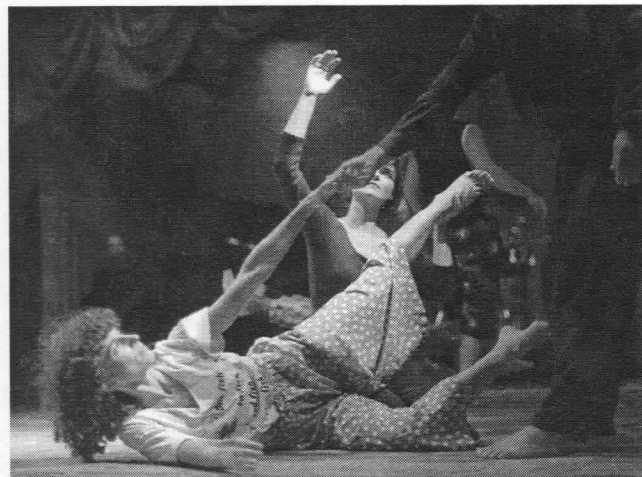


SCENES
SEVENTH INTERNA





*FROM THE
NATIONAL CONFERENCE*



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frustrating and often time-consuming, but it helped encourage the slower-to-speak by giving them space, and reminded the more outgoing personalities not to dominate our process by sheer volume.

Eventually, we found a new feeling growing amongst us: gratitude for our different ways of thinking and feeling, gratitude for the privilege of seeing each other in all our humanness, gratitude that the diversity in our small group allowed us to stay in touch with the diversity in the larger community we served.

We sought consensus on all major decisions in order to leave in our wake no winning majority nor any dissatisfied minority. This wasn't the quickest way nor was it always comfortable. But the consensus decision making process isn't about quick fixes, nor is it about being comfortably stuck in our old ways of interacting. It's about discovering the group mind that we can all be 100% committed to, the solutions that lets everyone win.

The group mind emerges only as we listen to the soft voices of truth inside each of us. So we started each planning meeting with silence, and returned to it when we needed to, in order to be able to hear those whispers underneath the din of our ordinary babble.

We listened in Hook-up as best we could to all sincere requests from our group, and from the rest of the *Trager* Community. And continued to listen even as the Conference was happening.

The planning process was also a vehicle for our individual growth, and we reminded each other frequently to use the process as spiritual practice. It drew out of us more time and attention than we had intended, but also drew out of us

our strength, our patience, our clarity, and our compassion.

We hope that whoever takes on the task of planning the next Conference will discover, as we have over and over again during the past year and a half, that it is more of a journey than a destination—a playful and sometimes silly journey, a frustrating and challenging journey, a sacred, inspiring and uplifting journey.

And most of all we hope that wherever you are, you will discover the sweetness—the rich and nourishing sweetness of struggling, resting, working, playing and living in a community that supports you being who you are—nothing less, nothing more—just who you are in all your glorious humanness.

Board Minutes Summary

The members of the Board of Directors are John Blaisdell, Gary Brownlee, Megan Eoyang, Betty Fuller, John Hourigan, Jean Iams, Rita Lustgarten, Michael Stulbarg, Victoria Willms, and Anne Wormood.

Meeting of June 30, 1994

The Board approved the slate of Instructor Trainees selected by the Instructor Trainee Selection subcommittee of the Personnel Committee and proposed by the Personnel Committee. The new Instructor Trainees are: Jan A-son Fogel, Louise de Montigny, Jean Hopkins, Regina Kujawski, Siegrit Salkowitz, and Roger Tolle. A working group within the Board was formed to learn about, and to address, the concerns and possible approaches to the problems of international language, newsletter, marketing, and currency. This working group will be led by Vicky Willms. A proposal for the Institute to co-sponsor The Living

Body: The 1995 International Somatics Congress, in San Francisco, in October, 1995, was approved. In exchange for The Trager Institute's being listed in the literature of the Congress, the Congress will mail material about itself to Institute members.

Meeting of September 22, 1994

(These minutes have not yet been approved. They will be reviewed at the November 9th Board meeting, and any changes will be approved in the next newsletter.)

A motion was passed that the fee charged for the first pilot class of any elective class be up to the discretion of the teacher of that class. After that, if approved, the minimum fee for continuing education credit elective classes will be US\$100 per student per day. This is effective as of the Fall, 1994 schedule. The Board approved a proposal from the current anatomy instructors to add on three new much-needed anatomy instructors: Cynthia Christy, Lenore Jones, and Eva-Maria Willach.

The next Board meeting will occur on December 8, 1994.

Personnel Committee Report

We would like to take this opportunity to publicly thank Jill Stephens for her extensive work with the Personnel Committee over the last three years. We will miss her very much. She spent a great deal of time over the past two years chairing the Instructor Trainee Selection Committee. Thanks, Jill, for your hard work and support for all of us.

At one of several meetings at the International Conference, the Personnel Committee reaffirmed our intention to conduct widespread discussions of Institute values and

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time I was with someone an instructor or an assistant would say "What could be lighter?" or "There is too much of yourself in this move" or "softer now". These comments confused me and, being a weighted woman, they brought up my own feelings of shame at being "too much". Then one of the students in class with me advised me to forget about the tablework and let the experience of these classes integrate into my being, and then observe how it shows up. Well, that was my first real *Trager* experience of "What could be lighter?" I let go of having to attain or understand something. And, very soon after that, I began to observe how teaching my yoga classes changed, moving in and out of postures had a certain bouncing rebound to them, words of what could be softer, lighter, freer, playful came out of me when leading holding postures. My very own "Mentastics of Yoga" surfaced. The other student was right. Then "work" did sink into me and surfaced beautifully.

I was now ready to purchase a massage table and began to play with the *Trager* tablework. Every client gave me a new sense of knowledge. How honored I felt when each person allowed me to learn by using their body as a vehicle. Much to my surprise, they all seemed to enjoy themselves! I began to see when sometimes omitting moves or concentrating in one area was more helpful to a client who was challenged in a certain area of his or her body. Support with pillows of all shapes and sizes added to client comfort and their ability to allow me to feel their weight.

Intermediate training with Bill Scholl was so reinforcing. He ac-

knowledged my strengths, my intuitive sense, and my compassion for my clients. Miraculously, I was able to hear and receive his words. At one point in the training, Bill worked with my belly. The memory/sensations released over a past experience of fear was profound. I came in touch for the first time with the suppressed terror of being raped during my college years. I was then, for the first time, able to share from my heart about my experience, in front of my *Trager* classmates. To feel safe enough and fully supported with a group of people was an additional miracle. I became a mirror to many present in the class. Many additional sharings occurred, and it seemed to me a deep sense of community emerged for us all.

Excited about my tablework now, I began seeing clients on a regular basis approximately three times a week. I'd also give *Trager* elongations and compressions to my yoga students lying in yoga nidra (relaxation pose). I was now spending two-thirds of yoga class time on *Mentastics*-like warmups, and one-third on yoga postures. No one has complained and my enrollment has grown!

Anatomy and Physiology class with Deane Juhan was next. This was an additional turning point for me, realizing the mindfulness behind the work. The third component to complete the circle of: (1) *Intent* (Spirit), (2) *Feeling Weight* (Body), and (3) *Focussing the rebound* (Mind). Once again, in Deane's presence, I felt I knew nothing. Yet this time, instead of beating myself up about that, I opened myself up to receive every bit of information and wisdom he had to offer. I asked a multitude of questions just to hear him speak more and more about his experiences with

Trager work. I found his words and spirit excitedly infectious. By the end of the two long weekends, I was overflowing with information, and exhausted. My need to have my very own *Trager* session was immediate and great.

Conveniently, another *Trager* student who lives close by called to say she needed to receive some sessions, and would like to do some trades with me. Well, this began a "*Trager* partnership", which has created a balance and richness to the work of both of us. She is of the air and I am of the earth. What mind could not fathom, intuition could, with intent being the grounding force. My now experienced hands had become light and had learned to listen to the client's body tissue. "Ah ha", I at last understood *Hook-up* with my "whole" body.

From that moment of realization I stood in the awareness that I had become a *Trager* Practitioner, and it was now time to go on about the practice of *Trager* work as a right livelihood. I see this work continuing to bring me home. Home to the possibility of truly feeling and freeing my own weight with every session I receive. Home unto myself with each and every client in touch. They in turn, just by being themselves, touch me deeply. Thank you Dr. *Trager* for this incredible gift.

methods in areas related to personnel. In evaluating the recent instructor selection process, several profound ("juicy") organizational growth issues emerged. The committee is still gathering feedback from all the participants in the selection process, and at this time we would like to encourage all interested members to make their values, opinions and suggestions known about the following three issues distilled from the discussion to this point:

1. *Feedback and Evaluation.* How well are our processes of feedback, evaluation and review working? What is needed to increase our level of trust as members so that we actually give needed feedback and evaluation? What ways can we *all* (administrators, teachers, students, practitioners) improve our skill in giving feedback? In receiving it?

2. *Selection of Teaching Personnel.* What is the process by which the number of instructors, tutors, and other teaching staff should grow as the Institute grows? Should all qualified applicants be taken into these staffs regardless of other factors? Or how should selection of instructors, introductory workshop leaders, tutors and supervised practice leaders be related to the factors of geographical "need", market planning, cost to the Institute and the viability and cohesion of the working groups themselves?

3. *Building on our Strengths.* What avenues can we create to utilize the energy of highly talented practitioners within the Institute? At this stage we particularly welcome your comments at the following levels: (a) *What you value.* What's at the heart of the matter for you. (b) *Your personal experience.* What has worked and not worked for you in relation to these issues. (c) *Brainstorming.*

Creative suggestions-wild and/or practical.

Please send your comments and suggestions directly to the PC: in Canada to Shelly Siskind, in Europe to Fabienne Hirsch, and in the US to Anna Marie Bowers. Again we ask that, if you have the inclination and the time, you contact us to volunteer your time on a subcommittee or task force. We are truly grateful for all your input and will pay attention to it. Because we have an extremely full schedule of committee tasks and because we each have very full personal lives, we ask you to accept this statement of thanks in lieu of a personal response to every suggestion.

Open Letters to the Personnel Committee

Editor's note: These are representatives of opinions I have heard expressed. Other opinions are welcome!

from Marianna Hartsong

Marianna is still itinerant. Mail can be sent to her at a new address: 141 Hawthorne Ave., Kingston, Ontario K7M 1Y9, Canada. An answering machine which also has her current whereabouts is available at (613) 544-6339. She is also available via e-mail at 75231.2272@compuserve.com.

I am one of seven applicants for *Trager* Instructor Candidacy that were not accepted. I am appealing your decision for two reasons. 1) I would like to teach *Trager* and feel I am well qualified to do so; 2) more importantly, I believe it is in the best interests and health of *Trager* that you certify as many folk as are capable and wish to teach.

It is the system of selection itself that is deserving of question. I am afraid that we have lost sight of the

larger feeling picture of "*How could this be?*" What is our Vision of *Trager* on the planet? What needs to happen to support and promote this? It is to this I will speak by way of a personal commentary.

With some distance now, my greatest reaction to the whole Instructor Selection Process is sadness. This is the kind of sadness, perhaps remorse is a better word, that one feels when one has done the very best job one knew how at the time — and, it simply *was not* good enough. Sadness that so many beautiful and dedicated people put so much time and energy into making a selection that *never should have had to happen in the first place.* Sadness, at my own rat-like eagerness to get to the goal (Instructor), such that I didn't stop to sniff the flowers or question whether I was in fact running in the right maze. Sadness that we could have slipped into a selection process based on two assumptions that I believe to be false:

a) that the world can only support six new *Trager* Instructors at the present time and

b) that it is possible to select *Trager* Instructors solely on a "criterion-based" system.

Trager is an art form. Art is not designed to be codified, dissected, selected; and our *Trager* art form is particularly fluid, in that it is a hologram birthed from listening and responding in a constant flow from one unique moment to the next. Reduced to moves and measurements, it becomes just one more New Age technique. I have no desire to become a *Trager* technician.

Deep grief settled in when I realized that we, the *Trager* Organization, as often happens in the wake of a great master, have codified, packaged, made comprehensible, and are thereby keeping small, something

that is in fact *far greater* than its current packaging. I do not look like this packaging. As you said in my feedback, I am a “highly developed maverick”. So what!? Is Milton a look-alike? Is he not also a maverick? Thank God! Would Milton have been selected by the criteria that were applied to me? I wonder. Organizational skills?!? Bedside manner (alias communication skills)?!? Ability to promote *Trager*?!? I bring Milton in simply to help you ask yourselves what it is that you think you are assessing and to what end.

The joy and excitement came with the organic movement for change that emerged during the Conference at the instigation of the “Challenged Chosen” (those of us who had applied to be instructors, but who had been turned down, not because we were not qualified, but because there wasn’t “room for us at the inn”). In the structure of the *Trager* Institute there is a well-embedded policy of “confidentiality/ secrecy”. We opened “normally-behind-doors-hearings” of the Challenged Chosen by the Personnel Committee to *any* members of the *Trager* Community who wanted to be there. To speak one’s Truth, one’s Passion and Rage and Grief, out loud in a dysfunctional family is unheard of, and to do this in front of witnesses to boot. Wow! We have entered a new era in the history of the *Trager* Institute. We are now ready to acknowledge, heal, and go beyond our dysfunctional patterns.

These hearings culminated in the most extraordinary town hall meeting I have ever witnessed. It was the easiest, smoothest running and most efficient meeting I have ever been privileged to co-facilitate. At a cellular level, something very profound has changed. I would like to say a

little more about the underlying process here. Prior to the Town Hall Meeting, four of us met—Shelly Siskind, Michael Stulbarg, James Day and myself. We talked of an agenda and itemized the important topics. We then realized that, to model the new way, we could not present our agenda, although we could hold it clearly in our awareness, and that we needed to trust that it would emerge from our constituency if we provided the Hooked Up vehicle. In our *Trager* work the vehicle is the session; in the town hall meeting it was a one-minute talking stone; and in our appeal it is...? I want to thank everyone who came and witnessed and spoke.

Each one of us carries within us and is responsible for the well-being of the ego of the *Trager* Institute. We, as ego, may react defensively to perceived danger—viz. transformational change. The more we have assumed the power others have invested in us, or the more we presume to have invested such power in ourselves, as bearers of the *Trager* Truth, the more likely we are, as ego, to become protective of the old way when confronted with change. To the degree that each of us does our personal homework on getting clear, to that degree we empower the growth of the *Trager* organization of which we collectively are the ego.

It is time that we have an organization that is structured, not on fear and control, but on the tenets our Mentor and Teacher gave us. Thank you, Milton, for your gifts to us and to the world!

from Lhesli Benedict

My *Red Alert* issue these days is the *injustice* of the Instructor Selection

Process. 1) In the application packet it was stated there would be an appeal process, but none was devised. 2) Trainees were announced before the appeals were heard. 3) Since the appeal process was not clearly developed beforehand, the procedure keeps changing. 4) There were no interviews of applicants or their references, yet post-selection feedback said: we don’t know you/ your work. 5) The application process indicated there would be a supervised practice teaching opportunity, yet most didn’t have the opportunity and 3 did. My fear is that the Selection Committee and the reviewing Personnel Committee are in the position of defending what they created rather than admitting their mistakes and redoing a selection that is obviously unfair and unjust, by all persons I’ve talked with outside of the *Trager* world. I fear the advice of the Institute attorney to go ahead and announce selection of Instructor Trainees before appeals are heard appears to put her in defense of organizational policy. She then becomes the attorney against any hearing at all. Membership dues and continuing education pay for attorney services yet I don’t feel legal services are for any member. My basic angst since the beginning of my involvement with *Trager* has been a ceiling held on Instructor status, and it appears selection actions are directed to hold the number of Instructors small. My opinion of holding down qualified persons and making selections not on merit is that we as an organization are 1) uncreative, 2) unprofessional, 3) losing, and 4) certainly political. In addition I think Canada deserves more instructors; I think it’s biased for the U.S. to think it serves Canada.

Report from Federation Board Meeting

Cherie Jones

On July 29 and 30, 1994, as representatives of the *Trager* Institute, Corinne Larson and I attended a meeting of the Board of the Federation of Therapeutic Massage and Bodywork Organizations ("Federation") in Evanston, Illinois. Other organizations represented were the American Massage Therapy Association ("AMTA"), the American Oriental Bodywork Therapy Association ("AOBTA"), the Rolf Institute, and the American Polarity Therapy Association ("APTA"). The agenda for the two-day meeting was quite full, since there had not been a meeting of the Federation Board since May of 1993. Among the agenda items were: (1) a report from the administrator of the Federation liability insurance policy regarding regulatory requirements, which will possibly lead to lowering the overall cost of the insurance; (2) a review of the Federation mission and history to reaffirm the commitment of the organizations to work together to support the evolution of the profession; (3) a report of the activities of the Joint Governmental Relations Committee ("JGRC"), both in coordinating state legislative activities and in preparing articles for a Federation publication; (4) new projects to be undertaken by the Federation; and (5) an application of the Feldenkrais Guild for membership in the Federation.

Perhaps the most significant outcome of the meeting was related to the last agenda item: consideration of the Feldenkrais application. Since its inception in 1991, the Federation has been limited to the five founding organizations. Several of these organizations have supported

expanding the membership to include a broad range of organizations fitting the requirements for membership (e.g., new members must have an a 500-hour educational program, including Western anatomy and physiology, and ethics, and be accorded Internal Revenue Code Section 501(c)(3) organizational status). These organizations feel that by greatly expanding the membership, the Federation could become a forum for a wide range of ideas, for stimulating discussions of commonalities and differences, and for bridging these differences. Other organizations, however, are more hesitant to open the Federation to new members, feeling that numerous disparate members would impede efforts of the Federation to work together and to come up with solutions to issues of the emerging profession. Despite this basic philosophical disagreement, the Board voted to provisionally accept the Feldenkrais application, subject to Feldenkrais' receiving appropriate regulatory status and clarifying certain statements in its application.

The Board also adopted three projects to be accomplished in the next year: (1) publication of a newsletter insert for member organizations; (2) creation of a "Federation Legislative Information Handbook" to guide practitioners in legislative matters; and (3) creation of a Federation pamphlet for legislators as an aide in lobbying efforts. John Chitty, President of APTA, will coordinate the newsletter project and I will coordinate the creation of the Legislative Handbook, utilizing, among other things, articles prepared by members of the JGRC. An AMTA representative will be responsible for the pamphlet for legislators. The next meeting of the Federation Board is scheduled to be

held in Phoenix, Arizona, in February, 1995.

President's Corner

Michael Stulberg, M.D.

As I sit here a month after the 7th International *Trager* Conference in Pennsylvania, in August, I am still awed by the professionalism and good feeling that was evident throughout the meeting. Although I understand the many things which kept many of you away—that is, cost, location, and timing—I only wish that more of you could have been there. I hope that you will each talk to someone who was there to get a first-hand impression.

The organization of the meeting by the Conference Committee was stunning. The emotional price for the members of that committee was high because of the huge amount of work required, but so was the feeling of satisfaction and the sense of personal growth from a job exceptionally well done. The group events were positive, emotional, and exciting. The Community Meeting, formerly known as the Town Meeting, was particularly surprising to me. I came dressed in white, prepared to hear criticism of the Board and its failures. Instead, what came out was appreciation for the opening up of the *Trager* organization by the committee process and the need for greater participation by the members, concern for Emily and Milton, concern about whether the Institute has enough revenue to survive, excitement about the development of regional groups, especially Canada, and more. There was a clear feeling of "we, the *Trager* community", rather than comments about what "they" do or have done. Not everything was positive as there was also concern about the lack of

research findings to support what *Tragerwork* is and does, and whether we were so caught up in the euphoria of the Conference that we were ignoring the "shadow" side of the organization. We need to keep this dialogue going...somehow.

At the Conference, the new Instructor Trainees were introduced. Congratulations to Jan A-son Fogel, Louise de Montigny, Jean Hopkins, Regina Kujawski, Siegrit Salkowitz, and Roger Tolle. They survived an arduous selection process guided by the Personnel Committee. However, at the Conference we also dealt with the difficult issue of the selection process for new Instructor Trainees as those not selected expressed their pain and their desire to teach. This level of openness of communication was astonishing even for the *Trager* community. Where this will finally lead is uncertain, but many—if not most—of us felt enriched by their willingness to share their feelings and their determination to force discussion on this issue. Can we afford the changes that would be caused by opening Instructorship to "all who qualify" as suggested by these individuals not selected as Instructor Trainees? It would force a drastic reorganization of the Instructors' Committee, and could seriously undermine the tight structure of that group. On the other hand, Instructorship would no longer be viewed as an unobtainable status for the elite. A helpful metaphor comes from the Boy Scouts of America where anyone can be an Eagle Scout if they work hard enough. However, not everyone can be a Troop leader which depends on the need in the given area. Different skills are required to be a Troop leader than to be an Eagle Scout. The issue of Instructor status—who should get it, how many we should

have, the effect on the *Trager* community—is not easy to resolve. Much discussion at all levels of the Institute will be necessary in order to achieve balance.

A major concern of the Board's has been the role of the sponsors in the Institute. There are no clear guidelines as to how to become a sponsor, and what the obligations and benefits are. It is clear that the entrepreneurial spirit of the sponsors has been vital to the growth of *Tragerwork*. I believe that sponsors need to be recognized for their contributions, and that there need to be clear guidelines as to their functioning. This was discussed in detail at the Conference, at a meeting of the Sponsors Task Force which included a few other interested individuals—including two sponsors-to-be. The Board does not want to impose rules on this creative group, but we must have some sort of structure that allows 2-way communications between the Institute—including the Board—and the sponsors. Hopefully the sponsors themselves will come up with a way to organize, and will develop guidelines for current and new sponsors. The Instructors, through their liaison Bill Scholl, will work with the sponsors to develop as fair a system of developing sponsors and sharing revenue as possible.

A final concern is how to communicate with you, the *Trager* community. We rely almost completely on this Newsletter, but it comes out only 3 times per year, and is so packed with information that it is rather intimidating. I wonder how many of you really read it cover to cover, and save it as the record of *Trager* life that it is? The cost of reducing the size of the Newsletter and sending it out more often is high, but we are looking into it. The

problem is complicated by the need to communicate in different languages in Europe and Canada. Individual groups in Europe have developed, or are developing their own Newsletter. Is that really satisfactory? The cost of translating the whole newsletter could be unacceptable, so we are working on identifying "key" articles for translation. Perhaps the time has come for a Publications Committee. If you are interested, please let me know.

As always, I am anxious to hear from you (c/o The Trager Institute) either offering your ideas or services form some Task Force or Committee or letting me know what's bugging you.

What's Bugging You?

Michael is interested in hearing your thoughts and what you'd like to see changed.

To: Michael Stulbarg, President, Board of Directors, c/o The Trager Institute, 33 Millwood, Mill Valley, CA 94941-2091, Fax: 415-388-2710

I have concerns about: _____

I understand that you will relay it to the appropriate committee.

New Heights of Administrative Volunteering *Don Schwartz*

Tutor Mary Kelly of Mill Valley, and *Trager* Student—and soon to be Practitioner—Monica Simpson of South San Francisco, California, have been volunteering on a regular basis at our Mill Valley office. Their excellent help, given always with good cheer, has brought much pleasure and relief to our administrative staff. Thanks, Monica and Mary, for your many contributions!

Reflex-Response: The Missing Link

Adrienne Stone, PT (California)
and Martha Moran, LMP (Washington)

Have you ever wondered how much farther you could go with your work, or what other possibilities there might be to help persons with special conditions? The missing link is Reflex-Response.

Reflex-Response is a form of neuromuscular re-education. It effectively combines the stimulation of several of the body's protective spinal reflexes. Like the "basic" work of psychophysical integration, this work is based on imparting the feeling experience of "how should it be?" to the client. It is used to awaken the connection between mind and body, thereby enabling improvement in body function.

The "basic" *Trager* work is an integral part of the Reflex-Response work! Unlike the "basic" work, however, Reflex-Response is not passive — the client must be actively involved. Because Reflex-Response is active, relaxation is especially important in helping to prevent fatigue and reduce tension, both for the client and for the practitioner.

Many *Trager* practitioners find Reflex-Response beneficial as the active element in their everyday sessions for a wide variety of conditions. For example, it can be very effective when a person has been bedridden for a long time or has had a limb immobilized. Some other conditions include problems involving balance, depth perception, or posture. And, for clients with mild spasticity, such as persons with MS, Reflex-Response is essential!

The concepts presented in the Reflex-Response class explore many

possibilities that can be applied in appropriate conditions. Reflex-Response offers another way of helping the client to experience freedom, gentleness, and lightness through the subtlety of "hook-up".

A note from Gary Brownlee of the Instructors' Committee:

A subcommittee of the Instructors' Committee was recently formed at the request of the Board of Directors to determine why there has been a decline in enrollment in recent Reflex-Response trainings. The results of the survey are being used to update the course content, and a new schedule is being developed to make this training more available. Watch the newsletter and training schedules for future developments!

Implications of the *Trager* Approach in the Field of Education

Jo Hayward-Haines

Jo is a Practitioner from Fenelon Falls, Ontario, Canada

We are halfway through the last decade of the 20th century and hardly anyone can completely avoid a profound and multi-faceted urge to take stock. All along the vibrational spectrum one can witness the moves: multinational corporations desperately jockeying for positions to gobble or disgorge, smaller businesses and organizations absorbing new technologies and concepts that force restructuring, new markets opening in the developing world as old ones collapse, global stability up for grabs as old world ways use technology militarily or clandestinely to force compliance, ignorant of the innate inter-relatedness of environmental concerns, sustainable development and human rights.

As all created human systems interface and interconnect, reflecting back in on themselves, so too is the "ivory tower" of our educational system not walled off. Education can no longer function as a closed system, protecting and conditioning the young in traditional ways. The violence that has accompanied these changes and the old systemic violence generations drag along from century to century are both stressors; none of us is immune to these stressors, whether or not they engage us directly. When we add to this the stress of growing, developing, evolving—and the uncertainties of who is going where with increasing speed and complexity and why—it is no wonder that so many of us feel, despite our relative wealth of goods and services, that something crucial is missing from our lives.

Last year, the Attorney General of the United States announced that the number-one health problem in the United States is *violence*. Violence is the most blatant symptom of a failure to recognize the ingredients of conflict and a poverty of means for dealing with sources of conflict. Joyful, successful and satisfying lifelong learning cannot take place where violence short-circuits human needs for community, for meaningfully responsible lives in a responsive environment, for creative expression, as well as for food, clothing and shelter. As these needs are not met, the quotient of frustration grows, and the likelihood of violence along with it.

It is at this very moment, when the fields of health and education are wracked with immense problems, *forcing* fundamental questions (remember that the US National Institutes of Health has allotted \$6 million for research into alternative

medicine, though it's but a pittance when compared with the amount used by the American Medical Association and multinational pharmaceutical companies for lobbying), that our work as *Trager* practitioners has the *greatest significance*. This is two-pronged: in health, we move to stimulate the harmonious functioning of living tissue in a deepened state of consciousness we call "hook-up"; in the world we move to stimulate the harmonious functioning of human interactions, individuals and organizations, in a heightened sense of rapport. The processes and ways we discover in *Trager* are all both part of and the consequences of resolving conflict without violence. *It is how we learn.*

This learning style is needed in our schools. These days, the values of a multi-sensory approach to learning which includes the kinesthetic aspects are hardly questioned. In learning to read, a good phonics program inspires and guides the student in auditory discrimination and perception, for instance, in such a way that the child consciously uses and develops pathways between the auditory, vocal, visual and kinesthetic regions of the brain. It is understood by the youngest learner that parts of the brain mainly responsible for processing these functions operate synergistically. Because metacognition and self-monitoring are learned along with sound-symbols, writing, reading and conceptualizing, the process itself is open-ended, and more and more discoveries about language can be made, along with a growing sense of wonder.

What is missing, though, from even the most advanced pedagogic methodologies, is the concept of inner personal ecology. How do we teach children how to self-monitor

how they *feel* and to *express* their discoveries? How do we teach them strategies for perceiving deeply and clearly enough to witness changes in inner motility, for example? How do we *elicit* from children experiences they may have already had, and are practicing still? And how do we teach *teachers* who are so torn and constricted by the stress of multiple demands in education to self-monitor, to discover alternative neuromuscular patterns giving *this* sense of lightness, *this* openness, *this* softness, *this* vibrancy? And how do we get this into an already swollen curriculum? *{Editor's note: And how do we teach administrators to appreciate other modes of understanding and assist them in understanding that knowing in a somatic framework is neither identical with other forms of knowing nor incompatible with these other forms?}*

I'm now actively engaged with these questions and poised to share them with my students and colleagues. As a Resource teacher, my responsibility is to facilitate the learning processes involved in reading. On a committee that researches education for a global perspective, we're reaching educators with holistic ways of inter-relating previously separate subject areas in the curriculum. Working on another committee for revising the primary Environmental Studies curriculum, my contribution will be in the area of personal ecology, from Kindergarten to Grade 9. At my school, The Playground Project some Junior students and I designed addresses the problem of violent behavior outside the classroom, with cooperative games and other approaches.

Next time, we'll share some specific actions and outcomes with you. In the meantime, we invite your ideas!

Symbolic Encounters in Pennsylvania: Transference

Joe L. Griffin, Ph.D.

Joe Griffin lives and works in the Silver Spring, MD area, and has submitted these conference reflections.

The period including the conference were for me a lovely, balanced, easy gift. I was amazingly relaxed, trusting, and open, acting on impulse (my Angel Card was spontaneity, in Spanish), except for a day and a half of contraction.

Early Tuesday morning, on an overgrown dirt road through the woods between the stable and the lake, I saw seven deer, including two half-grown fawns. The last fawn stopped by the road and we were still, about 20 feet apart, before it ran on, waving its large white flag.

Early Saturday, I walked quiet blacktop roads through the woods. In the ditch to my left was the nearly clean skeleton of a full-grown deer. I stood with it for a while. As I turned away, a large hawk came out of the woods to my right and flew away ahead of me.

These two encounters felt symbolically important and were briefly shared at the community meeting and the Tutor conference. The deer, including the skeleton, represent the *Trager* family, which has cycles of growth and loss common to families. The hawk is about release. For me, the release is of Milton and of my fears about the possible effects of his loss on the *Trager* family.

For instance, I joined the Pathwork spiritual community in DC a few months after the death of the channel and NY leader, Eva Pierrakos, and did monthly retreats at Seven Oaks, VA, during the seven lean years that followed her death. Five transformation classes shrunk

to one, with only 7 students. City meetings, 30-50 people when I joined, were occasionally just me and the host. I believe this contraction, since reversed, resulted from personal transference surfacing after loss of the external symbol. I posted at the conference a sentence cut by the community meeting timer that feeling betrayed indicates a need for inner work. Feedback showed me that the reason for that statement was not obvious. This note adds to that brief comment and focuses on what seems to me an important issue.

The assumptions: In this life, our infant wants the impossible: perfect, exclusive parental love. From this, a vicious cycle includes disappointment, anger, fear, attempted perfection, failure, disappointment, etc. The adult remnant is to want someone (parent figure, guru) to "fix it" from outside, another impossibility, leading to feelings of betrayal. One can be disappointed, hurt, or angry because of someone's action without necessarily being in transference, but blaming and feeling betrayed are useful spiritual signals, just as pain is a useful physical and emotional signal.

Examples. A) The client who wants me to fix it, does not want to learn or be self-responsible. B) My feelings of loss as Milton seemed to stop doing each class I was nearly ready for had victim feelings. The importance of contact with him swung from overly valued to denial. It was hard to accept as just my choice when I didn't travel for certain trainings with him. C) A person loved *Tragerwork*, studied, promoted, and gave to it, then submitted important documents uncopied. The papers were lost, the work was repeated (not just papers recreated, but perfectionism), again not cop-

ied, again lost. In this "crisis", Milton was contacted and he said I don't do office things. Because this person creatively didn't copy, wanted the impossible from Milton, and left the *Trager* family feeling betrayed, I assume transference.

Below are a few reasons why it would be appropriate and useful for me to notice my signals and let go of fears about the loss of Milton and effects that may have on the *Trager* family.

1. Since fear distorts, my fearful thinking must be incorrect, but points to something I need to learn or unlearn. In any case, every individual has the right to choose his or her own response to learning opportunities. That response could be moving on. The best thing I can do for someone is to enjoy them, second best is to accept them. Both involve releasing.

2. Milton never administrated and for some years has been teaching less. His deferral to other leaders has given us time to notice, adjust, and learn.

3. Milton is the least guru-like of the potent innovators I've observed and seems essentially unhookable by fawning and similar admiration. He enjoys those who enjoy the tissue response, but prefers Hook-up to getting hooked by transference. Because of this, several people with strong transference have already moved on.

4. As a group, we are aware of our development and have found help. An example is the consensus process for reaching decisions.

Three individual Pathwork lectures on this topic: #50, The Vicious Cycle (also in book 2). #237, Leadership. The Art of Transcending Frustration. #118, Duality Through Illusion*Transference. Book compilations: 1) The

Pathwork of Self-Transformation, E. Pierrakos, ed. J. Saly, Bantam New Age, 1990. 2) Fear No Evil. The Pathwork method of transforming the lower self, E. Pierrakos, ed. D. Thesenga, Pathwork Press, 1992. Sources: Phoenicia PW Ctr, Box 66, Phoenicia, NY, 12464, ph. 914-688-2211. Sevenoaks PW Ctr, Rte 1, Box 86, Madison, VA, 22727, ph. 703-948-6544.

My Mission as a *Trager* Practitioner

Byron Spice (Florida)

This statement was written in the afterglow of the 7th International Trager Conference, Tamiment, Pennsylvania.

I am more than a *Trager* practitioner. I am a collection of previous learning, values, and skills imperfectly integrated into the fabric of my life.

But I am a *Trager* Practitioner. Why? Because it gives expression to my mission in life.

It isn't enough for me to merely make a client feel good and collect money for a session.

Even though I receive as much as I give and have never yet finished giving a session without feeling better than when I began it, the work is more to me than feeling good.

When persons around me are tense, it makes me tense. Therefore, I want everyone with whom I come in contact to be in a like place. It makes it easier for me to be light and flexible and relaxed and playful when those about me are the same way.

The wonderful feeling of community I experienced at Tamiment when some 300 of us met for four days is the feeling I want to be able to experience anytime, anywhere.

I want to be part of a world where the values of respect, acceptance, and mutual support are predominant. I want to be part of a world-changing movement, and to support the organization that is necessary to coordinate my efforts with those of others to make this happen.

Where we have shared goals, vision, and a sense of mission, we can transcend individual, cultural, and geographical differences. This is more than merely doing Milton's work, this is doing our work for a purpose—to share lightness and ease as a way of being to the whole world.

On Intimacy

Jeffrey Joel, Ph.D., D.D.

Since I began my involvement with *Trager* more than ten years ago, I have heard over and over again about Milton's vision of this work as an instrument of world peace. A natural question is: "How could a bodywork approach act 'for peace'?" Part of the answer lies in the nature of hook-up during a session. For me, in a session, something miraculous happens. I feel linked with this other person in an enormous space in which anything is possible. As the session progresses, as we both become more relaxed, this space expands. And yet, though this space is infinite, it seems to grow out of the connection I have with the other person. To me this source is the trust we have in each other, and ultimately in our bodies' knowing what we need in that moment in time for our healing.

These days one hears so much about the "wounded inner child", "wounded inner lover", "wounded inner _____ (add your own noun here)". Through the course of living we learn that the wounds can

be healed by the reassurances of others, perhaps a caress here, a *Trager* session there. Whatever is needed. And yet it is also difficult to gift ourselves with what our intuition expresses as the manifestation of that "whatever".

The space of hook-up, a vast ocean of consciousness, must still be approached by one spot of focus. I like to describe it as trust, as I did above. Others may describe it as "intimacy". The depth of soul at which the *Trager* approach can work naturally leads to questions of "where do we draw our boundaries?" And how do we coordinate the "need" for boundaries with the sense of "opening up space" which is one of the most profound results of the *Trager* Approach?

Two issues ago Garrett Henley raised this question in a very concrete fashion. He asked for other stories and comments. One reply was sent to me, and is reproduced below (with permission). I invite others out there to share their experiences. I believe that this will help us in a very real (though not clinical) way to understand what the *Trager* approach is and can be, and perhaps even lead us to design appropriate "scientific" experiments.

In my view this question is fully as important as that of "opening up space" as mentioned in the contributions of Marianna Hartsong, Lhesli Benedict and the Personnel Committee on pp. 16–19 above. This topic also has bearing on Don Schwartz's "World Touch" project (see pp. 5–8), for without honesty about what feelings are going on during sessions there can be no way of codifying, describing, interpreting, or even identifying the deeper unity of experience that underlies our own selves in general and somatic therapies in particular.

More on Intimacy

Maya Sarna, Ra'anana, Israel

I have many observations to share on *Trager* and intimacy. It may be relevant that I live in Israel where most emotions are freely expressed and sexuality is "screwy" in a different way than in America. Now, just as a "coincidence", at the time I was giving *Trager* sessions to and wrote about a Palestinian body builder, I met Marianna Hartsong who wrote an article on cultural holding patterns and freedoms that was printed after mine. We have discussed the subject of intimacy and sexuality and *Trager* from many points of view. Incidentally, we will both be at the conference. Indeed, my purpose in joining the *Trager* experience was to strengthen my connections with others and to learn to clear blocks.

Perhaps my most intense experience of shocking intimacy occurred at Deane's anatomy course years ago. While doing and explaining neck work in hook-up, his glance penetrated so deeply that I felt shame. It took all three days to integrate and express that this seeing was much more revealing of my nakedness than sex. Culturally, I was not prepared to be so exposed.

Here in Israel, working with men, particularly as an unmarried woman, has been turbulent. Never mind the few who came with flirtatious intentions. Boundaries between sense and sensuality or sexuality are obscure. Most of us crave intimacy and rarely receive enough gentle touch. Then there are moves like rocking men's bottoms which cannot but help touch sexual organs. Once a male practitioner shared that it took him years to be able to receive a treatment without needing to tell himself "down boy". After

giving many treatments of arms (while sitting) and feeling a male hand caress my leg, the sensation switched from a sex object to a teddy bear when the arm was connected to a woman. A 19-year old athletic friend of my son summarized the conflict while I was still *Tragering* his neck. He said: "I think I want to marry you." Later, a modest religious young man from my meditation group was curious about bodywork. To his mortification he had an orgasm during the session. Now, a two-year story with a recent shift. An articulate middle-aged client who guards his privacy about receiving treatments repeatedly exploded with bursts of hugs. Although he expressed that it was the warmth, mother love, universal warmth he craved, I felt sexual attack. Still believing that he could turn this affection to other directions, I looked at a photograph of Milton with me and a male practitioner, and requested psychic protection. In the end, I slapped him. The happy continuation is that he showed up at my door early one morning and I was able to do a session. Hurray, he actually dozed and kept his hands and most of his surge of love to himself.

There's a confession or two I'd like to make about myself. Until recently, work on my shoulders from the back frequently opened tears. Tears of loneliness, and physical needs not met. Looking back on the teddy-bear caress to my leg in that position, I ask myself what subtle emotions were relayed between giver and receiver. Cravings, grieving, enjoyment, and release of love and sexuality are subtle as a monochromatic mosaic. Now my latest breakthrough. I've been a *Trager* student/practitioner for six years, and before that I was Rolfed, and before that....

Like my mother, a slight sway back accompanied a saggy belly even when I did hundreds of situps. Milton once rejoiced: "Come on over. Here's one with a pathology!" Years of meditating to clear a rather cloudy sex chakra has coincided with a dynamic tutorial and a movement class with feedback. My pelvis has finally shifted. Last session I received, the giver felt new resilience, tone! By the way, my life and *Trager* practice have been more lively, too.

As to your client who felt sexual after a treatment, I suspect she just woke up and felt alive. I wonder if that wave of sexuality was any different, perhaps fresher, than her usual arousal. After all, sex is about creating life.

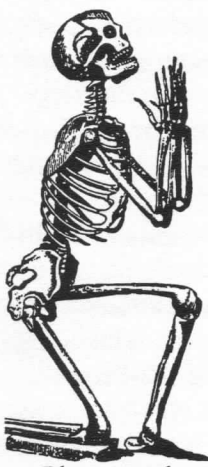
Thank you, Garrett, for opening the question. I don't know if my observations are helpful, but at least you know that some, perhaps many of us are examining our barriers and openness to intimacy.

Northwest Regional

Retreat

Jeffrey Joel

On the Fourth-of-July weekend a small, informal gathering took place at Jill and Pat Stephens's *Bar Nothing Ranch: Home for the Easily Amused*, north of Priest River, Idaho. About 20 people attended and we did a number of trades, talked about problems, and enjoyed ourselves in the open air. Another gathering is tentatively planned for the end of August 1995.



Call for Articles

Over the years many of you out there have expressed displeasure with the content of this newsletter. I have heard comments such as: "Too wordy." "Not relevant." "Uninteresting." Well, it is *your* newsletter. I am willing to entertain articles on almost any aspect of the *Trager* approach. I hope to make this a vibrant newsletter that you will read, not merely for the obligatory committee reports and other membership information, but because it excites you to read it.

How to submit

Please send copies to me at Jeffrey Joel, PO Box 70, Kelly, WY 83011-0070 or FAX (001)-307-733-1726. You may send typed copy (double-spaced please) or legible handwritten copy, or in electronic form on Macintosh diskettes saved in Text, MacWrite, MacWrite II, or Microsoft Word 4.0 formats, or on 3.5 inch high-density IBM diskettes saved in ASCII (.txt) format. If you use IBM diskettes, please remove all carriage returns except at ends of paragraphs. Try to keep articles under 1000 words. Duplicate copies should also be sent to the Institute office. My e-mail address is: Jeffrey_Joel@bcsmac.org (note the underline).



Formation de débutants à Joliette (Québec) Canada

Guy Beauparlant et Ginette Chalifour, praticiens et assistants à cette formation

Le *Trager* prend racines à Joliette, en effet une première formation de débutants à été donnée du 1 au 6 juillet 1994 par Fabienne Hirsch assistée de Louise de Montigny. Ce fût une formation riche profonde et intense, du fait que le group au nombre de 7 personnes avait au préalable participé à 60 heures d'introduction au *Trager*. Avec des bases aussi solides, il y a eu place à beaucoup d'échanges verbales, face aux questionnements d'un cheminement en *Trager*, les *mentastiques* ont été explorés de différentes façons, Louise de Montigny nous à guidée dans une expérience réelle de l'état du «Hook-up» et le travail de table à permis beaucoup de démonstrations et d'échanges. Bravo à tout ce beau monde qui maintenant sont un peu plus léger et espèrent moins travaillant.

Beginning Training in Joliette (Québec) Canada

Guy Beauparlant and Ginette Chalifour, Practitioners and Assistants at this Training

Trager is taking root in Joliette, via a first Beginning Training given by Fabienne Hirsch assisted by Louise de Montigny from the 1st to the 6th of July 1994. This training was rich, profound and intense, because the seven people in the group had previously had 60 hours' worth of introduction to *Trager*. With such a solid basis, there were many verbal exchanges, with questions concerning career development in *Trager*, while *Mentastics* were explored in different ways, Louise de Montigny guided us in a real experience of the state of "hook-up" and the tablework permitted a lot of demos and trades. Bravo to everyone in the class, who are now a bit "lighter" and hopefully don't work as hard physically as before.

"High Touch Tour" Almost Here

Marcia Koski

The "High Touch Tour" sponsored by "Massage" Magazine is only five months away and in order to make the *Trager* portion a success, we need the participation of as many local Practitioners as possible. If you're not local to any of the 12 cities listed below but are willing to travel, we'd love to have you aboard too. The tour begins at the Memorial Coliseum in Portland, Oregon, April 7,8,9, and continues on successive Friday, Saturday and Sundays through June. Deane Juhan will be one of the main presenters and will be giving a Somatic Exploration lecture each Saturday from 3:00 PM through 7:00 PM, and an Introductory Workshop each Sunday from 9:00 AM through 5:00 PM. Deane will need Tutors and logistics assistants for the Introductory Workshops, and as many Practitioners as possible for all three days to give mini sessions, hand out literature, answer questions, take names and addresses for a mailing list, and generally support the display booth.

Participants get extra perks for taking advantage of this great opportunity to promote their own practices while helping to promote *Trager*, such as discounts for workshops and the Tour bookstore.

If you haven't already done so, check out the times and places below and call me at the Institute's Mill Valley office to schedule yourself in.

- | | |
|-------------|--|
| April 7-9 | Portland Memorial Coliseum, Portland, Oregon |
| April 14-16 | Sonoma County Exposition Center, Santa Rosa, California |
| April 21-23 | San Diego Concourse, San Diego, California |
| April 28-30 | Tingley Coliseum, Albuquerque, New Mexico |
| May 5-7 | Fair Park, Dallas, Texas |
| May 12-14 | KC Convention Center, Kansas City, Kansas |
| May 19-21 | Georgia International Convention Center, Atlanta, Georgia |
| May 26-28 | Florida Expo Park, Tampa, Florida |
| June 2-4 | Valley Forge Convention Center, Philadelphia, Pennsylvania |
| June 9-11 | Ohio Exposition Center, Columbus, Ohio |
| June 16-18 | St. Paul Civic Center, Minneapolis/St. Paul, Minnesota |
| June 23-25 | Denver Merchandise Mart, Denver, Colorado |

❖ Happy Holidays!

Don
Claudia
Marcia
Esther
Sandra



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