

The TRAGER[®] Newsletter & Schedule

Fall 1997

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Moving with Awareness into the Twenty-First Century: The Eighth International Trager Conference October 1-4, 1998

Anna Marie Bowers

Anna Marie Bowers is our 1998 Trager Conference Facilitator.

Several weeks ago, I was privileged to participate in a *Trager* training that gave me a deeper awareness of the talent and diversity within our community. In a spirit of humor, playfulness, and an eagerness to learn, we were able to acknowledge our unique differences as we shared what we had in common: this work. As I noticed my own personal transformations following this training, I remembered, again, the strength and power of The *Trager* Approach. It is both the strengths of this work and the unique strengths of our individual members that will be the focus of the Eighth International *Trager* Conference. We will celebrate and recall the lives of Milton and Emily Trager, and the work they shared with us.

Cleveland, Ohio, USA, is proud to be the host city for the conference from October 1-4, 1998. The Holiday Inn, Westlake (20 minutes west of downtown Cleveland, 15 minutes from Cleveland Hopkins International Airport) will be the conference site. The hotel contains a fitness center, restaurant, and indoor pool. A 2-mile nature walking trail is adjacent to the hotel. Public transportation and large shopping mall are within ½ mile.

Conference content will focus on The *Trager* Approach. A Core Curriculum component will provide opportunities to expand your tablework, go deeper with *Mentastics*, and network/share practice building strategies. An educational town meeting will explain the current workings of our organization and introduce us to the real people behind the labels - "Board of Directors" and "Administration".

Workshops will explore the following categories: team building, communication skills, ethics in bodywork, research being done with The *Trager* Approach, going deeper with *Mentastics*, expanding the tablework, medical conditions and the effects of The *Trager* Approach, The *Trager* Approach as it applies to animals and sports and practice building.

CALLING ALL TRAGER FOLK!

We are looking for those individuals who are willing to teach a 1, 2 or 4-hour workshop that would belong in one of the previous listed categories. Please submit written proposals by December 31, 1997, to Anna Marie Bowers or Laura Marks (2565 Guilford Rd., Cleveland Heights, OH 44118). Include the following: your name, title of Workshop, number of hours, your address, phone and a recent passport photo, minimum and maximum number of participants, specific equipment/other room needs, which category you feel the workshop belongs to, if your workshop can be audio-taped, brief abstract of workshop and any prerequisites.

Thanks to the many suggestions contained in the feedback forms from the last conference, we have devised a creative schedule that also allows for tutorials, trades, networking, evaluations, socializing and meetings. (Yes, we read them all!!)

If you have already submitted a workshop proposal, we will be contacting you before December 31, 1997.

In the spirit of playfulness that is the distinguishing feature of The *Trager* Approach, and from that depth of feeling and awareness that spontaneously occurs in "hookup", we invite all of you to participate in this exciting conference.

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ATTENTION TUTORS!

The TUTOR CONFERENCE will wrap around the International Conference and be held on Wednesday, September 30, 1998 (Day 1) and Monday, October 5, 1998 (Day 2). The location will be the same as the International Conference. The cost will be \$100. We hope to include a special "Cleveland" event for all of you during the Tutor Conference. We need someone (or a group of people) willing to chair/facilitate the Tutor Conference and 15 Tutors each day to work with 10 Instructors for the Tablework component of the core curriculum. Please call Anna Marie if you can assist in any way.

CALLING ALL VOLUNTEERS!

If you are willing to volunteer a portion of your time at the conference, we need help with:

1. Staffing the Trager Store (ANY block of time you can commit is fine)
2. Assisting with check-in/registration (ANY block of time you can commit is fine)
3. Moving tables and other miscellaneous errands

Please contact Anna Marie Bowers or Ann Windau (651-B Turney Road, #139, Bedford, Ohio 44146), if you can assist in any of these ways.

TRANSLATIONS! If you are willing to help with translations of workshops, core curriculum, opening or closing address, town meeting, please contact Anna Marie Bowers or Jeffrey Joel (P.O. Box 70, Kelly, WY 83011).

New Secretary for ETRC

Tutor Elizabeth Ormyron of Geneva, Switzerland, has completed her service as secretary to the European Trager Representatives Committee (ETRC). During her time of service she has done a wonderful job of serving the European community in its ongoing development, and of serving the global Trager community through her liaison work between the ETRC and our Board of Directors. Thank you, Elizabeth for your truly heartfelt service!

Tutor Regine (Gina) von Staden of Koln, Germany, now serves as the ETRC secretary. On behalf of the Board of Directors and the administration, we look forward to our work with Gina in the months and years ahead.

Hands Across the Water

An Italian in America

Piermario Clara

*From Don: Piermario, a Tutor trainee from Torino, Italy, made an extended visit to the United States, and to Mill Valley this summer. On his own time and expense, Piermario volunteered two weeks of his time at our international administrative headquarters doing everything from heavy labor to delicate computer work, providing **Mentastics** lessons to our administrative staff, attending a Board meeting, meeting with our attorney to discuss international issues, meeting many **Trager** people from around the Bay Area, and having a good time.*

Our entire administrative staff benefited from Piermario's visit in so many ways not least of which was his positive and strong presence, and his desire to continue to build communication and relationship bonds across national and geographical boundaries. I consider Piermario's odyssey history-making for The Trager Institute. This is the first time a Practitioner has made



such a journey at their own initiative and expense. I hope our whole organization will recognize this valuable contribution, and that we will create circumstances for more of these kinds of visits from nation to nation in the interest of building global bonds of strength, vision, feeling, and healing which can nurture all Students and Practitioners around the world, and bring us together in fulfilling the Institute's mission and in carrying forward Milton Trager's legacy.

The following article documents Piermario's experience of this journey.

Yes, I admit it, I've always been in love with America. The American people are charming. Moreover there is the Trager that was born in America. Sooner or later I should have gone there. It was written in the stars. And 1997 was a good year. The goals I've set were so many. All of them have been met, and, indeed, the results have been well above my expectations.

I went and prayed at the gravesite of Milton and Emily: they rest in a quiet, wide-open, green lawn, under a sun that only there can shine like that. Why didn't I come a few years before? I could meet them still alive... But actually I've met them well alive, in the life of so many people. More than ten hours of tape-recorded witnesses and meeting a great deal of friends who live the Trager life prove it. I chatted and chatted (how sweet it was!), I asked a lot about Milton, Emily, the Institute's life and history, etc. The communication has been deep. The words, often, were only incidental; breathing the same air was the important fact. You can catch a lot of measles if you breathe the same air of someone else who has already got it. And the life goes on, **THE TRAGER GOES ON!**

After several years of short phone calls and email messages, I've been able to make a good connection with Don Schwartz and The Trager Institute's administrative staff. Besides, being very curious, I've never missed a chance of asking for facts and opinions to friends, Instructors, Tutors and Italian colleagues - who have been to Mill Valley. The Italian Trager community is young, we are learning to 'move' our national association with 'less and less effort', with pleasure, joy; we can be—and are—happy to learn from everybody.

Going to Mill Valley is not like going on pilgrimage to Lourdes, or visiting the White House. I knew well that in an office people are there to work, the employees don't have the time for leading visiting tours. So the spirit that inspired me has been of humble yet qualified service. It was very important for me to live for a while with 'them' who, inevitably, on this side of the ocean appeared to us as 'bureaucratic beings' and not as persons. The process has been like giving a concrete 'body' to a relationship that has been only a faint 'shape' so far. So we twigged each other, the administrative staff and I. Together we put into envelopes and sent letters and newsletters, together we answered to the calls (think about the face of the people at the other end hearing: "Tregera Instituta, Perrrmarreou spekinga, kanaielpya?"), we drank gallons and gallons of tea (in America you can't decently work unless you have an always filled up mug in your hand), tidied up the storage room, (I felt like an archaeologist digging into an Egyptian pyramid), clarified the condition of Italian members (the rascal ones!), discussed about organization (we all do need more of it, don't we, Don?), talked politics (you feel great when you talk politics), went to the bank, to the movies, to lunch (...Burp! Sorry, it's the pastrami), to do shopping, and we did *Mentastics*, YEAHHHH! We like each other. From now on our relationship will be different, much easier, much more sympathy. I have only one regret: I've promised a *Trager* session to each of them. We couldn't squeeze that into our daily activities. When I come back (because I will come back, God willing) we will plan that as our first point. And I do hope that by that time other Practitioners will have already supported with some sessions our brave Esther, Karen, Marcia, Sandra, Sheila and Don.

In this trip I had the proof that the angels exist. I've met a lot of them—but that is another story. Anyway, let me mention some of them: Jack Liskin, Cathy Hammond, Sheila Merle Johnson, Stephani Murdoch, Dan McGovern, Natasha Heifetz, Betty Fuller, Deane Juhan, Roger Tolle, Don Schwartz. Without their precious kindness and willingness this experience wouldn't be so positive. And special thanks to Maria Rosa, my wife who, though with not small inconvenience, has always fostered and supported me in this dream. See you at the '98 International Conference. My goal is to come back to USA not alone, that time, but with the Italian *Trager* Wild Bunch.

An American in Italy

Danna Kistner

Danna is a Student from Bryn Athyn, Pennsylvania. Her article describes an odyssey to Italy which mirrors to a certain extent Piernario's journey to the United States.

A little background: I had signed up to take a training in April, in Australia, but then canceled to stay home with a special Uncle who was dying. So, at Stephani Murdoch's suggestion and with Bill Scholl's encouragement I decided to go for the May Intermediate training in Florence, Italy.

My husband was incredulous. "Now let me get this straight. You're taking a training in Italy, but you don't speak Italian. You've never met the Instructor. You don't know the name of the town or the place you'll be staying. You're taking a mattress full of magnets from a woman (whom you don't know) to her daughter, Adele Landise (whom you have never met) but who will somehow find you in the Florence train station Thursday evening?!?" Because other *Trager* training experiences had been positive, I trusted this also would work, crossed my fingers, kissed him good-bye and said "I'll be fine. I'll call you when I know where I am."

Despite the ponderous amount of baggage and the many unknowns, the trip from Philadelphia, via Paris, to Florence, went smoothly. Like a portentous metaphor for the training to follow, each time I reached a place when I didn't know where to go next, I paused...breathed...and a kind guide would appear and point the way. After strolling the *Ponte Vecchio* and *Uffizi* for several hours, I at last found myself snuggled in Adele's "Italian jeep", weaving through the rolling hills of Tuscany on one-car-wide roads (with 2 way traffic!)

Dear Adele! Having organized and run retreats myself, I was in awe of her relaxed efficiency. An Italian/American mother hen, she deftly navigated the narrow roads and each situation that arose gathering her chicks, soothing, welcoming, answering questions, dragging luggage, until all thirty five of us were safely ensconced in cozy nests. And what a place the charming *Chiara do Prumiano*! My room was spacious and clean, the shower strong and hot (each toilet and bathroom door providing a new learning experience. "Let's see, just how does this one flush/lock/open?") The furnishings throughout the villa were a happy synthesis of old and new. From a spine tingling photo of a Victorian woman's fire incarnation, to a recent one of Richard Gere lounging at our table - and everywhere Asian, Christian and Indian artifacts attesting to varied cultures from many centuries that had sheltered in this retreat. Like *Trager*, there was plenty of room to embrace life's totality.

Though still slightly jet lagged, when I opened the shutters Saturday morning and drank in the sun drenched vineyards, I breathed a sigh of contentment. I was home...welcomed and

cared for but never smothered. The rambling grounds seemed endless. Each foray revealed new treasures. Meadows, grapevines, roses, daisies, a chapel, ancient stone walls, silver olives, vegetables, herbs, irises, more roses, a large golden dog stretched protectively in front of my door, and three gangly part shepherd pups to pet and romp with. I wished my family could share the place...the peace...the pace...

Bill Scholl's wife Donnis welcomed me at breakfast with a two-cheek kiss and a warm hug, and the training began.

Gentle Bill! a gifted teacher (now mentor and friend). "Today is about arriving...the rightness of not knowing... and pauses... pausa... the pause is where the learning happens"...Hmm... the Leboyer approach to birthing and welcoming this large multi-cultural enfante, gently, slowing, stretching, weighing, pausing, touching, stepping back, softly, lightly, deeply, with commitment, he gathered and began to rock the belly of this big new baby.

When I first saw the size of the class (35 men and women), and all but one strangers to me) made up of 22 Students, 12 assistants & Bill, I blanched. Yes, I definitely paused and I truly didn't know. I didn't know how it could possibly work. In fact, the only thing I knew for sure was that everybody else knew *Trager* and I knew nothing. What was I doing here? I've always been abysmal at remembering names and despite knowing some French, Italian was Greek to me..mild terror!!!... but the rhythm and lyrical quality of the words and the kindness in the touch and smiles began to gentle me back into my body and 'the now'. I am deeply grateful to the three chief translators (Lucas, Piermario and Adele). They faithfully and patiently repeated and conveyed meanings, ideas, idioms, jokes, instructions, feelings and, like true Italians, even the hand gestures. We swayed back and forth. English...Italian...English...Italian...'Engalian'... *Trager!* Bless you! Thank you also to all the assistants and fellow Students who were always there to help bridge the communication gap with words, pidgin French and great charades.

The Italians were universally welcoming and kind, and I was continuously grateful for their work. I am also grateful for my English speaking six person sharing/support group. Bill (our fearless leader), Stephani (my beloved Tutor), Lucas (our Italian vintner - a wise and gentle man), Mattiahs (a German doctor and triathlon contender), and Christine (my Austrian roommate who always hung up the bath mats and locked the mosquitoes out). In this group we lived through the joys and discomforts of sharing successes, hurts, failures, boundaries, criticism, how to give constructive feedback, defensiveness. We emerged closer and more connected...still "not knowing"...a little wiser and with an acceptance that wherever we were was exactly right.

We learned new moves (although "*Trager* is not about moves" - perhaps easier positions?) and reviewed old ones with funny mnemonics "Be prowedd", "rat ta tat toe i". And I came away

with a new appreciation of the many languages of *Trager* -- the verbal as well as the non verbal. I was first attracted to this work because it felt sooo good (both receiving and giving). I was awed by the integrity (the body does not lie). In fact, living in a fast paced highly verbal environment where facile witty interchanges often wound, I've frequently wished we could do without words. (Be careful what you pray for...you are likely to get it.) In these six days I rediscovered the use of words. The translation time, as Bill had promised, created wonderful pauses and space for integration, but there were moments (especially during a session with someone who spoke as little English as I did Italian) when the "is OK? *si ou non?*" was frustratingly inadequate. When asking for, or trying to give feedback, I found myself yearning for the "mot juste", the subtle nuances and specificity to anchor and reinforce the positive and to soften and clarify the interchanges about what wasn't working. *Mais que sera sera*. Over all it was wonderful and I learned many things.

The mornings began at the civilized hour of 9:30--usually outside with lovely grounding barefoot *Mentastics* on soft grass, sunshine on our shoulders, rose perfume wafting through the air and tiny daisies between our toes. We played, swayed, shimmered, and we paused. And in the upper chamber where we did the table work, even the time worn tiles seemed to soften.

Three times a day there were bounteous gourmet meals with delicious pastas, home baked bread with flavorful olive oil, fruit, fresh picked salads, zesty Parmesan, peppers, olives, cool water, fantastic chemical free wine, and desserts! I'm glad all the *Trager* left me feeling lighter as I came home with three extra pounds. It was so satisfying to just indulge all the senses! *Bellissimo!*

There was also time for sessions from assistants. I had three. Each was incredible, deep, moving and different. All were *Trager*...perfection in variety! Thank you Vilfrida, Riccardo and Piermario!

Trager pleasures more than just the body. It nurtures the mind and the spirit...for me, as close to heaven on earth as it gets. The most awe filled experience in a peak week was on Wednesday when we "walked" through the body not moving...just being there.. a lifetime in seventeen minutes! So powerful...so deep. It truly was a sacred space. The profound sphere of love and hookup moved me to the bottom of my soul. It was *Trager* at its deepest. I got it. Thank you all for being there.

Marketing

The Power of the Word

Maxine Guenther



Maxine is a Tutor from Red Bank, New Jersey. Her article documents the dramatic results derived from publicity of her work and practice. This kind of public profile not only benefits the individual Practitioner, but also benefits the entire community of Practitioners. A hearty congratulations and thank you, Maxine!

On Monday, August 11 of this year, an article about *Trager*—the result of an interview given two weeks before—was published on the front page of the weekly “Well Being” section of the *Asbury Park Press*. The article included a 7 inch by 5 inch color photograph of me working with a client, and a smaller color photograph of my hands working on a client’s hands.

The Press is a paper that serves two Jersey Shore counties, and has a daily readership of about 18,000. After returning from Maryland, the night before, having assisted at a five-day Intermediate training with Instructor Gail Stewart, I had planned a resting, no client day for Monday. As a consequence of the article, my phone rang all day and all week with inquiries about *Trager*! The first week, I had 28 calls and, to date, have had close to forty responses. This, I thought, is every bodyworkers dream and nightmare. I did my best to screen people on the phone, sent packets of articles and the brochure to all who wanted more information, and scheduled twelve new clients.

How did this, a significant article in a mainstream paper, happen? Among other things, the time is right. The editor of the “Well Being” section is looking for articles in the holistic health/alternative care fields because people are interested. He asked a reporter to do an article on *Trager*. It just so happened that the reporter he contacted knew me—and I am the only certified *Trager* Practitioner in this shore area!) Where did the editor learn of *Trager*? I can only guess....

For the past twelve years, I have been active in the holistic health community, teaching some workshops, and developing a practice. In February of this year, because of a client’s enthusiasm for her *Trager* sessions, an article appeared in a weekly paper, *The Two River Times*. A friend of this client’s,

also a free-lance writer, came for a session, an interview, and then submitted an article. It was on the front page of a section that spotlights people in the community. The article included a 7 inch by 8 inch black and white portrait of myself. I only received a few calls inquiring about sessions. But who knows who picked up on that article—perhaps the editor of the *Asbury Park Press*!

Also, last Fall, I wrote an article about *Trager* for the *Jersey Shore Holistic Magazine*. Since its beginning in the early 80’s, I have advertised and supported this holistic association and its magazine, but have never directly had much response. Each effort, though, increases exposure.

Another newspaper editor who is including a section on holistic health just called. He wants to educate the community and direct people to certified *Trager* Practitioners. We’ll talk tonight.

We’re in the Market

Megan Eoyang

Megan is a Practitioner from Santa Rosa, California. She has contributed articles on marketing to our newsletter for several years, and has provided marketing leadership to our Board of Directors and administrative staff.

The Board Marketing Group is calling to you for help. We want to prepare three new Press Kits focusing on special issues, but there are no articles at the Institute office suitable to include in press kits on these issues:

1. Injury prevention through expanded body awareness (for instance, repetitive motion work injuries from computer work [carpal tunnel and other tendonitis problems], playing musical instruments, using UPC scanners at check-out stands, or using impact tools).
2. Recovering from strokes, surgery, and physical accidents (referencing our adjunct care relationship with the medical and chiropractic fields).
3. Supporting recovery from physical and emotional abuse (referencing our adjunct care relationship with psychotherapy).

For the last topic, there are actually a couple of good articles from the *Trager* Newsletter, but if we have articles that have

been published in other places, it appears more professional in the Press Kits. Newspaper writers are affected by the band wagon approach: If other newspapers are writing about something, they want to write about it, too.

Many practitioners have written articles for their local newspapers and marketing magazines about *Trager* work. We urgently need you to send those articles to Esther Cherk at The Trager Institute's administrative office so we can prepare materials for the practitioner who is helping us write the press releases that go in each press kit, Meredith Curtin in New York state. THANK YOU, MEREDITH! Also, if people are willing to jot down a few notes about their experiences using the Press Kits we already prepared, please send them to Esther so she can share them with everyone else in the next Newsletter.

Just a note to follow up from the last "We're In the Market" column. You may recall a woman pulled me over to ask about *Trager* work because of my license plate frame. The frame says: "Feel Like a Dancing Cloud. Get a *Trager* session." The woman DID come in for a session and has become a regular client. Like Tutor Natasha Heifetz always says, "Our best marketing is the quality of our touch." These license plate frames are now available from the Institute office.

Some terrific "marketing" news for *Trager* people: Dr. Mark Hoch, an M.D. and *Trager* Practitioner, works with Dr. Andrew Weil's holistic health clinic in Arizona. Several segments about the clinic were taped for possible airing on the "Today Show," in October, including a segment where Dr. Hoch explained *Trager* work. Now that's mainstream! Be sure to keep your name in places the public will be able to find you, because they'll be looking. CONGRATULATIONS, MARK, AND THANK YOU!

Watch for a new questionnaire for practitioners with your renewal packets. Please take time to answer the questions carefully. Your answers will significantly improve the Institute office's referring capabilities.

In case you haven't noticed, The Trager Institute is now advertising regularly in several trade journals: *MASSAGE Magazine*, *Massage Therapy Journal*, *Massage and Bodywork Quarterly*, *PT and OT Today*, *Holistic Medicine*, *Perspectives* (the Association for Humanistic Psychology's Newsletter). *New Age Journal*, and the journals of the American Holistic Nurses Association and the American Holistic Physician's Association.

These magazines are important because they reach what is called "key influencers," the people who are most often going to refer clients to us for *Trager* work. We also have a listing in the *New Age Directory*. Eventually, we hope to have advertisements occasionally in mass market magazines, first targeting those magazines which have written articles about *Trager* work, since their readers are most likely to be looking for our work.

Over the five years the Board Marketing Group has been working for you, we have completed a number of projects about which we are very proud. We created a professional brochure, and Press Kits on two different topics. We facilitated a professional production quality videotape with Practitioner Clifford Shulman introducing *Trager* work, and developed an advertising plan which is well underway. We designed and produced license plate covers to stimulate curiosity about the work wherever practitioners--or our clients--go. We created a computerized articles index which helps us find articles to support practitioners' needs, collecting and organizing the much greater number of articles now being published. (We still depend on practitioners to send copies of articles they have published in local newspapers and marketing magazines to Esther at the Institute office.) The Institute's administrative office is meeting many, many more

requests for articles from practitioners working at various conferences and fairs as well as practitioners making presentations in various professional and clinical settings.

So, at last, this is—really—my last marketing column for the Newsletter. It has been a pleasure and an honor to share with you, my community, the marketing ideas percolating in my

Calling all Tutors!

Stephani Murdoch

Stephani, a Tutor from Easton, Pennsylvania, is chairperson of the Tutor Committee

Calling all Tutors who may be interested in designing the content of the next Tutor Conference that will be held at the October 1998 International *Trager* Conference. What is needed in specific is a Tutor Conference Committee including members and a Chairperson who will work closely by phone or fax with Anna Marie Bowers, Conference facilitator. The committee will be responsible for coordinating the two days of, for instance, *Mentastics*, tablework, Tutor issues, a business meeting, etc. Also, the Tutor Conference Committee will be able to offer Tutors the opportunity to participate in assisting (with reimbursements of \$50 per hr.) during the Core Curriculum portion of the main Conference. Those Tutors who assist the Core Curriculum share in a wonderful way of going deeper into the process of developing strength of this organization and skills as Tutors. The dates of the Tutor Conference will be Sept. 30 and Oct. 5, 1998. Any of you interested in being a part of the Tutor Conference Committee please contact Anna Marie at: 216-671-3464 or Fax: 216-941-1466. Also if there are any questions about past serving on this committee, please feel free to call me, Stephani Murdoch, 610-253-1299.

brain and ideas many practitioners and others have so generously shared with me over the years. In farewell, let me reiterate. If we want to help the world and the people in it, we need to let people know we're here and what we can do to help. We're in the market.

Media Watch

Compiled by Don Schwartz

Thanks to Eleanor Criswell Hanna, Ed.D., editor and publisher of *The Somatics Society Newsletter* for her tribute to Dr. Trager on the front cover page of their Summer, 1997 issue. Thanks, also, to Doctor Criswell Hanna for her republication of my feature article on *Trager*—first published in the May/June issue of *MASSAGE Magazine*—in the prestigious *Somatics: Magazine-Journal of the Mind/Body Arts and Sciences* which reaches somatic and health professionals around the world. This article will appear in the first half of 1998. For more information you may write or call: *The Somatics Society*, 1516 Grant Ave., Suite 212, Novato, CA 94945, U.S.A., 415-892-0617, Fax: 415-892-4338.

The December/January issue of *Veggie Life* magazine will include a feature article on massage/bodywork which, in turn, will include a mention of *Trager*. Your administrative office, at the magazine's request, has sent color photographs for the article. *Veggie Life* has a subscription base of 250,000, and prints an additional 50,000 for distribution to book and health food stores. For more information, contact: *Veggie Life*, 1041 Shary Circle, Concord, California, 94518, 800-345-2785.

Dianne J.B. Lyons has included The Trager Institute in her book entitled: *Planning Your Career in Alternative Medicine: A Guide to Degree and Certificate Programs in Alternative Health*. You may order it from your local bookstore or from Avery Publishing Group, 800-548-5757.

A video tape entitled *Pain A Natural Approach* has been produced by Gary Null & Associates and includes a clip on *Trager* with our very own Roger Tolle. For more information contact: Gary Null & Associates, P.O. Box 918, Planetarium Station, New York, New York, 10024, 212-799-1246.

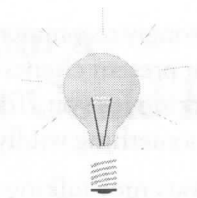
ABMP Celebrates 10th Anniversary

Congratulations to Associate Bodywork & Massage Professionals (ABMP) on the celebration of their 10 years of service to the massage/bodywork field! Its acclaimed quarterly magazine, *Massage & Bodywork*, now has a circulation of 25,000. For more information call 800/458-2267 or visit their website: www.abmp.com.

The Trager Newsletter

Upping the Wattage

Rev. Alia Zara Aurami, Ph.D.



Alia is a success coach for providers of services which aim to increase health and consciousness. This is one of a series of articles we are republishing in support of practice development. You may contact Alia at: Aliveness Unlimited, P.O. Box 45664, Seattle, WA 98145-0664, 206-633-5737.

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 you resonate most deeply with 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 less 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 in some other way, while they are building a 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* work, 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.

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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 folds 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 and 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!

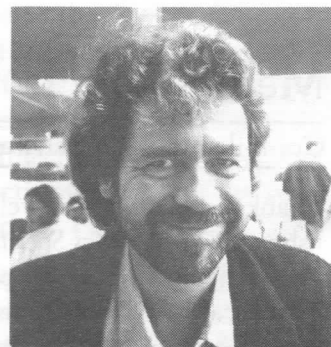
Spotlight on Success

Michael Madrone

Michael is a Tutor from Vancouver, British Columbia, Canada. He also teaches an elective class called "Developing & Promoting Your Trager Practice."

This is the first in a series of articles featuring successful *Trager* Practitioners.

Amaro Hografer is a tall imposing figure; a strong, bearded German gentleman. As soon as he speaks, his gentle voice reassures the listener of his calm nature. Amaro practices in Hamburg, in northern Germany, where he has been a *Trager* Practitioner for several years.



Amaro Hografer

Asked about the key to his success, Amaro says, "Sure you have to be good at what you do. But to do good work doesn't bring any clients. Marketing is a skill you must learn."

Amaro has shown himself to be quite skillful at learning the art of marketing. Not content to just sit back and wait for something to happen, he has gone out and really made something happen for himself. One of the things he did was to take further training in Germany in a modality called "Heilpraktiker" (Health Practitioner). This is a legal designation which allows Amaro access to the health care system. It also allows him a preferred tax status. These are sound business decisions which enhance his *Trager* practice. He currently shares an office with another Heilpraktiker.

Amaro has found a specialty niche as well: working with golfers! Golf is a popular sport in Germany, and there are many people apparently looking for that extra advantage in their golf game. That advantage for Amaro's clients is *Trager*. He teaches them how to bring ease and relaxation into their golf game. Based on his experience working with golfers, Amaro coauthored a book on golf entitled "Die Gezielte Entspannung Fuer Den Golfer" (*Relaxation for the Golfer*), published by Christians Verlag. It will eventually be translated into English.

What does the future hold? Amaro will be teaming up with a travel consultant who is putting together "Stress Management Holidays". Amaro will be traveling to the Canary Islands with groups of business people and giving them *Trager* sessions while they are on vacation. A tough job but somebody gets to do it! And who better than the guy who went out and created it for himself.

Trager and Tennis

Maryann Zimmermann

Maryann is a Tutor from San Diego, California.

A client of mine who is a tennis buff and plays in amateur competitive tennis told me an interesting story about *Trager* and tennis. First of all, she looooooves *Trager* and is always giving me feedback about the ways, specific and general, that it has effectively benefited her body, her mind, and her tennis game.

She also is an avid viewer of professional tennis...and this is where the story begins. She was watching a match a few weeks ago in which Mary Pierce, ranked in the top 10, was playing. All of a sudden, quite naturally and casually, the announcer was telling how Mary Pierce had had a shoulder injury that appeared to be in such injured and painful condition, she would have to stop playing for awhile. Someone told her about The *Trager* Approach. She went for it and VOILA! Here she was playing without a match missed and winning her matches! The announcer said that, according to Mary Pierce, "*Trager*" had made the difference. I was delighted to hear the story, and to share it with you!

A Taste of Trager

Mary Kelly

Mary is a longtime Trager Practitioner and Tutor living in the San Francisco Bay Area.

Alive & Well, a school that teaches somatics and bodywork, presented a Somatic & Bodywork Fair at its site in San Anselmo, California, on September 6th and 7th - a celebration of its 25th anniversary, and a fund raiser for KIDZ-TV. It was done in collaboration with Tamalpa Institute and the Association for Humanistic Psychology.

Earlier this summer the school had invited the *Trager* community to participate in the Fair by giving mini-sessions. So, instead of having to travel to a large city to participate in a Fair, *Trager* Practitioners of Marin County could stay at home and give a taste of *Trager* to the local folk.

Tutor Natasha Heifetz did a great job of organizing our booth for two days of giving 15-minute sessions, and she situated our two *Trager* tables just at the entrance to the Fair, under a large shade tree. She said she loved doing it, that the cooperation of everyone was excellent, and she was happy about how well our work was received by the community.

What a lovely environment this was! Looking inwards from the entrance, the large area of shade trees "housed" booths

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for those providing various types of bodywork. Bright sun filtered through the trees and beautiful music played nearby. Your reporter enjoyed feeling the soft, warm breeze as her clients received, while hearing the quiet conversations, and the whisperings of tree leaves above.

Marin County Practitioners who attended and gave sessions at various times during the Fair included Natasha Heifetz, Mary Kelly, Lhesli Benedict, Jessica Turken and Instructor Deane Juhan. Don Schwartz, our Director, looked on with enthusiasm and friendship both days. Joining us from the East Bay were Mark Bauman and Debra Seglund; from San Francisco, Beth Yancy; and from the North Bay, Sue Unger, Megan Eoyang and Joy Helstein. Everyone seemed to enjoy being there.

Deane Juhan presented a lecture on "Many Layers of Body Mind". He eloquently expressed his understandings of living matter, from the simplest cell forms to the most complex.

All the excellent Practitioners of the many kinds of somatic work, the lecturers, dancers and musicians who shared their energy with people who came to experience our offerings, created a peaceful, pleasant atmosphere. And, the monies made by *Trager* Practitioners paid for the expenses of the booth, provided a donation to the KIDZ-TV and to The *Trager* Institute!

Feature Articles

Do Children Get Trager?

F. Gorodzinsky, M.D., F.R.C.P.C.

Dr. Gorodzinsky is the husband of Adela Gorodzinsky, a Trager Practitioner living in Ontario, Canada.

I attended the Pelvis and Low Back *Trager* training in Vermont, in July of 1997. My idea was for my wife and I to spend a few days hiking while celebrating our 25th wedding anniversary. This venture was to be complemented by me having an opportunity to get a hands-on experience of what is this work that she loves so much (she has been a *Trager* Practitioner for the past 8 years). Little did I know that in addition to having a glimpse of what The *Trager* Approach is, with the help of Deane Juhan and Roger Tolle, I embarked in a journey of self discovery.

Through *Mentastics*, I discovered movements I was not aware I could do. I discovered how my body feels as it comes in contact with the environment.

Over the years, I have had the pleasure of receiving many

Trager sessions, and have become aware of how they facilitate in me the feeling of relaxing into someone else's hands. This training gave me an opportunity to close a circle when I had the pleasure of "feeling someone else's weight," while being in hook-up.

As a pediatrician I became curious as to how *Trager* can be applied to children. I communicated this query to Deane, and was very pleased to see his enthusiasm to find an answer.

Encouraged by his support I would like to initiate a search among *Trager* Practitioners all over the world to bring forward their experience with children. The goal is to publish a monograph that could then be of use to many Practitioners all over.

If you would like to participate in this project please send your case histories to: F. Gorodzinsky, M.D., F.R.C.P.C., Associate Professor of Pediatrics, 10 Thirlmere Road, London, Ontario, N6G 4R1, Canada.

Trager Discovers Brazil

Eva Maria Willach

Eva Maria is a Trager Anatomy Instructor living in Germany.

My lovestory with *Trager* has always been closely connected to Brazil. Ever since 1984, my beloved sister Martina has been living in Rio de Janeiro, where I visited her every year. I could not withstand the charm and attraction of this huge country and its multi-racial, beautiful, vivid people. My sister gave me regular bodywork sessions, including some very gentle movements, which she said to have learned at the Esalen Institute, in 1982, called *Trager*.

Back in Germany, I was not prepared to find any of this *Trager* stuff, but nevertheless, *Trager* one day found me in Hamburg, my then home town. There was a *Trager*-demo scheduled in one of the many cultural centers, and had I not heard the name *Trager* various times before from my sister's lips, it would have passed me by. But it "hooked" me, especially the body memory of these wonderful sensations after a session with Martina. Isn't this the kind of movement I like so much? It definitely was!

A year and a half later I was a *Trager* Practitioner much on my way to specialize in *Trager Anatomy* - my life had become a *Trager* life. What I didn't know then was, that very soon, I would be authorized to teach *Trager Anatomy* workshops.

On my yearly visits to Brazil, it was now my turn to give sessions to my sister and her husband, a medical doctor and psychotherapist. They loved it and wanted more and more. Then came the year, 1996.

A brand new workshop center, in the wonderful Sierra north-east of Rio, opened. It was Martina's and her husband's dream come true, to have a place (very much like Esalen, in nature) to invite people to grow--be it through psychotherapy, meditation, bodywork or health programs.

In December, 1996, I asked Martina to call in people for a *Trager* demo in Rio. Twenty came, much to my surprise, and half of them were very interested in a training. The next demos were scheduled for August '97. This time with Hedi Stieg from Austria came with me, to do not only demos but an Introductory Workshop as well. We had a great response for the first *Trager* event Brazil, with an Introductory Workshop in "Morgenlicht", a beautiful little Esalen in the coastal range not far from Rio de Janeiro.

So, Brazil has been preparing itself to receive *Trager* and we have been eager and happy to spread the word.

Now it is up to the Brazilian people, infected by the *Trager* virus, and to their awakening dedication to do the first Beginning Training in January, 1998. (See the International schedule). This is a very fertile land; many of our fellow methods are already present. The process of registration of the service marks is on the way. And we need support! What can you do?

Well, you can also spread the word, find interested people who would like to participate, tell them that *Trager* can be learned on the American Subcontinent now. It is so beautiful there, and the Brazilians, we met, really loved *Trager*.

P.S. Martina's address is: Rua Benjamim Batista 195/303, 22461-120 Rio de Janeiro, Brasil.

Dedicated to the *Trager* process and my fifteen sisters.

Women gathered to learn of self;

To say hello to their body;

And introduce their minds

To the connection which is the soul.

Feeling the weight

yet light as a feather,

Feeling the lightness,

yet heavy with emotions.

I view my-self in the reflection of each face, smile and story.

I am every woman, man and child;

To be my-self is to be present with others;

To give of my-self, be with my-self;

And accept myself is to truly live and be alive.

To trust the process;

Is to let go and feel

I thank these souls for showing their light;

For exposing their being,

Trusting and embracing the journey ahead.

Each a separate path with a common goal...

To grow in the light of not knowing;

Yet feeling all that they know.

Blanche A. Williams

Learning the Art of Acceptance Through Trager

Marina Gresham

Marina became a Practitioner in July, 1997. The following is her personal statement regarding her Trager experience.

The practicing of feeling the body's weight in *Trager* is a very basic way of learning about ourselves and others. This is as basic and concrete as it gets. We lift weight. We put it down - in *Trager* practice and in everyday movement. But a lot goes on between these two pieces. In *Trager* practice we are taking in and putting out information about different qualities of flow and holding of the body's fluid and solid parts. Learning *Trager* is an ongoing process, and one that you have to learn by doing--developing an awareness Milton Trager named "Hook-up".

Learning the Zen idea of "being" instead of "doing" is at the core of The *Trager* Approach. I find this principle can be applied on many levels, and I apply it socially and educationally in my work with children--just hanging in there with a child and his/her resistance, accepting what I encounter instead of trying to force a change. I find that resistance doesn't necessarily need to be met by resistance. In fact, I have noticed that children, as well as adults such as myself, seem to respond more naturally in a positive way to a gentle suggestion. I believe that a show of force can make resistance into confrontation instead of gelling into cooperation and harmony--which represent hook-up.

The safe movement environment *Trager* Practitioners suggest and create--hanging in there with a client's flow and resistance--is the same as a deep level of physical acceptance. To me, acceptance means connectedness with people or things which are outside of myself, a presence with my wholeness. And an open-ended flow of give and take is an important part of this. The more I think about it the more acceptance starts to sound like hook-up, only acceptance is perhaps a more specialized version.

Absence of this experience of acceptance - connectedness with people and things outside ourselves - I believe can lead to isolation, difficulty with self-acceptance, and a lack of connectedness with aspects of ourselves. But for me *Trager* contradicts these. It helps me to experience a feeling of safety, and quiets parts of me which are usually vigilant and busy. I feel that *Trager* can remind me that a state of tension is not permanent, and that there is another easier and better way to be.

I believe there are many levels of acceptance, and that they are somewhat developmental--that is, some levels are more basic and must precede other levels. Acceptance or belonging, part of Abraham Maslow's hierarchy of needs, is necessary

and basic for safety and security. I think because it is such a basic need, acceptance is closely connected with our deeper emotions.

In our culture, as adults, we often don't communicate in a physical way, as our culture does not yet seem to recognize this as a need. In fact giving and getting physical acceptance and communication as adults is often confused with sexual behavior. Perhaps the most major way acceptance was communicated to me was through my parents nonverbal messages which became less and less OK to communicate as I got older.

As *Trager* Practitioner, it will be my process and goal to create and suggest a safe movement environment, to assist clients in finding this sense of safety within themselves. I believe that acceptance needs to be experienced (from the inside) in order for self acceptance to be felt or projected out into the world. The better self acceptance I have and project, and the less attached I am to my resistances - my own holding patterns, the more I will be able to communicate this acceptance to clients- to enhance their own ability to feel self acceptance.

Focusing on the client's body and my own simultaneously can be a challenge for me. I have recently realized that for me this has been connected with a kind of denial - lack of acceptance of my own body's needs. For example, I have noticed a tendency to get so involved with helping a client during a session that I hold my breath. I have had feedback from a Tutor that this seems to be connected with losing touch with my own body's rhythm (not to mention clients). Another tutor quoted something that helps me receive permission to understand that my body must come first. "The greatest gift we can give our client is an awareness of ourselves". Through accepting the physics of my own body, I believe that I can best use it as a tool for helping and interacting with others.

The part of self acceptance I have a hard time with relates to my imperfections. I have been told more than once that I needed to accept myself. Good idea! But for a long time I had not a clue of what tools to use to achieve this. For me, The *Trager* Approach presents a very simple concrete and effective way to do this — a missing piece.

As a client *Trager* helps me find sense of peace within myself which I feel allows me to feel greater self acceptance. It reminds me of a kind of self connectedness I feel mainly in the bathtub (before I learned about *Trager*). *Trager* does not impose itself on me. It has a fluid structure which emanates from me. It also adds to my vocabulary a kind of touch which calms me and stays with me more than the different types of massage I have experienced. I like the empowering idea that I can learn to initiate this myself by using *Trager* Movement (*Mentastics*).

As a Practitioner, *Trager* values of prioritizing the process over the product and the positive focus are very compatible with my sensitive "do it by feel" style. I feel through learning The

Trager Approach I am developing a sense that helps me with the healing process in my daily life as well as in life of others. The *Trager Approach* empowers me by affirming that, this personal healing is an essential/central part of my intention and effectiveness with others as a healer. In addition, I find it healing to enhance self acceptance and better attunement to one's own body. *Trager* has shown me a way to communicate this feeling of safety and connection within myself and others to enhance self acceptance--inner and outer connectedness.

Bore The Nervous System

Natasha Heifetz

Natasha is a Tutor living in the San Francisco Bay Area.

Last July, *Trager* Practitioner and Tutor Trainee Piermario Clara of Torino, Italy, visited the Bay Area. Part of his agenda was to interview people who had known Milton. When we spoke, he asked me a question which was something like "what was one thing that Milton had said that I feel should be passed on?" What came to me immediately was "bore the nervous system" which Milton had said so often.

I addressed this phenomenon in an article in the *Trager Newsletter* in the Spring of '96, and since it keeps coming up for me as a Tutor, I thought it couldn't hurt to repeat my thoughts about it.

We live in a complicated and too-fast-paced world. Most clients are in a chronic "fight or flight" response. Boring the nervous system assists the body/mind to return to neutral and balance.

Notice Your Rhythm: Use a regular even drone one-one-one rhythm as the base rhythm. Begin and end with it. Use syncopation--dum dum DUM, dum dum DUM rhythm and or Reflex/Response work only when you want to wake up the tissue. Give the unconscious plenty of time to find freedom using the one one one rhythm. The drone rhythm promotes evening out the rhythms and "clocks" of the body. It entrances and promotes security and trust. It integrates.

The constant drone allows the "on-the-alert" system to relax as it begins to trust and gets habituated to the constancy of the rocking. Once the nervous system relaxes, it is possible to facilitate the changes that need to happen, the letting-go's, the rebalancing, the occupying of the entire body, the discovery of how good it can feel to be in one's body.

Breaking the syncopation habit: It has been my experience as a Practitioner and Tutor that it is easy to become used to using a syncopated rhythm--i.e. dum dum DUM, dum dum DUM, dum dum DUM (in contrast to an even rhythm of one one one one one one one.) I have found that once one dis-

covers that syncopation can sometimes facilitate tissue changing faster than the "drone", there is a tendency to syncopate all the time, never allowing the nervous system "to be bored", nor to integrate.

To break the habit, to return to the basic drone, practice one one one one one one one. I suggest using an 8-count if one is syncopating a lot. It takes very few sessions to reap the benefits of a constant rhythm with a longer duration that does not "wake-up" the body. Most clients are in need of quieting and it is easier and more relaxing for the Practitioner. Many Practitioners have shared with me how much easier and more effective their work is and how much better they feel after practicing "boring the nervous system."

Thank You, Donors!

Thanks to Tutor Shelly Siskind of Ontario, Canada, for her generous donation to the Institute. Thanks, too, to Tutor Natasha Heifetz and all the Practitioners from the Somatic and Bodywork Fair (please see the article on page 9) for their contribution of proceeds from their *Trager* booth.

Play

I had an idea of what play was
and I tried to make it happen
It didn't.
I felt I had failed.
I stepped back,
erased the slate,
closed my eyes,
and took a deep breath.
I held out my hands to the Goddess
and said
"I don't know what to do!"
She laughed and told me
neither did she.
She never did know what to do
She just...
Let go
and wandered into the unknown-
Exploring-as she went
I said I was scared
"It's dark in there" I said
She held my hand
together we went.
I became hot and sweaty
I wanted to run.
"I'm not doing it right!" I cried
She whispered to me that if I
learned from my experiences
I will never truly fail
Then she let go of my hand.
I knew I had to do it alone
So I sat on the edge of play
and waited
I noticed play begin to seep into my
mind
What if I try this? How does it
feel if I do that?
Aha!...
And then ... back to trying to -
do something.
"It's okay" I told myself
just wait and play will return
just wait ...
and explore.

Myria Rei Solas (Melanie Stalteri)

Myria is a Practitioner from Ontario, Canada.

Finding My Voice from a Trager Table -- What Could Be Deeper?

Meredith Curtin

Meredith is a Trager Practitioner from Ithaca, New York.

I have been a certified Trager Practitioner for over three years, and receiving the work for five. I have felt a lot of people's work - a lot of good work, a lot of student's work, a lot of work that reached me and a lot of work that did not. I was taught to practice taking care of myself as a Practitioner, and also taught to ask my clients about their experience as they received my work, but somehow I missed how to give voice to my own experiences on the table unless something was really uncomfortable.

This story comes from a Practitioner Review--the last exercise of a three day workshop. The framework is a trade, the focus is ... creativity. The Practitioner's instructions are to stop if they find themselves in an automatic or familiar movement and to pause ...to ask "What would really like to happen now?" My task, as a client, is to offer ongoing feedback about my experience. Somehow this focus creates a very different experience for me:

I am lying on a table, afraid. I am afraid that I will receive a touch that I don't like and that I will have to say "I don't like that". Those words sound so much to me like "I don't like your touch" and "I don't like you". How can I bring myself to say these words? It isn't really the touch that I am afraid of, but of telling someone the truth of what I am feeling. I don't want to hurt them. But I want to tell the truth. Hiding the truth from myself as well as the world has hurt so much. There must be another way. I am willing to try anything.

We are in the "interview stage", and I speak about these fears. We have been practicing some steps to giving feedback, and so I take the step of asking for support (Instructor Amrita Daigle has taught me this step!). "Is it really OK with you if I tell you what is going on?" My partner says "Yes", not only with her words, but somehow with her manner. OK, maybe she really does want to know. So, how am I feeling? The core of my body is vacant. I would like to feel it, just feel a little more connected.

First touch - soft hand, gliding touch just across the skin. Feels timid - as if unsure of how to touch me. "Oh, God, help. Here it goes" I go on the inside as I say out loud "That touch feels surface-y. I'd like to feel my weight." Hands explore with more weight - still tentative, but more depth. Better. I can feel more of myself. But - it is lopsided. Oh yes, tell her. "I like the feeling of weight, but it feels lopsided - That distracts me. It feels different from one side to the other." Hmmh, she pauses,

considering, and tries something else that doesn't quite work. I want so badly to tell her what move I want, I can feel my own hands giving that move to someone else. But NO. That is not my job. My job is to feel (Stay Awake), to report what I feel (Tell the Truth) and let her find her own way (Let Go of the Results). She pauses again, and then reaches over my middle with both hands to scoop my midsection firmly, gently, slowly. Ah - I feel the connection down my left side into my leg through my pelvis and into my belly. Yes... oh, yes... that is the feel that I want. Pause. And she goes softly to the other side to explore the mirror image move. And pause again, to hear the echo. "I feel more connected to my belly, my pelvis... thank you."

Now that I am aware of my belly, I wake up to a sense of being connected to my legs by only a thin thread "I can only feel a thread to my legs. I want to feel more connected" I feel the pull of wanting to suggest, direct, control - and with some a breath, I let it go this time. She pauses, and unexpectedly presses my hips from each side, and after a moment shifts to press directly down from the top on my hip bones - just enough to engage, to feel the weight. "Yes" my body responds, my breath deepens, and I sigh "Ahhh...", my mind is startled. I hadn't thought of that. As my core connects with my lower body, tears well up. I want to cry, but I don't want attention. "Is it OK to cry?", some part of me needs to be reassured. And when I receive it verbally, I add, "My tears are shy - they hide if they are given any attention". As she turns to give them space, my tears are free to flow as my body continues to open, in the echoes.

My time on the table was miraculously over. What a response my body has given to my efforts to express what I am feeling, and what I am wanting. Even now I feel the echo of inner opening as I bring myself to trust myself - with another human being - a little more deeply.

A Peace Training

Gary Brownlee

Gary is a Trager Instructor from Manhattan Beach, California.

It has been said that a "Master" is one who has mastered the "basics". And as I recall the way Milton did a session, it was always with simplicity and close to the "basics". When he conducted an Advanced Training in the earlier years, he would always work with us to get the "fancy, schmancy" out of our work, before he would let us touch differently-abled bodies. I think we can all agree that Dr. Trager was, indeed, a Master. Recently, I've heard several Practitioners express the desire for going "back to basics". Personally, I am thrilled.

As Milton always said, we want our client to experience a place beyond relaxation, a state of PEACE. So, I am offering a Practitioner Review Training that I refer to as A PEACE Training, in honor of Dr. Trager. It will be focused on the "basics", and approaching a place that Milton described as "the session does itself". I have taken the letters of the word "PEACE: and considered items that come to mind in the "basics" starting with those letters, and have compiled a partial list of some of them that we will cover in this training. Such as Padding, palpation, paradox, patience, pauses, permission, pheeling, phrases, phun, play pleasure, position, practice, presence, profound, projection, purpose; Ease, effectiveness, efficiency, effortless effort, ego, elegance, elongation, emotion, empowering, encouraging, energy, engage, enlightening, essence, expectations, eyes; Ability, accountability, accuracy, acknowledge, action, adaptation, agenda, aggravate, allow, anchoring, angle, answers, anticipation, appreciation, arrogance, asking, atmosphere, attachment(to results), attitude, awareness; Capability, care(of self), caring, casual, clothes, comfort, completion, complex, complications, concern, conditions, confidence, confusion, console, contact, contract, contraindication, correction, courage, cover, criticism, crying; Ears, eliminating, embody embrace, empathy, emphasis, encourage, energize, enjoy, envelope, exaggerate, expose, etc.

So if you have a desire to go back to and move towards mastery of "the basics", or some "moves" are still difficult or mysterious, or you want to be more at ease during a session, or want to enjoy it and have more fun at it, then call the Institute office or your local coordinator and express your desire to have this training in your area.

And if you fall into the category of an "old timer" and don't think there is anything left to learn, you can always learn more depth of subtlety, if nothing else. There is a "move", that after struggling with for thirteen years, I discovered how simple and easy it was when Milton said some simple words to me. And then everything he had said about it, and all the ways he had tried to describe it, I suddenly heard! There is always more to learn. I am willing to give all that I have learned in over eighteen years. I look forward to playing and sharing with you.

Living the Work: A Tribute to Linda Ford

Jean Hopkins

Jean, now a Trager Instructor, was a founding member of the Chesapeake Trager Practitioners, and was honored by a 16 year friendship with Linda Ford.

Past Trager Practitioner, Linda Ford, of Annapolis, Maryland, died on June 25th after a 10 year soulful and valiant period of living with cancer. She was a founding member of the Chesapeake Trager Practitioners, and was an important presence and dear friend to many in the Trager community. She is survived by her husband, Bruce, and son, Alex.

Linda brought integrity, joy, and consideration to her life and interactions with others. I experienced her as having a rare gift for perceiving and articulating the essential. Five years ago, I taped an interview with her regarding her shift from an active private practice to primarily drawing upon The Trager Approach for herself. Her opening comment was, "Trager has always been about living the work, from the moment I heard about it." While we never completed an article for the newsletter at that time, it's my privilege to share some of her comments now.

From the onset of severe illness, Linda became her own Trager Practitioner and Mentastics leader, discarding the prescribed post-surgery exercises which made her feel "trapped, scared, and different," and inviting, instead, Mentastics movements from inside of her. She began on the good side, and then moved to reeducating the surgery side, "touching on the edges of limitations" and participating in the dance. Accepting her illness as "a wonderful teacher," Linda was already a member of the 30% of people who outlived the given prognosis by 5 years at the time of my interview. She credited Hook-up as allowing her to find the life current, to move out of negative thought patterns, and to feel "the moment when everything is at ease no matter what, where the pure bliss is, the joy."

In the face of pain, she turned to an every deeper and more refined sense of Hook-up, and shared that her journey related to any imbalance in any person that brings on pain and suffering, the labor of choosing opening rather than succumbing to contraction, letting go rather than resisting: "When we really are willing to pay attention to who we are in this moment, then we have a real choice. Other than that we are acting out of habitual pattern. It takes a lot of courage to wake up to what you're up to.... When Milton touches a body, he says let your hands sense what needs to happen, the body says it. I do that with my own body, my own pain....I find answers through Hook-up: What do I need to stay with myself?"

From her work as a Practitioner, and in her journey, Linda

consistently revealed the courage to feel, experience and express fully, to allow space for and attention to process, to choose in each moment support and guidance through Hook-up. She articulated this beautifully: "The space is about that divine love, that Hook-up to God/Source/Universal Consciousness Energy that is there every moment of every day in every way for all of us.... There are possibilities no matter how difficult the situation is."

Finally, Linda said, "We aren't to know what anyone else's way is or what is ready to release next from the tissue. You have to let go of who you think you are and sink into Hook-up, so who you are can appear beyond the limitations of who you think you are."

Hi. I'm a Trager table.

Charlotte Burnstine

Charlotte is a Trager Practitioner & Mentastics Leader living in Canada.

My life is about providing support and stability as well as strength, softness and stillness.

My purpose is to serve as your partner in a reliable way.

I like to be counted on 100%.

I am strong and carefully crafted.

I am often portable and enjoy getting out to trainings.

It's a great way to meet old friends and new

(and to do what I do best.)

So I thought you would like to know that having three people sit on me at one time is an overload. Also, leaning on me from the sides and ends is an "Ouch" for me.

It torks my struts and could lead to instability and eventual collapse.

Please care for me.

I will do my best so you can do your best. Thank you.

Planning a Case Study

Debra Seglund

Debra is a Practitioner from Alameda, California.

I have recently begun talking with two fellow occupational therapists, Pat Marshall, O.T.R. and Cynthia Jocson, O.T.R., who are co-owners of a private pediatric clinic in Walnut Creek, CA. We are in the planning stages of preparation to do a case study of the efficacy of *Trager* with a differently-abled child.

Our plan is to select a child/adolescent who has "plateaued" motorically in their O.T. and P.T. treatment. A child in this situation would no longer be receiving active intervention regarding their motor skills, but may be receiving therapy for other treatment goals. We are planning to ask participation of an adolescent young person--to minimize the developmental factors we would need to consider if an infant or young child were to be our subject. The pretest/posttest will be videotaped to enable in-depth reporting. We anticipate improved motor function that will be measurable in the child's performance of daily life activities. We are uncertain at this time, how/if we will interface *Trager* with other therapy treatment techniques.

These are our current plans which I'm sure will be revised as we move further along in the process. If this case study is successful, we will plan to enlist Samuel Merritt College (Oakland, California) Master's program - O.T. students to work with us on a more extensive study next year. Hopefully we can interest one of them in doing this as a thesis project.

We would appreciate any ideas and experiences from other *Trager* Practitioners who have completed case studies. You can reach me at 510-947-5702 (day), 510-769-1012 (evening) or by e-mail at daseglund@aol.com

Bouncing the Ball

Martha Partridge

This contribution is an update on the pioneering work Martha, a Practitioner from New York, New York, is doing with individuals with Parkinsons Disease. Her previous article appeared in the Summer, 1997 issue of this newsletter, on page 7.

As I continue to work with people with Parkinsons I am continually struck by the important niche us *Trager* Practitioners can serve this community. We communicate and model profound belief in the importance of the daily function of our own minds and bodies—the quality of our thoughts, our sensations, our aural and visual perceptions at any given moment in time, and our "global" view. As trusting relations develops, people with Parkinsons begin to believe in the importance of observation and exploration of their "feeling" state and monitoring themselves from hour to hour and day to day. We teach them how to sense gross changes and subtle changes as they move through "on and off" times of their day.

Besides the awareness "techniques" that we teach them, we also offer them movement explorations that can make moving tolerable, pleasurable, and at times even fun. Beside that, we can touch them in such a way that lets them feel the pure joy of relief and the direct sensation of their nervous systems, of our nervous systems. They can vicariously live through us during the time of the session and carry that sharing in any way the beings are able into their own worlds.

One of my clients discovered a game that I now play with everyone: Bouncing the ball. First I ask the client to walk in my room or down the hallway in my building. I ask them to tell me the sensations that come up. The comments are something like "my left foot is dragging," or "I feel like I'm going to fall forward if I go faster than this," or "my right arm feels stiff, and my right toe is turning in." I then give them a rubber ball. I ask them to bounce and catch this ball as they continue to walk, then to speed up their pace to a fast walk. The ball needs to be the size of hand ball or a super ball. After a few laps of this I ask them how they feel. The answers are always that they feel dramatically more coordinated in some way. We then go on to explore variations of this game that feel the best for them and for that particular day. This activity in particular helps them during the time when their medication is just kicking in, and dyskinesia is prevalent with most people.

Another area of solid success is with tremors. I work on three different movement meditations with the client. The first is simply to let the arm hang to the side with a slight lean (*Trager* style), and to feel that arm hanging from the spine. This includes feeling that tremor, but not exclusively. I ask them to feel as many sensations as they can in that hanging arm. Usually during this time, the tremor changes. It gets more violent or it subsides. In either case I ask the client to continue not to

make any judgements about the tremor, but to simply do the exercise. If the tremor is more violent, I ask them to imagine that their arm is simply a branch of a tree in autumn, shifting with the winds as they swirl around the leaves and small little crevices of each shape and form of the branch. Or, I ask them to imagine that their arm is a piece of seaweed on the bottom of the ocean floor, and they are being swirled around by the currents of water in the ocean. I sometimes ask them to add just a tiny bit of their own effort—to match the tremor that they feel by “tremoring” themselves.

The next I do is improvise with Milton’s sustained movement for arms. Simple and slow lifting and dropping, or lifting the elbow, lifting the wrist, feeling air under the armpit, etc. Anything that requires light, slow, moment-by-moment attention. Then I ask them to work on the skill of dividing their attention. I usually start this on the table. As the client gets deeper and deeper into a table session, the tremor symptoms almost always are reduced significantly or completely. However, if I ask the client for feedback at that point, or if they begin to talk about their experience, the tremor sometimes comes back. I then play games with them at the table as well as later sitting and standing where they concentrate on allowing their voice to come from the same relaxed place as their body. We then use images, breathing exercises, sighing, or anything we can come up with that addresses that “global” feeling in our bodies to include the voice and then linear, verbal organization.

I continue to contact neurologists that work with Parkinson’s disease and Parkinson’s support groups and hope to continue to spread the word about Parkinson’s and *Trager* throughout the New York area. If anyone would like to contact me regarding Parkinson’s, my address is 512 17th Street, New York, New York 11215, #718-965-3524. Also, the Institute office now has a copy of two case studies I have completed. You may contact them for a copy.

Instructors Committee Report

The Instructors Committee has continued to meet and exchange ideas through both phone and mail meetings. Our work has included prerequisites for the Reflex/Response classes, a gamut of proposals regarding the content, format and teacher approval for “*Trager* Alternatives” classes, staffing issues for Practitioner Reviews, financial issues between Instructors and in-the-field sponsors in North America, and responses to various questions from the administration. In addition to continuing our communication and interface with the Board, we seek more clarity regarding the lines of authority within our organization. The unclear status and role of other committees, including the Education and Personnel Committee raises large questions for our own committee’s

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responsibility and process, and also impacts us as participating members of those committees.

One status change has occurred since our Jan./Feb., '97 meeting: Jean Hopkins was approved as a solo Beginning Training Instructor, thus ending her provisional solo Beginning Instructor phase. We are currently preparing for our final round of phone meetings of the year, and for our in-person February, 1998 meeting in California.

Roster Corrections

Below are listed a few corrections from our international roster. Please accept our apologies for the errors.

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Carotid Sinus Syncope

Georgette Maria Delvaux-Salveson

This is the fourth in a series of articles by Georgette, a licensed chiropractor and certified **Rolf**er.

The themes of our first column "Carotid Sinus Syndrome and Carotid Sinus Syncope" have been chosen in honor of a dear and understandably unnamed colleague and in honor of the swift sympathetic response the above named syncope caused in her body.

First a brief quotation to define the problem: "Strong pressure on the neck over the bifurcations of the carotids in the human being can excite the baroreceptors of the carotid sinuses, causing the arterial pressure to fall as much as 20mm Hg in a normal person. In some older persons, particularly after calcified arteriosclerotic plaques have developed in the carotid arteries, pressure on the carotid sinuses often causes such strong responses that the heart stops completely, or at least the arterial pressure falls drastically. Even tight collars can cause the arterial pressure to fall low enough to cause fainting in these persons, an effect called Carotid Sinus Syncope. Fortunately, when the reflex causes the heart to stop, the ventricles usually "escape" from vagal inhibition in approximately 7 to 10 seconds and begin to beat with their own intrinsic rhythm. However, occasionally the ventricles fail to escape, and the patient dies of cardiac arrest."

The client my colleague was rolfing was a strong young man, and she had not exactly aimed for his carotid sinuses, but after she had put strong bilateral pressure on the areas of the origin of his sterno-cleido-mastoidei, he said that he felt a little faint. After she had moved her hands down to the insertions, the fellow fainted.

Lets review the anatomy: The carotid sinuses are located laterally and slightly inferiorly to the superior margin of the thyroid cartilage posterior to the sterno-cleido-mastoideus. A very slight palpatory pressure alongside the medial edge of the sterno-cleido-mastoideus about an inch inferior to the mandible will reveal the carotid pulse and your fingers will then be right on the sinus. This does not mean that when our hands are one inch or two away from the actual site we can exert strong pressure. Pressure aimed at the connective tissue of the muscles is OK but it should never compress the artery and it should certainly never be done bilaterally. Furthermore, exerting pressure anywhere along the carotid arteries can be hazardous. This includes pressure from anterior, inferior, posterior directions and even pressure indirectly created by extreme rotation. The carotid sinuses being baroreceptors, sense pressure changes, they do not sense where the pressure comes from. So let's not pressure them, they are high-strung. Always remember the old *Rolfing* Maxim: "Stay off the thompers!"

It is not quite accurate that arteriosclerotic plaque only occurs in the arteries of the elderly. It has been found during autopsy in the carotid arteries of service men in their twenties. Considering the nutritional habits of many first world people, we should forget about this myth. It is true that the elderly are more at risk, and should they let you know in their first interview that they have been diagnosed with arteriosclerosis (which you would have asked about, I'm sure) it would be essential to have their neck X-rayed by a friendly MD.. or Chiropractor (I hope all of us have a minimum of those up our sleeves). X-rays of the neck show plaquing clearly to a radiologist. The other important question to ask is whether your client ever faints for no obvious reason, which could indicate compromised vasculature.

The quoted information about the carotid sinus was taken from Guyton: *Textbook of Medical Physiology*, chapter 21.



Congratulations to All Newly Certified 1997 Practitioners!

(through October 1, 1997)

Adriano Aldrovandi	Italy	Gerhild Krapf	Germany
Lise Beulac	Canada	Christiane Lajoie	Canada
Marie-Helene Beaulieu	Canada	David Lamon	U.S.A.
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