

THE TRAGER® NEWSLETTER & SCHEDULE

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Combined Newsletter and Schedule

You, attentive reader, will already have noticed that the Newsletter and Schedule were *not* printed together last time, as advertised. So we'll try again to save some money by having the Newsletter and Schedule bound as a single unit. We decided to bind the Schedule in the middle, so that it can be removed easily by those who wish to do so. —JJ



Emily and Milton Trager Say Thanks...

to all the members who showered them with birthday and anniversary cards and gifts this April and May. Your well wishes are greatly appreciated, and they do make a difference.

Notes on the Photographs

The photograph at the left as well as the four others in the centerfold were taken by Tutor Martin Anderson at a training at the beginning of April, 1995. Custom-printed 5"×7" copies are available from him (74 Egmont St., Brookline, MA 02146) for \$10 each.

Touch and Tolerance: Bodywork As a Social Force

(*Somatic Explorations*, No. 11: © May 5, 1995)

Deane Juhan

Rarely has keeping up with headlines and editorials been more disturbing than it has been lately. Yugoslavia. Chechnya. Oklahoma City. Civilian militias heavily armed with sophisticated weapons, inflamed by conspiracy theories. Religious fundamentalists and an angry right wing advocating — and escalating — a “holy war” to take back “our country”. Widespread cynicism about the effectiveness of our government, reinforced by a polarized partisan political gridlock that does in fact seem wholly incapable of addressing acute problems with our economy, employment, education, welfare, health care, crime, civil rights, moral compass. Hatred, misinformation, and bigotry passing as discussion.

None of us — men, women or children — can afford to let these issues and events slide by. Today I feel compelled to use my space here to reflect upon this whirlwind, and to weigh questions about the bodywork profession's relevance to such powerful, frightening, chaotic and numbingly diverse forces as we observe swirling about us.

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“A Morning That Can Last a Lifetime”

The April Practitioner Review Class with Milton Martin R. Anderson

Having had the privilege of assisting the Practitioner Review Class for April 2-4, 1995, I want to share, using Milton's own words, some magic of the “happening” of the time in Laguna Hills. Milton and Emily were with us the whole time, radiating energy and vibrating with hook-up. Carol Campbell as Co-Instructor provided for the class an overall structure using the following format:
Day One: Focus on what I need as a client
Day Two: Focus on what I need as a Practitioner
Day Three: Focus on integration

Milton spent the first morning giving the students a hand/arm experience. The students then worked in pairs sharing the feeling they had received from Milton and circled back to receive from him again. **Milton:** “A transference of feeling—that's all it is. How I felt when I touched you. It's all you can give. It's not

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**The Tutors remind you:
Get your Tutorials Early!**

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In so many of these conflicts between races, ethnic groups, rich and poor, native and immigrant, Christian, Jewish, Muslim and whatever, we can discern the same lack of mutual understanding and respect that arises from the same loss of contact — contact with the nitty-gritty humanity and common intimacy that alone can inform all individuals with knowledge of their mutual needs and interests.

Perhaps at the core of this loss, because it is at the core of the capacity for this intimacy, is the palpable absence of a foundation of healthy humanity that is trying desperately to rediscover itself in the midst of a catastrophically confused public debate about something called “family values”. Just how far we have lost our bearings in this search was driven home to me on a recent page of my local newspaper. There, side by side, were two articles: One about a young lesbian couple who had lost a court battle to keep the infant born to one of them because the grandmother had successfully sued for custody on the grounds that her own daughter was an “unfit mother”, the other about a father consoling his son because the wife and mother of this “normal” family had been convicted of strangling five of her own infants over a several-year period. Now, if only one of the lesbians had been black, the ghastly irony of the stereotypes and the creatureless abstraction of the “values” would have been complete.

All of this is a mish-mash. But this fact does not allow us to throw up our hands in confused impotence, because America has *always* been a mish-mash. Even the aboriginal indians separated themselves into tribes because of obvious geographical and cultural differences, and the first generations of European settlers divided themselves into 13 colonies precisely because of their diverse backgrounds and religious beliefs, even as a mutually perceived larger need and purpose allowed them to unite and develop into a single national enterprise. The whole of the European development of the New World was a flight from the atavistic

and destructive intolerances of the Ancient Regime, and this flight quickly became a unique religious, social, and finally constitutional attempt to found a new sort of culture that quite self-consciously established a principle of tolerance, among individuals and among groups, so that *all* individuals and groups would be free to develop their enlightened self-interests. This mutual tolerance has always been the primary basis of the Golden Rule, and the principle source of all good will among men and women.

These were, and are, good values. Exalting them to the level of a national credo and a unique legal constitution that proposes equal opportunity to all persons of all races, classes and backgrounds was an enormous development and it has been the spiritual as well as the social definition of the New World. In its best moments it has opened up breathtaking possibilities for the present and future of humanity. For these reasons, and underscored by exactly those possibilities, the current chronic, habituated, and self-perpetuated pathologies of our cultural body are acutely painful, tragic. The perversion of the Golden Rule to the Rule of Gold, and all the rest of our business as usual had better grip our attention with their symptoms and give us a cold sweat, because there is no reason in the world why they should not eventually be fatal.

The questions for me today are then: Does our profession of bodywork have — or perhaps more to the point — *could* it have something to do with this present situation and its remedy? Is it just “touchy-feely” and largely irrelevant to the compelling social problems that surround us? Or can it somehow be a way towards touching and feeling those very things that may prove to be most largely relevant? We think of ourselves as members of a caring profession. About what are we most obliged to care? Practically speaking, what would be the *real* underlying conditions of our successful practices? What exactly is it we should be trying to touch?

Learning about the scope and depth of the physiological and psychological

powers of touch — and the devastating consequences of its absence — has given me more of an understanding of our current national dilemmas than all of the polls, commentaries, social studies, and political agendas combined. Many repeated and corroborated clinical studies have demonstrated that when laboratory animals have been isolated from contact during their development, they display paranoia, apathy towards their environment, hostility towards new stimulation, stress-related disease profiles, poor mating and parenting instincts, and withdrawal from normal interactions of all kinds. When human children suffer touch deprivation they grow up with subnormal physical development, immune deficiencies, impaired cognitive faculties, and a wide range of emotional disturbances. When a significant part of the contact they do receive has been abusive, with little or no positive intervention available to heal their developmental wounds, they are very frequently overwhelmed by their conditioned urges to perpetuate that abuse on those around them. Does any of this sound at all familiar?

On the other hand, nothing in my adult experience has taught me a fraction as much about meaningful personal interaction, appropriate intimacy, healthy boundaries, tolerance, and conflict resolution as receiving and giving bodywork has. My early massage experiences, training, and practice healed gaps in my frayed personal structure that I had not even been aware of until compassionate touch knit them back together. Nothing else in my life so directly and powerfully addressed the jumble of hurts, numbnesses, disappointments, fears, confusion, anger, and self-undermining behaviors which had made me work so hard for so long to learn how to compensate.

Not that the repairs, as welcome as they were, were immediate or easy. I now often smile inwardly at clients who expect to encounter nothing but pleasure and passive relaxation, or at students who think that the work will be easy, that their biggest problem will be drumming up a practice. Real and

sustained touching is an immediate and pressing engagement in a process towards solutions, not a magic wand or an easy gig. But for a person or for a culture that is out of touch, that engagement is everything.

When I first began my professional practice at Esalen twenty-two years ago, I had little preparation for the novelty I was undertaking and all I knew was that I didn't know how much about it I did or didn't know. So I made myself a mental rule: Anyone who walked into my work room with a receipt from the office was my next job, no matter what; every one of them had been sent to teach me something, and I didn't even know yet which were going to be the important lessons.

Consequently I ended up in an hour and a half of skin-to-skin intimacy with many people with whom I would not under any other circumstance even have had lunch. Some of them were all right, some merely tolerable, and some frankly made my flesh crawl. And a good number in the latter category, of course, had a way of enjoying it and coming back for more. (Isn't it interesting that the people who *nobody* would really want to touch are those who somehow need it the most?) Anyway, I stuck to my rule. And I struggled with my personal revulsions so that I might learn my lessons. Sometimes I would just close my eyes; and sometimes even that didn't stop a cold sweat. I would get headaches or bouts of nausea. Several times I even had to leave the room while they were turning over for the second half of the session, throw up in the lavatory, wash my face with cold water, take ten deep breaths, and go back and finish. I encountered body odors I had not even known existed. I coped with clients' emotional releases no one had told me to get ready for, with all their tears and rages and vomit. I was propositioned and clenched by both men and women. I was a confidant for problems I didn't even want to know about. And often enough I had to face the disappointment of those who wanted more than I knew how to give.

But eventually, I learned which ones were the important lessons: They *all*

were. I had not struggled with my revulsions in order to learn something else. The nature of that struggle was exactly what I was there to learn about. I was there to discover that you could in fact give a great deal to someone you wouldn't want to have lunch with, and that moments of deep gratification and even beauty are always lurking somewhere underneath the most negative of first impressions. And in fact it was the worst of them that were there to teach me that underneath everyone's personality is their *humanity*, and that in the midst of all the eyesores, smells and neuroses are the real and urgent needs of a lonely creature and the miracle of life. And somewhere further underneath all of that was *me*.

In the midst of all these experiences, I met the teacher with whom I was going to stay for a long time — Dr. Milton Trager. He was the first to make me know at what depth and with what healing power touch could reach into the most helpless and intractable conditions (not the first to discover it, to be sure, but the first to show me personally at such close quarters). What I saw and still see in him was someone fearless, even eager, in the face of misery, isolation and pathology, and someone undaunted in the face of ignorance and apathy. I understood that these observable qualities were the effective antidote for my own squeamishness and fear. And I saw that on a much larger front they were perhaps the only ready means available for confronting the self-induced impotence all around us that hides behind words like “incurable”, “unchangeable”, “inevitable”, and the like.

Touch — and especially touch like Milton Trager's — is immediate and direct engagement, contact with the palpable essence of living reality, a concrete combination of flesh and consciousness that creates a medium for the development of creative physical improvements and the possibility of a path through the fear, the confusion, and the nonsense. The miracle of this contact is what Trager means by the word he uses to characterize his work, “Hook-Up.” It is what E. M. Forster meant when he offered his final dic-

tum: “Only connect.” It is what Jesus meant when he claimed that “God is love,” the resolution of Karma by Grace, and what the Buddha meant when he said that the inevitability of human suffering is only an illusion.

What I further came to realize while learning about bodywork from Dr. Trager was that in order to do more of what I saw him doing I had to learn to *be* more like him, and to be more like him I definitely had to change. Those changes are certainly still in progress, and humbly slow, but through the ones I have managed to accomplish I have learned just how much change is possible, and how much of it involves reevaluating and revamping the very things we have come to think cannot be altered — character structure, beliefs, reflexes, perception, reality itself as we have learned to know it.

Dr. Trager, and other inspirational leaders and healers I have come to see in this light, have taught me to dare to have a dream. My dream is a personal and social and spiritual vision of humanity based upon the sturdy, simple yet complex biological and ecological truths, without which we are exceedingly fragile and temporary — truths that make life tick and grow. It is of a world in which we face together, touching, connected, and hooked-up, the problems common to us all, with the evolutionary strengths and strategies we have through millennia come to share. It is a vision of a human race that recognizes the global universality of each of our intensely individual developmental needs.

For even though we have different gods, heroes, and histories, we all have very much the same kind of bodies. We may all view it differently, but we have all done precisely the same thing: We have survived, we have arrived here. And each and every one of us has a piece of the truth of how that was done, and how it can continue. Together we are a *species*, not a race or a nationality, not a political or an ethnic group, or a class; as members of that species each of us carries deep within our cells the codes of its past and future success. In this collective enterprise

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Touch and Tolerance [continued from p. 3]

(and no one of us could sustain it alone) our apparent diversity is dwarfed by our essential sameness. It is in fact the genetic richness of that sameness which allows us to develop so differently, and if we manage to forget that our species will be an endangered, or an extinct one.

Black, white, brown, fat, female, disabled, rich, poor, white- or blue-collar male, academic, uneducated, elite, disenfranchised, conservative, liberal, old, young, immigrant, native, Christian, Jew, Muslim... — if we choose to use superficial differences as defining categories, then each and every one of us is a member of an isolated minority. There is simply no end to the conflicts we can devise if we so define ourselves.

The profession of bodywork has much to give and there is a great deal of work to be done, both within our profession and without, in order to open the doors through which it can be delivered. Why, for instance, are there so few people of color in my own classes or in the conventions I have attended? However we came to form *this* group, how can we make it richer and more diverse, more able to address wider and wider varieties of ills? And how can we avoid playing into a system in which something so simple and beneficial as healing touch turns out to be easily available only to those who can afford it? If *our* cultural biases have made it relatively difficult for bodywork to flourish, then how can we reach those whose means are even more slender, or whose ethos is even sterner, and whose needs are proportionately greater? How can we touch the un-touchables, and bring them all into the process of discovering our evolutionary solutions before conflict and isolation annihilates them, and possibly us?

Truly successful self-interest must always learn to acknowledge this larger Self. And I do believe that bodywork is a way to get in touch with it. A great deal may in fact be up to us.

Because there is something in the touch of flesh with flesh which abrogates, cuts sharp and straight across the devious intricate channels of decorous ordering,

which enemies as well as lovers know because it makes them both — touch and touch of that which is the citadel of the central I-am's private own; not spirit, soul; the liquorish and ungirdled mind is anyone's to take in any darkened hallway of this earthly tenement. But let flesh touch with flesh, and watch the fall of all the eggshell shibboleth of caste and color too.

William Faulkner, *Absalom!*, *Absalom!*

Roster Corrections

Below are full listings of members who were either inadvertently left out of our 1995 Roster, or whose listings were incomplete or in error. Our apologies to all concerned. Please use this information to update your roster.

(1) Natasha Heifetz, Tutor, 1678 Shattuck Ave. #282, Berkeley, California 94709, Phone: 510-848-3544/415-456-7722

(2) Sherry Wynne, Practitioner, 1435 North Adoline, Fresno, California 93728, Phone: 209-237-8428

(3) Jeffrey Joel, Tutor, P.O. Box 70, Kelly, Wyoming 83011, Phone: 307-733-1726 / Fax: 307-733-8639

(4) Denise Vuistiner-Riva, Practitioner, 1bis, rue du Vieux-Canal, CH-1227 Carouge, Genève, Switzerland, Phone: 22-43-10-95

(5) Eva Maria Willach, Practitioner, Huppach 1, D-53809 Ruppichteroth, Germany, Phone and Fax 2-295-1022

The Sponsors Committee was inadvertently omitted from the roster. The members are: (1) Jean Hopkins, Co-Chairperson, Albuquerque, New Mexico, USA; (2) Cindy Popp-Hager, Co-Chairperson, Sterling, Massachusetts, USA; (3) Siegrit Salkowitz, Eurasburg, Germany; (4) Hedi Stieg, Wien, Austria; (5) Anjali Thomas, London, Ontario.

Please note that Jean Hopkins is also a *Mentastics* Leader.

The European *Trager* representative for Sweden is Ulla Mortensen, not Jan Fogel.

“Voulez-vous vous rapprocher?” Déplacements sur la table

Amrita Daigle

Amrita est instructeure et habite à Neuville, Québec.

Plusieurs d'entre nous se sentent inconfortables avec les déplacements sur la table en cours de séance. D'une part, nous ne voulons pas déranger nos clients ou troubler leur Hook-Up. D'autre part, ces moments nous semblent être d'encombrants temps morts. Nous savons que nous sommes supposés demander à nos clients de se rapprocher de nous pour soigner notre propre alignement. Nous savons aussi qu'il s'agit d'une des conditions nécessaires pour pouvoir offrir une bonne séance. Mais bon, cela ne suffit pas pour nous enthousiasmer!

Je me suis moi aussi sentie empêtrée dans cet aspect de notre travail. Pourtant, lorsque je suis cliente, me déplacer sur la table ne me perturbe pas. Pourquoi? Bien, j'adore sentir au fur et à mesure comment j'intègre ma séance!

Dans l'approche *Trager*, on s'intéresse au Hook-Up et au mouvement. On explore la qualité du *mouvement actif* pendant les *Mentastics*. On approfondit la qualité du *mouvement passif* de la séance à la table. Quand je demande à mon client de venir de ce côté-ci de la table, le *temps mort* est en fait un moment de passage entre l'état de passivité et l'activité. Je demande à mes clients de remarquer la qualité de leur mouvement *pendant* qu'ils se rapprochent. Les déplacements se transforment en *Mentastics*. On progresse dans l'apprentissage de l'intégration du Hook-Up dans les transitions. Je trouve le thème fascinant.

Recevoir des séances de *Trager* nous amène à nous épanouir et à prendre de l'expansion. Le vrai défi est d'intégrer cette façon d'être dans notre quotidien. Je suis toujours profondément intéressée à trouver des liens entre le contexte de la séance et la vie de tous les jours. Je soupçonne que toutes les transitions de la séance peuvent devenir des expériences d'apprentissage au lieu de moments perdus. Notre séance à la

table contient au moins sept occasions de ce genre.

Il y eut un temps où je rêvais d'inventer des draps à roulettes pour m'éviter de demander à mes clients de se déplacer sur la table. Je pense maintenant que ça serait un pur gaspillage de potentiel.

"Would you come closer?" Asking clients to move on the table

Amrita Daigle

*Amrita is an instructor and lives in
Newville, Quebec.*

Many of us feel uncomfortable asking our clients to move on the table during a *Trager* session. We think that it will bother them or disturb their Hook-Up. In addition, it feels like a gap. We know that we are *supposed* to ask them to move in order to keep good alignment in our own body. We also know that this is part of the physical condition required to offer a good session. But *shoulds* never work very well!

Although I have been struggling with this issue myself as a *Trager* Practitioner, moving on the table never bothers me when I am in the client's role. Why? Well, I just love to feel how I am integrating the session in progress!

The *Trager* Approach is about Hook-Up and movement. We explore the quality of *active movement* in *Mentastics*. We deepen the quality of *passive movement* through the tablework. When I ask my client to "move to this side of the table", the "gap" actually looks like a transition between passivity and activity. I ask my clients to *notice* the quality of movement *as* they come closer. The move then gets the flavor of *Mentastics*. This attitude supports them in learning how to stay in Hook-Up during transitions. I find this thrilling!

Receiving *Trager* sessions makes us bloom and expand. The real challenge is then to integrate this in our everyday life. I have always been deeply interested in creating links between the context of the session and daily life. I suspect that all transitions can become

creative learning experiences instead of experiences of boredom. Our table session contains at least seven good occasions like this.

There was a time when I dreamt of inventing hydraulic rolling sheets to avoid asking my clients to move on the table. Well, now I think it would be a pure waste of potential!

Research Progress Report

Cynthia Glidden-Tracey, Ph.D.

Cynthia is a Practitioner from Carbondale, Illinois.

The following is a brief report on a study in progress to develop a set of scales to document both the concerns clients bring to their *Trager* sessions and changes occurring in response to a session or series of sessions. The research is funded in part by grants from The *Trager* Institute and from Southern Illinois University at Carbondale.

Two questionnaires are being pilot tested: one is a set of diagrams of the body, to which the client responds by rating the degree of sensation s/he feels in each of 68 marked regions of the body, on a scale ranging from -3=*very negative sensation*, to 0=*no noticeable sensation*, to +3=*very positive sensation*. The second questionnaire asks respondents to rate (on a scale of 1=*strongly disagree* to 5=*strongly agree*) the extent to which a series of statements reflect her or his actual perceptions of his or her own body. Sample items include: "I clench my jaw a lot" and "I tend to lose my balance easily". Items for the second pilot questionnaire were written to reflect perceived antecedents to physical discomfort, unintended consequences of movement, and levels of body awareness.

These two pilot questionnaires have been administered to two groups of research participants. All participants completed the questionnaires on two occasions separated by 24 hours. One group received a bodywork treatment session between testings; the second group received no treatment. Each group contained approximately 30 volunteers who were non-randomly assigned to groups. In addition to the pilot questionnaires, participants also

completed two global pain measures widely used in medical research and assessment (the Multiphasic Pain Inventory (MPI) and the Pain Rating Index (PRI) of the McGill Pain Questionnaire). Participants also completed the Brief Symptom Inventory (BSI), a short checklist of current psychological symptoms, and those in the treatment group were also asked on the second day of (post-treatment) participation to rate the effectiveness of their bodywork practitioner.

At the present time, the data collection has just been completed, and plans are to begin analyzing the data this summer. It is anticipated that some improvement in scores will be observed in the treatment group, while scores for the participants who received no treatment are expected to remain stable. Findings consistent with these expectations would suggest both the sensitivity and the reliability of the new measures (although direct comparison of groups will yield only tentative conclusions due to the non-random assignment of subjects to treatment groups). Additional tests of the stability of scores will be assessed on a third group, who completed the pilot questionnaires on two occasions one week apart, with no intervening treatment. Finally, scores on the pilot questionnaires will be compared with scores on the MPI, PRI, and BSI scales to explore patterns indicating relationships among the scales.

Results of this pilot study will be used to refine the questionnaires so that they may be reliably and validly used in *Trager* research and practice. It is hoped that the development and utilization of such standardized assessment tools will help demonstrate the effects of *Trager* work and improve the delivery of *Trager* benefits to clients.

Watch for additional progress reports in future issues of this *Newsletter*. Questions about the study may be directed to Cynthia Glidden-Tracey, Department of Psychology, Southern Illinois University, Carbondale, IL 62901-6502, e-mail: GA3981@siucvmb.siuc.edu, Phone: 618-453-3541

The "High Touch Tour:" Successes, Disappointments, and Lessons

Deane Juhan

The High Touch Tour, a travelling trade show and exhibition in which The Trager Institute participated as a primary sponsor was cancelled after completing 3 of its 12 planned stops. Deane Juhan was one of the keynote presenters for the Tour. This is his report.

I doubt that anyone in our Institute was more shocked and rocked than I was by the cancellation of nine of the twelve stops of the projected High Touch Tour. I had set aside a full quarter of my 1995 teaching year to travel to all twelve cities, and had devoted a great deal of time to preparations during the previous quarter. The blows both to my income and expectations have not been ones I have been able to shrug off lightly.

Robert Calvert, founding editor of "Massage Magazine" and promoter of the Tour, is an individual whom I have had solid reasons to trust. His integrity is real and his enthusiasm for the future of bodywork is fervent. He envisioned this project as an effort and a celebration that would further the entire profession and enhance the marketing exposure of every participant. And, in addition, he had very successfully promoted a similar bodywork trade show in San Francisco three years ago, during which 12,000 people poured through the exhibit hall and workshops in three days.

I was happy to be invited, and I was equally enthusiastic about seizing what I viewed as a great opportunity to include The Trager Institute in what I hoped would be a significant first effort in elevating our public relations and marketing to a national level. I was not alone in examining this possible opportunity and concluding that the risks and the return had the potential to be very good. Unfortunately I now find myself in the position of having enthusiastically advocated a logistical, emotional, and financial contribution that has proven to be a disappointment to myself and others.

The promotional campaign prom-

ised by the Tour staff in our contract was, in fact, carried out. No one — least of all the Tour director, who was and is personally responsible for enormous investments and losses — wanted to create anything but success. Tens and tens of thousands of mailings, phone calls, pamphlets, and notices went out. In retrospect one can now certainly argue that there were serious flaws in marketing strategy and effectiveness, but the Tour staff felt strongly at the time, and not illogically, that massage schools, trade publications, and current practitioners of all sorts would be the most likely target audience upon which to focus the majority of marketing dollars. Fill a conference center with hardware and software and computer folks show up in droves. For



reasons that need to be assessed for every one of us that were a part of the speculation, the professional bodywork audience was either inadequately reached or did not for some reason actively respond. Public turnout was extremely low, and the Tour staff elected to cancel in order to prevent ongoing expense losses that began to loom massively.

With all of this said, and in the midst of the smarting, there was and is a glimmer of a silver lining in this experience for me. We had a nationwide turnout of energetic volunteers on an unprecedented scale in our organization, and the logistical orchestration of their efforts was exemplary. We were able to stir to life an internal marketing network that cannot fail to serve us well in more successful efforts for many years to come, and this for me was one of the major reasons for

taking up this challenge in the first place.

In all three locations where the Tour occurred — Portland, Oregon, Santa Rosa, California, and San Diego, California — we had the most consistently active booth in the arena, with a long mini-session waiting list for at least 3 tables most of the time, and often spilling out into six or seven tables wherever space could be found and borrowed. Our public demonstrations at noon on Saturdays, which I presented, were by far the best attended by the public, and both comments for the mini-sessions at the booths and observations of the demos succeeded in significantly increasing the enrollment for the Sunday Introduction to *Trager* workshops.

These Introductory Workshop days were small with regard to initial expectations, but they were of very high quality. We had, in fact, as many workshop sign-ups as did any of the other instructors and modalities, most of whom have been aggressively advertising their work and their institutes for years. Given the total number of people who attended the exhibit hall at each site, we had an enormous statistical success. We moved every one we had an opportunity to contact. My chief disappointment is that we lost nine other opportunities.

I have written a personal letter of thanks to everyone who was involved at the three locations that did happen, and have contacted the remaining coordinators in the cities that were canceled. I wrote a report to the Board, and will personally appear before them to assess the lessons of this event. Don and I are actively pursuing ongoing negotiations with the Tour staff to recover any and all possible investments and public marketing impacts that can be salvaged. It will be a while before net results will be conclusive, but we do have our contracts and what we expect to be the good will of those involved.

I want to re-emphasize that this fizzle was not ours. This turn of events should not dampen our spirits nor discourage us from making public marketing efforts of many kinds in the

future. Our organization responded in an exemplary fashion — Board, administrative staff, chairpersons in the field, and volunteers — and everyone who had a chance to participate directly learned a lot of useful information and performed extremely well. We must simply seek out our next opportunities, and profit from past speculations. Our work is very good — among the best available — and the world needs to know about it.

I want to thank all involved in any way from the bottom of my heart. In spite of frustrated hopes, this opportunity to work together with all of you was exciting to me, and I know we have just begun to address together the widening of Milton's work and all our practices. Hook-up to the source and respond to the resistance.

A Message to the Membership from the Board of Directors Marketing Group

John Blaisdell, Megan Eoyang, and Michael Stulberg

We want the members of The Trager Institute to know that the members of the Board of Directors were shocked, dismayed and disappointed at the cancellation of the High Touch Tour. Support for this Tour represented a major expansion of the Institute's marketing efforts. We knew we were taking a chance, but we thought it was reasonable given the prior successes of the Tour's manager and the fact that it was to be supported by our own Deane Juhan, successful author, speaker, and teacher. The Board Marketing Group, the entire Board, and the administrative staff supported this project with both excitement and trepidation. There has been no stronger request to the Board from Practitioners and teachers at all levels than to improve marketing. We have oscillated between hiring expensive outsiders and relative inactivity. Recognizing the importance of responding to the call for marketing, the Board voted to expend a modest amount of money (\$10,000 — large for us) to have a small booth at the 12 stops of the Tour which only com-

pleted 3 of its 12 planned stops. We may never recover the portion of funds dedicated to the 9 stops that never happened. The Board takes responsibility for this probable financial loss.

Despite this loss, there were some wonderfully positive developments which grew out of the Tour:

1. Practitioners across the country came together as a community as never before. We were overwhelmed by the generous outpouring of support including the willingness to travel to Tour stops, supply their own food and lodging, and staff booths for many hours.

2. The new brochure was completed (with input from many people).

3. The second edition of the *Mentastics* book was published and distributed.

4. The Tour generated specific ideas which the Board Marketing Group will be able to use in developing a "press kit".

We have learned how deeply our own Practitioners are devoted to this work. We thank you for your generous support. We will take these lessons to heart, and move forward in our future marketing endeavors.

Milton and Emily in San Diego for Milton's 87th birthday and a High Touch Tour Appreciation

Maryann Zimmermann

Maryann is a Tutor and coordinated the San Diego stop of the High Touch Tour.

San Diego was graced with Dr. Trager's and Emily's presence for the celebration of Milton's 87th birthday and the San Diego portion of the High Touch Tour.

I want to acknowledge and extend heartfelt thanks to all the *Trager* Practitioners, Students and Friends who were present at the party for Milton and who so generously contributed their time, energy, and talents to the High Touch Tour *Trager* booth and Deane's workshops.

We had a dynamic celebration, fun and professionally satisfying, lasting four days, starting with Milton's birth-

day, April 20th, and extending into the three days April 21-23 of the High Touch Tour.

A special note of gratefulness goes to Marcia Koski and the rest of the administrative staff who so efficiently did mountains of work in a gracious and communicative manner, which made my job as coordinator translate into a "Win" on the scene here.

Ah! Hook-Up!! What could be lighter?

We're in the Market

Megan Eoyang, CMT

In my last column I asked people to send me stories about how they have successfully worked with the media (radio, tv, magazines, trade journals, newspapers, etc.). I received a reply from Instructor-Trainee Roger Tolle, who has materially participated in getting several articles about *Trager* work into nationally distributed magazines. His response reminds me of something Tutor Natasha Heifetz has said over and over again in her workshops, at our conferences, and at every local gathering of practitioners for years: "It is the quality of our work which is the very best marketing tool we have." Roger said that his "extraordinary success" is primarily from living and working in New York City. When a national magazine (often based in New York) is going to do an article on bodywork or some other related topic, they call the Institute office and get Roger's name as the local practitioner to interview or to give a demonstration session. Sometimes they find him on their own through Roger's various listings. So the crux of his media success lies in the quality of his touch!

Roger had another fine idea I would like to pass along, a refinement of something I mentioned in an earlier column. Roger took the articles sent out to each practitioner with the past several newsletters and copied them onto different attractive pastel-colored papers. But *before* copying them, he made sure that his name (along with "*Trager*[®] Practitioner") and his address appeared in a consistent design

[continued on p. 8]

on every article. Simply affixing a return address label or stamp was enough. This presented the various articles as a consistent collection, making them appear to be an intentional "set". He also stapled his business card to the front of the set. This is a fine example of what each of us must ultimately do: *Make the work your own!*

As an aside, Practitioner Rachel Helstien sent me a couple of terrific quotes that reflect well on *Trager* work. Perhaps they can be worked into your discussions about or promotions and mailings about the work:

"Health is awareness, spontaneity, gracefulness, and especially rhythm."—Alexander Lowen

"Rhythmic motion is the essence of pleasure."—Sam Keen

More on marketing next time. Wishing you well!

Trager Index Up and Running

Megan Eoyang, CMT

Now that the big annual registration process is finished and the new *Trager* directory is done, Esther Cherk in the office has been able to devote more time to an index of articles about *Trager* work, including articles from our newsletters, research on *Trager* work, and articles that have appeared in trade journals and mass media. What a project! The index will allow her to find and provide good photocopyable articles by subject or by target audience. This means that when you want to introduce a specific group, say, your local branch of the Multiple Sclerosis Society or your local fitness center, to *Trager* work, you will be able to call or write to Esther and request articles that fit your need. She can then ship them to you at cost for copying and mailing. You can prepare press information for a special event, introduce yourself to a physical therapist, or approach your local media-interviewer with stress reduction information (almost always a newsworthy topic these days).

Ask for specific target audiences and give Esther some idea of how you want to approach them, or use some of these possible topics: Pain reduction, Parkinson's disease, MS and other au-

toimmune diseases, Wellness, Sports, Role in Physical Therapy, Description of *Trager*, Help in self-marketing.

This is one of several Board Marketing Group projects to support our practitioners in marketing their work, and it is a key piece in preparing for our next focus, which is public education about *Trager* work. This index will assist us in customizing press kits for practitioners to use when addressing their local media — and for the office to use when approaching national media for articles and interviews about this wonderful work. Don't hesitate to use this resource!

Media Watch

Don Schwartz, Compiler

Thanks initially to a suggestion by Tutor Martin Anderson of Brookline, Massachusetts, U.S.A., this column has been appearing for many years. In each issue of our newsletter this column presents various reports demonstrating naturally occurring publicity opportunities for Trager. This virtually free publicity and promotion is worthy of our collective celebration. The actions of our Students and Practitioners together with our Educational and Administrative staffs are all working synergistically together to create this snowballing attention to Trager work. As you will read below, this issue is no exception!

The *Trager* Approach has its own section, on page 132, in a just-published book, *Alternative Medicine: Expanding Medical Horizons: A Report to the National Institutes of Health on Alternative Medical Systems and Practices in the United States*. In perusing this book I cannot see exactly who the publisher is. However, it is most likely either the United States Government or the National Institutes of Health. You may order it for \$25 plus shipping by calling: 202-512-1800.

Trager was one of only six disciplines listed in an article in the "Marketplace" section of the *Wall Street Journal* entitled "Health Insurers Embrace Eye-of-Newt Therapy", in the Monday, January 30, 1995 issue. The *Wall Street Journal* is the single most

prestigious business periodical in the U.S. Our inclusion in this article is highly valuable. The article provides information indicating that non-traditional approaches to healing and health may be cost effective, and, therefore, worthy of the attention of health insurance companies.

Tutor Layo Nathan of Australia continues to do her ground-breaking work in opening New Zealand and Australia for *Trager*. Her article, "Hook-up to Health with The *Trager* Approach", was published by *Whole Person: Australia's Wholistic Growth Magazine* in their May/June, 1994 issue, Volume 6, Number 3. *Heal Thyself* published Layo's article entitled "At Ease with The Pleasure Principle". Both articles were presented with graphic excellence utilizing photographs supplied by the Institute's administrative office.

New Age Journal and The *Trager* Institute have entered into a mutually supportive agreement. In return for a mailing to our North American Practitioners, the Institute receives an enhanced listing in their annual "Holistic Health Directory and Resource Guide" as well as a complimentary membership in their new Holistic Health Network. It was *Trager's* inclusion in last year's "Holistic Health Directory" that was most responsible for *Trager* being one of only six disciplines included in the above-mentioned *Wall Street Journal* article. The Institute is also included in *New Age Journal's* "The Annual Source Book for '95."

An article featuring Practitioner Dhyani Berger's practice of *Trager* in Kenya, Africa has been published on page 2 in the December 10, 1994 issue of the *Chronicle*, which is a, if not the, major English-language newspaper in Kenya.

American Western Life Insurance Company includes *Trager* in its listing of covered wellness services when they are listed in American Western's advertisements. This company has achieved national recognition as a pioneer in the inclusion of natural approaches to healing and health in its wellness insurance program. At present,

American Western services Arizona, California, Colorado, Oregon, New Mexico, and Utah. Their telephone number is: 415-573-8041, ext. 7402.

The Trager Institute is included in a book entitled *Rolfing Movement Integration: A Self-Help Approach to Balancing the Body* by Mary Bond, published in 1993, by Healing Arts Press.

"Trager" was briefly mentioned in *New Age Journal* in their announcement of the High Touch Tour, on page 99 of their April, 1995 issue.

Tutor Adrienne Stone, a physical therapist from southern California, is writing a chapter on Trager, for a book tentatively entitled, "Alternative Treatments in Physical Therapy", to be marketed to physical therapists and other interested individuals.

The Trager Institute has been acknowledged as a "Cooperating Organization" for "The First Annual International Congress on Alternative and Complementary Medicine" sponsored by Mary Ann Liebert, Inc., publisher of *The Journal of Alternative and Complementary Medicine*. This acknowledgement is included in many thousands of mailings to potential exhibitors and attendees.

The Trager Institute has been included in the "Directory of Alternative Health Care Associations" a publication of the National Institutes of Health Office of Alternative Medicine.

Yours truly received a "Community Achievement" award from the California State Massage Therapy Association (CMTA), the state chapter of the American Massage Therapy Association, at the CMTA's annual convention awards banquet held at the San Francisco Airport Hilton, on March 17, 1995. I'm also serving on the steering committee for "The Living Body: The 1995 International Somatics Congress" to be held in San Francisco, on October 18-22, 1995. I will also be moderating a panel on the effect of consciousness on tissues at this conference.

Better Late than Never: We have just received word from Practitioner Susan Sachs of New Jersey that Trager is favorably mentioned in a taped presentation by neurologist David

Hubbard, M.D., in a discourse entitled "Headache Pain and Management", made at the Tenth Acoustic Neuroma Association Symposium, in August, 1992, in San Diego, California. The tape is available from Convention Recorders by calling 800-487-8273.

Thanks to The Trager Institute's ongoing membership in the National Wellness Institute, the Institute is listed eight times throughout the Wellness Institute's 1995 *Wellness Resource Directory* which is distributed to a minimum of 3,900 wellness professionals and organizations. The National Wellness Institute is the largest organization of its kind in the world. For more information please contact them at: 1045 Clark Street, Suite 210, P.O. Box 827, Stevens Point, Wisconsin 54481-0827, 715-342-2969, Fax: 715-342-2979.

The Trager Institute has received Internet domain registration. We are now fully on the Internet! Our domain name is "trager.com". I'm our only user so far, and my address will be: "TragerD@trager.com". However, for the time being, please continue using the America Online address (TragerD@aol.com). As I become facile with the Internet, and when we get a computer capable of accessing the World Wide Web, we will be able to build a Trager Institute "home page". This will further improve communications between the Institute, its membership and the public. It will especially improve international communications.

Trager work and The Trager Institute are represented in their own section of the "Alternative Medicine Yellow Pages" published by Future Medicine, 800-720-6363.

A front-page article entitled "Alternative Medicine Thrives in Bay Area" appeared in the May 17, 1995 issue of the *San Francisco Chronicle*. At least 41% of the large Bay Area population has tried "alternative medicine" in the last year with a 91% satisfaction rate. The single largest category of services used was "relaxation" which included "massage therapy"—the survey's word for somatic approaches. This report

further underscores the opportunity we have to bring Trager more widely and deeply into our society.

Great Survey Return

Esther Cherk

A total of 930 practitioner surveys were sent out, of which 467 have been returned in French, German, Italian, and English. This is an incredible return of over 50%! The answers and data will be reviewed by John Blaisdell and used by the Board Marketing Group to target informational material. The experience areas have been entered into each practitioner's computer screen. With that information in place we are now able to call up lists of practitioners who have had experience in a particular area to offer in response to inquiries from the public and also to other practitioners for networking purposes. Call the administrative office for more about this new service to our membership.

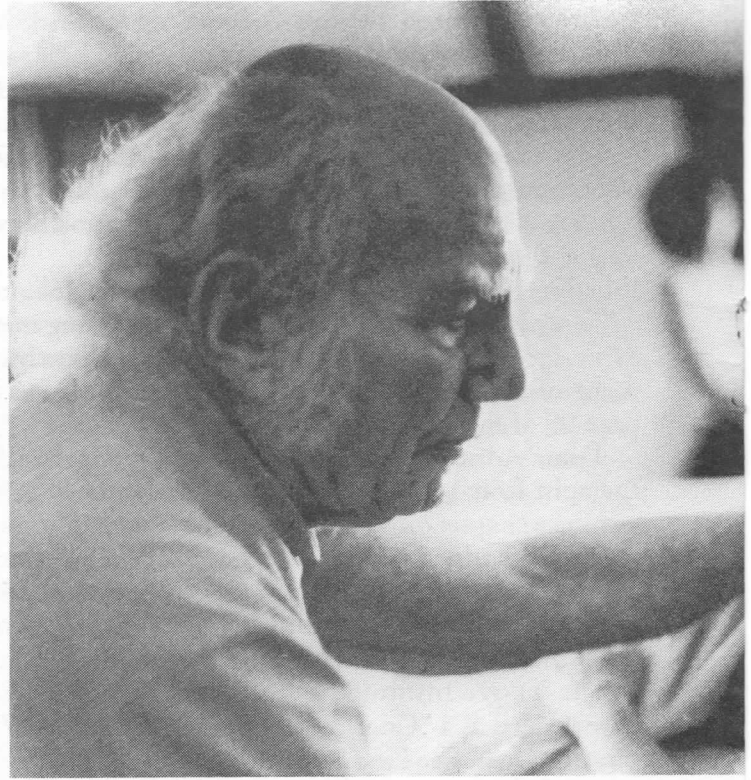
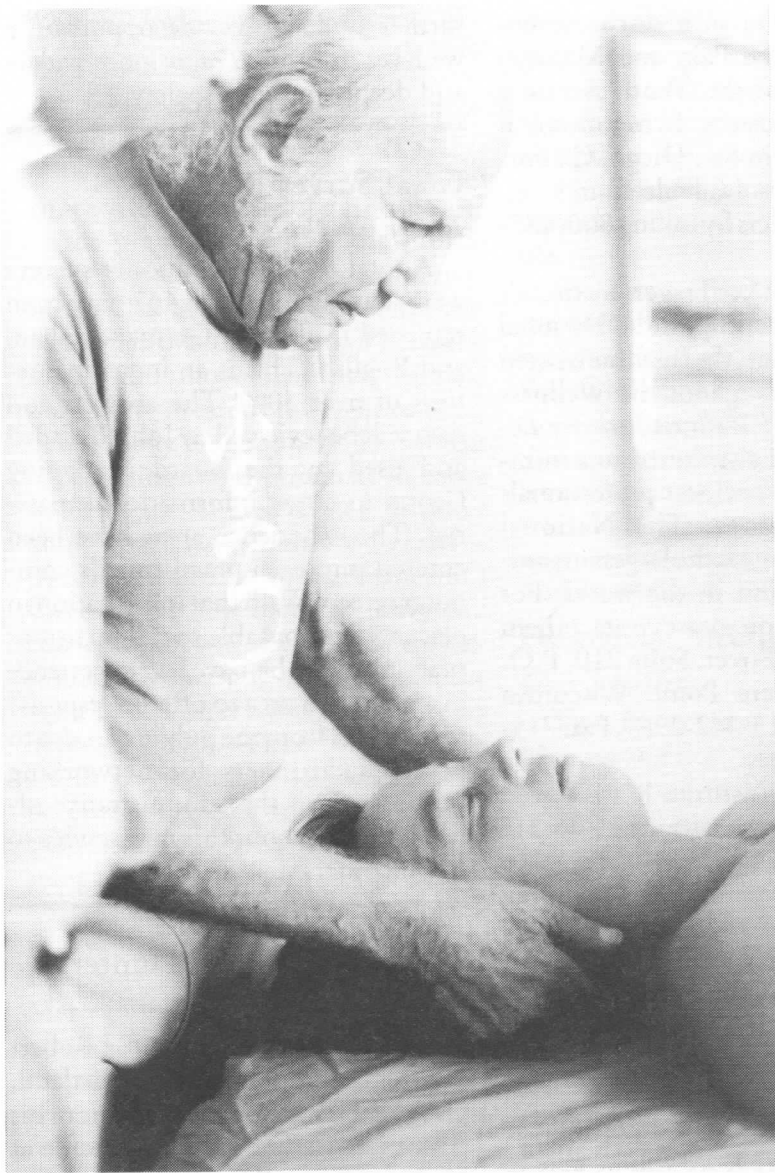
Thank You, Robert Hunter

Don Schwartz

Robert, owner/manager of Robert Hunter Bodywork Tables of Portland, Oregon, U.S.A., contributed one of his custom-crafted tables for the raffle at our most recent International Conference in August, 1994, in Pennsylvania. It has come to my attention that he was not acknowledged for this donation in these pages, I want to right that wrong right now! Robert has donated tables for various Trager events for many years, and on behalf of our membership, I want to thank him for this consistent support.

Wish List

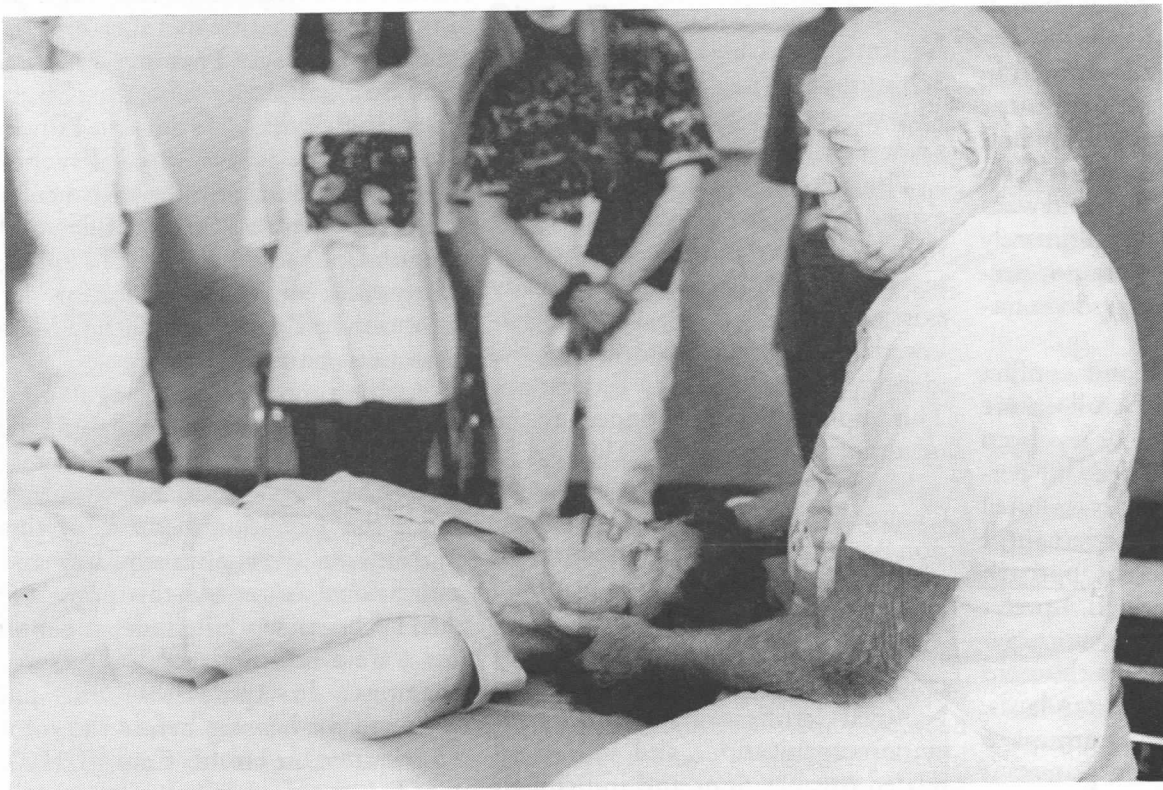
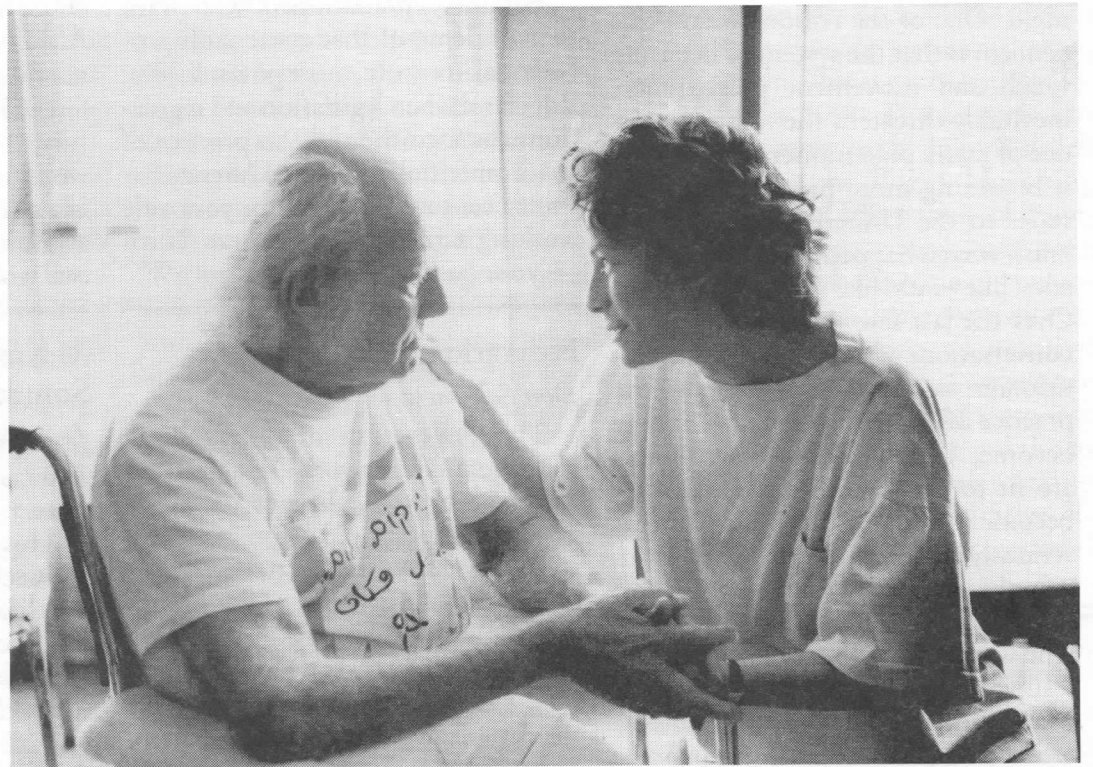
From time to time the Trager Institute has particular needs which cannot be budgeted. If you can or if you know of a source that can donate such things, please contact the Institute Office. At the current time, a *Laptop Computer* (IBM /clone) is needed to take complete notes during meetings.



Celebrating 20 Years since Milton met Betty

1975–1995

Photos by Martin R. Anderson, April, 1995 (see p. 1)



You're Under Arrest...

Don Schwartz

...for touching and moving without a license.

In previous articles I have expressed concern for the choice of state licensure as the preferred form of the professional regulation of touch and movement. One of the reasons I have this concern is that the system of licensing touch and movement practitioners inevitably threatens the right to practice of many practitioners. This threat is becoming more prevalent in more states in the United States. (I don't know what is happening in other countries, but would like to hear from you.) Over the last few months I have had conversations with several *Trager* Practitioners from four states where the practice of *Trager* has become, or may become, illegal. These Practitioners are fit to be tied. The situation has become so bad that one Practitioner is seriously investigating the feasibility of suing her state's massage therapy board.

Now there are *Trager* Practitioners who want to be able to be licensed, and I support them as much as possible. Many individuals who want licensure are seeking professional status and participation in public and private insurance programs. Their motivation is reasonable. Some individuals and organizations, though, are interested in excluding other individuals from the legal practice of touch and movement. When we enter the licensure arena, we find things we didn't expect, and what legislation or regulations are ultimately passed and implemented are not necessarily what we intended upon entering this arena.

Witnessing the strife and conflict emerging in those states where licensure is either being promoted or has been passed has strongly influenced my personal opinion about the professional regulation of touch and movement. I personally endorse a different approach to the regulation of our field. I prefer private certification with private organizations providing well-publicized high education and practice standards. This allows individuals and groups to be part of the certification process if

they so choose. And, if not, they, at least, do not get arrested. Aside from assault, battery, rape, murder, kidnap, abuse, and harassment, it should not be against the law for one person to touch another. This goes against the very idea of touch as a central value to life.

For those practitioners who want the entitlements that come with professional licensure, more power to you. But if and when legislation and regulations threaten the right to practice of those practitioners who do not need or want licensure, I will be on your side working hard to protect — or to return — your basic right to practice.

Federation Meeting Report

Don Schwartz

The Federation of Therapeutic Massage and Bodywork Organizations held a meeting on February 3-4, 1995, in Phoenix, Arizona. Representatives present were: John Chitty (Chairperson) and Will Lechnitz of the American Polarity Therapy Association (APTA); Virginia Anthony, Marlene D.C. Hundley, and Marlys Sperger of the American Massage Therapy Association (AMTA); Michael Purcell and Karl E. Humiston of The Feldenkrais® Guild; Jeffrey Maitland of The Rolf® Institute; and Cherie Jones and Don Schwartz of The Trager® Institute. This was the first meeting attended by a new member, The Feldenkrais Guild.

The meeting opened with a strong expression of concern concerning the right to practice in those states where massage therapy licensing laws already exist or may exist soon. This was followed by discussions concerning the identity and name of the Federation. This topic will be continued at the next meeting in October, 1995.

Margaret Avery Moon, the new Chairperson of the National Certification Board, gave a 2-hour presentation on the state of the art of the National Certification Program. The presentation was well received, and the importance of communication between the National Certification Board, our Federation organizations, and, indeed, all related organizations and individuals

was affirmed.

Plans were made to develop a packet of legislative information for those organizational representatives in states where legislative action is occurring, or may occur soon. The Feldenkrais Guild is compiling a history of the Federation. Also planned is a Federation brochure featuring each organization. The AMTA generously offered to distribute this brochure at the National Conference of State Legislators in mid-July, 1995. This would bring the *Trager* word to approximately 7,000 state legislators thus increasing our society's awareness of the existence and value of our work.

Massachusetts Coalition of Somatic Practitioners

Janet King

Janet is a Practitioner from Arlington, Mass.

This is my third article about the Massachusetts Coalition of Somatic Practitioners (formerly the Massachusetts Coalition of Professional Hands-On Practitioners) to appear in the *Trager* Newsletter over the past 2-1/2 years. From its inception in 1990 to the Spring of 1994, the Coalition undertook two major tasks: first, organizing a representative membership, including Massage Therapy, Oriental Bodywork, Polarity Therapy, Structural Bodywork, Movement Education and Body-Oriented Psychotherapy; second, joining with health officers to write "Model Rules and Regulations of Massage Therapy; Bodywork; Movement Education" for adoption by Boards of Health in Massachusetts cities and towns.

At the time the model regulations were completed, in June, 1993, the American Massage Therapy Association (AMTA) unfortunately withdrew from the Coalition because of disagreements over philosophical and educational issues. At this point the AMTA began working independently on a state licensing bill for massage therapists. In April, 1994, this bill came up for hearing before the Joint Committee on Health Care (JCHC).

The Coalition quickly changed direction, letting go of the model regulations to focus our attention on responding to the AMTA's state bill.

We are very pleased to announce that, through negotiations regarding this bill, the Coalition and the AMTA have re-opened lines of communication and reached important agreements on state licensure of massage therapists and somatic practitioners. The title "somatic practitioner" was chosen as an umbrella term designating any touch professional who does not use the title "massage therapist".

Originally, the AMTA wrote its bill for massage therapists only, excluding other practitioners. The bill named the already existing Board of Allied Health Professions as the regulatory body for massage. This Board currently regulates physical therapy, occupational therapy, and athletic training. By strong arguments, the Coalition persuaded the Chair of the JCHC to rewrite the bill to include somatic practices and to create an independent regulatory board. The AMTA supported these changes.

The bill was rewritten, creating a seven-member "Board of Massage Therapy and Somatic Practices", with three massage therapy representatives, three somatic practices representatives, and one consumer representative. We are proud to say that Massachusetts is the first state in the US to develop a licensing bill that recognizes and empowers massage and somatic practices equally.

The bill defines massage therapy and somatic practices and states that the educational standards for the somatic practices will be consistent with standard set by national certifying organizations, within minimum guidelines established by the Board. The guidelines will likely be a minimum of 500 hours of training and passing the National Certification Exam. There will also likely be a grandparenting provision for the first year after the bill is enacted into law. The Coalition is pleased with the terms of this bill in that they allow the somatic practices to define themselves as a profession, to

define their own educational standards and to regulate themselves without falling under the authority of other professions.

In March, 1995, the bill was reported favorably by the JCHC and referred to the Committee on House Ways and Means. Once the bill is passed, licensure for *Trager* Practitioners in Massachusetts will depend on the *Trager* Institute's adopting and implementing a 500-hour certification program. Trusting to synchronicity, these events will fall into place with good timing.

Continuing Education Requirements

Jean Hopkins

Jean is an Instructor-Trainee from Albuquerque, NM.

As a Tutor, I have recently encountered confusion from Practitioners regarding the timing of their Phase B Continuing Education requirements. I'm hoping the following will clarify the situation.

As of the 4th year of practitionership, Phase B of the continuing education requirements begins. This phase requires your annual tutorial plus 24 hours of training in one year every 3 years. Currently, these hours may be satisfied through a Practitioner Review class, review of Practitioner 1, or any of the *Trager* Elective Classes; if the elective class is less than three days in length, you may obtain the additional hours needed through *Mentastics* classes, Supervised Practice Days, Review Days, or other Elective Classes.

It is important to realize that the intent of this requirement is that all Practitioners renew themselves *at least* once every three years through some sort of training. Because Phase B is a repeating cycle, please be aware that the timing of your first training within the initial 3-year period will determine the timing deadlines of your subsequent requirements. For example, if you entered Phase B in 1994, you are required to take 24 hours of training during 1994, 1995 or 1996. If you took those hours in 1994, you will be

due again by the end of 1997; if you do your renewal training in 1995, you will be due again by the end of 1998, etc.

You may, of course, depending on your own self-determined needs and interests, take more training than dictated by the "once every 3 years requirement". The bottom line is that you will always be expected to have at least 24 hours of training in one calendar year *within* 3 years of your previous training.

A Note About Board Minutes

Two of the last three Board meetings involved primarily discussion items rather than action items. In one of the meetings a need for more comprehensive communication from the Board to members was articulated. In that spirit, rather than a short, terse article in this newsletter, a more detailed report will be presented in the next newsletter.

Above and Beyond

Thanks to members Elna Adams, Carol Curtis and Jan Fogel for their recent generous donations to The *Trager* Institute above and beyond their membership support. Donations to your organization are always welcome, and help make our service to members and the public better and better.

Instructors' Committee Report

Louise de Montigny and Gwen Crowell

The Instructors' Committee (IC) meets every year for 7 days. Goals and objectives for these meetings are to both review and increase skills by sharing ideas and teaching strategies, and to address business issues. The meeting this year was co-chaired by Carol Campbell and Bill Scholl and facilitated by Sandra Jo Palm. All decisions were made by the consensus process.

With the addition of six new instructors-in-training the IC swelled from 12 to 18 members. This is the largest number of new members the committee has absorbed at one time. Their energy, skills and enthusiasm were welcomed by all. The Personnel Committee deserves a big "Thank you!" for an enormous job well done.

The topic of training and evaluation of instructors was reviewed. All instructors are required to participate in committee work and to work together as a team on the IC. It was therefore decided that all changes of status for new instructors must include an evaluation of IC committee skills, cooperation and teamwork.

Status Changes: Amrita Daigle was approved to teach intermediate classes and beyond. Karen Hortig is taking a leave of absence from teaching this year to work full time in nursing. After a review of their training to date both Louise de Montigny (Montréal) and Siegrit Salkowitz (Germany) were approved to teach beginning trainings on their own while continuing to work with their supervisors.

Selection Process for New Instructors: The IC members who gave feedback in the last selection process agreed to share their comments with all applicants on request. The need to have clearer methods for applicants to receive feedback and to be evaluated in the field was identified, and a task force was set up.

Instructor Continuing Education: Instructors are required to do 24 hours of continuing education every year. Each instructor submits a written report.

Other topics discussed: marketing

efforts for practitioners and trainings, fund raising, sponsor concerns, the new 500-hour certification program, continuing education requirements for practitioners after the first three years, awareness of multilingual and multicultural needs and the timely translation of support materials.

Meeting with the Board and Administrative staff: In a room filled with over 30 caring, dedicated people we met to discuss the needs and vision of the Institute. Topics addressed included sponsoring, international relations, the structure of the Trager Institute, the new 500-hour program, and marketing. Megan Eoyang gave an excellent summary of the efforts of the Board Marketing Group. Everyone agreed on the importance of the network of sponsors. A task force was created to examine sponsoring issues and to submit recommendations. Another task force was formed to study the possibility of a clearer separation in the Institute's structure between its role as a teaching institution and the association of members of guild. The needs of both groups appear to be different.

Professional Development: Jean Hopkins, Gail Stewart and Sandra Jo Palm presented a workshop on "Giving Difficult Feedback". An important place was also given to sharing teaching experiences through working on each other, short presentations by individual instructors, and a rich exchange of ideas. It was enriching and gratifying. Our meeting then adjourned to spend two days with Milton and Emily. This was a privileged moment to help us further our understanding of the work and the hook-up state.

Committee Representatives: IC Co-Chairs 1995-96: A. Daigle and G. Crowell; Personnel Committee: G. Stewart; Education Committee: S.M. Johnson and R. Kujawski; Board: C. Campbell and R. Tolle.

Sub-Committees: Anatomy: D. Juhan; Finance: B. Scholl; IC Budget: G. Crowell; International Relations: J. Fogel; Marketing: B. Fuller and C. Hammond; Reflex Response: B. Fuller and C. Hammond.

Task Forces: Selection Process: R. Kujawski and G. Stewart; Sponsor: J. Hopkins and S. Salkowitz; Structure of the Institute: D. Juhan, B. Scholl, B. Fuller, G. Brownlee and J. Fogel; Core Curriculum: B. Fuller, K. Hortig, B. Scholl, G. Stewart and S. M. Johnson.

Liaison Officers: Tutor Committee: J. Fogel; Newsletter: L. de Montigny

Rapport du comité des Instructeurs

Louise de Montigny et Gwen Crowell

La réunion des Instructeurs d'une durée de 7 jours a eu lieu en février dernier. Elle a été coprésidée par Carol Campbell et Bill Scholl et animée par Sandra Jo Palm. Toutes les décisions sont prises par consensus. Ces rencontres rejoignent deux principaux objectifs: les développements des habilités professionnelles et des discussions sur différents sujets de "business". Avec l'arrivée de 6 nouveaux membres, le comité passe de 12 à 18 membres. C'est la première fois que le IC absorbe un si grand nombre de nouveaux arrivants au même moment. Leur énergie, leur enthousiasme et leur capacité ont bienvenue de tous. "Merci" au Personnel Committee pour l'énorme travail accompli dans ce processus de sélection.

La formation et l'évaluation des nouveaux instructeurs ont été révisés. Tous les instructeurs doivent participer aux travaux des comités et faire équipe au sein du IC. Dorénavant pour un changement de statut l'évaluation devra aussi inclure leur capacité de travail en équipe.

Changement de statut: Amrita Daigle a été autorisée à enseigner les intermédiaires. Karen Hortig prend un sabbatique d'une année dans l'enseignement de *Trager* pour réintégrer à plein temps son travail d'infirmière. Louise de Montigny (Québec) et Siegrit Salkowitz (Allemagne) peuvent maintenant enseigner seules les Débutants tout en continuant d'être supervisées.

Processus de sélection des nouveaux Instructeurs: Les membres du comité

des Instructeurs ayant donné du feedback lors du dernier processus de sélection sont disponibles à partager leurs commentaires aux requérants. Le besoin d'avoir des chemins directes aux candidats pour qu'ils reçoivent du feedback et des évaluations pratiques a été identifié et un groupe de travail s'est formé pour l'examiner.

Formation continue des Instructeurs: Les Instructeurs doivent poursuivre une formation d'un minimum de 24 annuellement. Ils doivent soumettre un rapport écrit à ce sujet.

Autres sujets discutés: le marketing, les levées de fond, le sponsoring, le nouveau programme de certification, la formation continue pour les praticiens après les 3 premières années et le besoin de matériel multilingue et multiculturel.

Rencontre avec le Board et le personnel administratif: Plus de 30 personnes réunies pour partager et discuter de leur vision de développement du Trager Institute et des besoins inhérents à ce développement. Parmi les sujets discutés se retrouvent le sponsoring, les relations internationales, le programme de 500 heures, la structure du Trager Institute et le marketing. Megan Eoyang a donné un excellent résumé des efforts faits par le comité de marketing. Chacun reconnaît l'importance du réseau de sponsoring. Un groupe de travail s'est formé pour examiner les problématiques de ce réseau et soumettre leurs recommandations. Un autre groupe de travail s'est constitué pour étudier la possibilité d'un changement dans la structure du Trager Institute qui refléterait plus clairement son rôle de maison d'enseignement et d'association de membres. Les besoins seraient différents.

Développement professionnel: Jean Hopkins, Gail Stewart et Sandra Jo Palm ont présenté un atelier sur "les feedbacks difficiles à donner". Aussi des périodes ont été consacrées pour partager des expériences de pédagogie, de travail sur table et des *Mentastics*. Les deux dernières journées sont vécues en présence de Milton et d'Emily. Un moment privilégié pour approfondir notre travail et cet état de hook up.

Représentants aux comités: IC co-chair 1995-96: A. Daigle et G. Crowell; Personnel Committee: G. Stewart; Education Committee: S. M. Johnson et R. Kujawski; Board: C. Campbell et R. Tolle.

Sous-comités: Anatomie: D. Juhan; Finance: B. Scholl; IC Budget: G. Crowell; Relations internationales: J. Fogel; Marketing: C. Hammond et B. Fuller; Reflex Response: B. Fuller et C. Hammond.

Groupes de travail: Processus de sélection: R. Kujawski et G. Stewart; Sponsoring: J. Hopkins et S. Salkowitz; Structure du Trager Institute: D. Juhan, B. Scholl, B. Fuller, G. Brownlee et J. Fogel. Éducation (core curriculum): B. Fuller, K. Hortig, B. Scholl, G. Stewart et S. M. Johnson.

Agents de liaison: Comité des tuteurs: J. Fogel; Newsletter: L. de Montigny

Trager and the Computer? Why Not?!

Piermario Clara

Piermario is a Practitioner, translator, and liaison in Italy. He has a great knowledge of computers, and communicates regularly with the Mill Valley office via computer.

Before applying myself full-time to bodywork, I made a living in the computer field for many years; with those electronic beasts I experienced moments of great satisfaction and scorching disappointment, pure fun and nights of deep frustration ("... What <BEEP> is wrong in you, son of a <BEEP>?"). Large, powerful and "utterly serious" machines. And then the Personal Computer (PC for friends) came: I fell in love at first sight; I felt like a truck driver who has discovered the motor-bike!

The motor-bike has a lot of drawbacks: it needs continuous maintenance; you always risk falling; when it rains you get soaked.... Sensible people shake their head and say: "Leave it. You'll get hurt!" On the other hand, consider the sense of freedom and fun that it can give you. That's the PC: difficulties and adventures worthy of Indiana Jones but, with a good whip, a

bit of patience, daring and irony, you'll get your Holy Grail! "Why do I need a PC, I do *Trager*?" As for me, I needed a faithful secretary in order to print legible file letters and documents (I have horrible handwriting), keep the accounts and a database containing information about clients, sessions and treatments.

But it's in communications that the PC has proved to be thrilling! When I added a "modem" (that's a gadget connected between the phone line and the computer) I really felt like a citizen of the world. First I was able to send and receive faxes; then I browsed in the wide network of BBS's (Bulletin Board Systems). Finally I came to Internet, the Mother of all networks: more than 30 million people all over the world can exchange messages, documents, programs, pictures, etc. at the cost of a local phone call, not to count the endless variety of the information available no cost in the tens of thousand of Data Banks... So what? You, modem-equipped *Trager* people, pop out and let me know you are there, if that suits you, and send me a message, a real electronic Hook-up! I will be happy to build up our E-MAIL ROSTER and — Don and limits of space willing — it can be published in the next issue of this Newsletter. And for those who are not yet happy hackers, I am at your disposition, through the old paper "snail" mail, to help you to get the knack of computers applied to our *Trager* activity. Ciao! :-) Piermario.

My e-mail addresses are:

Internet: pmr@inrete.alpcom.it
Fidonet: Piermario Clara - 2:334/501

{Editor's note: I am also willing to assist people in getting on-line.}

T comme dans *Trager* ou dans... *Tulipes!*

Amrita Daigle

Si vous avez feuilleté notre nouvel annuaire des membres de l'Institut Trager, vous avez peut-être remarqué que notre famille prend de l'expansion du côté de la Hollande (qui est listée sous la rubrique «The Netherlands»).

Fabienne Hirsch, instructrice, a enseigné des cours d'initiation au *Trager* dans une école de formation en *Rebalancing*[®] là-bas. Les étudiants ont été profondément touchés par notre approche et par la pédagogie légère et joyeuse de Fabienne. Deux d'entre eux, Roel Reitzema et Herman de Jong, ont été suffisamment inspirés pour rassembler un groupe de *Rebalancers* pour une première formation professionnelle en *Trager* en Hollande. Avec Fabienne, ils ont imaginé un format pilote pour ce groupe: au lieu d'avoir six jours de formation, puis cinq autres, comme d'habitude, ils ont pensé étendre le contenu du cours sur quatre, quatre et trois jours. Des supervisions et des périodes de pratique ont été intégrées dans le programme.

Fabienne m'a demandé d'enseigner les deux premières parties de cette formation. J'y suis allée pour les premiers quatre jours en janvier dernier et Jan Fogel, instructeur stagiaire, s'est joint à moi pour enseigner la deuxième partie en mars. Nous avons constaté que ce format spécial comprime trop le cours. L'originalité de l'organisation, par contre, est un vrai cadeau: Roel et Herman ont présenté le programme de certification comme un tout. Les quatorze étudiants prévoient franchir les étapes de formations ensemble, tous au même rythme. C'était tout simplement fabuleux de nous retrouver exactement le même groupe (enrichi de la présence de Jan et de l'assistante Jessie Kuipers), pour une deuxième étape de formation.

La Hollande est un pays de fleurs, d'eau et de coeur. Enseigner là-bas a été une délicieuse expérience: non seulement ai-je rencontré des collègues de grande qualité, mais quelques relations significatives ont vu le jour pour moi. Ce groupe de personnes est déjà uni par de solides liens. Ils ont le potentiel qu'il faut pour fonder une saine communauté de *Trager*.



T as in *Trager* or as in... *Tulips!*

Amrita Daigle

If you have leafed through our new roster, you might have noticed that people from Holland are now joining us in the large *Trager* playground (listed under "The Netherlands").

Fabienne Hirsch, *Trager* Instructor, has been teaching Introductory *Trager* Workshops in a *Rebalancing*[®] school there. The students were deeply touched by the *Trager* Approach and by Fabienne's lightness. Two of them, Roel Reitzema and Herman de Jong, were inspired enough to gather a group of *Rebalancers* for the first *Trager* Training in Holland. With Fabienne, they created a pilot format for this special group: instead of having six days of training, then five more, as in the usual classes, they thought of spreading the content out over periods of four, four and three days, with Tutorials and practice in between.

Fabienne asked me to teach the first two parts of this Training. I taught the first four days in January, 1995, and

Jan Fogel, Instructor Trainee, joined me in teaching the second part in March. This special format turned out to squeeze the teaching material too much. The originality of the organization, on the other hand, is a real gift: Roel and Herman have presented the certification program as a whole. These fourteen students intend to go through the entire program together, everyone going through the stages at the same time. It was an incredible feeling of joy and connection to have exactly the same group (enriched by Jan and assistant Jessie Kuipers) back for the second part of the Training.

The Netherlands is a country of flowers, water, and heart. Teaching in Holland became a delightful experience for me: not only did I find high quality colleagues there, but a couple of real meaningful relationships have blossomed for me. The people in this group already have solid inks between them. I believe they are going to found a healthy *Trager* community.

To Esther from Piermarino

When Piermarino Clara, a Practitioner and translator from Italy received our latest brochure, he wrote the following comments via e-mail (see p. 15) to administrative staff member Esther Cherk: "Thank you very, very, very much for sending me a copy of the new *Trager* brochure. GREAT!!! Nice graphics and effective contents. At the end of April (on the occasion of a *Trager* elective class) I will have the opportunity to show it to several other Practitioners. ASAP I'm going to translate and print it for my own use. It will be a pleasure to pass it to the Italian members.

"I appreciate very much your marketing efforts. Please keep me informed about further actions in the field. Ciao!"

New Practitioner Task Force works to build client base

James Day

James is a Tutor from Trenton, NJ.

The newly created "Trager Practitioner Task Force for Public Education" is now operating to help practitioners increase their client base.

At this writing there are 45 members and over \$2000 has been raised via voluntary donations. That amount is the out-of-pocket budget for the Task Force's first project, an education beamed at the members of both the American Holistic Medical Association (AHMA) and the American Holistic Nurses' Association (AHNA). That project is already underway. By the time you read this, a Task Force team will have completed a key initial phase of participation as exhibitors and demonstrators of the *Trager Approach* at the joint AHMA/AHNA Scientific Conference in Phoenix, AZ, June 22-25.

The bottom line objective of this task, the model for subsequent Task Force projects targeting other organizations, is to encourage referrals for *Trager* work to certified practitioners. We see the *Trager* presence at the scientific conference as a flying start to the educational program. A seasoned team of practitioners will have distributed literature and communicated face to face with conference-goers at a prominently located exhibit as well as having given both "tastes" of *Trager* and full sessions to interested physicians and nurses.

Other elements in the educational program include both articles and advertisements in the journals of both organizations. *Trager* speaker/demonstrators for various regional and local events will be scheduled whenever possible. "Professional courtesy" *Trager* sessions will be offered to key personnel.

The *Trager* Practitioner Task Force, although independent of the *Trager* Institute, is operating in close communication and cooperation with the Institute. Any Institute member, whether practitioner, student, or friend, excited enough to volunteer energy, ideas,

or expertise to the operation of the Task Force is welcome as a member. Voluntary contributions to the Task Force treasury are also appreciated, but are not a condition for membership. Ideas for ways the Task Force can eventually earn income to fund its activities are also welcomed.

The Task Force is the brainchild of the author, Jim Day, practitioner from Trenton, NJ, USA. A former advertising, public relations, and marketing professional, I had long felt that the *Trager* Movement was missing a major element — that of helping certified practitioners build and maintain a client base. I believe that "the ultimate success of this work will be measured not by the numbers of students who pass through training workshops but by the numbers of mature practitioners who can support themselves giving *Trager* to the world."

He proposed the creation of the Task Force to approximately 100 US practitioners in a memo from March 7, 1995, in which he outlined the AHMA/AHNA project as the initial task. The Task Force was put "in business" by the quick and strong response. Responses continue to come in.

I am presently serving as Task Force coordinator pro tem. Michael T. Lear, a business and *Trager* practitioner from Easton, PA, is treasurer pro tem. (Michael recently served as treasurer of the 7th International *Trager* Conference.) Mark Hoch, MD, who practices in Phoenix, is coordinator of the Task Force's first project. He is a member of the AHMA. He is also an enthusiastic *Trager* practitioner and husband of practitioner Kathy Jennings. He and Kathy moved to Phoenix from Connecticut last fall.

The Task Force is conceived of as an egalitarian, special purpose, self-help organization governed by membership consensus. At this point, members have not been sought outside of the United States, not because of any desire to be exclusive but because of the practical consideration that organizations dealing with public education programs tend to be defined nationally. Similar task forces for other nations and regions are strongly encouraged.

For further information about membership or the organization, contact me at: Jim Day, 21 Whittier Ave., Trenton, NJ 08618, USA, telephone: (609) 392-7653 or fax: (609) 392-1211.

M. Anderson [continued from p. 1]

manipulation. I don't have to teach you how to manipulate. With this transference of feeling you can be different. You can recall how it felt when he touched me. You can pass this on..."

As we broke for lunch, Carol said to Milton, "That was a great morning, Milton." Milton: "A morning that can last a lifetime."

Day Two, Milton sat on a table and worked on everyone's neck and as with the first day, students paired up to work with each other and circled back to feel Milton again. Milton: "This is to feel me. There's a heaviness to your neck. You want something easy. I have something easy. This is just to give you the *feeling* of me working on you. This...just come into this other thing."

The highlight of the third day was Milton's leading the class in *Mentastics*. Milton: "You gave an order, 'Now I will raise my arm.' It doesn't work that way. It's almost an indifference. As if you didn't care whether your hand was there or wasn't there. There is nothing you have to do.... You just have to hook up. I looked at my hand. 'Hi hand.' I'm sorry but it's that simple. It's that nothing."

As we gathered the last afternoon to close, a student said to Milton, "We've had such a wonderful time." Milton said, "Only because I've gone further. You came along for the ride.... This is only the beginning. That's why I continue. I just can't help myself."

It's a very special time to be with Milton. If you can get yourselves to Laguna Hills for the next Practitioner Review Class, you too will receive the gift of "A morning that can last a lifetime" (or maybe three!).

Implications of *Trager* in recovery from psoriatic arthritis

Jo Hayward-Haines

Jo is a Practitioner from Fenelon Falls, Ontario.

This is an account of an individual whose choice of profession and way of working had significance in her illness and in the course of her healing process. Through her Trager treatments, she made some important discoveries for herself and therefore for all of us.

Shelley M., client: I'm a nurse, therefore I'm not supposed to get sick, right? That's what I was told by the people I was serving. And here's another misconception: I thought I was making people well, but, of course, as recovery from my own illness has taught me, wellness comes from within.

I was diagnosed with psoriatic arthritis, a chronic inflammatory condition that affected the skin on my scalp (the psoriasis component) and created a secondary anemia that resulted in extreme fatigue. Contributory factors were extremely painful and limited mobility in the hands and feet, soft tissue involvement and considerable irritation of the sciatic nerve. Because my hands were agonizingly stiff and weak, daily activities required great effort. I used to dread having my feet hit the floor in the morning, so rigid and painful were my joints after I had been sleeping. During the worst stages of the illness, it was nearly impossible to move at all.

About one year before my illness manifested, I had read a book (*You Can Heal Your Life*, by Louise Hay), which identified mental patterns creating certain illnesses. My pattern was extreme self-criticism and feeling loved only when I was gratifying others' wants or needs. As I began to develop the exact illness the author had predicted through my self-blame, I felt a double bind. Now, not only did I have the illness, but it was my fault I got it!

When I was being seen by a specialist, I felt him to be distant and defensive. As I started conventional medical treatment, I didn't feel he really understood the pain, how this was affecting my whole life. I continued to do my

job despite the pain. I was unable to take any extra time as I was physically unable. This made it possible for me to say no.

Due to the difficulty I had walking, people continually asked me why I limped. I really started to feel that the only thing anyone ever noticed about me was my disability. Before, I had felt people saw me only for what I was able to do in helping others. Now I felt I was being seen in terms of what I was not able to do. I was feeling that it was my wrongness that was being seen. I was very polarized in those days — something was either good or bad, wrong or right. I could never just accept something for what it was. There was always a judgment attached.

When I began *Trager* sessions, I could hardly get up onto the table. My right foot was swollen, cold and painful. After my first session, I began to be aware of my body in a new way. I couldn't believe that Jo (the Practitioner) could touch and work with my feet without inflicting pain, since I couldn't touch my own feet without experiencing pain.

Jo Hayward-Haines, *Trager* Practitioner: When Shelley came to me for her first session, I noticed that most of her symptoms occurred on her left side: swelling in the left leg and foot, left shoulder and arm constriction, terrific tension in both hands with fingers stiffly extended.

Another unusual symptom was a rubbery feeling in the tissue of the extremities on both sides of the body. Hands and feet were always clammy. When walking, Shelley seemed to be trying to force her body to move faster. Her jaw was extended, creating the famous cantilever effect, and inadvertently increasing the already considerable effort required for movement. Balance was problematic.

Strategies used in *Mentastics* were simple but profound; feeling the weight, rocking to sense balance shift and noodling had wobbles. Shelley needed to allow slowness and deepening; in tablework, she experiences many slow extensions, many sweeping and stroking moves to sense shape, and slow increments of movements with

the arms, alternating with reflex-response patterns. In that first session, Shelley rarely closed her eyes, and I felt she might be experiencing some annoyance with slowness; her habitual pattern, before the disability, had been rushing and racing against all odds. But she was intrigued to feel the gradual release of residual tension in her body.

In the next few sessions, the following changes were noted: gumminess gone from skin texture, legs began to release at touch, hip joint movement became smooth with no holding, left and right shoulders began releasing as we added to the *Mentastics* repertoire a pelvic-girdle/shoulder-girdle "rhyme", the silky shoulder lift and a breathing *mentastic* to align the scapulae, all done in the spirit of "no blame, willingness". Tablework played on contrasts of compressions at shoulders alternating with energizing fluffs, connection sweeps, hand moves, finer extensions and arm rock variations. Shelley began to be able to "go inside" and check on felt-sense, and release. She experienced a sense of integration between the sinking-in and the high energy fluff moves. This was experienced as an alternative movement to her habitual forward-drive walking pattern.

By the end of the first year of seven series of three sessions each, these changes were evident: Shelley and I shared a mutual enthusiasm for somatic discoveries during sessions. There was a great ease in moving from talk to silence. Shelley could release when asked. A *Mentastics* Double-Doodle exercise to integrate right and left hemispheres of the brain facilitated a big release. (Shelley said, "Experiencing the visual and the physical together was really a turning point for me. There was no projected idea of what the result was supposed to be. I could even be silly. It was very free-flowing. It didn't have to have that cognitive purpose.")

As Shelley developed her healing process further, she began to feel the need to explore the possible relationship of psychological aspects of her life to the illness. She joined a support group dealing with women's issues. By now, swelling in the left leg was com-

pletely gone; both legs were relaxed, supple and flexible.

A subsequent change occurred with new moves that I learned in a workshop with Deane Juhan. As Shelley's emotional life was unfolding, she was beginning, through these moves, to discover patterns of tension in her face. She began psychotherapy and began identifying emotional patterns. She found she could change these patterns through discoveries she made with *Mentastics* and our tablework. It was during this period that Shelley gradually began to reduce her medication and finally, with her doctor's consent, to stop it completely.

As Shelley and I compared my session notes and her journal entries, we discovered that this almost classic case of healing seemed to have three distinct phases: physical, psychological, and spiritual. We saw that healing occurred in these aspects sequentially. The third and last phase, beginning about a year and a half after our first session, had these characteristics: Shelley was deepening and expanding her ability to "go inside", receive a felt-sense from her body and create a way for releasing and understanding. During sessions I now found myself frequently at the heart chakra, especially in connection with shoulder work. Shelley was beginning to allow herself to feel experiences emotionally during our sessions, and she felt silently supported in these times. A profound mood of honoring this growth and these changes marked our sessions. (My notes describe "deep, rhythmic harmony" as swelling and inflammation subsided completely in the left foot.) The ongoing sagas of Shelley's support group were seen from an increasingly humorous frame of mind. Shelley began exploring the work of Thich Nhat Hanh and others. She applied to the Toronto Institute of Relational Psychotherapy, was accepted and enthusiastically began her studies there. As various stressors at work and with the support group began manifesting in the re-emergence of former holding patterns, *Trager* reminder-sessions reinforced what had been somatically learned, and a new

homoeostasis was quickly re-established.

Shelley's general outlook has become happy and balanced, a complete change from the compulsive attitudes and movements that were once characteristic. Midway in our collaboration. Shelley forced herself to lose 25 pounds in three months. She has now gained a good part of it back, but her whole being feels integrated, composed, responsive, and awake!

Of some significance for this account may be the payment arrangement Shelley and I made. Since *Trager* is not yet accepted by the Canadian Universal Health Plan, the cost of sessions was prohibitive for Shelley. We agreed that two-thirds of the regular session costs could be paid in dollars, but the manner of payment for the remaining one-third was Shelley's responsibility. So she brought me her discoveries—books, tapes, ideas, which we shared. These gifts extended and made variable our repertoire of ways to open more and more to new possibilities, new ways of being and living.

In conclusion, though in fact there is no conclusion to this process, this case history provides a wealth of reinforcement for what Dr. Milton Trager has always claimed. In essence, through moves designed to introduce "ideas" of fluidity, flexibility, and the elaborative somatically to the limbic brain; "ideas" of connectedness, wholeness and response-ability; "idea" even of the risk and the rewards of our vulnerability—through all these, fundamental change occurs. And the changes are not confined to the physical, but ripple out to touch the emotional, the intellectual, and the spiritual domains as well.

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.

Name, Address and Phone (Optional): _____

1994/95 Financial Report

	1994 Actual	1995 Budget
FUNDS RECEIVED		
Membership Dues	\$197,400	196,000
Interest/Donations	5,240	6,000
Institute-Sponsored Trainings	39,000	42,000
Non-Sponsored Trainings	61,398	70,000
Products/Publications	14,251	14,500
2% Marketing Donations	3,500	11,000
Miscellaneous Income	5,780	—
1994 Conference, Raffle, and Conference Trainings.....	30,276	—
TOTAL FUNDS RECEIVED	\$356,584	339,500

FUNDS EXPENDED		
Institute-Sponsored Trainings	\$22,850	22,400
Products/Publications	12,635	7,000
Committees	43,670	38,700
Legal	4,440	4,000
Marketing	1,950	22,000
Payroll/Outside Services	135,840	141,200
Printing/Postage/Publications*	21,790	23,300
Office Space/Supplies	36,980	40,000
Translations (on-site administration)	1,000	1,000
<i>Trager</i> Newsletter/Schedule**	23,300	19,600
Other Expenses	19,804	20,100
TOTAL EXPENDITURES.....	\$324,259	339,300
NET REVENUE.....	\$32,325	200

*"Publications" includes the *Trager* Roster and Handbook

**This includes the German and Swedish *Trager* Newsletters.

Funds received in 1995 are expected to be much lower than those received in 1994 mostly due to the fact that there is no *Trager* Conference in 1995.

Note: The editor's phone number and fax number are incorrect in the roster. My phone number is 1-307-733-1726 and my fax number is 1-307-733-8639. E-mail: Jeffrey_Joel@bmug.org

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Credits

Editor/Desktop Publishing Jeffrey Joel
 Assistance Don Schwartz
 Sandra Berger
 The Membership for Contributing!

Future Newsletter Deadlines

September 15, 1995

January 15, 1996

May 15, 1996