

# THE TRAGER<sup>®</sup> NEWSLETTER & SCHEDULE

WINTER 1995-1996

VOLUME XIV, No. 3

## Brain Gymnastics

*Maurizio Andorlini, M.D.*

*Maurizio is a Trager Practitioner, physician, and President of the Associazione Trager Italia. Translated from Italian by Marianne Pelet and slightly revised by Jeffrey Joel.*

Memories, stress and fears gather in the brain and make our body tense. The Trager Method is a form of "mental gymnastics" which serves to free the brain and help thoughts and muscles flow freely.

When, more than three years ago, I first approached Trager, I did it with the idea that I was subjecting myself to one of the many forms of massage currently fashionable: I was curious but skeptical. The first session left me perplexed, the second curious and after the third, I signed up for classes to learn the technique. As a matter of fact, it did not seem to be the usual massage or physiotherapy, but something which, without your realizing it, reaches your brain and unblocks it. Reich believed that the brain memorizes its stress, anxiety and hurts in the muscles: the muscles thus come to be frozen in a position of pain and anxiety, as though in a rigid armor. As a capable doctor, with benefit of experience, I used to believe in Reich's theory concerning the muscle armor about as much as I believed in the stories of the wizard Merlin: now, on the contrary, I have begun to think that Reich remained very cautious with his statements and that, rather, the power of the mind goes much further than he had affirmed.

Proof of this is the following story. During the war in the Pacific, Milton Trager, a young American doctor, ex-physiotherapist, saw a man being led into the operating room who walked so rigidly that he had to turn his body to look sideways. Shortly after, under the effect of anesthesia, that very same man had to be tied to the table because his limbs moved all over the place. Therefore, said Milton Trager to himself, it cannot be his body which is rigid, nor are his joints incapable of movement, but it is his brain which keeps all his muscles contracted thus blocking his joints; if one succeeds in unblocking the brain, the joints will be

[continued on p. 2]

## Ave Atque Vale

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

After this issue, after two years as editor, I will be taking a one- or two-issue hiatus. My wife's magazine "Crone Chronicles" occupies more and more of my time. Originally I had set up the publication schedule of the Trager Newsletter so that it would not conflict with the production schedule of "Crone Chronicles". Unfortunately, Trager folks are not too good about getting material in by a deadline, so that perhaps a quarter of the material in this issue had been received by the deadline. This makes it very difficult to keep to any sort of workflow, and there are exigencies in the external world that make such a workflow important. As a result of the delays the production of this newsletter have exactly overlapped with the production of a much larger magazine.

Some words about contributions: There is enormous creativity in the Trager community. I have seen it over the years in trainings and conferences, in individual sessions and in tutorials. There has also been discussion for at least ten years about how to market this incredible approach to bodywork, healing, and life. We have often encountered an impasse in that it is very difficult to talk about or to describe what this work does and what it is. (I am just as bad as everyone else about this.) I would like to suggest that, the next time each of us receives a session, we reflect and recall the session afterward, just as we tell our clients, and try to

write down what we are feeling, experiencing during that recall, during that reflection. Try to spend as long writing this as the session took. See what happens!

**— Tutors' reminder —  
Get your Tutorials Early!**

### Contents

Brain Gymnastics .....	1-2
Spas .....	2-3
RSI and You .....	3
Administrator's Report and Wish List .....	3-4
Europe: "Wild" Thoughts in Germany .....	5-6
Europe: Switzerland, Austria and Sweden .....	6
Marketing Update and Media Watch .....	7-9
Heart Touch Project .....	9
Education Committee .....	10
Ethics Committee .....	10-11
Reflections on Class Experiences .....	12-13
Other News .....	14-15

"It is a fact, in the human body, every muscle has an impulse to action. One is not fully alive unless one is in action."

—Joseph Campbell,  
*Transformations of Myth  
through Time*

[continued from p. 1]

come freed. And so, slowly, testing and retesting, refining the techniques and improving the method, Dr. Trager perfected the technique to which he gave his name: it is a sort of dance of the joints and the body of the client under the hands of the practitioner. The body moves delicately, rocked rhythmically to "lull the brain", as Trager says, and so make it forget all its dysfunctional schemes, suggesting to it new, functional schemes and new freedoms.

These dysfunctional schemes, cause of backaches, cervico-brachial pains and pains in every part of the body, at times are the result of local trauma, but most often they are only memories trapped in the body. And even when the triggering cause is a trauma or a strain, they have acted on a predisposed terrain of the brain: where the backache appears is the exact spot of the back where the muscles have accumulated years of tension, stress, repressed anger, conflicts, dissatisfaction. If the backache appears after having lifted a carton of wine, this is completely accidental: it would have appeared anyhow at the first cold or while picking up a pen on the desk. The trauma and strain remain the classical last straw which breaks the camel's back. Traditional approaches try to remove the straw, Trager tries to unload the camel. Therefore, the *Trager* Method is slower: one has to serenely untie all the knots of the mind with the gentle dance of the practitioner. The pains generally take 1-2 days to disappear, but when they disappear they do not come back, unless the "camel" is again loaded with other stress, conflicts and frustrations. Undoubtedly, the *Trager* Method gives serenity: you get up from the table lighter, freer in body and mind, the world smiles at you and you are more disposed to smile at the world. A few, more fortunate, who perhaps have easier access to their own emotional feelings, experience this agreeable sensation of liberation and lightness at the end of the first session. Others, more rigid, more accustomed, like myself, to relegate their own emotions to inaccessible places,

need more sessions and more time because that which remained hidden deep down needs to come up to the surface: but the results do indeed slowly arrive.

The strangest thing is, that after having received a *Trager* session, the persons you encounter are kinder, more helpful, more open with you: it is as if they feel something in you has changed for the better and they want to participate.

But let's see how *Trager* is practiced. Milton Trager, in the course of the last fifty years, has created a complete and complex series of active and passive exercises, allowing him to achieve what he calls "Psychophysical Integration", that is to say correct functioning of the body tied to a free functioning of the mind: free from constraints, free from limitations, free from fears. The active part is what the client does himself, first in connection with the session, later on at home, to prolong the benefits of the session, and consists in a series of gymnastic-like exercises, executed more with the mind than with the body. It is in fact called *Mentastics*, which means "Mental Gymnastics", and serves to render the mind conscious of the body in all of its parts, in all of its functions: we are used to use (and abuse) our body without feeling it, without really realizing what it does and how it does it, as long as it does not hurt. Only when becoming conscious of our body can we understand with our mind where the error is and how it can be corrected and avoided in the future. These exercises are in part prescribed, but to a large measure they are tailored to the client's needs by the practitioner, to address his dysfunctions and other problems. The session itself, which lasts about an hour, is administered by the practitioner to the client while the latter is stretched out on a massage table in a swimsuit and does not include the use of any oils, creams or powders. It consists of a methodical series of gentle movements, non-invasive and painless, executed on the neck, the joints and the trunk, both on the front and on the back, trying to give room to the body, to expand it, to free it from its con-

straints, its numbnesses, its rigidities. All this is taking place to the rhythm of a continuous gentle rocking, reminiscent of the cradle which, perhaps because of that, has the effect of tranquilizing the client and make him relax his tensions and anxiety. A Japanese [Editor's note: Chinese] painter, undergoing one of Dr. Trager's sessions, said that during the treatment he had the agreeable vision of dancing clouds and expressed his thought in the logo which now represents *Trager* and which means, precisely, "Dancing Clouds". It is with this poetic image that I invite you to try it, because only when experiencing it will you realize what it means "to give room" to one's own body.

---

---

## *Trager in the Spa Setting*

*Barbara Nehman*

*Barbara is a Tutor from Dallas, Texas.*

On Friday, September 15, 1995, I was a member representing *Trager* work on a panel at the I-SPA International Spa Conference held in my "home town" of Dallas, Texas. The panel presented modalities other than standard Swedish Massage that could be used in a spa setting. Among the illustrious presenters were David Lauterstein, co-owner of a massage school in Austin, who talked about zero balancing, cranial-sacral techniques, and deep tissue work, Anne Braham, a teacher of manual lymph drainage technique, and Pamela Ferguson, who teaches Shiatsu.

As spas become more oriented toward health and self-awareness, they are more receptive to alternative care modalities. Conference keynote speakers presented a vision of the future that would blend health clinics and spa settings. All the panelists spoke with a sense of awe, wonder and passion for their work. I was no exception. As I prepared my presentation, I reread a collection of published articles about *Trager*. I experienced a renewal of appreciation for the gift of *Trager* in my life and how valuable a tool it is to share with others. It was helpful to network with Nina Allen who has had

a positive experience doing *Trager* in Two Bunch Palms, a spa in Hot Desert Springs, California.

Some of the advantages for spas in using *Trager* are: (1) the nurturing and the pleasurable qualities of experiencing *Trager*; (2) a potentially low liability because of the gentle, non-intrusive approach; (3) the possibility of offering *Mentastics* to groups as well as individual clients; (4) teaching *Mentastics* to the staff to help them take better care of the body-minds, and as a way of networking and promoting the work; (5) *Mentastics* and recall as a way of bringing home the spa experience and continuing self-development until the next *Trager* session.

*Mentastics* also came in handy for me as the last speaker in the two-hour-long panel presentation. I asked the audience to stand and use the arm mentastics described at the beginning of Dr. Trager's book *Movement as a Way to Agelessness: A guide to Trager Mentastics*. This gave everyone an opportunity to re-energize and experience a taste of *Trager* before I talked about its theory and practice.

I hope this note makes readers aware of a new possibility for introducing *Trager* in a spa setting that emphasizes health and self-awareness.

---

## RSI and YOU the *Trager* Practitioner

*dyMoon (Dyan) Chen*

*dyMoon practices Trager in Hull, Quebec, Canada.*

How many of us see clients on a fairly regular basis who suffer from tendinitis, bursitis, tennis elbow, and other aches and pains that are often associated with RSI (repetitive strain injury). RSI has been around for a long time, but only now, with the focus on ergonomics in the workplace is it becoming more and more visible and talked about.

Many Canadians and Americans already suffer from RSI, or experience the early stages of it. While RSI has not received a great deal of attention from the medical community, there are some doctors, physiotherapists and somatic

practitioners who now specialize in treating RSI.

*Trager* Practitioners are susceptible to RSI by nature of what we do.

Having been around now for longer than I sometimes want to remember, my body is now rebelling at moments when I would much rather it behave. With many years of somatic practice under my belt, and my approaching "golden" years in the not too distant future, I was looking forward to being able to apply myself full-time to what I love best.

Then it began, swelling and discomfort, heat radiating dull aching pain, which seared and throbbled up the muscles of my forearm. Movements like grasping or picking up, finger dexterity, etc., were all painful. Ouch! I'd look at my offending limb in disgust: "*Mentastics* for you!", I'd say, while giving a playful shake. My once small, delicate wrist now looked like a puffy inflated balloon. That *hurt!*

A sprained ulnar collateral ligament in the thumb, fracture of the scaphoid bone, swelling of the extensor and flexor tendons, inflammation of the transverse carpal ligament, restricted range of motion in the wrist and hand because of these symptoms. RSI can begin with tensions in the lower Trapezius muscles; the upper Trapezius muscles then roll forward causing problems in the neck and eventually the arms and hands.

What do we do when such a thing happens to us? How do we deal with RSI in our lives?

I am working on RSI with others, and for myself. I'd like to hear from other Practitioners. I will gather, read over, and put together a report on the subject based on my research and findings. Please write to: *dyMoon (Dyan) Chen*, 31 Walker St., Hull, Quebec, Canada J8Y 4E7, FAX: (819) 771-5571.

---

## Correction

Practitioner Claudine Bergamaschi of Chaville, France, did not have all of statuses listed in the last membership roster. Claudine is a Tutor, Introductory Workshop Leader, and *Mentastics* Leader.

---

## Administrator's Report

*Don Schwartz*

**A Moving Experience:** Last Summer our then-landlord announced a rent increase for our administrative offices, and would have required the Institute to sign a lease with required annual rent increases over the next three years. This requirement was untenable, and we were in great need of more space. Administrative assistant Esther Cherk got on the telephone and found us a new place really fast. Our new administrative headquarters — located at 21 Locust Avenue in Mill Valley — is more spacious, costs much less per square foot than our previous building, and has a lease without built-in rent increases.

As you can imagine, the move was incredibly demanding. We had much more stock and equipment to move this time. Plus, once we had our computers and telephone connected, we found ourselves doing the business of the organization and rebuilding our offices at the same time! My deepest appreciation goes to our administrative staff who worked very, very hard for this move. We had terrific volunteer help from Practitioner Donald Nichols of Mill Valley, Tutor Peter de Zordo of San Rafael, and Board member — and Practitioner — Monica Simpson of South San Francisco. To help ease the move, Instructor Deane Juhan gave volunteer *Trager* sessions to all administrative staff members.

**U. S. National Certification CE Requirements:** *Trager* Practitioners who took and passed the National Certification Examination have received a newsletter from the National Certification Board (NCB) entitled "Connection". In this newsletter is a list of approved CE providers with The Trager Institute absent. I want to inform our membership that the moment I learned that the National Certification Program was going to institute CE requirements — more than a year ago — I phoned and requested an application for CE provider status. I called several times throughout the last year, yet I never received an application or notice. I have brought this to

the attention of the National Certification Program's administration, and we now have their CE provider status application in hand. You will be notified in these pages — and in NCB publications — if and when CE provider status has been granted to The Trager Institute.

**1996 Membership Renewal:** Most members will find their 1996 renewal forms in this newsletter/schedule package. I'm envisioning a strong renewal this year, making for a more effective Trager Institute. Please call our office at 415-388-2688 if you have any questions whatsoever about renewing.

**International:** The German and Swedish members in Europe have chosen a new information system. They now are creating their own *Trager* newsletters. Any member wishing to receive the English-language newsletter/schedule may subscribe for \$15 a year. Also, small Italian- and French-language newsletters are being produced and distributed with the English-language newsletter for those members who read these languages.

**Membership Survey:** Monika Simpson, *Trager* Practitioner and new Board Member is currently reviewing the 1994/95 Member survey and plans to have a report in the next *Trager* Newsletter.

**California Coalition on Somatic Practices:** The Coalition is now reviewing 1,481 responses from somatic practitioners in California to our survey on the issue of professional regulation and professional identify. A report from the Coalition will be forthcoming.

**The Federation of Therapeutic Massage and Bodywork Organizations,** a meta-organization of which The Trager Institute is one of six members, will have its next meeting in mid-October. A potential name change — the addition of "and Somatic Practices" — will be deliberated upon. Once the name change is clarified, the Federation will move quickly towards the publication of its first brochure which will provide enhanced publicity for all concerned. A report will appear in our next newsletter.

**The Living Body:** The 1995 International Somatics Congress in San Francisco, in mid-October will have occurred by the time you read these pages. I continue working with the Congress's steering committee, and preparing for moderating a panel discussion on "how consciousness effects tissue". I'll also report on this in our next newsletter.

**Financial Report:** We are projecting a deficit of approximately \$12,000 for the calendar year 1995, due to the unexpected costs of moving, lower registration in Beginning and Intermediate trainings, and unexpectedly larger legal fees — primarily for service mark protection and renewal.

---

---

## Wish List

### *Megan Eoyang*

*Megan is a Practitioner and Board member from Northern California.*

Like any other nonprofit organization with high-flown ideals and limited financial resources, the *Trager* Institute wants to provide the best and most professional services possible to its members and to the world we serve. This *Wish List* is a corner in the newsletter where we can put out the word for angels within or known to our community for specific forms of help. In addition to the tools listed below, please know that we gratefully accept cash donations for general operating costs (our move this month cost \$6000, but will save the Institute lots of money over the next few years), or towards specific projects, such as marketing, the new certification program, or translations for our International community. Just tell us how you would like us to use any money you send. Of course, our nonprofit status makes your cash or in-kind donations potentially deductible for US tax-paying citizens. Please consult with your tax advisor for more details.

1. A laptop computer (IBM/clone) is needed to take complete notes during meetings.

2. An IBM/PC/DOS computer with a tower configuration, minimum

processing speed of 90 MHz, minimum of 16 MB RAM, 1 GB hard drive, 6x speed CD-ROM drive, 17-inch high resolution monitor with MPEG standards, tape cartridge backup system with a minimum of 1 GB per tape, Windows95 loaded, running and compatible with all features, a good quality and high-compatibility sound card and speakers. The computer's manufacturer should subscribe to the growing "plug and play" format, which will save future time and costs. (This computer will enable us to successfully access the World Wide Web and other key Internet services, to create a *Trager* Web site; to have *Trager* on other commercial Internet services, and to enable the Administrative Director, Don Schwartz, to be more productive in writing and design work for Institute publications.)

3. Photocopier with an automatic feeder and sorter, speed of 26 pages a minute with high resolution. (This would save staff time on copying and reduce outside printing costs.)

---

---

## What's Bugging You?

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

To: Michael Stulberg, President, Board of Directors, c/o The Trager Institute, 21 Locust Ave, Mill Valley, CA 94941-2806, Fax: 415-388-2710

I have concerns about: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

Name, Address and Phone (Optional): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Some "wild" thoughts about Trager work in Germany

*Eva Maria Willach (Hamburg)*

*This article originally appeared in issue No. 1, January/February 1995, of TragerNews, the newsletter edited by Walter Graff for German-speaking members of the Trager Institute. While many of the legal aspects are particular to the situation in Germany, the situation concerning the fragmentation and lack of cooperation between various groups seems to be true everywhere. The translation is by Jeffrey Joel.*

I view Trager work as dwelling in four different realms: the medical-healing, the psychotherapeutic, the artistic-pedagogical, and the religious-spiritual. One or another of these realms, or parts of several of them, will be of importance for every Trager practitioner. (For myself I consider the Trager method as a very efficacious physical therapy, with which I have been able to give lasting help to many people.)

Tragerwork for me is also a doorway into the realm of body-oriented psychotherapy, since I often experience valuable stuff arising from the unconscious during a session, and I happily work with this stuff psychotherapeutically. This happens both in sessions that I receive as well as in sessions that I give. It is a great gift when my Trager practitioner can also guide me along these paths. Finally, Tragerwork is a spiritual technique for me. I can practice over and over again with open questions in not-knowing, and learn to trust that there is a higher power than I, whose goal is to smooth the path of life-force.

I try to be a "channel" and learn to set my interests aside and to feel deep connection and love for the other person in hook-up. This nourishes me and is very satisfying.

In the Trager community there are many people who connect Tragerwork with their dance, their voice, their expression. Roger Tolle shows again and again how we can be pedagogically active in this domain, both for our-

selves as well as for others.

Because of all these considerations I cannot restrict Tragerwork to the realm of health care. I find that this work has clear healing, clear educational and clear spiritual aspects. Because of legal reasons the aspect of movement education has been moved to the fore in both Germany and in America, because in neither country is a practitioner permitted to claim that s/he can heal. This is reserved for other occupations, who defend these rights with all means at their disposal. Yet it is a retreat to safe ground, so that there are no quarrels with the official medical organizations. Nevertheless it seems to me that the American Institute pursues inclusion in the large national massage organization, i.e., the medical-healing side is emphasized.

I believe that we can saddle our horse from both sides: On the one hand we can give people from the above-named areas another, very effective method, which can enrich their work as orthopedists, dentists, physical therapists, speech therapists, singing teachers, dance teachers, psychologists in an unimaginable way. And if this is our target group, we need to address it by PR-means.

On the other we can offer Tragerwork in the future as a foundational training for all those who wish to specialize further — say to become doctors, therapists, or educators. Perhaps it would even be possible to bring Tragerwork into the educational process in these fields.

I do not want to forget those who learn Trager simply for fun and for self-experience. This is also a noteworthy motivation.

But I also think that we ought not to suggest to students that the certification process gives them occupational training on which they can build their future existence. This is illusory. In Germany only those practitioners are successful who also have training in massage or physical therapy. Most practitioners take years in order to be able to live off their work, if ever. For unfortunately, as long as health insurance does not pay for Trager, there are always too few heroes who will give

themselves 50 Trager sessions instead of a new car.

And another thing I don't understand: How can there be enough clients for us, if we establish ourselves legally (in Germany through the DGAM: German Society for Alternative Medicine) in the corner of health care, not injuring anyone but nevertheless not able to become anything. The DGAM wants to make "health practitioner" an official title, creating another association to regulate this. I don't want to land in the alternative pigeon-hole, although it is cozy and warm there; we don't belong there. Therefore it is imperative that we enter the socially relevant circles, including medical practices, hospitals, schools of all kinds, therapy centers. Let's not forget that psychotherapists have a lot of clients even when many clients pay for themselves. In addition I am opposed to involving our still developing association immediately. As a holistic health practitioner (Heilpraktikerin) I have to be a member of a society for holistic health practitioners, as a body therapists I have to be a member of an Institute for Reichian Bodywork, and as a Trager practitioner I have to be a member of the Trager Institute. I pay dues to each one of them, enjoy a bit of protection and receive information about continuing education. I do not need another one of these organizations. Not I! Especially not when I have to do continuing education in order to keep my status.

Now instead of making health practitioners presentable, we should immediately find ways of getting recognition from health insurance companies and public health departments for Tragerpractitioners. This has to be the goal of our (German) Association. Some insurance companies in Germany have already accepted *Mentastics* in the care-programs.

In any case I look forward to the time when I can officially deduct a Trager session in my tax return.

And it would be better for Trager practitioners who are also therapists to undergo their testing at a public health department, so that they can protect their title as a therapist.

Still another heretical thought: I would very much like to take special training in classical medical massage. What does our training actually lack for us to complete this certification? Wouldn't it be sensible to cooperate in this field as well? The masseurs would be better masseurs, and the *Trager* practitioners would then have a recognized occupational certification.

And all this is in my mind before I can think about what will actually happen in March (1995), when we meet to form the German *Trager* Association.

---

## Birth of the Swiss *Trager* Association

*Esther Perin*

*Esther is a Tutor and Practitioner from Zürich.*

Some years ago, on May 1, 1989, a group of Swiss members of the *Trager* Institute first met to discuss how to discuss how to support and spread the *Trager* Approach in Switzerland. The main activities resulted in marketing *Trager* by participating in fairs, alternative health activities and demonstrations.

The publication of the *Mentastics* book in German led to a series of *Trager* demonstrations and evening *Mentastics* classes. The participation in beginning classes increased.

Thanks to negotiations between the Institute and the European *Trager* Representatives, permission has been given to translate educational papers, articles, etc. into our languages and since January 1995 there have been several editions of a German-language newsletter.

However, for quite a while it has been clear that we need a legally constituted professional association to negotiate major steps towards strengthening and widening knowledge of the *Trager* Approach, such as: contacts with health insurance companies concerning reimbursement for sessions; participation in national health, bodywork and/or therapeutical organizations; public relations with medical professionals, health panels, etc.; work-

ing out and implementing marketing projects and strategies; representing *Trager* in an official capacity wherever it is needed. In short, we need to undertake all the activities that the Mill Valley administrative office can naturally do for US members due to the fact that it is an American Institute situated in the United States.

The foundation of our national association in no way means that we wish to split from the US Headquarters, which we would like to see as the International *Trager* Headquarters, as a hub, and as the highest authority regarding policies, our Service Marks and the quality of *Trager* practice and training. Administrative offices, however, need to be placed in the various countries to support the *Trager* approach and the Institute members locally.

Volunteers met several times to work out administrative questions, prepare by-laws and to seek members willing to participate in the Board of the Association. And finally, on May 13, 1995, six years after the first meeting, the first General Assembly of all the Swiss members of the *Trager* Institute was held to found the Swiss *Trager* Association, whose president is Walter Graf, vice-president is Renata Vogelsang and the Board members are Margherita Miloni Frey, Susanne Bürgi and Michael Dyntera.

I thank all those whose enthusiasm, dedication and willingness will benefit all Swiss *Trager* members as well as the *Trager* Approach. With their voluntary work they will maintain the Association. This also means a lot of administrative work, which will certainly unburden the Mill Valley administrative office a great deal. Hopefully, one day we can finance our own administrative office with our dues.

---

## 1996 *Trager* Congress in Austria?

*Dorothea Schneeberger, Vienna*

*Introduction by Walter Graf: For some time now there has been a thought in the *Trager* community to hold a Congress in Europe. There was even talk about orga-*

*nizing the traditional "Conferences" alternately in the New World and in Europe. A first attempt to do this in Italy failed because of organizational and personnel difficulties. Now some dyed-in-the-wool optimists from Austria have again taken up the idwa. Just to carry out an inspiration of this sort requires a number of work-happy, responsible, enthusiastic collaborators. Volunteers, come forth, even from neighboring areas in Germany and Switzerland! (Translated by Jeffrey Joel from *TragerNews* No. 4 (July-August 1995). It is not clear to me (JJ) whether this Congress is intended only for European members or is to be more general!)*

In January, 1995, Gail suggested during a class in Vienna that the next *Trager* Congress 1996 be held in Austria. Since Hedi Stieg didn't want to take these responsibilities on in addition to those as a sponsor, we came to the agreement that I would take on this task.

Right now the exact dates for the European *Trager* Congress are still open for various reasons. I would like to invite all those who would like to participate in the preparations and at the Congress, whether with ideas or with concrete work, to contact me as soon as possible, so that we can form ourselves into an organization team.

With the hope that this will be a beautiful, large meeting, I hope to receive your numerous replies: Dorothea Schneeberger, Dtammgasse 15/9, A-1030 Vienna, Austria.

---

## News from Sweden

*Jan Fogel*

*Jan is an Instructor Trainee.*

The Swedish *Trager* people have decided to get together and play the last Saturday in August every year, and we invite other people in the *Trager* world to join us on that day. We do have visitors now and then, so we raise the possibility that if *Trager* folks decide to take a trip to Scandinavia, they will all know that the Swedish *Trager* folks meet in Sweden in August! The contact people for this are Jan and Ann-Charlotte Fogel at 08-89-96-30.

---

**We're in the Market**

*Megan Eoyang, C.M.T., C.P.T.*

*Megan is a Trager Practitioner and member of the Board Marketing Group*

Following conversations with Anand Gopur from Barcelona, Spain, our marketing liaison to the European Trager Representatives Committee (ETRC), and with Michael Madrone, a Tutor from Vancouver, Canada, who also teaches a fine marketing elective class available to all Trager Students and Practitioners, a consistent theme emerges:

.....  
 • **Each practitioner needs to** •  
 • **own the work and market him** •  
 • **or herself.** •  
 .....

What does that mean? It means believing in yourself and the work enough to speak to each person you meet, formally or informally, about the passion, faith and enthusiasm you feel for Trager work and *Mentastics*, and about the difference you believe it can make in the world. It means taking every opportunity to share your personal experience of "Hook-up". It means being willing to stand up for what you feel is true and beautiful in your heart, to be willing to be seen.

It does not mean you will be without support from The Trager Institute. You have seen and will continue to see the Institute's commitment to helping practitioners market their work and to educate the public at large about it. We have been publishing this regular marketing column for the past 18 months. The new Trager brochure is out and Practitioners have been ordering it by the hundreds. The forthcoming print resources service for members will be on-line and ready to serve you as soon as we can get some volunteer help with data entry into the computer. Soon the Institute will have available press kits to take or send along when you approach local media (TV, radio, newspapers, and magazines) for interviews and/or feature stories about you and Trager work.

WINTER 1995-96

You will be able to carry the kits to professional associations (e.g., holistic MDs, physical therapists, psychologists, nurses), institutions like schools and hospitals, and organizations (e.g., the Multiple Sclerosis Society).

The bottom line, however, is that no amount of international support will make up for each individual's labor to promote her own work in her own area, whether it is through actively stimulating your word-of-mouth business through former and current clients, or teaching workshops, or advertising or direct mail marketing, or making presentations to local organizations. You will know as no umbrella organization can which magazines and newspapers are important to you personally in your community and which may thus be logical connections to the potential clients most suited to you and your personal style, your values, your interests. You will know which radio stations you listen to for information that expands your mind and nourishes your soul. You will know, or can easily learn, which local schools might benefit from a class on self-stress management in their student housing, including information on Tragerwork. In those places the people are young and still learning about how they want to be in the world (and may not yet have many ideas about the importance or the methods of self-care vs. burn-out).

As we enter the stepped up rhythms of Fall and Winter, I am reminded of a wonderful marketing suggestion from Marianna Hartsong, a Trager Tutor now living in Camp Verde, Arizona: "I give a gift certificate for one session to my regular clients at Christmas time for them to pass on to a loved one. There is such a joy in doing those sessions, because they are a double gift and so full of love. Often clients grow either directly out of these sessions, or by referrals from them. All we are doing is sharing a little truth and a little heart in the way we market." Thanks, Marianna, for the great idea!

So, remember: We're in the Market!

Wishing you well!

**Practice Resource Directory**

*Compiled by Don Schwartz*

The following resources are published for the information of the Institute's Practitioner members in support of their practice development. No specific claims or endorsements are made or intended. Your feedback about your use of these resources is appreciated.

• Reverend Alia Zara Aurami, Ph.D., P.O. Box 45664, Seattle, WA 98145; phone: 206-633-5737

Alia offers workshops throughout the world, individual consultations, and a variety of publications.

• Peter Dogan, PIC Services, Inc., Aviation Services, 30 Plains Road, Essex, CT 06426; phone: 203-767-8263

Peter offers a workshop called "How to Manage and Profit from Your Practice".

• Mark Harrell, 5666 La Jolla Boulevard, Suite 307, La Jolla, CA 92037; phone: 619-226-5175

Mark offers a workshop and/or tape series called "Marketing Massage to Chiropractors".

• Michael Madrone, 102-2252 West 5th Avenue, Vancouver, BC V6K 1S3, Canada; phone: 604-736-2700

Michael, a Practitioner, Tutor, and sponsor, offers two Institute-approved classes on practice development. The two-day workshop is called "Developing and Promoting Your Trager Practice", and the three-day is called "Professional Development". Michael also offers individual consultations.

• The Portable Practitioner, P.O. Box 2095, Petoskey, MI 49770; phone: 616-347-8591, 800-968-2877

Published and edited by Monica Gruler, "The Portable Practitioner" is a periodical with the following mission: To assist in the process of discovering and creating opportunity around the globe for those involved in the health and healing arts professions, and to communicate the news of op-

portunity to our subscription members. To offer a vehicle through which practitioners may establish relationships with fellow practitioners and with establishments that demonstrate their commitment to health and healing arts disciplines through employment of qualified professionals.

Full subscription-membership (US\$25/year for the US and Canada, US\$39 for overseas) includes quarterly newsletter, access to Job Hotline, Roster of Subscribing-Members, access to products, services, and special offers.

•Touch Therapy Times, 13407 Tower Road, Thurmont, MD 21788-1407; phone: 301-271-4812

"Touch Therapy Times" is published monthly by the Maryland Bodywork Reporter, Inc., Jack Thomas, President, and is independent of any massage, bodywork, or somatic organization. It has one of the best, if not the best, coverages of legal issues on both a national and state-by-state basis. And Jack has been most generous and forthcoming with information at those times when we've had to contact him. Subscriptions are US\$25 per year in the USA, US\$30 for Canada and Mexico, and US\$37 for overseas.

•Cherie M. Sohnen-Moe, Sohnen-Moe Associates, 3906 West Ina Road, Suite 200-348, Tucson, Arizona 85741-2295; phone 800-786-4774

Cherie offers a workbook called "Business Mastery" which contains thorough and comprehensive information on practice development. The book includes exercises and business form templates. Cherie offers workshops on practice development throughout the world, and is also available for individual consultations.

•National Massage Referral Service, 2325 Clement Avenue, Suite 275, Alameda, CA 94501; phone: 510-522-0189

A national referral service for the public to call for referrals to certified massage therapists and bodywork practitioners. The practitioner must be able to provide the service with proof of

certification, a business license, and professional liability insurance.

•Jeffrey Galper, Ph.D., Rolfig® Associates, Inc., 620 Hinesburg Road, Suite 3-A, South Burlington, VT 05403; phone: 802-865-4770

Jeffrey provides individual and group consultations on practice development for Rolfigers. His consultations are available to other bodywork practitioners.

•Skilled Touch Institute of Chair Massage, 584 Castro Street #555, San Francisco, CA 94114; phone: 800-999-5026

S.T.I. was founded in 1986, by David Palmer, pioneer in the application of chair massage. Currently, S.T.I. offers technique and business skills workshops leading to National Certification as "TouchPro®" practitioner. David is the author of *The Bodywork Entrepreneur*, a major book on practice development sold through The Trager Institute.

•The Trager Institute, 21 Locust Avenue, Mill Valley, California 94941-2806; phone: 415-388-2688

Yes, that's us! We do offer through our electives training system Michael Madrone's practice building workshops; and we offer a healthy selection of books that help the individual practitioner develop and use practice building skills. Just see your *Trager* membership schedule for the information and ordering form. Additionally, please feel free to call me at the above number with any questions, concerns, resources, and ideas you have about individual practice development.

---

### More Raffle Thanks!

Our apologies to Michael Gillotti of Pisces Productions for not sooner acknowledging his contribution of a top-of-the-line bodywork table donation to 1994's conference raffle. Thanks, Michael, for your long-standing support of The Trager Institute.

---

## Media Watch: Ongoing Incredible Unsolicited Publicity for *Trager Work!*

Compiled by Don Schwartz

*The title says it all. The Trager Institute continues to benefit from a great many inclusions of Trager in books, newspapers, journals, magazines, and broadcasts. Apparently, "Hook-up" has its own marketing strategy. Feast your eyes, members, on how well-known Dr. Milton Trager's work has become.*

*Trager* appears in several places in Andrew Weil's new book, *Spontaneous Healing*, published by Alfred A. Knopf. Dr. Weil is one of the most prominent international leaders in the natural health movement. He consistently acknowledges the value of the *Trager* approach in his writings, and we are very grateful for his public support. This latest book is tremendously popular and has generated a plethora of telephone inquiries.

*Trager* has a strong presence in Thomas Claire's just-published book, *Bodywork: What Type of Massage to Get and How to Make the Most of It*, published in New York by William Morrow and Company, Inc. I have been in contact with Thomas for many years as he developed this book. Instructor Trainee Roger Tolle has provided Thomas with complimentary sessions. Thomas brought a highly focused dedication to his work, and I want to congratulate him on a job well done and thank him for his inclusion of *Trager*.

Whilst traveling through the Medline section of cyberspace, Practitioner Tony Giordano of Bellport, New York, discovered an article entitled *Bodywork—The Art of Touch* by Judith K. Russell, R.N., M.S.N., C-GNP, appearing in a periodical called "Nurse Practitioner Forum" published by W. B. Saunders Company, The Curtis Center, Independence Square West, Philadelphia, Pennsylvania 19106, phone: 800-654-2452. This article covers only four different approaches to touch—*Trager* being one of them.

*Trager* appears in its own section on page 131 of Stephanie Levin-Gervasi's new book, *The Back Pain Sourcebook*, published by Lowell House, 2029



Century Park East, Suite 3290, Los Angeles, California 90067, phone: 310-552-7555. Thanks to Stephanie for her coverage, and to Tutor Peter de Zordo for his provision of a complimentary session to the author in preparation for her piece on *Trager*.

*Trager* Practitioner Janet Williams, L.M.T., B.A., had her article entitled "Do Cancer Patients Experience Significant Benefit from Massage Therapy?" published by "BodyMind: A Journal of Alternative Health", in its July-August, 1995 issue. The article covers Janet's use of *Trager* work with individuals diagnosed with cancer. Our congratulations to Janet, and thanks to BodyMind. You may contact BodyMind Publications at: 722 36th Avenue, N.E., Olympia, Washington 98506-2402, 206-360-7238.

*Trager* Practitioner Maurizio Andorlini, M.D., of Italy had his article on *Trager* entitled "Ginnastica per il Cervello" ("Brain Gymnastics") published in a major Italian publication called "OLIS". "OLIS" focuses on promoting the natural health and living movement. You can contact "OLIS" via e-mail at: redazione.olis@agora.stm.it. Please see the English translation of his article on page 1 of this Newsletter.

Congratulations to Practitioner Angyline Millar of Collingwood, Ontario, Canada, on the publication of two different articles in two different local/regional publications, "The Enterprise-Bulletin" and "The Wasaga/Stayner Connection" on her practice of *Trager*. Both articles include a picture.

Practitioner Clifford Shulman of New York, New York, gave a lecture/demonstration/interview on a show called "Alive and Wellness" on a nationally distributed cable station based in Fort Lee, New Jersey, on July 17, 1995, hosted by Carol Martin. The show generated a number of inquiries about the *Trager* approach from around the country.

## Principles are Working

*JoAnn Rink and Hannah Robinson*

*Introduction by Don Schwartz: JoAnn administers a non-profit organization called The Heart Touch Project which trains somatic practitioners to work with HIV/AIDS patients, and which coordinates the provision of volunteer somatic sessions to these patients by the trained practitioners. The article was stimulated when JoAnn called to let me know what a positive experience she was having contacting the Trager people in her area. In addition to serving the Los Angeles metropolitan area, The Heart Touch Project wants to make its model of training and service provision available to all persons interested in serving the HIV/AIDS community. You may contact JoAnn at The Heart Touch Project, 1025 Indiana Avenue, Venice, California 90291, phone: 310-452-6112, Fax: 310-395-7948. Hannah, a Practitioner from Topanga, California, responded to Heart Touch's call for volunteers.*

JoAnn: My job, as the Volunteer Coordinator of the newly founded non-profit organization "The Heart Touch Project", was to wade through lists of bodywork practitioners of many disciplines, make cold calls and solicit volunteers interested in providing a "sensitive touch technique" to non-ambulatory AIDS patients. I spoke to over a hundred practitioners, many of whom were quite wonderful, but then something happened that I would call "phenomenal".

I called Don Schwartz at the *Trager* Institute. This cordial man enthusiastically provided me with a list of *Trager* Practitioners. I thanked him and got back to my calls. About half-way thorough his list I realized I'd come across a unique pocket of energy. My calls were, for the most part, welcomed, and I felt as though I'd arrived on a cloud of warmth, receptivity and support. We shared a mutual caring and sense of respect for the dignity of human beings. I was deeply moved and the experience compelled me to write today and thank you. My newfound curiosity about *Trager* and the principles for which it had been founded led me to speak with Hannah

Robinson, one of the extraordinary *Trager* Practitioners who attended our first workshop. When she told me that the *Trager* logo was a "Dancing Cloud", I was not surprised.

Hannah: Having been introduced to the world of AIDS through a friend who is both suffering and comforting others with the disease, I began to feel that perhaps I could contribute compassionately by offering *Trager* treatments. Before I even began making inquiries, I received a call from JoAnn of "The Heart Touch Project" asking if I'd be interested in volunteering time massaging non-ambulatory AIDS patients. I've given up using the word "synchronicity". There is a tapestry of truth that fortifies me and the deeper I move to the center, the more I experience its form.

In the training which prepared the initial volunteers for the work ahead, we were taught to let go of agendas, let go of trying, be lighter, be acutely receptive to the client's present condition at each moment. Though the technicality of this particular type of massage was different from *Trager*, the "truth of essence" was made manifest. The words were never used but the ambiance in the room when the full body demonstration was being done could easily have been called "Hook-Up".

---

## Thank You, Roger Tolle!

For many years now, when the administrative office receives inquiries from Manhattan-based writers, we have always referred them to Instructor Trainee Roger Tolle who has given them great *Trager* sessions—on a complimentary basis. This has resulted in great publicity—including the above-mentioned Bodywork book by Thomas Claire. On behalf of all our membership, thanks, Roger, for the gift of your excellent sessions—a gift that keeps on giving!

---

### From the Education Committee

*Jo Hayward-Haines, Chairperson*

*Jo is a Practitioner from Fenelon Falls, Ontario.*

Involvement in the *Trager* community can take many forms. And because the work itself, and the place of *Trager* in the world, is constantly evolving, our talks about the structure *Trager* should take produce many ideas and many questions. What kind of structure would balance our needs for maximum stability and maximum flexibility? What are the responsibilities of individuals to each other, to nourishing *Trager* in the world, to developing their own talents? These are the characteristically basic questions that the committees, the Trager Institute Administration and the Board are touching on, manipulating, and attempting to resolve. But all *Trager* practitioners are needed as participants in discovering how we can best take responsibility for this extraordinary work. We need to remember, too, that committee members are volunteering inordinate amounts of time and energy in this process.

The Education Committee has recently had a number of changes in membership. Bev Cox, the former chairperson, and Janet King, in charge of Electives, with Sheila Merle Johnson who remains on the committee, and others, have devoted long hours in the difficult task of structuring the new 514-hour Certification Program and shepherding it through Board deliberations, revisions, resubmissions. Decisions to accept, request revisions or reject Elective proposals had to be made while procedural questions were also being addressed. Evaluation criteria had to be formulated. And Sandra Jo Palm's invaluable processes for consensual meeting were being learned, by phone, in conference calls.

Currently, the Education Committee is entirely composed of new members except for one stalwart: Sheila Merle Johnson. We have been grati-

fied to see the new Certification Program accepted by the Board of Directors. We are inspired by the interesting elective proposals we've been reviewing and have recommended that the following be part of our Continuing Education Program:

1. *2-day Training of Introductory Workshop Leaders*, with Michael Madrone and Dan McGovern with Deane Juhan;

2. *Increasing Our Outer and Inner Abilities with Consensus*, with Sandra Jo Palm;

3. *Explorations of Primary Movement Patterns*, with Jean Hopkins;

4. *Professional Development*, with Michael Madrone;

5. *The Enneagram and the Trager Approach*, with Fawn Christianson;

6. *Meaning of Trager in Client Situations*, with Claudine Bergamaschi.

Submissions: In order to simplify and clarify the procedure for submitting Elective proposals, we have developed the following guidelines. First, our mission statement. The Education Committee of the Trager Institute has the responsibility to set goals and standards for the total education program. This includes Introductory Workshops, the Certification Program and Continuing Education for *Trager* Practitioners. Our mandate is to ensure appropriate implementation of *Trager* education at every stage in the development of the professional *Trager* practitioner. Our goal is to ensure that the knowledge, skills, and principles of *Trager* bodywork are represented in the core program and in electives offered by the Trager Institute.

The following categories have currently been established for Electives: (a) Supervised practice; (b) Communication skills; (c) Marketing; (d) *Trager* applied to specific conditions; (e) Personal growth and hook-up; (f) Psychological perspectives; (g) Movement skills.

To apply to teach an Elective class or Introductory workshop: (1) Write to Marcia Koski at the Institute Office requesting an Elective Proposal Appli-

cation Form or an Introductory Workshop Application Form. (2) Complete the form as indicated and return to Marcia with application fee. (3) Marcia will photocopy your application and send copies to each Education Committee member. (4) One committee member will present your proposal in depth at the next scheduled meeting. (Education Committee meetings are normally held monthly. A circular on current issues is faxed amongst members between meetings.)

You will be informed immediately after a decision has been made regarding your proposal.

### The Ethics Committee Responds

*Susan Holper, Co-Chair*

*The Ethics Committee currently includes Jane Burns, Megan Eoyang (Co-Chair), Monica Simpson, Paula Pohlmann, and Janet Williams.*

*Preface.* Inspired by a discussion in her Practitioner Review class with Milton, Betty, and Cathy, Trager Practitioner Catherine Hillard asks:

“• How about an occasional letter/report from the Ethics Committee in the newsletter? . . . Since the committee has to work with some secrecy because of privacy issues, *Trager* folks may get the idea that nothing is going on . . .

“• Something more than is presently taught/provided about ethics would be useful. How about an ethics video that we all could view?

“• Actual discussions about how different people have handled different awkward situations are helpful.”

*Response from the Ethics Committee.*

• Thanks to Catherine for her interest and for her sensitivity to one of our biggest concerns, the need for confidentiality. We haven't found a way to share with the *Trager* community all of the inspiring lessons that arise in our committee's work, but that doesn't mean we haven't been busy.

Issues have ranged from administrative oversights to an individual's

## COMMITTEE SUBMISSIONS

inability to examine themselves honestly. The most serious cases — and these are rare — have involved violations of sexual boundaries and misuse of status or funds. Some matters have required only a ten-minute phone response or rerouting to a person who can take action. A few have occupied us for as much as a year or two.

Myriad misunderstandings have been corrected. Some organizational gaps have been closed as a result of our memos to the Board and to various committees. A few individuals have had to face the serious effects of their actions, and on occasion they have chosen to leave the Institute. For the most part, ethical issues are handled as they arise by those directly involved.

• A good starting point for developing ethical thinking is Julie Green's article, "Putting Ethical Thinking into Practice", which is available from the Institute office along with the *Code of Ethics* and the *Grievance Procedure*. (All three have appeared in past issues of the *Newsletter* and will be published in the new edition of the *Trager Handbook*.) Members of the Ethics Committee have worked on an approach to teaching ethics which they have shared with the Education Committee. Catherine's ethics video idea is intriguing but way beyond our available volunteer time commitments, not to mention our \$2000-per-year budget, which includes copying, postage, long-distance phone calls and an occasional consultation with the Institute's lawyer.

• Catherine asked how Trager people have handled different awkward situations. One practitioner is working now on an article for the *Newsletter*. In it she will voice the discomfort that she kept to herself when she felt other students in a Trager class were taking advantage of her and disrespecting her sexual boundaries.

### *Our Process:*

The Ethics Committee's process is a living one. Mainly we encourage people to put the *Grievance Procedure* into action themselves. We facilitate their

communication and help to interpret the *Code of Ethics*. We recommend they fully communicate their concern, speaking directly and compassionately with the individual(s) in question whenever possible and as soon as possible, perhaps after a confidential consultation with a trusted colleague or with this committee. If this seems too daunting or the attempt fails, the issue returns to us (or to the Tutor Committee if the situation involves a Tutor, to the Instructors' Committee if it involves an Instructor). The *Grievance Procedure* is actually a description of what we found ourselves doing over a period of ten years of receiving concerns and applying the *Code of Ethics*.

Years ago, the first task of this committee was to write the *Code of Ethics*. The four committee members — at that time Elna Adams, Julie Greene, Sue Holper, and Jean Iams — began by reading other organizations' Codes. We came to realize that our own *Code of Ethics* would work best if it came out of an experience that we all share: being in hook-up; feeling the weight; asking; letting a deeper question come into our consciousness, and a deeper one, until we notice a change happening.

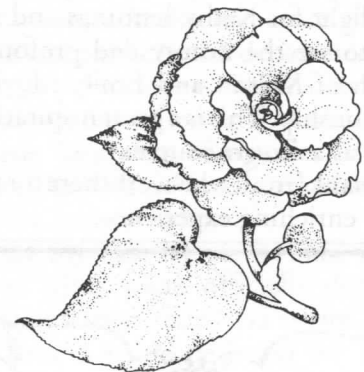
We then brought up at our meetings every unethical situation we had ever experienced or heard of or could imagine. In hook-up, we weighed each one. What would be fair? How should it be? We looked for the underlying guiding principles as we look for the underlying integrity in our clients' bodies. For a year the committee spent several hours a week discussing, arguing, laughing, crying, returning to hook-up, until we all agreed on every word in that document. To do so we had to explore our consciences as willingly as we explored our clients' bodies. And we had to share with each other the truth that we found.

This process of ethical thinking moved us. We learned to value each other. We learned to ask, "What are you thinking?" when one of us was silent and seemed discontent. We dis-

covered that, despite our fears of never being understood or never reaching agreement, we always came to 100% satisfaction if we stayed with our process long enough. Not surprisingly, the results were always better than what we could have found if any one of us had withheld their contribution. We were so excited by this that we wanted to invite others to play too, to enjoy their *own* experiences of ethical thinking.

As ethical communication increases among Institute members, new insights become available for our organization. The question of conflict of interest in the Trager Institute's decision-making bodies has recently come to the Ethics Committee's attention, and we are examining what conflict of interest means in the Trager context. We don't know what will come out of this. We may need to make an addition to the *Code of Ethics* or simply clarify how a person can notice their own conflict of interest and apply the *Code*. We are not ethical experts. We are volunteers willing to open our minds to ethical questions.

Thanks to Catherine and the Practitioner Review class for inspiring this article, which has long been on our agenda.



**“Latest Prac Review”: Laguna, August, 1995**

*Mark Hoch, M.D.*

*Mark is a physician and Practitioner from Phoenix, Arizona*

The last prac review was a very exciting time for the practitioners in attendance. Many had not worked with Milton before, and it was particularly rewarding to be in his presence and to finally be able to work with him. We began by presenting our individual walks to Milton so that he could be better acquainted with us. This made for an enjoyable beginning and was very instructive. Later on we had the pleasure of exchanging arm work with Milton. He literally made the rounds as we encircled him, first receiving the work and then sharing it back with him so that he could make sure we really got “IT”. The touch of the master was clearly felt and will leave an impression in all of us.

Betty Fuller and Cathy Hammond did a great job of responding to the groups’ needs with an excellent balance of *Mentastics*, table work exchanges and practice issues. We had a long discussion, particularly about ethical issues as they relate to practice. It was the general consensus that it would be helpful to have more emphasis on ethics in upcoming trainings.

It was great to see old friends and meet the real people behind phone conversations and newsletter articles in the past. One particularly joyous highlight for Kathy Jennings and me was to see the beauty and profound depth of Milton and Emily’s loving relationship. This is a great inspiration to us as a *Trager* couple.

Thanks to all who were there for the truly enriching experience.

**The “Bar Nothing Ranch” Trager Experience. I.**

*Janet K. Long*

*Janet is a Practitioner from Oakland, California.*

August in Priest River, Idaho, at the “Bar Nothing Ranch, Home for the Easily Amused”: Wind shimmering the late-summer birch leaves, the East River laughing alongside the airy hospitable ranch house, and the expanse of the broad blue sky surrounding us in our forested preserve. All this as the setting for *Trager* trainings sponsored by Jill and Pat Stephens, their specially made bit of paradise.

Nine of us participated in Roger Tolle’s “Movement and Transformation” class, August 5-9. We traveled from California, Alaska, Washington and British Columbia to join Jill, Pat, Roger and Michael at the ranch. Each early-day we spent four hours engaged in discovering self-directed movements to myriad segments of music. Roger led us through this moving self-discovery, guiding us with imagery cues and mentastic-style nondirectives! I found small places in my neuromusculature that had long been silent come into voice, and found myself having a continuous and often pleasant dialogue with each explored moving part of me.

The windows of the group space looked out onto the wide expanse of beauty that is the Bar Nothing Ranch. Our hooked-up state mirrored nature, and nature taught us to shimmer like the wind, to laugh like the river, to contact the ground and the sky with our senses and feet (like our companion dogs, Brandy and Lenny, and the birds, butterflies and ever-present bees!). I vibrated with inner freedom given us by the nurturing surroundings and hosts.

Bar Nothing Ranch’s essence is mirrored in and reflective of the *Trager* Approach. “Touch is where the spirits meet and become one” (Native American saying). Touch, spirit and nature came together for us. Thanks to Jill and Pat Stephens for their care in

opening their home to those of us in the *Trager* community.

Postscript: There will be more trainings at the ranch in 1996! I will be giving a workshop: “Nature, Art and the Body”, August 3-5, and Carol Campbell will be giving another *Trager* training beginning August 19.

**The “Bar Nothing Ranch” Trager Experience. II.**

*Kate Agape*

*Kate is a Practitioner from Orcas Island, Washington.*

I have been impelled to share my “*Trager* Born-Again” insights that resulted from Prac I, Intro to Reflex Response (both with Gary Brownlee) and Side-Lying (with Roger Tolle) workshops in July at the Bar Nothing Ranch in Idaho. Each workshop brought its jewels and challenges.

Prac I was a major confrontation with “Oh no, I thought I knew how to do this!” Back to square one, be a beginner, and accept myself in that space. Well, I found a new me out of that, not only at the *Trager* table, but in my life in general. Jill Stephens was particularly helpful when she encouraged me to step away from the table — not just in form, but I mean *really step away* and let go of the doing. I had heard that before but I guess I was finally ready to get it deeply. “Oh, that’s how it feels!” And now that I’ve begun to translate that into my life and my whole being, I can see that this will take some time. I have been quite an accomplished doer in my life.

During the Reflex Response class, we watched a video of an interview with Milton in 1990. Throughout the video, no matter what was asked, at some point he would say “It’s hook-up.” He said it so many times that I let go of listening to the questions and just watched him. Whenever he would take hold of someone’s arm, I could feel his presence right through the TV. I began to get that he wasn’t doing anything, he was “receiving” that person,



## CLASS REFLECTIONS

and I could actually feel what that receiving felt like. "Oh, my gosh, this is what *Trager* is! Now I get it!" One insight came after another and the ripples in the lake of my life are still moving.

"Hook-up is receiving. Receiving is giving. My life has the possibility to be a receiving at every moment. Nothing outside — no doing — can help me receive. It must come from my choice to let it in. It doesn't take a lot to love someone, I only need to receive them. I am an empty flute being breathed by the body on the table. By letting the tissue speak to me, I can then respond and produce the resonance. Stepping away from the table during a session to allow space enhances the receiving."

The fifth day was Side-Lying. During a process of going inside with movement, I contacted my body in a new way — using minuscule movements and feeling my body in a receiving way. It seems that the subtle *Mentastics* are a way for me to receive me, so I can then be open to receive another. That experience has changed how I experience doing yoga and I feel I have also contacted that *core* of me where my tightness (physical and emotional) resides.

Naturally, all of this has affected my *Trager* sessions — I *am* starting over, I *am* a beginner, and I *am* okay with that! As my friend Betsy said right before a huge pod of Orca whales swam in front of the ferry on the way to Orcas Island, "We're not in *Trager* to earn a living, we're in *Trager* to learn to live."

My deepest thanks to Gary, Jill, Roger and everyone who touched my heart and made my experience possible.

---



### *Trager and Mentastics in Mexico*

*Adela Gorodzinsky*

*Adela is a Practitioner from London, Ontario, Canada*

Picture the following: It is Monday, June 5th, 1995, at 7:30 P.M.

The place: the party room in a residential building in la Herradura, on the outskirts of Mexico City. Big scenic windows through which one can admire a partial but expansive view of one of the biggest cities in the world. Inside the carpeted room, a handful of people, reunited high school friends, are busy setting the room for what is to be a public *Trager* demonstration and a *Mentastics* class. As I was finishing hanging some posters and arranging the flowers, several people arrived. Before I could take a few deep breaths, the room was full of bodies and faces, some familiar, some not, who were eagerly awaiting the start of this "new and different course".

After introductory remarks, I told everyone how delighted I was to spend the evening in my country of origin and to share my passion with them.

The process began by leading the group into being present in their bodies and in the room. The space was now prepared for me to talk. I talked — in Spanish, too! This was followed by a period of questions and answers

Next came the hands-on demo. People were curiously walking around the table, interested, asking, wondering .... The "clients" on the table absorbed the work like sponges. As usual, they did not want it to end. However, we proceeded to do group *Mentastics*, which could have gone on and on.

Hook-Up was experienced in the room. I felt grounded and a bit overwhelmed by such an enthusiastic response. To wrap up, we formed a big circle and called out our names. I saw relaxed bodies and beautiful, alive faces.

As the students left, they carried with them that very special feeling of peace within and a desire for more.

At that moment I knew this hap-

pened thanks to Milton and thanks to my wonderful group of peers in London, Ontario, who supported me all the way. May we continue to spread the feeling of peace and light all over the planet.

---

### *Motus Humanus Roundtable*

Clyde Rae Jolie, Certified *Trager* Practitioner and also Certified in Laban Movement Studies, attended the *Motus Humanus Roundtable* in Winter Park, Colorado, June 8-11, 1995. *Motus Humanus* is an international organization of movement professionals dedicated to furthering the study of human movement. It holds its Roundtable biannually to discuss professional issues and also to stimulate and to recreate by engaging its participants in movement activities. Movement professionals understand, as do *Trager* Practitioners, that movement itself is a form of knowledge, and that through movement and the felt experience one can access the innermost being of an individual and illuminate his mode of operating in relationship to others.

A highlight of the Roundtable was a three-hour presentation and movement experience directed by Warren Lamb, a direct student of Rudolf Laban. Mr. Lamb, a septuagenarian from England, enthusiastically led the Roundtable participants in a vigorous exploration of spatial and dynamic movement qualities. Although Winter Park is 9000 feet above sea level and many of the younger movers were gasping, Mr. Lamb clearly illustrated the benefits of a life of movement study through his unflagging energy and good spirits.

---



## Trager News from East and South Africa

Dhyani J. Berger

*Dhyani is a Practitioner (etc.) from Nairobi, Kenya*

The good news from Kenya is that a natural healing “cooperative”, the Lighthouse, has opened in Nairobi. It is located in a rambling building in a spacious garden with trees which are the home of Sykes monkeys. It is not far from the center of town and houses a diversity of activities including yoga, Tai chi and other meditations, aromatherapy, reflexology, holotropic breathwork, massage and, of course, *Trager*. The Center hosts workshops with local and overseas teachers. Practitioners rent space and time. The center was put together by Mandy Parkin who manages it with Margaret Ouko and a loose group of practitioners.

Plans to expand our *Trager* reach in Kenya and beyond were slowed when I broke my arm in February. This dramatically altered my *Trager* work and threw me into an intensive period of healing myself. *Trager* and many other “tools” discovered from adventures in bodywork and meditation have been helpful. A sharing and dialogue with my physiotherapist means that she will now refer clients to me. Despite the limitation on *Trager* practice early in the year, demonstrations, talks and sessions have been organized with various groups such as the Alpha Society, Aga Khan Foundation councillors and the Kenya Horse Society. Our stress management sessions combining *Trager* with yoga continue to be held regularly at the Peace Corps Training Center. Work with the Stanhope Center, where a trauma psychologist refers clients for bodywork, has started. Many people working with aid agencies concerned with major conflicts in the region — in Somalia, Sudan, Rwanda, for example — are traumatized by work in war conditions. *Trager* can remind people that there is an alternative to the hells through which they have lived.

In July, I had the opportunity to introduce *Trager* to the “New South

Africa”. During a two-week holiday, friends organized a *Trager* demo and a few sessions for me in Johannesburg. Pritam Hari Khalsa, a Sikh who owns a natural foods store and snack bar in the Yeoville neighbourhood, distributed a flyer and let me use a room at the back of her store, “Roots and Fruits”, which is located on Rocky Street, well known for its jazz bars, funky shops and multiracial tradition.

I attended Pritam’s kundalini yoga classes, talked about *Trager* and invited her students to an evening of *Trager*. The next evening, my demonstration was attended by a diverse group of eleven people. Participants included two homeopaths (one interested in *Trager* training), a massage therapist, a film-maker, a painter, several people from Pritam’s yoga class, and a couple who had just returned to live in South Africa, having worked in Russia and Eastern Europe. The woman had trained as an aromatherapist with *Trager* Practitioner Jill Dunley in England and her South African husband is a transpersonal psychologist and astrologer intending to establish networks of like-minded people in Southern Africa. The following day I gave well-received individual sessions.

Now that *Trager* is more than a word in South Africa and the networks are buzzing, I hope there will be enough interest for an introductory workshop. I intend to go back within the next year. First it was Mandela, then successful elections and now the remaking of a “Rainbow Nation”. The *Trager* Approach could make a contribution to healing the wounds and legacy of apartheid and give spirit to a lighter, more joyful experience in Africa’s most resourceful nation.

---

### In Memoriam

Norma Harris, long-time *Trager* Practitioner, passed away on October 3, 1995, at age 71, of a heart attack. Services were held at her home in Ojai, California. She is survived by 2 daughters and 4 grandchildren. She will be missed.

---

## Retreat in Arizona

Marianna Hartsong

Dear Trager Colleagues and Friends,

This is to tell you I have a new home in Arizona: a little parcel of heaven on earth which is to be a retreat for people — especially healers like you — to come replenish, renew, heal. I have two extra bedrooms, and there is ample tent space. [Reasonable rates; work exchange possible.] The kitchen was clearly designed for creating community meals. Just imagine the classes we could have here: the main carpeted room, with its high vaulted ceilings and skylights, is large enough for eight massage tables — or 14 to 16 relaxed Feldenkrais or yoga junkies, and I wonder how many people doing *Mentastics*!?

The earth here is the kindest and most nourishing I have ever set foot on. The Verde River runs through the back yard, and in two directions all you can see is green and mountains. The quiet is delicious. What you do hear is the sound of running water, the Great Blue Heron’s croaking call, the buzzing wings of the hummingbird, the hooves of the horses in the field next door. And if you want to adventure and explore, the area is full of incredible scenery, marvelous hiking, Indian ruins. Sedona is the next valley over.

I’m delighted to host any *Trager* or other healing events. We’ve already planned an Arizona *Trager* Pod weekend. • December 16 to 21: I invite you to join me for a Five Day Winter Solstice Silent Meditation Retreat — no fee: shared food, donation. • January 19-21: complete those C.E. credits for 1996 with a Feldenkrais for *Trager* People workshop with Marianna Hartsong. • Healing Retreats in Arizona for those who crave sun in the midst of a long, cold winter: February 10-17 and/or March 9-6: Retreat for Healers; March 21-24: *Trager* Only Retreat. Early arrivals or late departures are welcome. Theme for all retreats: Healer, Heal Thyself; no structure other than a daily circle. Time for play, sharing and trades; tutorials; Feldenkrais and *Mentastics*; good com-

pany and good food; deep rest; hiking, and...silence.

If you would like to support the growth of Hartsong Haven, other than coming here in person, any of the following gifts would be deeply appreciated: • for the Library: a gift of the book, tape or CD that has touched you most deeply — duplicates will be gifted to visitors; • for the orchard: \$40 will buy a fruit or nut tree in your name; • for the garden: flowering plants or seeds; • for the medicine wheel, to help us all stay connected: a rock from your land or some place on earth that is dear to your heart.

I am really excited and am looking forward to welcoming any who wish to come share in the peacefulness of this sacred place. Do let me know when to book your R & R time here.

You can reach me by post: Marianna Hartsong, 1630 Horseshoe Bend, Camp Verde, AZ 86322. By phone: (520) 567-6272. By e-mail: 75231.2272@compuserve.com

## Congratulations, Cherie Jones!

Practitioner Cherie Jones of Washington, D.C., has taken on the position of Assistant Director of Legal and Regulatory Affairs with the American Psychological Association's headquarters in Washington. Cherie, a lawyer who has been representing The Trager Institute at the Federation level, will deepen her involvement in issues of professional regulation and legislation which, in turn, will benefit all *Trager* members involved with these issues. Congratulations and best wishes, Cherie, on your new adventure!

Photo souvenir de la rencontre tenue à Beaulac, le 3 juin 1995 pour célébrer le Trager 1re rangée de gauche à droite: Renée Blais, Amrita Daigle, Yolande Payette, Carole Garneau; 2e rangée de gauche à droite: Laurier Blais, Annie Wagner, Annette Nadeau, Suzanne Larocque, Denise Bérubé, Sarto Lord, Lise Hallé

## Conference in Montréal

Raymonde Lorrain

The Quebec Association of Trager Practitioners (AQPPT) is organizing a conference with the theme: "*Trager: Hands on Letting Go*". It will be held in Montréal on March 30-31, 1996. We cordially invite you to reserve these dates in order to come and explore this paradoxical theme with us.

How, indeed, can we handle ourselves and help others to do something by letting go at the same time? Isn't this a complex step full of traps?

Workshops will allow us to examine some ways of doing this, in particular by working with: *Mentastics* and water contact exercises; interventions with elderly people; working with child leukemia patients in a hospital setting; more *Mentastics*. A round table on "Private Practice" will enable some people from various areas of Quebec to share their varied, stimulating experiences for those who wish to develop their clientele. One person will present a slide show, sharing his research on vibration and its application in *Trager* bodywork and *Mentastics*.

Following a fine communal meal, there will be an evening part, filled with surprises.

Contact: Association québécoise des praticiens et praticiennes en *Trager*, Case Postale 5, Succursale C, Montréal, Québec H2I 4J6, Canada.

## In Québec there was also a celebration...

Renée Blais (for the AQPPT)

Translated by Jeffrey Joel

...on June 3, 1995, at Beaulac, on the enchanting shores of a lake surrounded by verdant nature, when eleven Practitioners (see photo below; 1st row, left to right: Carole Garneau, Yolande Payette, Amrita Daigle, Renée Blais; 2nd row, left to right: Lise Hallé, Sarto Lord, Denise Bérubé, Suzanne Larocque, Annette Nadeau, Annie Wagner, Laurier Blais) met to celebrate *Trager* as Betty Fuller invited us all to do in last Spring's Newsletter. The Québec Association of *Trager* Practitioners (AQPPT) had invited all the members in the Roster to participate in this festival. Although it was raining at the meeting, the participants' enthusiasm brightened everything. Throughout the day, in the quiet of the propitious space of Hook-up, the participants tried to live with each other in the *Trager* essence, through collected echos since the 7th Conference, through *Mentastics*, through moving each other and other sorts of exchanges. To crown everything, Dr. Trager's video was viewed. At the end of the day, everyone was unanimous in emphasizing the richness of the resourcing that such a day gives.



**Administrative Staff:**  
 Front row, left to right:  
 Sandra Berger, Claudia  
 Bourbeau, Marcia  
 Koski. Back row, left to  
 right: Esther Cherk, Don  
 Schwartz.



## SEASON'S GREETINGS FROM THE ADMINISTRATIVE STAFF!

(Please see our new address below.)

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

"Trager", "Mentastics" and the Dancing Cloud logo are all registered service marks of The Trager Institute. Registration of these marks in those nations which accept such registration is either complete or pending. All other trademarks and service marks are registered by their respective holders and no infringement of any kind is intended.

Contributions to this newsletter from members of The Trager Institute are welcome. All submissions are subject to editing for length, clarity, and appropriateness. Opinions expressed in this publication are those of the authors, and do not necessarily represent the views of The Trager Institute, its Board of Directors, or its Education and Administrative Staffs.

### NEW ADDRESS!

THE TRAGER INSTITUTE  
 21 Locust Avenue,  
 Mill Valley, CA 94941-2806  
 U.S.A.

415-388-2688

FAX: 415-388-2710

©1995 The Trager Institute

All Rights Reserved

Printed on recycled paper.

#### Credits

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

To *Trager* members who have ordered the new biography of Milton: Due to unforeseen circumstances, Station Hill Press has not begun printing as of yet. Please stay tuned....

#### Future Newsletter Deadlines

January 15, 1996

May 15, 1996

September 15, 1996