

THE TRAGER® NEWSLETTER & SCHEDULE

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The Eighth International Trager Conference

October 16-19, 1997

Atwood Lake Resort
and Conference Center

Dellroy, Ohio

The Board of Directors has approved a new Conference Committee and the dates for our next International Conference. (As of this writing, the above-mentioned site had not yet been Board-confirmed.) The committee consists of Anna Marie Bowers and Dodie Becker, Co-Facilitators, with Mucie Allred, Nancy Bucher, Adrienne Bernardina, Kathy Cormany, Alan Hundley, Grace Price, Alice Richards, and John Riffe. The committee is seeking a translation coordinator. Many of you may remember that Anna Marie also served as Conference Committee Chairperson for our International Conference in Indianapolis, Indiana, in 1989. This is the first time a former Chairperson has agreed to a second outing. The current committee envisions the entire facility--a truly beautiful resort at a perfect time of year--being overrun with Trager people! A Tutor Conference is also being planned directly connected with the International Conference. More information will appear in future newsletters and other mailings. Appreciation, gratitude, and good luck to all volunteers for a wonderful Trager community experience.

Milton Trager's Biography Available Now!

Moving Medicine: The Life and Work of Milton Trager, M.D., has just been released. Authored by Trager Practitioner Jack Liskin of Los Angeles, California, and published by Station Hill Press, *Moving Medicine* combines Milton's life story with discussions of principles underlying his work. With jacket quotes from Deepak Chopra, Deane Juhan, Linda Ronstadt, and Andrew Weil, this is the book you can recommend to current and prospective clients who want to know about this man and work we call "Trager." Milton's published biography will also enhance the professional stature of Trager throughout the world. (Please see your schedule products order form for ordering information.) Thank you and congratulations to Jack and Station Hill Press on a job well-done.

Practitioner Receives \$10,000 Research Grant

Congratulations to Trager Practitioner Diane Kempson of Columbia, South Carolina, on her attainment of a \$10,000 grant from the American Massage Therapy Association Foundation to research the effects of Trager on grieving mothers. The grant application process is one which takes countless hours of skilled work, and Diane's efforts will benefit all Practitioners throughout the world as she demonstrates Trager's value.

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Public Education

Introduction

The contributions to this section of our newsletter continue to grow. Although The Trager Institute does not have a large budget for promotion and marketing, all of us—Students, Practitioners, committee members, Board, and administrative staff—are making a tremendous impact in bringing *Trager* to the world. Hopefully, as our organization grows, we will utilize a greater budget for promotion, marketing, publicity, etc. Until then, though, it is important that we all be aware of our successful efforts, and to pat ourselves on the back in acknowledgment.

DS

The Liskin Report

Jack Liskin

Jack is a Trager Practitioner and Assistant Professor of Clinical Family Medicine at the University of Southern California School of Medicine. In addition to authoring Milton Trager's biography, he actively promotes Trager in medical contexts. He was telling me recently about his various activities. I asked him to write "The Liskin Report" for you, and here it is!

"Modesty is for shrimps," Emily Trager told me when I visited with her and Milton in early September. She was encouraging me, with the same undiminished promotional skill that she employed on behalf of Milton and the Maharishi Mahesh Yogi, to get the word out about my book and my other *Trager* activities. We were having a lovely and intimate conversation on the terrace of Milton and Emily's apartment, while he was getting the hyperbaric treatment which he has been receiving recently to enhance his central nervous system function. She has artfully set up chairs and cushions to allow her to take morning naps in the fresh air; her spirits were high, and her mind sharp on the day I was there. Deane Juhan, back from a successful teaching tour in Europe, came to visit and sat out on the terrace with us that same morning. He was strongly impressed with the vitality and dynamism of the European *Trager* community.

I will now take Emily's advice and proudly announce that *Moving Medicine: The Life and Work of Milton Trager, M.D.*, is finally and at long last ready to hit the bookstores and—I hope—your hands and those of your clients, friends, and families. It has been a l-o-o-o-o-n-g time coming and has forced me to let go of my impatience many times along the way, but

I believe the product is a good one and hope you will agree. As I write this in mid-September, I am told by the production person at Station Hill Press that the book will be absolutely positively ready by this November. [Please see the front cover of this newsletter.] You can encourage your local bookstore to carry the book if they don't already have it, and you can also purchase the book directly from the Institute's administrative office.

As some of you know, I work in the Family Medicine Department of the University of Southern California School of Medicine. Our department is responsible for a portion of the training of medical students, and for the last year I have made presentations to all of the third or fourth year medical students, in groups of twenty or so, about *Trager* work, in conjunction with a presentation on acupuncture by one of our doctors who practices medical acupuncture. We have just started our second year doing this with a new set of students. What this means is that every new doctor graduating from this medical school—150 each year—will have heard of *Trager* work and seen or experienced a sample of it. Virtually all of these young students have been open to and interested in the work.

This morning, in fact (September 13), I worked on one of the medical students who had attended the talk and subsequently made an appointment to see me. She suffers with chronic back pain, stiffness and neck discomfort for which back surgery was recommended. A tall, strong, and energetic young woman, a basketball player and future surgeon, her comment on getting up from the table was, "Awesome! Can I come every week?"

I have been invited toward the end of October to make a presentation on *Trager* work at the annual conference of the American Medical Student Association, in Santa Monica, California. I look forward to further bringing our work onto the radar screen of the medical community. I was able to do that among my own professional group by writing an editorial in *Physician Assistant* magazine, due out in October, called "Integrative Medicine: Taking the Plunge." In it I describe the *Trager* work I do in a medical environment, and I encourage PA's to learn and incorporate so-called "alternative approaches" in their own practices.

I was invited to present a full day seminar on the principles of The *Trager* Approach to a group of physical therapists and occupational therapists in Phoenix, Arizona, on June 22. This was the first time I had had such an audience, and it was extremely satisfying to get their enthusiastic response. It felt—and not because it was Phoenix in summer—like I was bringing water to the desert. These good people tend to get so dried out by obligatory techniques and rote procedures that when someone gives them permission to use their intuition, creativity, and the simple principles of *Trager* they begin to blossom in the most beautiful way.

At the end of the seminar, the occupational therapist who had organized the event mentioned that one of the PT's who always attends these educational sessions but never says a word had spoken up for the first time during my presentation. I asked who it was, and when she described him I recognized him as a man who had hesitantly come up to me at a break to ask about the biomechanical principles I had used to relax the arm of one of the participants (I had given everyone a small sample of hand and arm work). I looked at him for a moment and said, "It's just that the arm was too hard. It needed to be softer." He looked at me bewildered, then broke into a beautiful smile as he began to comprehend the possibility that things could be that simple.

We're in the Market

Megan Eoyang

Megan, a practitioner from Santa Rosa, and Berkeley, California, is the chairperson of the Board Marketing Group.

I want to approach the topic of this marketing column with a light step, to present and handle the material delicately. What could be lighter?

This is a very personal subject which is unlikely to appear in the class syllabus for most marketing trainings. I debated with myself about whether it was appropriate to write on paper in my marketing column, and spoke with other practitioners about the idea. Each person agreed it is true for them, so perhaps it is true for you as well.

Have you considered the value of prayer in your marketing work? As you read the following material, I hope you will keep in mind that I am not suggesting other people should do what I do or follow the path I have taken in my own self development. I will share details of what I do, but that is only my way. Your way may look completely different.

Last year the National Institutes of Health (NIH), released reports of research documenting that when people prayed for a surgical patient, the patient healed more quickly and more completely than did patients for whom no one prayed. Prayer, the research showed, made a significantly measurable difference in healing speed and amount. Perhaps prayer makes a significant difference in other areas of life, too.

One thing giving me courage to write about this topic is our shared value of Hook-up. What is this electro-magnetic force, this life force, this energy to which we hook-up? I know we all feel it, and I'm sure everyone has felt the difference it makes in how our sessions flow. Milton very much wants to keep our work outside of a religious framework, and I agree that this is important. Our work is not about a guru called Milton Trager

(though we love, honor, and respect him). It is about each of us opening up to something bigger than we are, that "vast ocean of pleasantness," and bringing our clients along for the ride.

Years ago, I received shamanic counseling over a period of about 18 months. Our sessions included discussing which issues needed my attention most and then clarifying what I needed to ask about those issues before taking a shamanic journey. Once, my journey's intention was to ask for a marketing plan. At first, I was troubled by the mundane, perhaps even profane nature of such an intention. But my counselor pointed out that I provide a service which I strongly believe helps both individuals and my community as a whole. I need, he said, to be successful in my business if my work is to succeed. People need to know my service is available to them before it can help them. And one proviso which he always encouraged me to include was "if it serves the highest good of all concerned."

Time and again practitioners have mentioned to me that when they are feeling ill or very tired, their client load seems to lighten up almost magically until they are feeling better. Has that happened to you? Sometimes it takes work to get things back up to a comfortable working level later, and of course sometimes the client load slows down for no apparent reason, but sometimes it almost seems as if we are getting a break we needed.

On the other side of that equation, when I notice that I'm starting to worry about having not enough work, I begin working on a mailing to my clients (i.e., I do 'ordinary' world marketing). If the worry continues, following the Native American good red road which has been my path for several years, this is what I do: First, I smudge with sage smoke to clear any negativity out of me and my space. Then I call on the Great Mystery, the Four Winds, and Earth Mother and offer gratitude for all that is beautiful and working well in my life, or teaching me important things. Then I offer my fear or anger or sadness to the Mystery and ask that it be taken away. I wait patiently in a state that feels remarkably like Hook-up until I feel quite clear. Next, I ask that more clients come to me, and I make quite specific requests. 'Please send people who will like the work and will like me, who can afford the work and will benefit from it, who will come for sessions and want to share it with others.' Finally I pray, 'if this is the work I am supposed to be doing, if it serves the highest good of all concerned, please help me out in a good way.' For some people, the shape of prayer may be meditation or contemplation. It may be related to Christian or Jewish or Buddhist forms. It may look like walking in nature or lying on the earth. It may be sending out the simplest prayer of all, "Help!" It may be going into Hook-up and filling up with the feeling of that vast ocean of pleasantness.

Prayer is not a last resort for me, nor does it replace taking the solid steps every business demands. It is, however, a very

real part of how I fit in the world; and I would be hiding, not standing beside what has heart and meaning if I said nothing about it in a marketing context. I hope presenting these thoughts does not offend anyone, but if it does, I hope you'll just take them with a grain of salt.

To shift gears, a few months ago I was listening to a discussion about marketing on the radio (no, I don't seek these things out all the time; I just stumbled across this interview while station surfing). The speaker presented a very good perspective to keep in mind. She said, "For most people, 'attractive' equals 'centered in the self.' 'Seduction' equals 'marketing.' It is inherently a wall between you and another. Who," she asked, "do you want to come to you? People looking to be seduced? Or people who recognize in another what they would like to develop or free in themselves?" I propose that seduction equals marketing in some people's minds, but that marketing with heart is attractive!

Important Note: Considering more hard-core marketing, you will find enclosed with this newsletter a letter from physician and *Trager* Practitioner Mark Hoch, M.D., from Arizona, which addresses medical professionals. In it, Dr. Hoch writes as one medical professional speaking to another. He uses language to describe our work which would not be legal for anyone except a licensed medical professional—doctor, nurse, chiropractor, acupuncturist, etc. Dr. Hoch has generously offered this letter, printed on his letterhead and over his signature, to members of the *Trager* community. The letter will be an invaluable tool helping you introduce *Trager* work to medical professionals in many settings such as hospitals, orthopedic surgeons, neurological clinics, convalescent hospitals, sports injury clinics, and more. This letter goes straight to the heart of an important marketing issue: It is essential that we speak to key influencers—that is, people who will refer clients to *Trager* practitioners—in their own language. Dr. Hoch and the Board Marketing Group hope this letter helps you in marketing your *Trager* practice. We do not assume everyone doing the work is focussing their attention on medical applications, but if this is an area of interest for you, here's an excellent tool.

Thanks to the many people who wrote, faxed and called in their feedback about tag lines. Clearly there are strong and widely varied ideas and the Board Marketing Group is glad to make them part of our discussions.

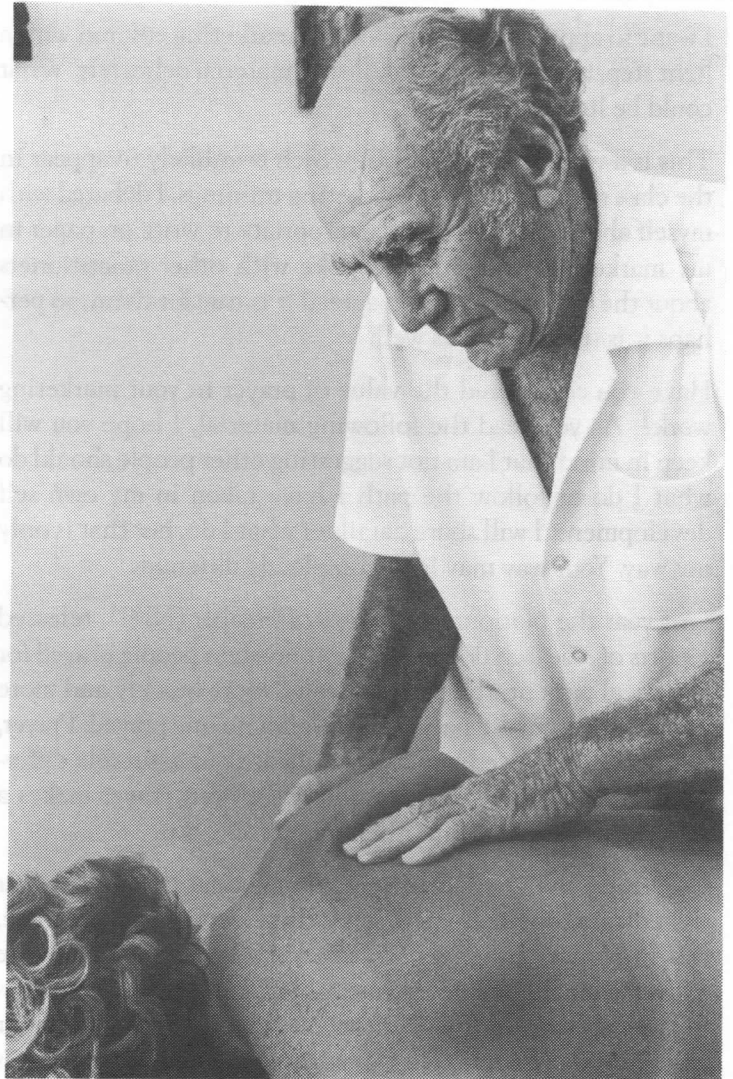
I'm wishing you well!

Trager in Istanbul

Anne Zanes, a *Trager* Practitioner in New York City, while attending the last United Nations Conference of this Millennium, Habitat II, held in Istanbul in June, was asked to give a demonstration of *Trager* work at one of the panels sponsored by the Wellness Foundation in a series called "Healthy Cities."

Without a *Trager* table, it was a challenge to demonstrate the joys of *Trager* on a very narrow, very long, very hard speaker's table. But it was not a problem to find a volunteer who reported enjoying the experience. Unfortunately, the lack of a table prevented responding to all those who wanted to try it, but we all enjoyed some *Mentastics*.

Anne represented the Non-Governmental Organizations, Peace Links and Communications Coordination Committee for the United Nations at this Conference. Other UN Conferences she attended were the Earth Summit in Rio de Janeiro, the Summit on Social Development in Copenhagen, and the Fourth Women's Conference in Beijing.



Media Watch

Compiled by Don Schwartz

Heartly congratulations to former *Trager* Practitioner Mirka Knaster on the publication of her book, *Discovering the Body's Wisdom*, by Bantam Books. Mirka's book is a comprehensive guide to more than 50 mind/body practices, and she includes *Trager* amongst them. Her book also is a terrific help to those who are new to somatic practices and want to know how to make them part of their lives. Mirka has been working hard by touring, doing presentations and book signings. Our thanks to Mirka for her great work on our behalf.

Ms. magazine has published an article in their September issue on "Alternative Medicine" which includes a brief mention of *Trager*.

The *Daily Mail*, a major London, England, newspaper published an article on *Trager* featuring Practitioner Jill Dunley, entitled "The softly, softly way to make light of your loads" by Jane Alexander. The January 27, 1996 article is impressive, has a large photograph, and includes information on how people can learn more about the work and find Practitioners. Congratulations and thank you, Jill!

Congratulations to Practitioner Peggy Mackenzie, M.S., of Atlanta, Georgia on the publication of her article entitled "*Trager* Bodywork" in the March, 1996, Volume 7, Number 3 issue of *Co-Options*, a monthly publication of the Sevananda Natural Foods Cooperative. You may contact the publication at: 1111 Euclid Avenue, N.E., Atlanta, GA 30307, 404-681-2831.

A full-page article—with color photo—entitled "*Trager*: Retraining Body and Mind" by Olga Sheean and featuring Practitioner Karen Shea of Vancouver, B.C., appears in the October/November, 1996 issue of *Health Naturally: Canada's Self-Health Care Magazine*. For more information you may contact the magazine at: Box 580, Parry Sound, Ontario P2A 2X5, Canada, 705-746-7839.

Thanks to new Student Ted Towne of San Francisco, we have learned that there is a reference to Instructor Deane Juhan and The *Trager* Institute on page 24, in a book entitled *Dynamic Alignment Through Imagery* by Eric Franklin, published by Human Kinetics in 1996. You may contact Human Kinetics at: 800-747-4457 or humank@hkusa.com.

Thanks to Practitioner Shannon Tate of Waynesboro, Virginia, for sending your administrative office a copy of *The Natural Treatment of Carpal Tunnel Syndrome* by Ray C. Wunderlich, Jr., M.D. This article is part of a publication series called "Good Health Guides" by Keats Publishing, Inc., 27 Pine Street, Box 876, New Cannan, CT 06840-0876. In this article, there is a section entitled "Neuromuscular Therapy", and amongst the approaches listed is "*Trager*."

A reference to *Trager* can be found in the article, "Geriatric Massage: Assessment and Contraindications for the Geriatric Client", by Dietrick Miesler, M.A., in the Summer, 1996 issue of *Massage and Bodywork*, 28677 Buffalo Park Road, Evergreen, Colorado 80439-7347, 800-458-2267.

Trager in Cyberspace: While the Institute is working on its own home page, cybersavvy Tutor Joe Griffin of Silver Spring, Maryland, shares this information with us: Once online, I searched for *Trager* references. Only recently I found Deane's nice article in *Optimist Magazine* (<http://www.prairienet.org.octopus/941201-mind.html>). A short piece on *Trager* for Pathways in D.C., can be found at: <http://www.pathwaysdc.com>. (I knew of it because I wrote it.) After switching to AltaVista, I did find many individual listings and Station Hill Press' pages on Deane Juhan and Jack Liskin. If you refer to *Trager* on the net, my page is a possible source. It is: <http://www.erols.com/joegriff/>.

Michael Madrone just faxed an article entitled "The *Trager* Touch" by Brenda Jones, published by the *Comox Valley Echo*, on September 3, 1996, and featuring Practitioner Rosemary Morrison of Courtenay, B.C., Canada.

Congratulations to physician and former *Trager* Practitioner Charlene Penner of Ramona, California, on the publication of the first in a series of anatomy books she's written entitled *Behold Your Body: Anatomy and Physiology Anyone Can Enjoy—Volume One: Dry Bones or Wet Noodles?*. The promotional material associated with these books includes an endorsement quote from Dr. *Trager* as "founder of the *Trager* Institute." For more information contact Rose Bud Publishing, 17126 Mt. Woodson Rd. Ramona, CA 92065, 619-789-2053.

Yours truly has been popping up together with our organization's name in the pages of *MASSAGE Magazine*. I am quoted by Meir Schneider and Carol Gallup in part one of their article entitled "Self-Healing: Pushing Back the Boundaries of Aging" in the May/June, 1996 issue. In the next—July/August—issue I am quoted by Melissa B. Mower in her epic article entitled "Certified Touch: The Impact of National Certification". The *Trager* Institute is also mentioned in a side-bar to that article. In the September/October issue my letter to the editor was published containing a correction to the side-bar information. Finally, my guest editorial addressing broad topics in the field of skilled touch and movement is scheduled to appear in the November/December issue. You may contact *MASSAGE Magazine* at: 1315 West Mallon Avenue, Spokane, Washington 99201, 800-872-1282. I have an article on service mark registration and usage coming out in the Fall issue of "*Rolf Lines*", a periodical publication of The *Rolf* Institute. Finally, I have been quoted as administrative director of The *Trager* Institute in a cover story on the damaging effects of loud sound in the September 25th issue of the Marin County weekly, *Pacific Sun*.

Trager at a Dystonia Symposium

Tutor Martin Anderson and Practitioner Tony Giordano are presenting *Trager* at the Mind/Body Holistic Symposium for the Dystonia Support Group at the Lahey Clinic in Burlington, Massachusetts. This symposium is scheduled for October 27, 1996, and has been widely promoted. Martin and Tony anticipate that *Trager* will have an impact on the Dystonia Medical Research Foundation community. Tony reports that he has spoken with neurologists and research scientists, and has found them supportive of alternative/holistic approaches for the treatment of dystonia.

A Simple Arm Lift Demo and Presenting to Groups

Joe L. Griffin, Ph.D.

Joe Griffin is a Trager Practitioner, Tutor, workshop leader, and outreach coordinator of The Chesapeake Trager Association. His practice is in Silver Spring, Maryland. Joe is also the author of "How ANYBODY Can Learn to SWIM WELL" which is available through the Institute's administrative office. The following two articles are very helpful to Practitioners who want to use their own resources in developing their Trager practices. You may contact Joe at: 301-593-6782, fax 301-593-6321, email: joegriff@erols.com, Web page: <http://www.erols.com/joegriff>

A Simple Arm Lift

We hear that Milton Trager responded, when asked about his work, "Lie down here and I'll do your neck." Do you agree that feeling gives a message words never could?

When you demonstrate comfortably, your outreach and marketing are more effective. Once your demo subject feels, you're less concerned about what to say or how to say it and operate from more relaxed confidence.

When can you use an arm lift? If someone hasn't felt your work, when you haven't a table, or when you think they're not ready to be on your table. At a health fair, someone who doesn't get to the table can feel, not just get a flyer/practitioner list. At expos, we—members of the Chesapeake *Trager* community—sell minisessions, give away arm lifts. Also, before regular sessions, you and your client can get sensory information to start your connection or find a feeling base for self-movement.

Before an individual demo, I may talk about improved sensory input, say that it is about feeling good for no good reason, or tell a Milton Trager story. Or not.

With *Trager* groups, I've done more complex learning games on demo elements and have written learning games to do

with a partner. Also, at expos, we tried a written "relaxation skills evaluation" with the subject self-grading before and after an arm lift. We no longer do that, as writing seemed to cause thinking, rather than feeling. I remind myself of K.I.S.S.—Keep It Simple, Sweetheart).

An effective demo is done from Hook-up, with ease and comfort, and is seamless, just you listening and enjoying and doing what feels right.

Attitude: Play with a learning game I enjoy at Intros. Do a simple arm lift from 3 different inner assumptions: 1) I'll fix this arm (be helpful). 2) What a wonderful arm! (appreciate). 3) Dance with the baby (enjoy). Get feedback. Which is liked? Which accepted best? Which avoids reflex resistance?

Approach: "If I could borrow a hand, you can feel for yourself what it's like. Is it OK for me to hold your hand and lift your arm?" Ask! Wait for permission. People use hands to connect. A hand is the most sensitive easily available body part. In videos, Milton often starts with hand/arm of a seated client.

Be comfortable: Usually, you and your subject both stand or both sit. Be toward one side, close enough to easily reach, and point your navel at their arm. Easy, no effort.

The lift: Comfortably and gently lift the arm, with your hands probably open, underneath, near elbow and wrist. The intent is to unload the shoulder and make breathing room. Hold and enjoy for a bit, with the attitude that works best for you, then gradually release. With subjects who unconsciously help lift, a security sandwich or cradle, one forearm under theirs, the weight of one forearm on top, can speak to the non-conscious.

Closure: "Do you feel a difference between the two sides?" "Is the difference something you can describe?" "Which side do you prefer?" "How long do you think that took?" "Notice how well your awareness works. We focus on your arm for a minute and you can feel this difference." "What I do is listen to you and remind you of yourself." You can do one side, suggest they notice as they automatically move toward balance, or do the other side once differences are felt. Note that closure helps subjects notice existing relaxation skills, as they take in how quickly they can feel change.

Basic principles: In table work, the table supports, encouraging easy movement. In this demo, you support. Contact, support, and effortless motion stimulate sensory receptors, giving body-in-time-and-space information to their functional mind. It helps that the demo is short, usually 1-2 minutes, and that most subjects feel significantly different. You don't need a table, an undressed subject, or lots of time.

Evaluation: Play with friends and colleagues. Ask for feedback. Were you felt as easy, light, supportive? Did you enjoy it? Did your subject? Good! Play until it becomes easy and automatic, like your table work.

Presenting to Groups

We like what we do. You and I want to spread the word, share the abundance, promote *Trager*, maybe even attract clients. You may be invited to talk about *Trager*, or you may find a list of organizations or support groups—check your library—and volunteer, because meetings need presenters. Be open to opportunities.

These comments add to some earlier ones on a physiologic framework for the positive results of our work (Communicating About *Trager* Work, *Trager Institute Newsletter*, Vol. 7, No. 1, Feb. '87, p 4-6). If you don't have that, I'll be glad to send a copy (SASE in US appreciated). The earlier article is about content. This one is about comfort and methods.

Two secrets follow:

1) Show your enthusiasm. Energy (Hook-up) is more important than specific information, your kind of voice, or technique. If you love the work, be with the group and your love of the work. Have fun! If you don't love it, let someone else do it.

2) Be yourself. What is most comfortable to you will come through. Groups can tell, just as individuals can. Some presenters like to just show up and enjoy what happens. Others relax better with an outline of reminders and some thoughts about transitions, maybe even practice with friends or a recorder. The test: Does preparation make it easier, simpler, more fun?

Though I worked for many years in college and adult education classrooms, led daily movement/meditations, and did scientific reports, I worried that I might "forget" something (Yes, I know the audience doesn't know what I intended to say.). A larger group creates more tension (an interesting distortion). I relax when I make myself notes, some just one key word, and pretend the note is for the audience. Visual people are greatly helped, even kinesthetics get your message two ways. I shared this with Cherie Jones recently. Before talking to a massage group, she found a large pad of paper, wrote key words/phrases, and drew decorations. She relaxed and got specific approval. The audience liked that she had thought, in advance, about what they might want.

For his PBS talks on the inner child, John Bradshaw, even in a large auditorium, moves posters stacked on an easel. As a scientist, I use slides and movies. For bodywork talks and classes, I use flip-charts. With flip-charts or posters your audience is not in the dark. You stay personally connected. Complex diagrams and photos seem to require slides. I loved Deane Juhan's use of slides in *Anatomy/Mentastics* class, with movement and the slides focused on the same body parts. An excellent antidote to head-centered dead-body tendencies. However, note that many photographs and diagrams can enlarge with a copier to make flip charts. Ones that don't show well may be too complex to use in a lecture.

At the simplest, notes for groups require a felt-tip marker and large paper. For paper I've used newsprint, art paper, wrapping paper, and the back of big calendar sheets. A ruler and light pencil help alignment and spacing. Felt-tip colors add emphasis or diversity, but be sure they show clearly.

For a more professional look, three useful tools are the computer, the copier, and non-shiny transparent tape. My first computer drawing program was DrawPerfect (DOS), more recently Claris Draw (MacOS). There are many. I've made enlargements four ways. The first two start from one page (typing paper) posters, with words in 20 to 140 point letters. 1) A blueprint firm with a big copier enlarged (200%) on one sheet of paper (about \$3.50). 2) Cut the poster in quarters, enlarge 200% on a standard copier (20-40¢), trim, tape with Magic® tape or similar. The second two print enlarged on multiple sheets of paper. 3) In DrawPerfect, zoom to just over 1/4 the poster, use print screen. Shift with scroll bars to hold magnification, print four corners, trim and tape. 4) With Claris Draw, I set narrow borders, use a 4-page view, include a text square, adjust text size to fill the 4 pages, print, trim, and tape. For medium to small rooms, audiences under 50, 4 sheets trimmed and taped should be clearly visible for simple messages (but check).

Drawing programs can include your drawings or clip-art images, like balloons for lightness, borders, flowers, animals, or hands. I can now print in color, which is fun. You can also tape on images you like from magazines or other sources. To assemble loose sheets into flip-charts, clip with strong spring clips to a support, like white, treated cardboard from an art supply store, under \$1. If you plan to use flip-chart sheets for a while, reinforce the borders with Magic® tape. Charts roll to carry if you travel light. Certain messages can be on the cover to sink in before your presentation, or on the last sheet as you go on to play at a table or with movement. I've used the Deepak Chopra quote as initial poster.

Of course, I've been at and have done effective presentations where the visuals were the presenter and the connection and Hook-up was the intangible. However, even at massage schools, flip-charts shorten my talk time and improve flow. Good visuals relaxed me when I talked at the Alternative and Complementary Medicine Congress. Elaine Williams, now an enthusiastic Practitioner, discovered *Trager* there, and has been great fun to tutor and be with. Outreach has rewards.

Upping the Wattage

Lia Zara Aurami, Ph.D.

Eleven years ago, Alia presented two sessions at the Third International Trager Conference as well as regular marketing advice for Trager Practitioners in this Newsletter. The Board Marketing Group thinks Alia's ideas remain useful and relevant for our practitioners. This is the second in a series of five articles. A pamphlet with all five articles is available at cost from the Institute's administrative office by calling Esther at: 415-388-2688. Alia has just published a new edition of her book entitled Marketing Consciosness. This book is availabel from Alia for US\$49. plus US\$3.50 for shipping and handling within the U.S. She takes MasterCard® and VISA®. You may contact Alia at: P.O. Box 45664, Seattle, WA 98145, 206-633-5737. Our thanks to Alia for her permission to reprint these articles.

Is your Trager practice a part-time endeavor? Would you like to up the wattage, expanding your hours devoted to giving Trager work sessions? Does that seem scary, or impossible for you? Let me switch metaphors here and offer you some thoughts to help you flap your wings a bit more and begin to soar!

First, ask yourself why you're a Trager Practitioner. Is it an interest, or does it seem deeply connected to your nature, to your Life Purpose? Whatever healing modes with which you resonate most deeply are the ones to expand. Not everyone is a candidate for a full-time Trager practice. Whatever "makes your heart sing" and makes you feel most ALIVE is what you need to be doing the most of!

Secondly, going full-time, or part-time, is not something you try and "see whether it works". It is simply a choice. A deep, fundamental, primary CHOICE. If you try it without CHOOSING it from the whole of your Being, you'll see a lot of effort going out with not much return. If you CHOOSE it, heaven and earth will move to help you. The marketing actions you choose will be inspired—if you let them be.

A third consideration is your support system. Some people succeed best if they burn their bridges and, to switch metaphors again, take a "sink or swim" approach to having Trager be their only source of income.

Most people do better if their basic needs in life are met some other way, while they are building their practice. From a marketing standpoint, you will do best feeling you don't desperately NEED any particular potential client. People can tell when you NEED them, and they back off.

If you're good at Trager, and you do it for enough years without sabotaging yourself, your practice will eventually reach full-time, even without much "marketing". "Upping the wattage" through specific marketing actions can shorten the time considerably, without sacrificing any of your integrity or the natural flow of things. The secret is your willingness to "shine more brightly". When you're willing, the rest is natural!

The marketing approaches I teach emphasize doing what is natural, comfortable, enjoyable, and low-cost. Trager is difficult to explain, so brief advertisements don't work well for their high price.

Select from "publicity" approaches which are often free.

I strongly recommend that you keep track of the way most of your present clients discover you, and do more of whatever is working for you! Too often practitioners think they have to do something wildly different or unpleasant. Not so!

If you enjoy talking with people, consider giving live presentations. If you feel dramatic, consider getting onto radio or TV talk shows. Media folks are looking for three qualities: passion about a subject, articulateness, and personal attractiveness. If some aspect of your work or self is newsworthy, in addition, your persistence will pay off in an appearance. And one appearance makes others much easier to obtain.

Other tips if you're going for media: have some specific angle, some particular result, rather than talking about Trager in general. Have something specific people can send for or attend soon. Talk about benefits, not procedures. Your enthusiasm is ten times more important than what you say. Enthusiasm, benefits, and a phone number will take you a long way!

Do you love to write? Then write—for newsletters, newspapers, magazines, books, publications of any kind. Would you rather be talking with people informally? Then network through your own participation in clubs, organizations, classes you take, church, parties, and other "natural" ways to meet people. In networking, the most important thing is to have a ten-word answer to "What do you do?" I suggest telling people you do whatever your most enthusiastic clients describe you as doing! "I'm told that I help people unwind and be able to do things with their bodies that they wanted to do but couldn't!" Wouldn't that interest you more as an opening sentence than "I am a Practitioner of The Trager Approach"?

The bottom line in such self-descriptions is that the other person be able to tell whether you are relevant to their needs. Can the other person easily conclude "Oh, this is about ME"? Could the other person immediately think of three friends who might use your services? BE SPECIFIC ABOUT BENEFITS.

So first you decide whether you're the right kind of person to be a full-time Trager practitioner. Then you decide whether your support system enables this to be the right time to expand. Then you make the BIG CHOICE with every ounce of your Being.

And then you choose what's easy, natural, and fun for you that lets more people find out whether you can meet their needs. Marketing can be lighter and freer—and get you shining much more brightly!

Trager Among the Meds

Marianna Frantz, Robert Clark, Jon Levy, and Sherry Frichtl

The Trager Institute, the *Trager Practitioners Task Force for Public Education*, and The Chesapeake *Trager Association* cooperated in being an exhibitor at the Second International Congress on Alternative and Complementary Medicine held in Alexandria, Virginia, June 10-12, 1996. The Congress was sponsored by the University of Arizona College of Medicine at the Arizona Health Sciences Center, and presented by Mary Ann Liebert, Inc. Publisher of *The Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice, Policy and Alternative & Complementary Therapies*. The Program Chair and Keynote Speaker was Andrew Weil, M.D., author of *Spontaneous Healing*. The regional *Trager Practitioners and Students*, members of the Chesapeake *Trager Association*, organized and staffed a booth for 3 days (Mon-Wed) selling mini-sessions and the *Trager* book and video on *Mentastics* as well as offering our own Joe Griffin's way of "weighing the arm", lots of hand-outs, explanations and wonderful conversation.

The atmosphere at the conference was friendly and fun, but also medically professional—high tech and big business. This is compared to other venues where *Trager* outreach has been locally offered. Absent were the "new age" groupies and trinkets of mythical, magical shamanism. Surrounding us were the pharmaceutical companies, electro-resonance frequency generators, multi-level food supplement marketeers, talk of "getting in bed" with the international wheelers and dealers on the internet, and networking the future beyond managed care. To the non-tech *Trager Practitioner*, the high-rolling, expensive Exhibition Hall environment offered a challenge and an opportunity. We were welcomed and treated as a professional exhibitor and given every consideration by the staff, who provided the best and smoothest organizational process we have experienced yet in all our local and regional outreach.

The regional *Trager Practitioners* did a steady business in mini-sessions, giving a tactile experience of relaxation and well-being which the other exhibitors could only promise. We were the only bodywork modality represented, with space for only a single bodywork table. There was one booth demonstrating bodywork implements and rollers—a far cry from sensitive, responsive touch.

Many of the conference participants who came by our booth were not only aware of The *Trager Approach* but had experienced it. This was a welcome level of awareness which echoed our experience of last summer at the National Conference of the Association of Humanistic Psychology in Baltimore. It seems that the national audience of wholistic health professionals has an awareness of the presence and value of

The *Trager Approach*. This is an awareness that seems lacking in local and less wholistic professional circles. It was very gratifying to have one of the doctors participating in the conference stop at our booth and share his feeling that The *Trager Approach* was one of very few bodywork approaches that "did not rely on pain to diagnose and set the parameters of treatment, or to inform the client of the effectiveness of treatment."

The *Trager Practitioners and Students* that staffed the booth had "incredible" experiences of explaining *Trager* to a truly knowledgeable and open audience. Some of our comments follow:

It was like "being grown-up," "feeling wanted," "being appreciated." "Being surrounded by professionalism felt wonderful and uplifting, like having arrived." "I gave a mini-session to a stiff medical salesman exhibitor and watched him loosen up and exclaim about The *Trager Approach* for the whole three days." "I had a hard time tearing myself away from the booth."

The dialogue between the *Trager* community and the different levels of the medical community continues to be beneficial to both groups. The *Trager Approach* stands up well in the medical and psychological professional arenas. Doing outreach at professional conferences is a good way to experience this, and to refer people to *Trager Practitioners* all over our country and the world—the goal of the *Trager Practitioners Task Force for Public Education*. However, exhibition space at these national and international professional conferences is expensive. If you haven't contributed to the *Trager Task Force*, please consider doing so, in order that we might continue outreach to this important population. The other important collaborative link that is created in these endeavors is within the *Trager* community between the Institute, the Task Force and the local regional groupings of Practitioners.



Testimonials

From Subhadro Luhn

Subhadro is a Practitioner and workshop leader from Hamilton Hill, W.A., Australia.

My friends and *Trager* colleagues in Perth, where I live, have often encouraged me to write this story for the *Trager Newsletter*. Since I'm quite shy at writing, though, it's taken me a long time...but here it is.

This is the story of my beautiful experience of sharing *Trager* with Terri Poole, a sincere and courageous woman, a bundle of energy, a health professional running her health consultancy company with 15 employees, and a cyclist. A cyclist with a difference: Terri has 'tunnelvision', meaning she sees an area of about 4 degrees at a time, while we see at a range of about 150 degrees to 180 degrees at a time. As a cyclist, Terri rides a tandem, with sighted cyclist Sandra Smith on the front seat. These two ride national and international competitions together, and as I'm writing this, they are on their way to Atlanta, to the Paralympics. Terri and I started our *Trager* exploration together last year, and it was a real delight to watch the process. The work had a profound affect on Terri—almost instantly. The question, 'what could be easier?' had such resonance with her from the very beginning. After the first session she reported how just asking this question while training had magically increased her rpm (rounds per minute) instantly. She told me she was more relaxed and yet felt stronger, moving more smoothly, at the same time.

Every time she came to see me, she had interesting stories to tell about the effect of our work on her life. Like: One day during road training, her co-rider Sandra noticed as Terri asked herself, 'what would be easier?' Sandra asked afterwards, 'what happened then? Suddenly you had so much energy!'

Soon Terri started to adjust her bicycle, because she found that not only was her body changing but also she was listening in a new way to what her body needed.

It was a delight to see Terri gain strength and at the same time watch an opening throughout her body, a change of movement and postural habits, an ease and lightness that carried into other areas of her life, too. It was a unique experience for me to accompany Terri as this process took her to such depth. With Terri, my experience of this work sunk a lot deeper, too. Here, I'd like to say that for me, the first session or the first few sessions with a person tend to be the easiest. I feel so confident that what I have to give is just so beautiful, they'll just love it. After a few sessions, though, I tend to start wondering if my client feels a little bored with what seems to be the same procedure over and over again, and if there still is process happening?

Here I discovered a new depth in working Terri. At the beginning of every session, we'd check in to find what she needs or wants from this session. I discovered that just through a very alive process of questioning, inside myself and sometimes out loud, our sessions covered an incredible spectrum of possibilities. Questions, millions of questions. 'What could be lighter?' - 'How could there be more space right here?' - 'What would more length, more freedom feel like?' - 'How could we invite more flow right through here?' - 'What would it feel like to be more energetic, more alive?' or 'Just how would this feel like when it lets go completely?' and many, many more. Sessions rarely seemed to be two the same. Just questioning, we discovered so many gems! And we both learned in our own ways that less is more.

Then came the sporting rewards for all she had done (doing less!) in the form of three gold medals in last year's national championships, 3 world records in 3 events during the European Championships last year (I got the most gorgeous 'thank you' - card, telling me how good she felt - so good she could do it all over again!),...and 6 gold medals in 6 events during this year's national Championships. I was present for this last event, giving both Terri and Sandra as well as others of their team small sessions during their breaks. The most impressive moment during these competitions for me was as I watched Terri and Sandra start the pursuit finals. Just seeing the two competing teams take off and watching just how smooth, how 'as on' Terri and Sandra were riding along, within the last round I had absolutely no doubts left as to who'd be the winner.

Meanwhile, Sandra had also come for *Trager* sessions. She took to *Mentastics* like a duck to water, with such joy and enthusiasm. The day after her first session she did her best time ever during training, and her trainer asked, 'hey, what did YOU eat last night?'. Terri also told me how many times she was asked, 'how did you do that' or 'what happened then', and how she'd just love to answer, 'I hooked-up to the universe', or 'I suddenly heard Subhadro's voice asking me, 'now, what could be easier?'' Well, many of us don't find it easy to describe what *Trager* is—neither does Terri—and yet she does real well!

Here I'd like to express my gratefulness to Milton for this beautiful work—which is so much more than work! Apart from being my 'profession,' and having given me a much healthier body to live in, it has affected my life in so many ways I deeply appreciate. And I'd also like to thank Terri and Sandra and everybody else who's been sharing this exploration with me. The more we share, the richer we become!

P.S. I've been waiting to send this article until I knew how Terri and Sandra did in the Paralympics, and I'm really happy to report they won 2 gold medals and established a new world record.

CONGRATULATIONS!

Exploring the Pelvis: A Workshop with Deane Juhan in Fulda, Germany

Often, when we work on ourselves, and receive work from others in the context of a Trager workshop, exciting, inspiring, and dramatic events occur. Deane Juhan conducted a three-day somatic explorations workshop—with a focus on the pelvis—in Fulda, Germany, last August. It was one of—if not **the**—largest workshops in Trager Institute history with approximately 40 attendees. Elizabeth Ormyron, one of our European liaisons, was kind enough to fax an English translation of two short pieces written by attendees. The following piece is composed of selections from both attendees.

Vreni Scheidegger, a Practitioner from Allschwil, Switzerland writes:

“Saturday evening, coming home from the three-day workshop in Fulda, I open the door and walk into my house. But wait a minute, something has changed: my way of coming into the room is different, my steps are lighter, more buoyant, I feel myself taller and wider than usual, my lower back doesn’t get lost somewhere in the pelvic region, it really goes down to the coccyx. I have never in my life perceived the whole length of my spine the way I do right now. The wonderful feeling does not go away. It accompanies me the whole evening and can be recalled at will during the following days. I never came home from a workshop with such a thing. Whatever happened at Fulda...?”

Amabile Casagrande of Bonn, Germany, writes:

Deane Juhan’s recent seminar “Exploring the Pelvis” allowed me to get in touch with my deepest fears, including some I didn’t even know I had. To begin with we were asked to voluntarily lose our balance, let ourselves begin to fail, and notice our feelings at the point of falling. I nearly sprained my ankle trying to prevent myself losing control (that’s how flexible my awareness is) and I really became a beginner again—there was no other choice—as we patiently began to explore and to understand better how we learned to walk.

It continued with many new “moves” in unexplored parts of the pelvis, awakening, stimulating and encouraging them to become more alive. Our project was “to go to the outside limit, stay in Hook-up, play with the body-weight—even if there is only a millimeter of play, like in the iliosacral joints—and discover how even a millimeter can make a difference throughout the body.”

The outcome of this was that on the second day I had lost my usual bearings. I was so supple that my usual left/right indicators were no longer there! I was shaken to the core. My skeleton seemed to have softened, maybe it would fall apart...? I could check the solid, stable quality of my bones with my hands, but somehow they didn’t fit together in the normal way. I felt like cotton wool. Yes, I could move in the usual

ways, but my habitual structure and the trust I had in it, was gone. Panic took over! Only gradually, thanks to the one-to-one work, and the patience of my partner, Christine, was I able to build up a new one, piece by piece.

Finally I had a dream: I am lying on the sand among golden dunes, listening to the rushing sound of the sea. Suddenly my body stiffens. All my senses know that the gigantic wave—one I have met before—will wash me away. It is coming toward me, I can see it surging over the dunes. It blocks out the sky and floods over me. An irresistible force lifts me up, my stiffness softens, my muscle fibres enjoy the feeling of giving over their strength to this greater force. As they let go, and let go more, I soar upwards—at last I can fly!

My eyes are wide open. I am lying in bed on Sunday morning 4th August 1996. I have aches and pains in several places, and deep within me there is a new level of joy, like someone who has been looking for a key for a long time and suddenly discovers that the door is open.

And when the hum-drum of ordinary day-to-day life catches up with me and the power of recall grows weaker, it will be time for another seminar.

Like a Puppet on a String

Karen L. Schnitzspahn

Karen is a client of Tutor Maxine Guenther of Red Bank, New Jersey. (Instructor Amrita Daigle reminds us to consult the “Contraindications” section of The Trager Handbook before working with individuals with serious medical conditions.)

I am a fifty-year-old who is currently undergoing adjuvant chemotherapy treatments for breast cancer. In February of 1996, I had a lumpectomy for infiltrating ductal carcinoma, and it was also found that I had three positive lymph nodes out of a sample of fifteen. About a month before the diagnosis, I had discovered the tumor (that was not apparent on a mammogram) myself. Fortunately, it was very small, but was already spreading. There was no physical pain from the breast cancer, but shortly after beginning the chemo in April, I began to have debilitating pain and stiffness in my neck, shoulder, and arm—on the opposite side from the surgery. This condition is, in my opinion, related to the cancer only as a physical reaction to my emotional trauma.

A few years ago, after a stressful experience, I was diagnosed with a “frozen shoulder” and sent to an orthopaedic surgeon who recommended physical therapy. I recovered quickly and my physical therapist suggested *Trager*. I put the name in the back of my mind and did not follow up on it. Now, I had a similar discomfort and did not want to take any more medi-

cation along with the powerful chemotherapy drugs. I had a bone scan, and there was no evidence of any cancer in my bones, and all my tests showed that I was otherwise in good health despite the cancer. The name *Trager* came back to my mind, and I contacted Maxine Guenther which is probably one of the best decision I've ever made.

After all the stress and medical treatments I've been going through, it was so comforting to be treated gently and softly, and yet to also feel the immediate beneficial effects of *Trager*. I stopped clenching my jaw and fists, and was able to move my neck, shoulder and arm more freely. After only a few sessions, most of my physical pain was gone, and I feel lighter, more limber, longer, and like my old self again.

I am a free-lance writer, small press publisher, and performing artist. For over twenty years, I worked as a professional puppeteer, both designing and operating rather heavy puppets and developing much strength in my arms. All that ability seemed to have disappeared, but now I begin to feel that perhaps I could even do puppetry again. Maxine has skillfully used the image of a puppet on a string with me, an image that I understand well, to help me to feel the importance of letting my limbs relax and give in to gravity. And my neck feels so much better when I think of a puppet string gently holding up my head.

Your Dancing Cloud [logo] is a marvelous symbol. I feel like a high-spirited puppet cloud suspended from a string, ready to dance on air. I am ready to dance thru my chemo treatments and recover completely to experience a fuller, even more creative life. I look forward to continuing sessions with Maxine, and I hope to spread the word to cancer patients like myself—and others as well—of Dr. Trager's wonderful approach. Heartfelt thanks to Maxine, and to Dr. Milton Trager.

Trager Sex Therapy?

Megan Eoyang

Megan, a frequent contributor to these pages via her role as chairperson of the Board Marketing Group, is a practitioner from Santa Rosa, California. She also maintains a practice in the San Francisco East Bay.

I started working with a woman who had been depressed a long time. Because of her incest history, I encouraged her to set boundaries liberally during sessions, to notice and say when something didn't please her in even small or niggling ways. She began her second session saying the idea that the body can feel light and free was completely foreign to her, she just didn't understand it. When I asked how she thinks of the body, she replied, "I see the body as an obstacle to Spirit."

At her 5th session, I encouraged her to acknowledge each time something felt good to her through the session. She came the next time and reported with a big smile she had really loved her last session and even felt good in her body for 1 1/2 hours afterwards. This incest survivor was slowly learning that relaxing and feeling does not have to mean she is in danger, that she can actually experience pleasurable lightness and freedom in her body.

She told me such a wonderful story last month that I requested her permission to share it with the *Trager* community. Not all client stories are this joyfully successful, but stories like this one help make doing Milton's work deeply satisfying. She writes:

"I want to tell you how *Trager* work helped me reclaim my sexuality. When I began psychotherapy to heal from childhood incest, the defense mechanisms that had enabled me to be sexual no longer worked. For five years my sexuality was lost.

After I had been doing *Trager* work for about six months, I went on vacation to Mexico for a week with my husband. The atmosphere was very sensual—the soft, warm air, the ocean, the gentle breezes, the music.

One morning everything was just right for lovemaking, and I was feeling nothing! I was just closed up and waiting for the moment to pass. I was thinking, "What shall I do? I can turn away. I can say no. What do I want? What choices do I have?"

Then I remembered what I had learned in *Trager* work. I asked myself, "What could be safer than this? This is my husband who loves me. How safe could it be?" As I whispered these words softly to myself, I began to open and soften. I began to feel!

Again I repeated the words, "What could be safer than this? This is my husband who loves me. How safe could it be?" I began to open a little more. I began to feel even more. It was wonderful! I could feel the very cells in my body relax and open, more and more of them opening and waking up until there was a whole river of feelings flowing and dancing through me. It was like a dry creek bed coming alive in a summer rainstorm.

These new feelings have stayed with me. It wasn't just a one-time thing that was left behind in Mexico. It's celebration time! Thank you, body! Thank you, Spirits! Thank you, *Trager*! Thank you, Megan!" Jan

A Quantum Cuban Leap

Henry Jacobs, a client of Tutor Mary Kelly of Mill Valley, California, wrote the following letter. We thank him for his permission to reprint.

My dear Dr. Milton Trager:

I wish to report something rather unusual which happened to me after a *Trager* session with your student, Mary Kelly.

I had received my first *Trager* session in October, 1995, from Mary's student Judy Dugan. On the 4th of October, 1995, I found myself homeless and possession-less as a result of a major forest fire (13,000 acres, 45 homes) on the Point Reyes Peninsula. Judy volunteered a free *Trager* session to me as a validated and total fire victim and survivor. The session was well received and most helpful.

Some 3 or 4 months later, Judy advised me that her teacher [Tutor] had offered a complimentary *Trager* session to Inverness fire survivors, so I made an appointment with Mary Kelly. The session was excellent and a very strange event occurred that evening upon returning home from Mary's.

I will digress for a moment to mention something of my background and interests. For many—about 50—years I have been a student of ethno-musicology with a special interest in the music and culture of Cuba. I visited Havana back in pre-Castro days and was particularly struck by the grace and beauty of their popular dances. For most of my adult life, I've secretly wished to dance those dances (rhumba, dancon, mambo, cha-cha, etc.), but always felt shy and stood on the sidelines.

This whole scenario changed abruptly on the evening after my first Mary Kelly session. I had purchased a Salsa CD entitled "Programme Mi Salsa" on that same day. I returned to my house, turned on the stereo with the Salsa CD.

INSTANTLY, I found myself dancing Cuban-style like a seasoned master—not a beginner at all. My mind was blown. I gave Mary Kelly a videotape example of my dancing, both shortly before and right after an inguinal hernia operation in March.

By the way, I am 71 years old. Thanks for connecting me with my passion: Cuban music/dance!!

Trager Bodywork as a Work of Art

Carol Sakai, Ph.D.

Carol N. Sakai's doctorate is in Medical Physiology. She works part time for the U.S. Food and Drug Administrations. She is also an artist, sculptor, writer, composer and her goal is to combine both right and left side of the brain talents to support herself full time as an artist.

The Trager Newsletter

At Kripalu yoga center I saw an announcement for a *Trager* demonstration, and felt it was a Jungian "synchronicity" (meaningful coincidence). A year before, I had purchased a book on *Trager Mentastics*. I didn't know "why" except there was something captivating about the photograph of an elderly man in meditative dance with an aura that I could somehow "sense". I walked into the demonstration not quite knowing what to expect.

The workshop leader, Ken Wieder, led us in an experience of "being" a seaweed in the ocean. First the currents were caressing, the movements soft and gentle like a mother rocking a cradle. Then as we went deeper into the experience we soon became engulfed in rip tides as we explored larger and larger motions with our whole body. After this experience, the coldness in my hands and fingers was gone, and my body was bathed in warmth.

Ken then did a demonstration on a woman from the audience. He started to work on her shoulder with small circular movements. Gradually, the arcs became larger and larger until they became wonderful spirals of dance. He worked on her legs, with an interplay between her movement and his instinctive "catching" of her leg in midair leading her into another round of circular dance. As the motions got larger and larger, there were "oh's and ah's" and amazed comments from the audience. One woman said, "oh Lorna is a dancer, that's why she's so flexible."

Next Ken had Lorna turn on her stomach and worked on her left arm and shoulder. Within a couple seconds of working on her arm, he said, "you've had an injury here". Lorna nodded yes, someone in the crowd asked, "how'd you know?" and Ken replied, "I felt it". I could sense that Ken was in a deep intuitive state as he worked slowly on her arm. He moved carefully, gradually exploring the motion and increasing the speed, until he said, "there, that's better".

As Ken worked on Lorna's shoulder, I was engulfed in fear. The large movements scared me. I asked Ken, "does it hurt Lorna?". He told me to I'd have to ask her, and I did—after the demonstration. Lorna told me that several years ago, she had injured herself in a dance rehearsal. Her shoulder bothered her from time to time, and she had deliberately come to Ken's demonstration early, because she wanted to be worked on. After the demonstration with Ken, she said her shoulder felt completely OK and now there was no tightness or tension.

For me, this was an awesome statement. What I had seen in his demonstration made me both hopeful and scared. Could Ken Wieder "fix" my left shoulder? I had tried many forms of bodywork—*Rolfing*®, neuromuscular therapy, *Feldenkrais*®, Alexander—in an attempt to release the physical/emotional blocks which hindered my creativity. I had been severely abused as a child and, at an early age, my mother bound [me] with surgical tape for several days, I had rotator cuff injury to the tissue. I had tried physical therapy, and various holistic

practices to deal with memories of abuse which bubbled up when I did my art.

I set up an appointment with Ken and felt both excitement and trepidation. My body was highly charged from doing daily yoga at Kripalu, and having a "hot" yoga session just the day before. I told Ken about my arm, he decided to start on my leg and had me lie on my stomach. He lifted my leg. I felt afraid but tried to stay in the feeling. All of a sudden I was a little girl again, my mother was swinging my body and I felt the terror as she bashed me against the wall. I start to sob hysterically. Ken released my leg, allowing the tears to flow, and gently, ever so gently putting his hand on my back. The sobs continued with the memories flooding in. I could feel the warmth of his hand on my back. I could feel him there and felt comforted.

The tears subsided and he worked carefully on the other leg. This time, I was able to stay in the feeling. He worked gently on the shoulders, very carefully working on the left shoulder with small movements. He was able to get more rocking motions with the right shoulder, and I could see the image of a horse with a long beautiful neck. Suddenly, I realized that the horse's neck could be like my neck, long and graceful, connected to the deepest reaches of my body.

He asked me to turn on my back, and then worked on my neck. At first, I saw the image of a frog whose neck was stuck in his body. As Ken continued working on my neck, the image of a frog became wavy in the water and my head became a water lily in a pond. I could feel that my roots were deep in the water. For the first time, I could really FEEL that my head was connected to my sacrum. As the gentle circular rocking continued, I felt my chest move, and all of a sudden my chest became a cadaver. I saw death, and heard laughter. I started to cry, and saw my ex-husband in medical school. I could hear his voice while he laughed at a woman cadaver. He is ridiculing the body in front of us and laughing at how fat she was. My heart was filled with shock at his insensitivity, but I said nothing. I realized now that the feelings in my chest had been stuffed down for many years. The rocking released the words, the memories flooded back and now I was finally able to cry. I allowed the tears to fall, and felt Ken's gentle hand on my chest. I was comforted.

Then he worked on my right arm/shoulder and I enjoyed the rocking. On the left side, he stopped for a moment, and decided to take another course. In a wonderfully soft voice, he says, "Carol, I want you to push against me, wherever my hand goes, push against me." We started gently. I felt his hand and pushed the weight of his hand against mine, pushing, searching and pushing again. This movement reminded me of "push-hands" in Tai Chi and as we continued to do this, it started to be fun. I saw a little boy's face before me. He has a grin on his face and his little jaw was jutting out. He said, "no, no" and his eyes were sparkling.

Only many months later would I finally realize what this experience meant to me. In my childhood, I was never allowed to say, "no". I had to do what I was told or get beaten up. I was never, never allowed to disagree with authority.

As my healing and integration progressed, I gradually recognized my own inner "voice" and came to realize that it was alright to say, "no" ...that sometimes I needed to stand up and say "NO" from the deepest part of my being. I gradually learned to trust my feelings and gained courage to speak from my heart.

Ken Wieder is an exceptionally intuitive practitioner. Often, he would "know" an area was blocked before I said anything. For me, the knowledge of my body would come through images. Once, I remember feeling my shoulder as a piece of cardboard, dry and stiff. As Ken worked on it, the cardboard disappeared, and then I felt only a slight pin, a slight area of tightness. With a few more rocking motions, Ken said, "there it's gone", and so it was.

I continued my *Trager* sessions for over a period of a year. I gradually felt more and more in touch with my body and realized that the feeling of "fear" would occur much before there was any real discomfort. I began to realize that "fear" was an automatic defense mechanism, and the reality of my body was often quite different than fear. And always, Ken was there with his soft gentle voice and the hands of comfort when I needed it.

In the past, I have experienced numerous holistic practices and knew that no matter how powerful the technique, the technique is only a tool, the technique was not what "heals". Healing occurs in relationship of client to practitioner. For me, healing was a gradual unfolding, a letting go of the fear, a releasing of the memories of pain. Healing was possible for me, because of Ken's presence. He created a safe place, a sanctuary in which I could receive teachings from his hands, and emotional support and comfort for my pain.

The experience of *Trager* was an opening, a window, a taste of what freedom could be. It gave me a feeling of aliveness...a moment in time, when I could just BE whoever, or whatever I was. I was allowed unconditionally to be in my feelings, and had no need to hold anything back. In those moments I was spontaneous, creative, and "in love" with the present moment. I am grateful for this experience, for Ken as a practitioner, and most of all the the Great Spirit which allowed me to be at the right time, the right place, "synchronous" with a demonstration which would become a major transformational experience...an experience of *Trager* in the hands of a master...an experience of bodywork as a work of art.

Another Strand in the String of Pearls

Anna Marie Bowers

Anna Marie, a Practitioner from Cleveland, Ohio, is both a past and future--next year--Chairperson of our International Conference Committee. Please see Page One of this newsletter for more information.

Two years ago, I happened to be talking about The *Trager* Approach with a member of the Ohio Massage Therapy Association. I mentioned that I was also involved in teaching Infant Massage--teaching parents to do massage with their children. Apparently, this man keeps a file of these things, and when he was contacted by the medical writer of the *Akron Beacon Journal* about a feature on Infant Massage, he gave the writer my name. She interviewed me and I gave her 4 or 5 more names of Infant Massage instructors in the Akron area. A few weeks later, she called again. Unable to reach any of the others, she had more questions. I told her what I knew, sent her several articles, and gave her permission to print my name and number in the article. The article ran the end of March, and the calls began.

The medical reporter from a TV station wanted to tape someone doing Infant Massage in the neonatal intensive care unit of a local hospital. The director of a support network for parents of children with special needs asked me to do a lecture as part of a day-long event about supplemental therapies. A local TV news anchor wanted to tape one of my classes.

At this point I was working with an individual family, and the mother agreed to have the class taped. Her child was 8 months old with a history of seizures following a difficult pregnancy and delivery. In her attempts to find alternative therapies, she came across craniosacral therapy, and was given my husband's name by the Cranial Academy of the American Osteopathic Association. As his time is currently limited, I offered Infant Massage as an option, and she wanted to try it.

During the course of our 8 weeks together, this mother was able to find another osteopath to do the craniosacral work with her child, and I gave her the name of the director of the support network for parents of special needs children. When asked by the news anchor to share the benefits of Infant Massage, the mother replied that due to her child's lack of responsiveness, for the past 8 months all she could do was feed him and watch him sleep. She felt that Infant Massage gave them a way to connect, and a way for her to get to know him as a person. The second the TV spot ended, the phone began ringing!

I now have several group classes, and have conducted an in-service training for a daycare center. In the process, I also began to network with other Infant Massage instructors in the area, and now there is talk of a regional meeting.

What does this have to do with *Trager*? When I stepped back and asked, "How did all of this happen?", I realized it all flowed from my response to this mother who had called me looking for a way to be a parent and not just a caretaker. It had been over 20 years since I had worked with children with seizures. I didn't know if I would be able to give her anything useful. Without realizing it, my involvement with The *Trager* Approach was shaping my response--when faced with an unknown, just quietly ask, "Well..., how *could* it be?" I had replied, "Well..., we can try this and see." When I thought about the future, I began to also see that this attitude "rubs off." Week after week the mother gained confidence and enthusiasm and the child changed in minute yet dramatic ways--vocalizations, purposeful movements, etc. I saw how much this experience had transformed me as well.

I am very grateful that this attitude of open questioning, with a trust that an answer will come, has become so much a part of my life. This tremendous opportunity came along when I asked, "Well...how *could* it be?"

Interview with Sue Unger: The *Trager* Service Marks and Continuing Education

*On June 19, 1996, Sue Unger, a Tutor from Calistoga, California, and Megain Eoyang, a practitioner from Santa Rosa, California—with a practice in Berkeley—discussed *Trager* service mark protection and continuing education. Megan and Sue hope the ideas expressed here might be interesting or helpful to practitioners and students in thinking about their own feelings and beliefs about this serious business responsibility for the *Trager* community.*

SU: There are people out there who are doing good work without being currently certified, whether they ever were or not. I feel like I tread the line on my feelings about it, not wanting to be hard-lined, and then sometimes feeling very hard-lined about it from my negative past experiences.

ME: Such as?

SU: I've been working at one spa now for over 15 years, and for practically all of that time I have been doing *Trager*. In the early years, when I introduced to people that I do *Trager*, I would get feedback like, "Ew! *Trager* work. I had that. I didn't like that. It hurt me." I'd ask why they didn't like it, what was there about it? "I was jarred. I was pushed. I was hurt. This or that." So I asked them, "Do you remember who gave you the session? Do you know if they were a student in practice, or perhaps a new practitioner? Or do you know if they actually studied *Trager* work?" Most of the time people didn't know.

Then the *Trager* training program changed and it was decided

to file for a service mark registration to protect the names *Trager*, *Mentastics*, and the logo. In the years that followed that, I noticed a decline in people who were unhappy about their first experiences of *Trager* work.

ME: Oh, really?

SU: Yes. My personal experience was that after The *Trager* Institute increased the training which people received pre-Practitioner, and brought in continuing education requirements, it made a difference. Maybe it was on a global level: put the intention out there and with enough people holding the intention, things move forward in the direction of the intention. But I know that over the years I have heard more and more positive things and less negative, and I relate that to the fact that we are more closely watching our Practitioners, that we have a higher base level of skill, and that people are coming back for continuing education.

ME: Some people feel like, "I already have this. Why do I have to come back and just do this again? I'm not learning anything new."

SU: Ha-ha. That's totally ignoring the growth spiral. It may feel like you're back in the same place, but you're not. I can't count the number of times that I myself or any number of other *Trager* people have said, "I have heard that time after time after time, and today I got it," or, "I got it on a new level." "There was a deepening of my experience with that."

ME: I remember Susan Holper, a Tutor from Berkeley, and Sheepranch, California, in a class once saying, "For years Milton said that we were directly addressing the person's mind, and I just got it!" and this after she had been practicing 12 years. I'm sure it wasn't that she had just got it but that she had gotten it in a whole new way.

SU: Right, right. So even though we may be hearing the same words or close to the same words, we're not at the same place, so we can receive them differently. I took one of the Reflex Response classes way back when it was a six-day, three days of practice and then they brought the clients in, and you'd work on them. I remember saying to Gary Brownlee, "I've been practicing this work about 4½ years, and I feel like I'm just starting to get an inkling of what it's really all about. And he said, "Yeah. You're right on schedule." I looked at him and he continued, "There seems to be a shift that happens somewhere in that 4th to 5th year for people who have been practicing the work continuously." And that insight has happened to me again down the road.

ME: Mm-hmm. Me, too. I go through phases of saying, "This work is incredible. I can't believe how elegant it is," to, "I'll never understand this work. How could I possibly have thought I understood what was going on?" But it is as if while I learn more about what could be, I'm constantly internally prodded to learn more about soft, about easy, about nothing.

Over the years, I notice that I have felt a sense of protection

from our service mark registration, a sense of people taking responsibility. I actually had someone call the office about one of my ads once because in it I was listing *Trager* as one of several modalities and still using the logo. I knew that I needed to stop using it in that kind of ad, and I was in the process of having a professional photo portrait done to use in my ads when I got a call from Don. Somebody had sent in my name. I was chagrined and embarrassed, but also grateful. I felt really grateful. There was a little bit of, "Who ratted on me?" and a whole lot of, "Thank goodness somebody is watching out." There was very much a sense that we need to protect ourselves if we want this work to be at a certain quality.

About 3 years ago, the Institute held a marketing brainstorming meeting with a Hawaiian firm called Garvey + Gramman. There was a chiropractor there who said that she has had *Trager* people on staff and she regularly refers her patients to *Trager* people. She said one of the things that she has noticed is that she has absolute confidence that when she sends a patient to a certified *Trager* Practitioner, there is a basic standard of quality that she knows she can depend on. It was very heartening to me to hear that.

Personally, I feel very positive about continuing education because I can't imagine ever feeling like I know enough, like I will have arrived. I really see it as an endlessly unfolding process, and that if I'm not driven by my curiosity to learn more, I'm in the wrong field. Because I've done that. I've been in other fields where my curiosity died, and I had to leave because that was clearly not my place. I don't find that happening in the *Trager* work. It's like I learn more, then I think I've got it and I'm not paying attention, and then I realize there's more to learn. So I want to learn more. I'll go work with Deane Juhan if I want to learn more about firm touch, or I'll go work with Elna Adams to learn more about neck work because of her anatomy understanding. But if I stop being curious about the body and how it works, how it's connected to the soul and the emotions, then why do this? Because it is the curiosity that I carry into each session with each person.

SU: Right, curiosity, the exploration: How could it be? How is it?

ME: Did you want to talk about a specific service mark case that came up recently? I think it might be helpful for people to hear a story or two about service mark protection. It may resonate for them with a situation they've had that they didn't follow up on, and if it were to happen again, they might follow up.

SU: There was someone who was a practitioner. She took training in the early 80's but did not continue training at that point. She was eventually certified, but it may have been a provisional certification based on taking the Anatomy and Physiology (A&P), and she never ended up doing that. From there she just went on to continuing education. She was certified for a year and was having a hard time with tutorials.

Her bottom line seemed to be, "Well, why do I have to take A&P? Did A&P really help you?" I said I had found it very helpful and offered my experience. At another time, she asked, "Why do I need continuing ed? My work is better than some of the Instructors' work. Why do I need continuing ed?" I responded by saying that part of a commitment to *Trager* work includes a commitment to continued self-development and growth, and CE is pretty much the only way that we have as an organization to make sure we have practitioners working at a certain minimum level of skill. She did not have an agreement with the idea of a check-in. "I know this work. I was certified. I was better before I was certified than so-and-so and so-and-so." I could only respond by sharing my experience and told her exactly what I said at the beginning of this interview about the difference in the feedback on *Trager* work that I have received over the years.

When it came time for her to get re-certified for the second year, she was supposed to have done a certain number of tutorials in lieu of trainings, and had not. She said she decided not to renew, but announced she was still going to ask the spa to refer people to her for *Trager* work.

As a Tutor I felt strongly that if I didn't say something, I wasn't fulfilling my job. And actually, for the practitioner it is the same issue. We sign our Code of Ethics agreement each year. Getting down to black and white issues, we sign this agreement and we should live by it. I did speak with the management at the spa. I gave them a copy of the service mark regulations, highlighting those parts that pertained to the situation. I also gave a copy to the practitioner. Because she had such an unorthodox training, I was not sure she had received all the different paperwork or if she had ever even signed an ethics agreement. I called the Institute office and no paperwork was ever found, so maybe the person never did sign anything and make the contract.

ME: And this is a contract that is actually made in the Beginning Training, isn't it?

SU: I believe so, yes. When you sign your transcript there is a paragraph in there that states that you don't represent yourself as a *Trager* practitioner. You can only say you are practicing in a practice session. And it is clearly stated that even if one is already practicing bodywork, until one is certified as a practitioner, one does not receive money or income for it (a trade, for example). She did take a Beginning training, so I assume she received a copy of the Code of Ethics and Conduct.

The Institute let her know that she was not permitted to say on her business card that she was "trained in *Trager*" unless she also stated, "not currently certified by The *Trager* Institute."

Fortunately, the spa management was willing to abide by our Code of Ethics and Conduct. They even received questions from clients who said, "Well, I had received *Trager* work from

so-and-so in the past," and those clients were told that practitioner was no longer certified in *Trager* work and the spa could not refer the client to that practitioner for *Trager* work. That was very nice, very supportive on their part.

ME: Not all circumstances will be that supportive.

SU: Oh, no.

ME: The truth is, a simple phone call [or letter] from The *Trager* Institute or the Institute lawyer is usually enough to stop that kind of behavior, because nobody wants to get involved with legal complications these days.

SU: And what I found out is that the lawyer is not the first person who calls. The Institute office writes a letter first and then waits for a response. Then, if they don't get a response, they go to the lawyer.

ME: So the letter asks them to disengage from the practice, to cease and desist. That way the practitioners are not in a battle over it. Almost anybody who is doing *Trager* work doesn't want to get into a battle because that is so antithetical to the work.

SU: Another story about service mark protection happened about 10 years ago. There was a flyer on the staff bulletin board at the spa announcing, "Learn *Trager* in two nights — \$25." My first response was a hearty laugh and then, "What???" There was no workshop leader's name, just a telephone number for information. Others on the massage staff asked me about it. I checked around to learn the information number belonged to one of the spa's massage staff. I asked her who was giving the workshop, and she gave me the name of a guy, saying he worked at another spa in town.

Not finding his name in the current *Trager* roster, I looked in earlier rosters. Eventually, I found it; he had been a student at one time. I looked up his current telephone number in the phone book, and called the Institute office to let them know about it.

I assume someone from the Institute contacted him, because the day after the first "class," one of the attendees made a point of coming to tell me that the workshop leader was no longer calling it "*Trager*", he was now calling it "Rocking Shiatsu." That was fine with me; just don't call it *Trager*.

ME: You were involved up close and personal in the first example. Sometimes it's not so direct. From time to time I look through the advertising organs that I use. I'm advertising now in the *Share Guide*, for instance, and if I notice somebody is advertising *Trager* work, I check in the roster to see if they are listed as practitioners. If they're not, I make a call to the Institute office to ask. If there is no record of this person or if there are dead records indicating this person is no longer certified, I let the Institute office know about the ad. The office usually likes to see a photocopy of the ad.

SU: So you check your roster?

ME: Yes, I check. The most uncomfortable situation for me is when I'm working face to face with someone who says, "I do a little *Trager*. We had an introductory workshop at my massage school," or, "I took a Beginning Training at my massage school." That's really difficult, and I just have to take a really deep breath and say as neutrally as I can, "Did you know that unless you actually are certified as a practitioner by The Trager Institute, you can't say that what you're doing is *Trager* work? You can say that you're doing gentle rocking or shaking or swinging, but you can't really call it *Trager* work unless it's been certified by The Trager Institute?" It gives them a graceful way to say, "Oh, I forgot," or, "No, I didn't realize that," and then they can stop saying they do *Trager* work. But it also lets them know that *Trager* practitioners are alert to this, and they need to be careful about the language they use. And by doing it in a non-blaming way, in an information sharing way, a lot of times people can hear it. As soon as there is blame in it, hackles rise whether the blame is justified or not. That's just a natural response to attack and blame.

SU: I recently received something in the mail saying, "Advertise with us. Here's a sample of what we've done elsewhere." They said they were doing to have a whole section on *Trager*. I looked through the material and did not see a *Trager* section, but in the Massage and Bodywork section there was one person who had *Trager* listed in their ad without a service mark. I looked in my roster, did not find the name, and called the Institute office. I think that's the job of our administration; it's not my job to call the person.

ME: Right. And this is one of the major function of The Trager Institute: to protect the service mark. It's their property. Basically, we are not technically members of The Trager Institute; we are licensees. We are given an annual license to use this language, this intellectual property.

SU: Because Dr. Trager gave it to the Institute.

ME: Right. It's in writing.

SU: It's in writing that "people can use my name if..."

You know, I still hold room for that time when we don't have to worry about the service mark, when people will be self-responsible.

ME: (laughter)

SU: Yeah, everybody gets a laugh out of that. So I'm still idealistic, OK.

ME: Well, Milton does ask, "What would be more perfect?"

SU: I don't want to tell people they can't do what they're doing. The work is good work. If it's good work, it's good work no matter what it's called. If it's not good work, boy, I don't want to have somebody calling it *Trager*. That just makes it more difficult for me in my practice. Why should I have to work against something? So not protecting our name at this point in time, in this reality that we are living in, is a disservice to myself as a practitioner. It may or it may not be a

problem depending on the individual, but in general, this is a better-safe-than-sorry kind of thing.

One thing Allan, my partner, said to me, "You have spent so much money to take these trainings. How can you not feel protective of your work?" But it's not just money. It's time and energy and integrity.

ME: It's an intention and a follow-through that someone else could undermine because they didn't have that intention and that follow-through. It is important that people change and keep growing, so somebody goes off and learns *Feldenkrais*[®], or somebody else goes off and learns Cranial-Sacral Balancing, and somebody else goes off and becomes a physical therapist. Hopefully, the philosophical principles of Hook-up and respect for people's boundaries will carry over into those other fields. And if they want to keep their *Trager* work at its fine-tuned best, they'll stay practitioners.

SU: Otherwise, they become those who refer.

ME: Exactly, which happens a lot. I have a number of ex-*Trager* practitioners who refer to me now, and it's really heartening. They'll go out and do in-services places and talk about the work because they're connected and they've been asked, or they'll talk to their clients, and then they'll say, "And go see so-and-so for the work."

I think that as *Trager* work gets better known, people will be more tempted to claim it because it is a good way to bring clients in. And we are getting better known. We've been in "The Wall Street Journal." We've been in "Better Homes and Gardens." We've been in "Muscle and Fitness" magazine. We've been in "Self" magazine, all in this last year, so we are getting known. What I would like is to be known as a quality service, a dependable quality service.

SU: Mm-hmm. Me, too. I've heard feedback from clients out there in the field, in spa-land. Sometimes people will ask me, and I tell them a bit about it. Most people who have heard about the continuing education requirements will say, "Oh, that's wonderful. That's wonderful that you have continuing education." I think it raises *Trager* practitioners up in other people's minds and eyes, that we care enough to check in on ourselves, on our continued development, so that we can give more to our clients. That is appreciated, and it is very well thought of.

Coda: While preparing this article, it occurred to us to mention that nurses, sewage treatment plant specialists, chiropractors, pharmacists, licensed clinical social workers, psychiatrists, medical and osteopathic doctors, acupuncturists, and other professionals take CE classes annually or periodically in order to keep up their licenses. Our CE requirement is one way we demonstrate to ourselves and to the public that we take ourselves seriously as professionals.

In Memorium

Hanna Christine Koubenec

The Trager community has lost a valuable member. The following two pieces offer us the feeling of loss, and the celebration of life.

My beloved sister and German Trager Tutor Hanna Koubenec passed away unexpectedly at the age of 50. When she got her diagnosis of cancer, she was deeply touched—but she was ready and surrendered to her death as a door to her next level of existence. She was grateful for a very rich and full life. Only 5 weeks after her first diagnosis she fell into a coma and spent her last few days without pain surrounded with love and peace. Her friends and my brother were with her and played her favorite music until she discontinued breathing without any fight. She lived her life according to “what could be lighter?” and she died like that—fast and without struggle she went into the light. I am sad about losing her as a twin soul sister on Earth, but I also feel blessed with the even deeper spiritual connection we have now. The European Trager community has also been shocked and moved by her sudden death. I had the pleasure of attending Deane Juhan’s somatic explorations in Fulda, Germany, a few weeks after Hanna’s passing. I was deeply touched to feel the love and respect given to Hanna by the more than 50 Practitioners, Instructors and Tutors who were present at the workshop. Thank you all for your caring.

Ranjita Heide Koubenec

Middletown, California

There Is No ‘Why’ When Death Comes

My dear friend and our highly appreciated colleague, Hanna, died the night of June 12, 1996. None of us had expected death to come to this lively and warm-hearted woman... SO SUDDEN! After several weeks of a “strong flu”, cancer of the bronchitis was diagnosed, and 6 weeks later she was dead...so SUDDEN! Hanna had just turned 50 years. It is not real yet for me that she went through the door of Death... I am still in touch with her laughter, her humor, her honesty, her questioning and that one sentence she once said to me: “You know, Sigi, the most beautiful *Mentastics* is being free.”

Among us Tutors, Hanna was the challenging one for the students. She could touch the “touchy area” within seconds and bring it out into the light. There was great learning through her for all of us. Death comes and our love is remaining. From our hearts we thank Hanna for sharing 10 years of her life with us in the Trager Community.

With gratefulness,
Siegrit Salkowitz,
Munich, Germany

The Trager Newsletter

A Field of Patterns

Amrita Daigle

Amrita is an Instructor from Newville, Quebec, Canada.

Getting out of a pattern is not obvious. We often don’t even know we are locked in one! And, when we do notice it, we sometimes get impatient with ourselves.

Playing with one of my own patterns, I once got this image: A soul, in the middle of an infinite field of fresh grass. First time she walks, it creates a little hollow in the even grass. She feels and comes back in the center. Then, each time she goes out she either picks another direction or goes back in the same path. After a time, she ends up walking always in the same trails. She forgets about the endless possibilities of her field. She follows the crease when she is satisfied to, and also when she is bored or tired of going in these now very deep cavities. Does she have a choice? She initiates a move and falls into the ditch!

Who knows why she has created these paths instead of other ones? She was forced by her environment, this one saved her life once, she was sleeping in her walk...

This image helped me to soften my attitude. Some of my clients are trying and working to change their habits. When they are hard on themselves, I sometimes tell them: You know, it’s not that you are a bad person; you are just locked in a pattern! They relax and become available to explore new feeling experiences, *Mentastics* and table time connect them to their potential. It is like looking for the feeling of fresh grass instead of searching why we are always falling into a ditch.

Atlanta Sends Call for Tutor

If you are a Tutor or Instructor looking for a new challenge in a fast growing Trager community, consider moving your practice to Atlanta, Georgia.

In three short years our community has grown from 1 to 10 Practitioners, with a dozen Intermediate and Beginning students working towards their certification. There is an active interest in alternative medicine in the Atlanta area, and an experienced Trager Practitioner could easily develop a thriving client base. On the teaching side, there is the continuing education and certification needs of existing Students and Practitioners, and an outreach program sponsored by local Practitioners that generates prospects for teaching Intro Workshops through visits to area massage schools and holistic health centers.

Because of its location as hub of the Southeast, Atlanta trainings and Tutor visits draw students from North Carolina, South

Carolina, Tennessee, and Florida. Students find it easily accessible by air and automobile, and "southern hospitality" is always evident when it comes to housing and around-town transportation.

Why depend on long distance travel to do Tutorials and Trainings? Establish your home base in Atlanta, and move into an established center of *Trager* activity with unlimited growth potential. Plan a visit to Atlanta soon. We will arrange a schedule of Tutorials and a Practice Day or *Mentastics* Day, and you can have a chance to meet our community and see the tremendous *Trager* potential waiting for the right person. It could be you!

For more information contact Julie Krieg, 404-378-0796, or Barbara Collins, 770-424-0757.

Committee Reports

The Personnel Committee

Sara Michael Davidson

Sara Michael Davidson, a Practitioner and Board member from Millbrae, California, has recently taken on the role of Personnel Committee chairperson.

"ACCOUNTABILITY"

WEBSTER'S COLLEGIATE DICTIONARY

- A record covering actions involving a person or concern
- A record of what an individual does
- A record of one's conduct
- A description of facts, conditions and events
- A reconing

The Personnel Committee of The Trager institute is in a transformative state with prior members completing their terms and new members stepping forward.

Forefront among the many goals of your new Personnel Committee is the issue of accountability and creating an open and safe environment in which to give your feedback (positive and negative) regarding your experiences at all education levels of *Trager* work (introductory workshops, *Mentastics* classes, tutorials, electives and all certificate program trainings).

The Personnel Committee is in the process of restructuring all feedback forms and, more importantly, the confidential, timely and professional handling of these forms and all other communications regarding delicate critique issues of all educational staff members of the Institute.

Progress made and actions taken by the Personnel Committee will be addressed in future newsletters. In the interim, however, I encourage those of you who wish to provide feedback now regarding recent or past unaddressed critique issues to contact me directly. All communications will be held in strictest confidence and appropriately acted upon.

- To be held accountable is to be held answerable.
- To be held accountable is to be held responsible.

I believe that we, the Students and Practitioners of The Trager Institute, are all accountable--accountable to ourselves, accountable to one another, and accountable to Milton's work and vision.

I look forward to serving you.

The Tutor Committee in Transition

Maryann Zimmermann, chairperson of the Tutor Committee for the last two years, announces the changing of the guard. The members of her committee have all moved on, and new members are at work as of August 15th. To the retiring members, Jan A-son Fogel, Bayla Goldstein, Rita Lustgarten, and Ken Wieder—with Dodie Becker on a sub-committee and Sandra Berger as administrative liaison—Maryann writes:

"My Mind, Spirit, Heart acknowledges each of thee for your style of contribution, leadership, laughter, lightness, expertise, and Hook-Up. You have all been my teachers these nearly 2 years. I am humbly grateful for your cooperation, intelligence, communication, articulateness, and the way we danced together in softness. There is a zest in my body/mind to learn and grow. You have been and are an intrinsic part of that. I offer a heartfelt THANK YOU - 2 little words with sooooo much feeeeling."

The new members of the Tutor Committee are: Martin Anderson, George Gottlieb, and Nutan Joy, Stephani Murdoch, and Pamela Sharni. Sandra Berger will continue serving as administrative liaison.

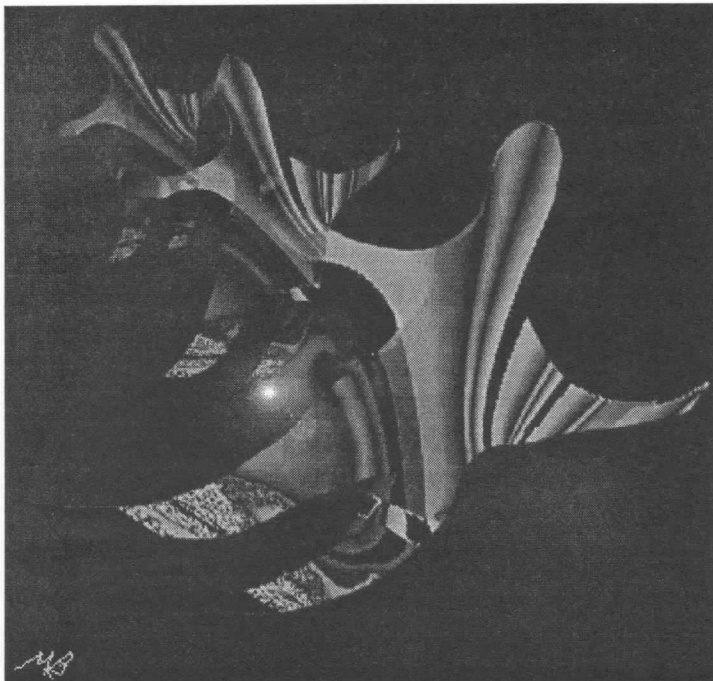
Instructors Committee

Jean Hopkins

Jean is an Instructor Committee member from Albuquerque, New Mexico.

The Instructors Committee is in the midst of working with many proposals spanning such issues as our own continuing education, Introductory Workshops and how they fit in with the certification program, and clarification of how Instructors view and present the "Alternatives" portion of the tablework.

Our one distinct resolution resulting from the late Summer teleconference meeting is a change in the division of training revenue funds. By adopting this policy, we are changing the proportions so that more of the revenues to the sponsors as compensation for the work and skills (from a 70/30 Instructor/sponsor split to 65/35). We are also changing the language and manner in which we present the percentages, so that the representative proportions for the Institute, sponsor, and Instructor will add up to a total of 100%. (In the past the Institute percentage has been taken off the top and then the remainder treated in a renewed 100% fashion.) So, in the new language, the current financial split agreed to by all Instructors is: 14% Institute (12% service fee and 2% marketing), 30% to the sponsor, and 56% to the Instructor.



The graphic above has been generously donated for use specifically in this newsletter by computer artist par excellence Marilyn Brown. Her email is: MDBrown@artsci.wustl.edu. Her Website is: <http://www.artsci.wustl.edu/~mdbrown>.

The Trager Newsletter

Board Member Profile: Rickey Hendricks, Ph.D.

Rickey, a new member of our Board, is an author with a focus on health care and alternative medicine. Her doctorate is in history with a specialization in health care. She has published two books, *A Model for National Health Care: The History of Kaiser Permanente* by Rutgers University Press in 1993, and *For a Child's Sake: The Children's Hospital of Denver* published by University Press of Colorado in 1994. Rickey has also developed an interest in environmental policy.



A mother of two daughters, Rickey is also a member of the Marin County Environmental Forum, and a member of the Citizen's Advisory Board for Alcohol and Other Drug Problems for Marin County. She is also working on her personal memoir along with other writing projects. Rickey recently attended a conference in San Francisco called "Integrating Alternative Medicine and Managed Care." She is now writing a paper based on that conference, and will attend another conference in December, in Hilton Head, South Carolina, on "The Psychology of Immunity, Health, and Disease." Rickey will be using her skills, accomplishments, and experience in helping to bring Trager to our health care system.

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Various and Sundry

Trager and Fertility?

Amy Willard Cross writes: "I am writing a book on fertility for Golden Books of New York. I am trying to locate practitioners of complementary therapies who may have treated people for fertility—or even gynecological conditions." If you have any information for Amy, please contact her at: 79 Walnut Avenue, Toronto, Ontario, M5V 2S1, Canada, 416-703-0888, Fax: 416-703-4988, Email: patrickb@interlog.com.

David Cronkite Wants to Know

David is a Student from Ottawa, Ontario, and he writes:

Does anyone know of any Trager people who also practice aikido? I will be starting my own aikido practice soon, and I think it will go a long way in informing my Trager work. I'm curious about other's experience.

I have recently had the good fortune to study with David Palmer (chair massage). The concept of being accessible first (acceptability comes after) is ingenious. Is there a possibility of doing Trager in a massage chair? Has any of the Trager Practitioners entertained this possibility?

Differing Roads to Trager

Vicki Sainsbury

Vicki is a Student from Oakville, Ontario, Canada. Her article includes an important question about spasticity, and I encourage those of you who have information and experiences relevant to Vicki's question to respond.

I have been reflecting a great deal lately on each person's steps towards becoming a Trager Practitioner. As some of my training partners now receive their Practitioner designation, I watch with pride and wait myself to feel the "readiness" to allow me to take the final steps as a Student towards that certification.

I keep asking myself when will I feel this "readiness" I seek? Looking within I find myself longing for more experience and expertise to trust that my hands will give enough to the bodies who so willingly come to me. As my practice hours mount this elusive sense of "readiness" grows and then a new dimension of "feeling" the work falls into place and I need time to take in this newness and make it 'at home' within my work. I often think of how Milton Trager kept acquiring more knowledge after his physiotherapy degree, and wonder when will I feel that I have just enough knowledge to become a profes-

sional but still retain a designation of "Infant Trager person, always in training?"

My practice work has brought me to an orphanage in Grenada, where I saw little bodies longing for touch, settle down immediately and lie relaxed and calm under a light Trager touch. Lately one of my former preschool students has come back into my life. When she was two, I was able to show Emily how her small hands could experience different textures and how she could begin to have some minute control over a tiny body whose limbs moved uncontrollably within the cerebral palsy that gripped her. Now I find myself moving her body and singing with her once again as I talk about the feeling of lightness and freedom, all the while looking for a softness within her tissues that I know her mind knows—but only from her sleeping moments.

Consequently my mind now seeks answers to how spastic muscles relax. I remember that Milton Trager started working with polio victims and small bodies locked in spasticity. I long to see him working with these children and thus improve my work. Once again I look into the vast expanse of uncharted Trager work to be discovered before me, and I begin to look for the "feeling" within this new work. I hope that one of these days I will feel and know I am ready. I welcome any feedback from Practitioners on the net. You can reach me at: 102370.3553@compuserve.com.

Roster Corrections

Our sincere apologies to the following Students and Practitioners whose annual roster listings were either absent or in error. Please photocopy this section and keep it with your 1996 roster.

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Keep Your Heart Open And Cover Your Arse:

The Surreptitious Aortic Aneurysm

Georgette Maria Delvaux-Salveson, D.C.

This is the third in a series of articles by Georgette, a certified Rolfer® and licensed chiropractor. Our thanks to Georgette and The Rolf Institute for their permission to reprint. Since the article was originally written for The Rolf Institute, I have replaced references to ROLFING with either "somatic" or "somatics" which includes, of course, Trager.

Atherosclerosis, also called arteriosclerosis, the hypertrophy and fibrosis of the large muscular arteries (the aorta and its major branches) eventually weakens and disrupts the elasticity of these arteries. This loss of elasticity contributes to high blood pressure. The hardened and scarred arteries do not freely expand and contract with the varying needs of blood during exertion or rest.

The entire picture is much more complicated, but let's just stay with the image of the "stressed out" wall of the artery and understand that it may well eventually break apart, pouch out, like a worn out tire, where the fabric pouches out between the cracked rubber and bursts.

We call this an aneurysm, a focal weakness and distension of an artery most commonly associated with Arteriosclerosis and Hypertension. Some evidence exists that there may be a genetic basis to this problem. There are many possible aneurysms, some in the arteries mentioned above, some in the small arteries of the head, some in the large arteries of the extremities.

I will only address a major and highly significant one for us, the Aortic Aneurysm, because we often touch our clients' abdomen deeply when we reach for the iliacus insertion or the psoas tendon or more superficial structures like the rectus abdominis fascia...and should an Aortic Aneurysm dissect or burst in our office, the client would most certainly die in the next few minutes.

This problem does not happen that often and mostly happens to the elderly, but Arteriosclerosis and High Blood Pressure are rampant, don't count on statistics, rely on your hands and knowledge. It is said to happen to men more than women (ratio 5:1) and after the age of 50, and mostly in the abdominal aorta below the bifurcation of the renal arteries.

What would the client tell us, if we asked the right questions?

He mostly does not sense anything scary, a mild back problem, a vague pain. He may tell you that the pain radiates to the chest (if you ask). This pain can be persistent or intermittent, it can also be felt in the lower abdomen.

These early symptoms of an Aortic Aneurysm could, of course, indicate a myriad of different problems and may also indicate nothing at all. Just do yourself a favor! If pressure, back pain

radiating to the chest or to the abdomen ...turn your intuitive alarm lights on! And let's hope that a person with advanced symptoms like severe pain has the good sense to go to the Doctor.

What could we see? Mostly nothing at all. If the aneurysm has expanded to a dangerous level you may see an abnormal contour of the abdominal wall when the client lies supine. This could also indicate many other things. It certainly would tell you that this client needs to be examined by a physician who knows that the client intends to receive somatic sessions.

What could we feel? If you have come this far and are a beginning somatics practitioner, do nothing. Refer for medical examination and make sure the client does not fall in the staircase. If you are confident and have a good sense of how far the normal aortic pulsation's radiate through the tissues, you may, with a very light finger or flat hand palpation, feel a large pulsating mass portending catastrophe.

An Aortic Aneurysm can certainly be felt by a skilled palpator but cannot be positively diagnosed by palpation, it can be diagnosed on a simple lateral lumbar X-Ray film (provided the walls are calcified, which they only are 50% of the time). It can also be diagnosed via ultrasound (echography) and with a C.T. (computerized tomography) scan. These are non-invasive methods. It can also be visualized via angiography, which is a risky procedure (if the client is your grand dad, oppose that method).

Now comes the best part: Some people walk around with Aortic Aneurysms, but they are not very large. Their physicians know about it, the people may have been told about it or they may have no idea. The reason for this is that a small aneurysm will most certainly evolve slowly unless for some reason the person's blood pressure rises dramatically or they have a major car accident. This is a calculated risk by the medical profession. The surgery for this problem is highly risky and expensive. A normal aorta could measure more or less 3.8 cm at that level. Surgery is only recommended if the aneurysm has expanded to a diameter of 5 cm. It is prone to rupture after 6 cm.

Many physicians do not know that we actually work in the abdomen. That is why you need to refer for examination if there are signs of danger; and make certain that you find out that the abdominal vasculature is sound, and as a general rule of thumb: Stay off the thompers!

Now comes the very best part: Some people surely walk around undiagnosed. That is why you have to keep your heart open and cover your a...

Correction: The article in our last newsletter regarding Michael Madrone's teaching *Mentastics* at the University of British Columbia (UBC) contained some inaccuracies. Michael was hired by the Graduate Student Society (GSS) rather than UBC. The class is part of a GSS program rather than a UBC program. There are 6,500 graduate students at UBC. The class was promoted to an email list of approximately 540 students. Posters were also distributed.

Credits

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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, Educational, or Administrative Staffs.

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