



Emily Laser Trager

1910-1997

I am saddened to inform you of the passing of Emily Laser Trager, on May 25, 1997, at her home in Heritage Pointe, located in Mission Viejo, California. With Emily at her peaceful passing was her beloved caregiver José Bauson. Emily was born on May 22, 1910, in Minneapolis, Minnesota. She had a long and successful career as an interior decorator and business woman. In 1932, she married Alfred Gerald Levin, a physician. They divorced in 1938.

The very first time Emily saw Milton Trager was in a newsreel at a movie theater. He had been filmed delivering mail on a bicycle. She later met Milton and his first wife Marcy, at a party in southern California, and the three became fast friends. While Emily was recovering from a surgery in Hawaii, where the Trager's lived, Milton worked on her every day during her recuperation.

In 1962, Emily decided to move to Hawaii, from southern California. On the day the van came to get the things she had packed for the move, her good friend Marcy Trager suddenly and unexpectedly died.

Emily was with Milton during his mourning, and their friendship deepened over the years. They were married on her birthday in 1965.

The celebration of Emily's life and passing was held on June 1, 1997, at 10:00 PM, at Harbor Lawn/Mount Olive Memorial Park in Costa Mesa, California. Rabbi Nathan Segal and Rabbi David Jessel presided. It was attended by friends, family, and *Trager* folk near and far. Many attendees shared their loving memories of Emily. Emily was rested next to her beloved Milton.

Many thanks to Abbey Bat Kol for their coordination of the services; to the staff of Heritage Pointe (the Tragers' retirement community), especially staff member Bonnie Curkin who gave such a moving tribute to Emily, and who graciously hosted a reception after the services. A special thank you to Jack Liskin, my co-trustee, for his support and participation in caring for Emily and Milton.

This issue of *The Trager Newsletter* is dedicated to Emily Laser Trager. It begins with remembrances, acknowledgements, and tributes to Emily for the key role she played with Milton in supporting the emergence of his work.

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The TRAGER® Newsletter & Schedule

Summer 1997

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For Emily

We Would Not Have Trager Work If It Had Not Been for Emily

Natasha Heifetz

Natasha is a Tutor and Workshop Leader from Fairfax, California. She also works in the Berkeley/Oakland area.

I am extremely grateful to Emily Trager for being the *woman* behind—actually next to—the *man* and encouraging Milton to begin and to continue teaching his work.

If Emily had not encouraged him, I am sure that Milton would not have made the decision and the effort to get his work out into the world in the way he did. He probably would never have gone to Esalen Institute where he had his “fateful” meeting with Betty Fuller. He had arranged to be at Esalen a year earlier but did not get there because he got involved with a client in Los Angeles, in whom he was particularly interested and just forgot that he was scheduled to go to Esalen. That was Milton.

He was happy as long as he had a session a day to do and would probably have been perfectly content to just keep doing his work in his office in Hawaii. He loved teaching, but most of all he loved doing the work. Without Emily, and her exquisite intelligence, Milton wouldn't have bothered with anything else.

Emily, with all her delicateness, was a powerhouse. She was a long-time interior decorator and had successfully run three businesses. She did a great deal in her life before she married Milton. She was ambitious for him and his work. Helping

Milton to accomplish what he accomplished with his teaching became her mission. She did not always understand how or why this all happened. She told me once that at first her friends were very upset that she had given over her life to helping Milton and his students. It was a “calling” and she accepted it but was always bemused by it.

Fortunately, the combination of Milton's amazing kinesthetic intelligence and Emily's intellectual powers worked well together. It was Emily who kept notes on every class, who talked

to him about the students, who wrote down what they said, who responded to his mail, who kept his schedule, who answered the phone and was his contact with the world. I don't think he would have bothered. He was just interested in doing the work. All that she did, of course, was in addition to all of the “traditional” wifely duties like cooking, choosing his clothes and mak-

ing sure his was not too wild.

Emily attended every class and developed a deep understanding of the work. In the Practitioner Review class last March, after Milton's passing, she taught *Trager* work on the face. She had a marvelous touch.

Especially toward the end of her life, Emily was surrounded by rabbis and rabbi-type people, including Jose Bauson who had been Milton's caregiver until his passing and then became Emily's caregiver. Before that, of course, there were Milton and the Maharishi. She was a magnet for spiritual seekers and never gave up her curiosity about the mysteries of life and death and the paradox of suffering and joy.

Of all the things we spoke about in the last month of her life, she was most emotionally moved by my thanking her for all

Dearest One:--

I so much want to ease your problems big and small and in between. Maybe whatever I have been lacking will develop for me so that I can be more for you. I have never loved any one as much as I have you. No one has ever done more for me as you have. No one believes in me as much as you do. I am so fortunate.

All my love,

Milton

the good she had done in the world. I told her the world was a better place because of her presence in it. This brought tears to her eyes (and crying was not easy for her.)

The last time Emily was in the hospital—a week before her death—she had a life-altering experience which she told me about on the phone when she returned home. In an extremely clear, strong and resonant voice, she reported that her complete being had changed in a matter of hours. She had a realization while in the hospital elevator with the ambulance medics who were laughing and joking. She realized that she had had the worst case of not being able to ask for what she wanted and also she had not been able to take in what she received. She asked me repeatedly to tell Everyone to ask for what they want and be open to receiving. And moreover, she was now asking for Love and to tell Everyone to send Love to her—she could Now receive it. She died six days later, three days after her love-filled 87th birthday.

At the end of her life, she was more gorgeous than ever, filled with love for Milton and those around her, truly receiving, and filled up.

The last exchange we had, on her birthday, she said “Natasha, please, never leave me”—something she often said to her dear ones, especially in the last months of her life.

Emily, I will never leave you. You have become part of my heart. I am very fortunate to have had Emily as my friend. Her passing is a great loss to all of us.

*Emily has joined Milton in the
Land of Infinite Grace
Where feelings of loneliness
Do not exist*

My visit with Emily... ...the day after Milton's funeral

Judy Rose Seibert

Judy Rose is a Practitioner from Silver Spring, Maryland.

I never met Milton Trager. I had been saving up a frequent flyer ticket to go to the Practitioner Review that was scheduled this May, where I hoped to be able to meet Dr. Trager. I had asked the Institute to schedule another “Day with Milton”, so I could go sooner, but that never came to pass. The week before Milton died, I had heard he was in the hospital, in serious condition. I found myself thinking of him many times, at what seemed like odd times, like just walking up the stairs. When he died, I knew I would use my frequent flyer ticket to go to the funeral. I had to go; I had to grieve. I planned to stay a few extra days after the funeral, and unlike my usual habit, I didn't plan ahead of time what I was going to do.

At the reception after the funeral, I met Maryann Zimmermann for the first time. I told her how much I appreciated what she had shared during the memorial service. We hadn't talked long before she asked me how long I was staying in California, and then asked me if I would go visit Emily Trager. She was concerned about Emily because so many people were leaving right away. The Instructors had a meeting in Mill Valley, the next day, and many friends who had spent the last week with Emily were now returning home.

I had never dreamed of going to visit Emily. I hadn't even spoken to her at the reception because I was concerned that she might feel overwhelmed with talking to all the people she did know, let alone meeting someone for the first time. But I told Maryann that I would go to visit her.

The next morning I went to the florists and bought flowers to make a lei—mini carnations and tuberose—wonderfully fragrant flowers that remind me of Hawaii. At first I thought I was making the lei for Milton, and would leave it on his grave. As I sat in the sunshine stringing flowers into the lei, I realized I was making it for Emily. I wore it to the gravesite, and had a short visit there. Then I went to visit Emily.

When I arrived at Heritage Pointe in the late afternoon, Emily no longer had any visitors. She was surprised to receive a visit from someone she didn't know, but when I told her that I wanted to bring her some aloha, and placed the lei around her neck, she warmed immediately. She began telling me stories about Hawaii, as if I was an old friend. She told me a particularly long story about Milton dancing the hula for a lunchtime audience of tourists at a hotel, and about how fearful some of the hotel personnel had been. This was the first time a non-native had danced there—would the audience laugh at this haole [non-Hawaiian] doctor who presumed to dance the hula? Emily told the story with great relish, clearly transported back to the time. I was very glad I had come.

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Bonnie Curkin, from the staff of Heritage Pointe, stopped by to see Emily. She encouraged Emily to let me work on her, since I was a Practitioner. As she sat in her wheelchair, I worked first with her arm and shoulder, and then stood behind her to work with her both shoulders, and her neck and face. Her dinner arrived, and I continued to visit with her while she ate. She had been talking about Milton's [Trager] table. After dinner, while her blood pressure was being checked, I asked if I could go into the study to see the table. It was real pleasure to slide my hands across his table, and to spend a few minutes in his study, soaking in the feeling there.

Walking back to the living room, I found myself asking Emily if she would like to get onto the table. Her face was transformed into the most beautiful smile. I told her that smile looked like a yes to me, and in a few moments she was lying on the table.

When she was comfortably settled in, I did a few extensions of her legs, noting the slightness of her body. It occurred to me that I had never worked on anyone quite like her before. I sat on the head of the table and did some exploratory movements with her neck. I paused, my hands resting on her cheeks. Then it hit me. I was sitting on Dr. Milton Trager's table, with his beloved Emily lying before me, the day after the funeral. What was I doing?

I found myself thinking, "Milton, I need your help here! What do I do for Emily?" My eyes were closed, and I became aware of a presence in the room. It travelled above me and came behind me. I felt an effervescent tingling as if long arms were wrapping around my arms and down my hands onto Emily's face. I don't really remember what we did next, except that it was some neck work, and that after a while, it seemed like enough, and I got off the table. I began working with her leg. Then the phone rang. It was Rabbi Nathan calling, and that brought the session to a close.

During the funeral service, Rabbi Nathan Segal said "Milton will be available to us in Hook-up whenever we call upon him. Energy is never lost.... Let's continue to bless each other and nurture each other and be available to each other." Thank you, Milton. And thank you, too, Emily, for your trust, your love, and your beautiful spirit.

A Remembrance

Jeffrey Joel

Jeffrey is a Tutor from Kelly, Wyoming.

At one of the trainings I was at in Laguna/El Toro in 1996, there was a line waiting for Milton to work on people's hands and arms. While I was waiting I was seated on the floor next to Emily, who was talking quietly to me while stroking my left hand. About five minutes later my turn came to be with Milton, and he worked on my right hand. The feelings I got from both were so similar *and* so different. I spent the entire day appreciating the different qualities from each and can still recall them.

In Memoriam for Emily Laser Trager

Jack Liskin

In Emily's drama
Something important
Has always just happened
And the world should know
So with Milton
So with each and all
And she content
in supporting roles
(Stealing half the scenes
When we couldn't track
The story line)
When the hero fell
She stepped from the shadow
In bolder silhouette
Dismissing pain
Urging the players
To their greater deeds
In the end
A spindly arm
Pressed back the curtain
For one last bow
When the guests were gone
Her breath subsided
Till one puff rose
to the waiting dancing clouds

Message from the Board President

Sara Michael Davidson

In light of the passing of Milton and Emily Trager and in consideration of all the changes now facing the Institute and the global *Trager* community, the Board of Directors continues to take its responsibility of protecting, supporting and honoring the legacy of Milton Trager quite seriously.

Needless to say, we are all involved in a major transition and the direction the Institute takes depends largely upon the contributions made by each of us, regardless of whether we are long-time participants, or new students. Neither the Board, the advisory committees, the educational and administrative staffs, nor any one group can single handedly address all the issues at this time.

Those of us who make policy and decisions affecting the Institute cannot possibly hope to make changes which will please everyone. I quote (author unknown), "If everyone likes you, you're doing something wrong." Change is challenging and the Institute is at a momentous crossroads. Each of us is faced with the reality that the Institute (and its entire structure) is in the need of, and in the process of, change, and what worked 20 years ago no longer applies to the global outreach of Milton's work and the role the Institute plays in international circles.

In addition to obtaining State of California post-secondary, vocational education certification, the Board is in the process of hiring a consultant to recommend and oversee the educational and organizational changes which may affect many Institute activities. You will be informed of decisions made and changes implemented in future newsletters.

Your participation can, does and will make a difference relative to the Institute's future and I invite you to respond now with your opinions, views, suggestions and ideas. With all the professional, creative and intellectual talent which exists in the *Trager* community, we can surely accomplish great things. If we all keep the larger picture in focus the Institute is assured of its continued success and furtherance of Milton's legacy.

I look forward to hearing from you.

The Eighth International *Trager* Conference

Moving with Awareness into the 21st Century

Anna Marie Bowers

Anna Marie is a Practitioner from Cleveland, Ohio. She also chaired the 5th International Conference Committee.

Rock and Roll in Cleveland. Our next conference is planned for August 6-9, 1998, in Cleveland, Ohio. (A detailed plan has been provided for review by the Board of Directors.) We will be offering many classes both before and after the conference. The conference will provide many opportunities to explore and go deeper in The *Trager* Approach through Core Curriculum Workshops in tablework, *Mentastics*, and Practice Building/Communication Skills. There will also be elective workshops. There will be ample time for trades, tutorials, regional and committee meetings, social events, and enjoying the sites. We are hopeful we can provide time to begin planning the next conference while we are all together. We will have a Shabbat service honoring the lives of Milton and Emily, as we recognize the contributions they have made.

The location of the conference will be Cleveland, Ohio, which is served by an international airport, and offers many cultural events, museums, parks, etc.--including the world renown Rock and Roll Hall of Fame. The conference schedule will be such that both participants and families who attend can enjoy the city. The weather in August will be warm.

We are working to find discounted transportation costs as we check into all possible ways to bring people from around the world to the conference.

This will be an exciting conference which we hope will bring all of us new awareness as we move into the 21st century.

Public Education

Parkinsons Disease

Martha Partridge

Martha is a Practitioner from New York, NY. She is doing exciting work with Trager in service to people with Parkinsons, and you can count on frequent reports from her in these, and perhaps other, pages.

Trager and people who have Parkinsons are taking some wonderful journeys together here in New York City. We now have a team of Trager Practitioners who have had some experience with Parkinsons through a hands on lecture/demonstration that we did at Mt. Sinai and/or practice sessions with patients who have come to my office. When I have a referral, I take into consideration the client's financial status, their location, and their preference for a male or female practitioner, among other things, and then I refer them to someone on our team—myself included. Most of these referrals come from the Parkinsons clients themselves or from Mt. Sinai hospital.

On March 25th I took one of my clients to the Physical Therapy department at Long Island University and presented a lecture demonstration to the physical therapy students. They all experienced *Mentastics* and hands-on work with each other before watching my tablework demonstrations with my client and her *Mentastics*. They were excited about the awareness that they experienced in themselves and saw in my client as well as the way I used my body while working on my client with tablework. The director of research in the department specializes on research with Parkinsons. She was present at the presentation and was very interested and excited about the work. Trager will be part of the research grant that she will be directing with her study on sensory input and Parkinsons disease.

Coming events include a visit to the head of research for Rusk Institute, an in-service presentation to the Physical Therapists and Occupational therapists at St. Lukes Hospital in Manhattan, and communications between myself and numerous neurologists in the New York city area who are becoming more interested in this approach through their patients.

Following is a letter I received in response to the lecture/demonstration.

“Dear Martha,

On behalf of the Parkinson's Disease support Group, I would like to extend you thanks to you and your fellow practitioners for the Trager demonstration.

The feedback I received from the participating patients and caregivers was phenomenal. It is my hope that you and your fellow Trager practitioners will be able to become a permanent fixture in some capacity here at Mount Sinai Medical Center. I would like to start by making a recommendation to the Director of the Movement Disorders Center that Trager work be offered to patients in some capacity. I will certainly keep you informed of any developments towards this goal.

In the meantime, I will certainly continue referring patients to you and will ask you to come back to our support group on a later date this year...perhaps the fall schedule.

Again, thank you very much for a very wonderful and enjoyable learning experience.

Sincerely,
Deborah Ann Culliton,
Research Coordinator
Department of Neurology
The Mount Sinai Medical Center”

We're in the Market

Megan Eoyang

Megan is a Practitioner from Santa Rosa, California. She is Chairperson of the Ethics Committee and of the Board Marketing Group.

The new Trager license plate frames will come into the Institute office by early to mid-July. They will be black with white or silver lettering. The smaller message on top will say: “Feel like a Dancing Cloud.” The larger message on the bottom will say: “Get a Trager Session.” Requests for the frames are already coming in from Practitioners all over.

As I mentioned in my last column, I have received a few questions about the work from people who see the frame wherever I park the car. One man asked whether Trager work would help his arthritic wife. Two police officers were quite interested and full of questions when I parked in front of someone else's car—to which they were issuing a parking ticket. I often see people stop walking and back up to read the frame, maybe because it is so unexpected? The best story happened just a couple days ago. I was driving in a new part of town when a woman drove up alongside me and called out, “Can

you pull over? I want to talk about *Trager!*” “Sure!” I called back. We pulled into a fast-food parking lot and I gave her my card after she exclaimed that she had been looking and looking for a *Trager* practitioner. She had just had a massage the other day and concluded that what she really craved was the integration she gets from a *Trager* session, hadn’t had one in years, and didn’t know where to find a practitioner. I know she will call for an appointment soon.

There have been some unexpected consequences from having the frame on the car. For one thing, I find myself driving just a little bit more politely than I used to because I don’t want other drivers to think *Trager* people are jerks. No more working out frustrations and hostilities behind the wheel! I’m driving slower since putting on the license plate frame because I don’t want other drivers to associate *Trager* with irresponsible drivers. (That part was really tough because I love to speed.) Also, I never park nose-out in parking lots now because I want the frame on the back of the car to show (though I am thinking about getting a second frame for the front so it won’t matter which way I’m parked—twice the exposure!)

Recently my sister had knee surgery because of a skiing accident. She is, among other things, a personal fitness coach and aerobics instructor, so she knows about the benefits of *Trager* work. I referred her to one of our Instructors in her area, Gary Brownlee, and she was astonished at the effectiveness of having a *Trager* session during her recovery from surgery. She loves the *Mentastics* Gary gave her to help speed up her recovery at home. When I mentioned the license plate frames the Board Marketing Group is working on and wondered out loud whether anyone other than *Trager* practitioners would want to put the plates on their cars, she piped up that she would love to put one on her car and to tell people how much the work has helped her.

We could make a frame available as a “thank you” gift to long term, faithful clients, or ask them if they would like to buy one and put it on their car. Perhaps even people who come in on a short-term basis for *Trager* work for specific pains or injuries would feel grateful and enthusiastic enough about the work to show off a *Trager* license plate frame. After all, how many people really care about advertising where they bought their car? A satisfied client is one of the best advocates for you and your work.

The license plate frames will be available at a special discount price of \$10.00 to *Trager* practitioners and students (and friends) instead of the typical market price of \$12.00-17.00 for equivalent frames—we’re going with classy, not trashy. Money that comes in for the frames will help us boost marketing efforts at The *Trager* Institute and help you promote the work in your area.

Other good news coming out of the Board Marketing Group’s efforts is a wonderful, simple, and very good production-quality

videotape about *Trager* work. It comes from a demonstration by Clifford Shulman, New York *Trager* practitioner, on a television talk show in his area with a few editing additions (like information about *Mentastics* and how to get referrals for *Trager* practitioners and *Trager* trainings). This videotape would be a terrific quick introduction for presentations to groups (like at hospitals, nursing homes, fitness centers and massage schools). It might be useful at Introductory Workshops and *Trager* classes to illustrate some simple ways to talk about the work, or to share with family and friends who are always asking about the work: “Just what is this *Trager* stuff you do?”

The videotapes will be available from the Institute office about July 1st, and will cost \$15.00. The excellent quality of this short videotape is the source of the slightly higher cost—and will be the source of many good discussions about the work after you show it and share it. We’re really excited to offer this professional quality videotape to *Trager* people after all these years.

Something that came up in a discussion yesterday that I cannot emphasize enough. It is so important for us all to remember that “marketing” is how we make sure this precious work reaches as many of the people whose lives will be changed by it as possible. How else do we do our part to change the world?

I’m wishing you well!

Media Watch

Compiled by Don Schwartz

Thanks to everyone at the AMTA and their quarterly *Massage Therapy Journal* for publishing both a tribute to Milton and a review of Dr. *Trager*’s biography, *Moving Medicine*, by Jack Liskin, in their Spring/Summer 1997, Vol. 36, No. 2 issue. Both pieces were written by Mirka Knaster, a long-time *Trager* friend, and author of the influential *Discovering the Body’s Wisdom*.

As announced in our last newsletter, *MASSAGE Magazine* published an article on *Trager* by yours truly, as well as a tribute to Dr. *Trager*, in their May/June, 1997 issue. Thanks, again, to everyone at *MASSAGE*.

New Age Journal has been kindly and increasingly mentioning *Trager* and The *Trager* Institute in their publication. Our administrative office has received a copy of their just-published 1997-1998 *Special Edition Guide to Holistic Health* which includes a paragraph on *Trager* on page 89.

Thanks to *Trager* Practitioner Yvonne Bowman-Burton of Castro Valley, California, for her support in the re-publication of my editorial, “The Tragedy of Skilled Touch and Move-

ment in the United States," in the *Association of Humanistic Psychology's Somatics and Wellness Community Newsletter*.

Speaking of the devil, AAMP MASSAGE CURRENTS, the newsletter of the Arkansas Alliance of Massage Practitioners, reprinted an unabridged version of the just-mentioned editorial which originally appeared in *MASSAGE Magazine*. Many thanks to editor/publisher Marian Chapman for her kind introduction to the editorial, and for publishing the original version including references. This issue, Volume 4, Issue 2, Spring, 1997, also includes an announcement of Dr. Trager's passing.

Trager Practitioner Creates Alternative Medicine Resource Guide

Marsha Handel, a Practitioner from New York, New York, writes: My partner, Fran Feuerman, and I have just published the *Alternative Medicine Resource Guide* through Scarecrow Press after two and a half long years of work. This two part book begins with a resource guide to national and regional organizations, schools, and educational centers, treatment centers, treatment programs and product suppliers. Our beloved *Trager* work, of course, is one of the listed resources! The second part is an annotated evaluative review of over 200 books, journals and newsletters in the field.

While we felt this type of resource was long overdue—no other comprehensive directory like this presently exists that we know of—I had no idea how needed it really was. I have just returned from the Second Annual Alternative Therapies in Health and Medicine conference in Orlando, Florida, and over and over again attendees—physicians, nurses, acupuncturists, bodyworkers, energy healers, herbalists, mental health professionals—asked questions that we answer in our book: where to study a particular modality, how to contact fellow practitioners in related fields in one's geographic area, where to buy quality herbal products wholesale and retail, in general who and what is out there. I felt truly blessed and so excited that we had created something that seems to fill a need so basic to the continued professional development of alternative medicine practitioners of all kinds.

The book can be purchased through Scarecrow Press, 1-800-462-6420. We hope it provides good guidance and useful leads to all who use it.

Trager Exhibit at AHMA Conference

Betsy Wright Loving, Valarie Matinjussi, and Jack Blackburn

Jack, Betsy, and Valarie are Practitioners from Washington state.

On May 7th, 8th, and 9th, 1997 local Northwest *Trager* Practitioners participated in an exhibit booth at the American Holistic Medical Association's 20th Annual Scientific Conference at the Bellevue Red Lion Hotel. The *Trager* Task Force for Public Education sponsored the booth. The conference, titled "The Practice of Holistic Medicine—A Bridge to the Future," had an estimated 350 attendees, most of whom were MD's. Also attending were nurses, physical therapists, osteopaths, bodyworkers, naturopaths, chiropractors, acupuncturists, etc. Thanks to Betsy's quick action and to the gracious assistance of conference coordinator Elizabeth Stark, we were moved to an excellent booth location in a spacious and airy corner. We had ample room to provide brief *Trager* sessions to conference participants on a massage table and massage chair. This is perhaps the best way to communicate what *Trager* is about. We charged \$15 for 15 minutes. The income from these "tastes" of *Trager* was enough to reimburse the Task Force for the cost of the booth as well as cover the other expenses of the exhibit.

On the wall behind the booth hung the "Laughing Milton" photo from the last Newsletter cover. Indeed he would be overjoyed to find his work so easily accepted at a medical (albeit holistic) conference. It was great to have an opportunity to share our work with medical providers. The reception we received was warmly inclusive, enthusiastic and open-minded. The participants had many questions about the work, which we gladly discussed. Esther at the Institute office had provided us with printed literature, a *Trager* banner and copies of "Moving Medicine" and "*Trager Mentastics*" to sell. We encouraged them to take the handouts with them, along with their lighter, softer bodies. Betsy and Valarie experienced an affirming awareness of new possibilities of cooperative and inclusive health care. The divisions between allopathic and alternative health care appear to be gradually softening under the benevolent influence of the AHMA. Our shared clients/patients will surely benefit in the long run from such teamwork!

Betsy and Valarie set up the booth, scheduled the volunteers and did the overall coordination for the three days. We would like to acknowledge and thank other *Trager* personnel: Janice Morrisson, Sara Strasburger, Kemble Brunton, Diana Sill and Lynn Chadsey for working in the booth with us and contributing to this venture.

This whole operation came about because the *Trager* Task Force has been carefully monitoring events that offer oppor-

tunities to educate other professionals. In this case Jim Day called Jack Blackburn about six months ahead of the conference to see if there would be ample support locally to man such a booth. Jack then met with Betsy and Valarie to hatch a plan. We sent out over 60 postcards to local *Trager* people to find volunteers for the booth. We would encourage you to do the same thing in your region. We learned a tremendous amount by interfacing with the other professionals at the conference.

Also we would like to take this opportunity to extol the work of the Task Force. You may not know it but the task force is a group of *Trager* practitioners who put money up front to cover the expenses of such efforts as our booth. What we experienced is that this is one of the most effective ways of getting the word out about *Trager*. The Task Force reinvests monies derived from such events back into others. For this reason they are very deserving of your financial support. It costs a mere \$50 to become a supporting member of the Task Force. Even if you can't afford the \$ please keep them posted about upcoming professional events and be a volunteer. It's fun! Remember that the work they are doing is helping you. To learn more about the Task Force contact: Jim Day, 21 Whittier, Trenton, NJ, 08016, or call 609-392-7653, or Fax 609-392-1211. Send contributions and/or membership fees to: Task Force Treasurer, Michael Lear, 827 Wilbur St., Easton PA, 18042.

[NOTE: Membership in the American Holistic Medical Association is not limited to Md.'s only. Associate membership is open to health care providers who are licensed in their state to provide services to patients/clients. For more information, write: American Holistic Medical Association, 4101 Lake Boone Trail, Suite 201, Raleigh, North Carolina 27607, or call (919) 787-5181.]

A *Trager* Introduction for the AMTA Convention

Jack Blackburn

How many *Trager* persons does it take to fill the 23rd floor of the Sheraton Hotel in downtown Billings, Montana, and get it rocking? About 36! As I was taking the elevator to the 23rd floor someone told me that locals believed that there was no steel in the building above the fifth floor. From then on I could feel the building sway. How did *Trager* people get to Billings, and how did we get to present to the AMTA, and did the Sheraton survive? Therein lies a tale.

I have been doing *Trager* Intro Workshops and demos at the local massage schools here in Seattle, for about two years.

Last Fall I received a call from a person in rural Montana, who said she had been receiving invitations to my workshops from her former Seattle massage school. She said that she had been interested in *Trager* since her student days but could not afford the time or the travel to come to Seattle. She then asked me if I would be willing to come to Montana, to teach. She said she was a coordinator for the Montana AMTA. She suggested that I might like to come and teach an Intro Workshop at their state convention in Billings. I said sure but that I didn't know where Billings was and that it's my habit to involve other *Trager* people in the workshops and so we'd have to find a way for that to happen. We both got to work.

It was tricky finding other *Trager* people close enough to make the venture affordable. I usually pay the practitioners who assist me but even at that Montana is a huge state with only one *Trager* person. Also the AMTA wanted the class to have "Category A" Continuing Ed. Certification. I said "I don't even know what that means." So I had to do some investigating. I found a *Trager* student, Randy Porter in West Point Utah, a *Trager* Practitioner, Brian Zimmerman, from Boise Idaho, and the one *Trager* Practitioner in the state of Montana, Maria Arrington. All of them agreed to assist. I wrote to the National Certification Board for a Class A application. I also got backup from a local massage school which has "A" status in case I didn't get the paperwork done (I didn't).

It was a fun packed adventure getting there... and back. I flew to Boise, and picked up a rental car, which turned out to be an Isuzu 4X4. Randy flew in from Salt Lake, and joined Brian and I for the big drive. We wanted to stay at hot springs on the way over and on the way back. After we were in the car for awhile, we realized that we were quite an assembly: an Odd Fellow-Buddhist-Baptist, a Mason and a Mormon and were to be joined in Billings by a Quaker. We came up with a lot of jokes and questions and stories from our own lives, which helped pass the time. The three "boys" had a rollicking good time. Brian and I were intent on getting Randy in trouble since he seemed the least likely to err. So we took him into a sleazy "cowboy" bar in Lava Hot Springs. He drank cranberry juice and thought one cowpoke was going to punch him out for not reacting to his 20-line poem looking for a word to rhyme with the word "truck." At a hot springs on the way back a young naked woman floated seductively on her back, and said "good night gentlemen." Brian and I laughed and kidded Randy who is legally blind and couldn't see the temptation. Finally we insisted he get a (fake) tattoo on his derriere before going home to Utah.

Maria joined us in Billings after flying down from Glacier (check your maps). We had made very good time with Montana's "reasonable and prudent" speed limit. We were housed on the 14th floor of the Sheraton. Class began that night. Everyone was impressed by the fact that four *Trager* people could assemble from four different states and have so much coordination of purpose. That night, after introduc-

tions, we did a “hook-up” exercise with the whole group and stressed that what they had experienced is the core of The *Trager* Approach. Next we spent an hour giving each of them a taste of the work and a visual impression of a whole session. We encouraged them to practice “hook-up” on their own.

We were with them for eight hours on Saturday. Spent some time playing with “morning” *Mentastics*. Each one of us gave them some moves to play with that would help them in taking care of themselves in their practice. Next we expounded on a set of principles similar to those in Jack Liskin’s book. We talked from our own experience of applying those principles; how many apply equally to all forms of bodywork while some, like gentleness, and pleasure are more unique to *Trager*. We showed them some primary moves on each of three parts of the body, encouraging them to apply the principles with each move. We also encouraged them to spend time finding other moves using the Principles as guidance. On Sunday morning they did an exchange; 45 minutes each way. We finished up with Training Track information, legal restrictions, and feedback about the class.

We three “amigos” said our good byes to Maria and our new friends from Montana and headed for the “Little Big Horn” Battlefield. What an amazing feeling to be in that place after spending so much time in “Hook-up.” There was a tremendous downpour when we got there. We lolled in the museum looking at artifacts and learning the history. By then the rains had stopped, though it was quite windy. Randy and I walked up to “Custer’s Hill” while Brian tried to get and keep his cigar lit. Randy was able to see enough to get an overall impression and could see the stark white marble markers against the green hills. We then headed toward Yellowstone and Chico Hot springs for that night. The next day we drove through Yellowstone and were lucky enough to encounter buffalo and elk walking right next to the car. The rest of the trip was a beeline back to Boise.

Some wonderful things happened on this trip. First of all, 31 massage practitioners were introduced to *Trager*. Three of those practitioners own massage schools in Montana and would like to host *Trager* Intros in their own community. So some good seeds got planted. Maria, as the only *Trager* practitioner in the state, will play a key role in building up enough of a base to have some Beginning Training’s there. We four got to know one another and some fine people in Montana. This journey was very affirming of The *Trager* Approach and the joys of camaraderie. I look forward many more such experiences. I believe that states where there is little or no *Trager* presence offer unique challenges and opportunities for the growth of the *Trager* community.

Touch Radio Now Broadcasting

MASSAGE Magazine is sponsoring a weekly live radio program, “Touch Radio,” that will focus on massage and bodywork. The program will be broadcast initially for 13 weeks on station WALE AM which serve 3.3 million listeners in Rhode Island, southern Massachusetts, and parts of Connecticut.

The show will have first aired on June 6, from 6-7 pm, and will cover Swedish massage therapy. Each week will feature a different topic. Two of the shows will be broadcast live from Sturgis, South Dakota, where the first Sturgis Massage Team will be offering chair massage to an estimated 200,000 motorcycle enthusiasts from around the world.

WALE is an all-talk radio station, and part of the Touch Radio programming will include questions called in from the listening audience.

The View from Here

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, Jack actively promotes Trager in medical contexts. Here is his most recent report—followed by an exciting letter.

Interest is running high at our nation’s academic health centers in alternative/complementary/integrative therapies, as medical schools along with certain health maintenance organizations search for the formula for success in a competitive health care marketplace. They figure that if people want non-conventional care, why not offer it themselves. That’s the opportunity for *Trager* Practitioners and others. The problem lies in the perceptual context which drives such large organizations to daily gobble up smaller ones in a bid to capture higher numbers of “covered lives” (that’s what they call human beings who come to them for care), and thus dominate their markets. More than a quarter of medical schools around the country now offer at least some minimal exposure to complementary medicine in their curricula.

Working as I do at USC’s School of Medicine, the home of one of the most high tech tertiary care hospitals, which is owned by one of the largest hospital organizations in the country whose stockholders are carefully and constantly scrutinizing the bottom line, I take a great and sneaky pleasure in bringing the lowest tech principles—touch, feeling, and movement—into the beast’s innermost cave. In May I presented two classes to the hospital staff, their very first wellness workshops ever, introducing *Trager* movement principles to RN’s, environmental service workers, and others, to help them avoid injury and deal with on the job stress.

Teaching them to take a relaxing breath, increase their body awareness, and move with the lightness and freedom of *Trager* movements was certainly more fun for them than hearing a dry lecture on body mechanics. The charming part for me was knowing that it takes a *Trager* Practitioner's view of life to offer them something for their pleasure and well being that the great behemoth of a hospital, with all its specialty services and corporate staffing, had not been able to offer in the four years since the hospital was built.

At the same time, with the medical school dean's encouragement, a group of clinicians, researchers, and teachers has been meeting these last few months to see if we can build some sort of complementary health care center at our school. The head of the group is a neurologist with ayurvedic medicine credentials who hopes to secure big dollars for this effort. He worries me a little, however, when with the specialist's typical style he begins to talk about "complementarists." Just what we needed, another specialty! Like a "loch in kopf" (a hole in the head), my Yiddish mother would say. One researcher wants to operationally define spirituality, another wants to push Chinese medicine, and most want to secure funding from the National Institutes of Health, the big prize in medical school research.

Down the road a few miles, the University of California at Irvine has had a working complementary health care group for a few years. One of its members, Dr. Herb Modilevsky, attended a *Trager* class earlier this year and as a result invited me to address the group in June and demonstrate Milton's work.

This summer also, I will be advising two first year medical students on research projects, one investigating faculty physician perceptions of alternative care, the other looking into why patients seek alternative therapies. These bright young people are thirsting for something beyond the lockstep approach to health and illness found in their medical school classes.

I have had the privilege of spending time with Emily Trager before and since Milton's death, and before her own passing. Despite her own health struggles she continued to inspire in the way she promoted and nurtured the best abilities of those she took into her heart. No wonder Milton depended on her so greatly from moment to moment. Her capacity for caring was great indeed, and she always manages to soften my crusty heart. During this time also I came to appreciate Don Schwartz's unbending efforts to nurture and support everything *Trager*. Few people know that Don had called Emily daily for years and had attended to her and Milton's well being with the faithfulness of the most devoted son.

In my own practice I continue to pray for the capacity to hear, see, and understand the deepest needs of those who come to me for help. Every time I think I know something and set my sights on fixing a problem I end up working too hard.

How many times I must remind myself to back off, do less, know less, and just care for the people who so mysteriously have come to cross my path. How fortunate I am that they are allowing me to learn from them and develop myself further.

Meanwhile, *Moving Medicine* is doing well. The chairman of my medical school department even let me know that he had purchased the book! In order to cash checks for the book made out to that name I had to publish a fictitious name (doing business as) statement, so *Moving Medicine* is now also my alias—not a bad one at that. My e-mail friend, Piermario Clara, from Italy, is working on getting the book published in Italian, and my German colleagues are hoping to do the same.

In the coming months, I hope to again offer my workshop for Practitioners on *Trager* in the Medical Context. If you are interested in learning the language of medicine for communicating with medically oriented people and documenting your work appropriately for medical record keeping, you may wish to attend. Let me or the Institute office know if you want to participate. To all of you, have a wonderful summer!

The following is a letter to Jack Liskin is from Janet T. Nash, Administrative Assistant, Dean's Office, College of Medicine, University of California at Irvine.

June 12, 1997

Dear Mr. Liskin,

On behalf of the Center for the Study of Complementary Health Care, I wish to extend our deepest gratitude for making your presentation on June 3rd on "Brining Principles and Practice of The *Trager* Approach into the Medical Context." Your demonstration was spellbinding in its impact on the model and in the group transference of state-dependent learning.

I read your book, *Moving Medicine*, and couldn't put it down from start to finish. I personally believe that state-dependent modalities all work to the level of the practitioner's ability to BE [author's emphasis] the relaxed state of "remembered wellness" that they want to communicate. I would like to know if there are any *Trager* Practitioners in the Orange County area in case I could be in a position to give a reference for this approach as I wouldn't hesitate to do so if the occasion arose.

Thank you again for your willingness to share with us this marvelous gift from Dr. Milton Trager.

Practice Resource Directory

Compiled by Don Schwartz

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

Reverend Alia Zara Aurami, Ph.D.

PO Box 45664
Seattle, WA 98145
206-633-5737 or 827-7773

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

Ryan Elliot, M.S.W.

800-421-2717
Ryelliot@aol.com
<http://ourworld.compuserve.com/homepages/succeed/>

Ryan offers a comprehensive practice development program.

Diana L. Thompson, L.M.P.

Healing Arts Studio
916 North East 64th
Seattle, Washington 98115

800-989-4743, ext. 7

Diana has written and published a book entitled *Hands Heal: Documentation for Massage Therapy*. Base on seven years of research by the author and several massage schools in Washington State, *Hands Heal* explains and demonstrates all the documentation any bodyworker needs to establish and maintain a system of accurate client information needed by most insurance companies and other health care providers. Accurate record keeping can provide you with the necessary documentation to prove progress, and, in so doing, demonstrate the value of your work.

Michael Madrone

19-1536 West 14th Avenue
Vancouver, BC V6J 2H9
Canada
604-736-2700

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

the Portable Practitioner

P.O. Box 2095
Petoskey, MI 49770
616-347-8591
800-968-2877

Published and edited by Monica Gruler, *the Portable Practitioner* is a periodical with the following mission: To assist in the process of discovering and creating opportunity around the globe for those involved in the health and healing arts professions, and to communicate the news of opportunity to our subscription members. To offer a vehicle through which practitioners may establish relationships with fellow practitioners and with establishments that demonstrate their commitment to health and healing arts disciplines through employment of qualified professionals. A website is now available at: <http://www.cybersites.com/portprac>

Call or write for subscription information and additional services.

Touch Therapy Times

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Touch Therapy Times is published monthly by the Maryland Bodywork Reporter, Inc., Jack Thomas, President, and is independent of any massage or bodywork organization. It has one of the best, if not the best, coverages of legal issues on both a national and state-by-state basis. Subscriptions are US\$25. per year in the USA, US\$30. for Canada and Mexico, and US\$37. for overseas.

Cherie M. Sohnen-Moe

Sohnen-Moe Associates
3906 West Ina Road, Suite 200-348
Tucson, Arizona
85741-2295 800-786-4774

Cherie is a leading pioneer and innovator in the field of practice development. Her organization has grown to the point she offers a catalog of products and services to empower practitioners in the development of their practices. Cherie has recently increased the number of publications she offers.

Touch Pro Seminars
888-777-7817

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

SomaNet Referral Service for Bodyworkers

Offers a 900 number to the public for referrals to practitioners throughout the United States. Individual practitioners may list themselves in this network for a nominal annual fee. Contact SomaNet at: P.O. Box 806, Desert Hot Springs, CA 92240, 619-251-7737.

The Trager Institute

21 Locust Avenue
Mill Valley, California
94941-2806
415-388-2688

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

Board Member to Serve on NEH Panel

Trager Institute Board member Rickey Hendricks, Ph.D., has been asked to serve on the panel of evaluators for the 1998-99 National Endowment for the Humanities Fellowships (NEH). The NEH will pay her expenses to Washington, D.C., on July 31, 1997. NEH Fellowships give opportunities for scholars to pursue projects of independent research and study, to enhance their capacities as teachers, scholars, and interpreters of the humanities. The fellowships enable them to make significant contributions to thought and knowledge in the humanities.

From Peter Wright

Peter is a Student from McBride, British Columbia, Canada. His article describes exciting volunteer work he is doing as a Trager Student.

Living in a small village deep in the Canadian Rockies provides many outlets for *Trager* in unusual ways. It was first used for hockey injuries by successfully applying *Mentastics* to many aches and pains of our hockey team, the "Rockies". In particular, letting the arm dangle lightly, then even lighter than that, allowed shoulders and arms to loosen up. Once I gained the team's confidence, we moved on to standing on benches with one leg while allowing the other to extend for the hip socket with the other much like the aforementioned arms. Next season I might try some hands-on with these "savages".

Next came yoga class where *Trager* was used to allow for a deeper stretch by going to the prescribed light extension, then asking myself, "What's softer than that?" then, whooooo, the stretch just flowed right out without effort. Once there, I'd keep feeling the gentleness and actually enjoy the extension. Finally came hiking up mountains with "angel hands" supporting the back of my head and under my shoulder blades. Also, a thread above my head hooked me up in order to float up the mountain. Wow, can't beat the feeling!!

Who Were the Tragers?

Elizabeth Ormyron, Tutor and European Trager Representatives Liaison, informs us that Swiss radio, in a travel magazine program called "Globus", on March 20, 1997, broadcast the following information on travel in Bulgaria:

In the south of Bulgaria are what are known as "The Trager Lowlands". The name derives from the Tragers, who were the first Bulgarian nation. They were at the height of their power and influence in the 6th century, A.D. The Tragers were well-known to the ancient Greek civilization, who prized their fine horses and appreciated their wines. Very beautiful gold and silver treasures of the Tragers can be seen at the National Museum in Sofia.

On Golf: One more observation I've made is the real benefit of being "Hooked-up" while playing golf. My game went from being a beginner type golfer to intermediate. All my shots have become more consistent. I'm not saying that this take the place of golf lessons. Rather, that being "Hooked Up" while playing golf allows one to actually be able to consistently put those lessons into practice and not quit from frustration. In order to say "Hooked Up" I pretend I'm weighing a leg by the ankle with both hands in a feather-light feeling just before a shot with my club resting against me. Then, when I pick up the club I'm ready. Wow! Everything just goes smoothly. My drive is 40 yards farther, and my slice is gone. All the rest of the game--fairway shots, pitching and putting, to name a few--has improved significantly. What could be softer? Softer in golf means greater accuracy and distance. *There!* Put that in a golf magazine and watch the rush to learn being "Hooked Up!"

Testimonials

From Nutan Joy

Nutan is a Tutor from London, Ontario, Canada.

This is a true story about a remarkable young man and the Reflex/Response work; it is my heart-felt tribute in deep gratitude to Milton.

I first met Russell in 1984, when he was a baby of thirteen months. I had just returned from one of the first Reflex Response trainings, followed by a clinic with Milton in Mill Valley. At that time we were trying to figure out what Milton was doing with the Reflex/Response work. I remember following him around, watching him, and knowing deeply that this was the DIRECT route to Mind! I knew that somehow information was being transmitted, broadcast, to the cells themselves, bypassing the small mind, reaching the place where consciousness is born. I felt so grateful to be there witnessing this—and so helpless too. I had no idea “how” to do it!

Russell's mother was a client of mine, and she had felt the benefits of *Trager Work* in her own life. She intuitively knew that this was what Russell needed. Russell was born with a serious heart defect, and needed surgery within a few hours of birth. As a consequence, he had not walked by thirteen months, and showed no desire to even put his feet down. The rest of his motor development was also delayed, and the doctors were talking of institutionalizing him. In the first session with Russell, I sat on the floor with him, and played with his feet and legs. I knew that the proprioceptors on the soles of his feet needed to understand (no pun intended!) what they had to do to help his brain walk.

Suddenly, Russell just stood up!

His mother took him home, and he began to walk from that day. The rest of his development all seemed to take off, too, so that he began to talk, and feed himself, and socialize, and become more animated and secure. This taught me such a big lesson about affecting the whole person when we work. I recall Milton saying something like this.....when you work on someone, you don't have to work on their whole body to be effective.

Over the years, Russell has been a regular client. Unfortunately, he has to continue to have open heart surgery about every four years, as the shunt in his heart calcifies as he grows. After each surgery, he returns for the Reflex/Response work, and I always find it is amazingly effective. Russell is helped to re-member his body after the radical surgery he has gone through. He has had to come to terms with so much pain and violation, and The *Trager Approach* has helped him pull through the shock and stress. The last surgery was in June of 1996, and it was the

The *Trager Newsletter*

worst yet. The surgeons had to do a graft from his thigh and calf, and this caused all sorts of problems for Russell. He was told that he would never walk without a cane!

Of course, he has proved the doctors wrong again! We did the Reflex/Response work and I made up *Mentastics* and movements for him to do at home, and he is now walking very well, without a cane, and without a limp! Russell is now fourteen, a tall, slim, beautiful, sensitive young man. He has been my teacher for all these years, as we worked together. He is the best tribute I can give to Milton, whose amazing work, especially the Reflex Response work, has given me these opportunities in my Practice.

I thank Milton every day for his gifts to us all—and to humanity—as his work touches the lives of our clients, families and friends. From the bottom of my heart Milton. I love you.

From Vicki Sainsbury

I never had a chance to meet him. His passing date was just a few months after I officially was able to practice the work that bears his name, yet Milton Trager helped save my life even though we never spoke.

My life and energy took a sudden and wrenching, downward spiral on July 19, 1989, when my “sunshine” son, with his strawberry blond hair and winning grin, was killed instantly when his perfect eighteen year old body was struck by a truck.

In an instant, I learned the toll that loosing a child brings to your body as well as the soul. In just seven days my body had lost any previous semblance of life or vitality. It felt like it carried a lifetime of accumulated sorrow in all it's tissues. My walk was more of a shuffle, with shoulders caved in over my chest, as if protecting my heart from another assault.

I knew through the incredible ache that I needed to find someone to start to help me ease the physical pain as well as the emotional. I started my search that day and I can honestly say that my healing began the hour that I felt Milton's moves through the hands of an incredibly compassionate practitioner. I left her table and smiled all the way home. I felt a joy that reached inside and reminded me of the happiness I had felt when both my children were alive. It showed me that day what was possible. I clung to that memory and walked the path towards *Trager*. The knowing sustained me just as it does today when other mothers, who struggle with this pain of loss allow me to gently, slowly, guide their bodies towards the lightness once again.

I will never stop missing my son's voice, his huge enveloping hugs or his humor, but at least now my body has a soul that is alive again.

My gratefulness to the man who created this work is unbounded.

Canada *Trager* Committee Report: Liability Insurance Now Available to Canadian Practitioners!

Michael Madrone

The Canada *Trager* Committee (CTC) offers the following committee report to Canadian members. We have been active on a number of issues which Canadian members have told us are your priority.

The liability insurance program through the Regroupement pour l'education somatique (RES) described in the December CTC Report is now available to interested Canadian Practitioners. By now, Canadian Practitioners should have received a package of material describing the program and providing an application form.

This significant development for Canadian Practitioners is the result of much hard work by many people. In chronological order, the following people deserve mention: Michael Madrone, chairperson of the CTC, who coordinated this effort, Francois Morissette of the RES, who was instrumental in developing the program; Mari Naumovski, co-chair of the Canadian Chapter of the International Somatic Movement Education and Therapy Association (ISMETA), who made the initial contact with the RES; Paul Overy of the Canadian *Trager* Committee, who has been the link between the RES and the Canadian *Trager* community; Esther Cherk of the Institute, who diligently (and repeatedly) provided the information and materials to support the *Trager* business case; and Simon Ghiberti of the RES who successfully presented our business case to the insurance company. This process provides an excellent example of how kindred professionals working together can achieve results of mutual benefit. Indeed, the formalization of this policy enhances the stature and credibility of Canadian *Trager* Practitioners, and the practice of *Trager* in Canada.

The CTC would like to be kept informed of issues and noteworthy experiences related to this new program. If you have any news, questions or concerns about the program, please call Paul Overy at 416-966-1528.

The committee is working on other issues as well, including asking the Board of Directors to address the severe currency penalty Canadians are forced to pay and the lack of Canadian Instructors in relationship to our membership numbers. The CTC is also looking at a number of marketing/promotional options, and the committee will report to Canadian members when there is sufficient information available. If Canadian members would like information about this or any other committee activity, please consult your local member. A list is printed in the *Trager* roster.

Administrative Information

Don Schwartz, Executive Director

Aloha, Claudia, Karen, Sandra, and Sheila: Claudia Bourbeau, our administrative assistant for more than eight years, has moved on to Boulder, Colorado. During her time here, Claudia served our organization with loving devotion. A few days after Dr. Trager's passing, she experienced his presence vividly in a dream. Milton appeared to Claudia smiling and beaming, and he said "thank you" for everything she has done for us. Claudia will be truly missed, and on behalf of Friends, Students, and Practitioners everywhere, I add my voice to Milton's and thank her for her work, and I wish her the best on her journey through life.

Speaking of journeying, Sheila Goldsmith has journeyed to the Bay Area from Washington state. Having worked at the office of Esalen Institute for two years, she is prepared to take over the position left open by Claudia's departure. Sheila brings to her service a degree of knowledge of the French and German languages, and that has already become useful during her training phase.

New, also, to our administration is Karen Cox who is serving as our receptionist, products handler, and many, many other responsibilities. Karen is a long-time practitioner of Transcendental Meditation, and most recently hails from Fairfield, Iowa.

Now... Sandra Berger is neither arriving nor departing, but she is expanding--in time, that is. Sandra has been working in administration 3 days a week, and as of July 1st she will be working a full 5 days a week. Added to Sandra's responsibility will be assisting in the development of training marketing materials, and editorial assistance in the publishing of this newsletter.

I am pleased to announce that The *Trager* Institute has received its operating credential from the California state-based Council for Private and Postsecondary Vocational Education. Kudos to administrative assistant Esther Cherk and Instructor Gail Stewart for spearheading the long, arduous application and compliance process.

I will be chairing the next meeting of the Federation of Therapeutic Massage, Bodywork, and Somatic Practices Organizations, on August 1-2, in Boulder, Colorado. This is the organization responsible for the excellent liability insurance policy available to *Trager* licensees. My report of this meeting will appear in our Fall newsletter issue.

1997 Roster and Corrections

Apologies to those listed below for our errors of omission or commission.

Mark Bauman, Practitioner
6833 Del Monte Avenue
Richmond, CA 94805
415-261-6442 / 510-236-2020

Bet Bilyak, Practitioner
81 Spice Hill Drive
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Regina Kujawski, Instructor in Training
New Phone Numbers:
561-477-8492
F: 561-477-9738

Elizabeth Ormyron, Tutor
11, rue du Violette
CH-1202 Geneva
Switzerland
22-734-19-53 (F)

Eva Marie Willach of Germany, just attained the Supervised Practice Leader status.

Tutorials Now!

Now is the time to get your annual Practitioner tutorial. Make it easy on yourself and all our Tutors by getting your tutorial before the year-end rush.
Thanks!

Attention Tutors: How about a Annual or Biennial Tutor Share/Play Weekend?

Marianna Hartsong

Marianna is a Tutor and Awareness Educator & Wellness Consultant from North Central Arizona.

Seven Tutors have just emerged from two days together here at Hartsong Haven in North Central Arizona: It was a time of playing, learning, sharing, loving, teaching one another. It was truly an honoring and a celebration. Ostensibly this was the Advanced Tutor Seminar, which indeed it was, and many thanks to Instructor Gail Stewart for her magnificent fluid "Stewartship".

What came home to me, and I believe all of us, is what an incredible bunch of folks we are who have committed to living the learnings that Milton passed down to us—and how much we have to offer one another as peers—as well as whatever we do in our private and Tutor practices.

Together we birthed a dream: an annual or biennial Tutor get-together. [This could, of course, happen regionally for all of us, and I highly recommend this. I miss the bi-monthly meetings, luncheons, peer-support and play-togethers we Ontario Tutors shared for many years.] Our intention is to have Tutors come together say for a two or three day weekend—longer is always an option here if you want to take time to spend in Sedona, or the Grand Canyon, etc. How about Trager river-rafting trip some time??? Together we would create how we wish to use our time.

Several wonderful possibilities emerged from these past two days:

a) We did a "boasting" circle, that is claimed our changes and what we have brought forth to fruition on the planet, not least of these were Adrienne Stone's chapter on Trager in a new book for Physiotherapists, "Complementary Therapies in Rehabilitation: Holistic Approaches for Prevention and Wellness". And Cherry-Ann Hoffmeyer, in Edmonton, Alberta, has just birthed a two-year Holistic Health Practitioner program at Grant MacEwan Community College where *Mentastics* play are an integral part of the courses. Hartsong Haven and such gatherings as these, and the natural healing and joy that happens here, was one of my boasts. Other sharings were too personal for the printed word.

b) The second highlight (which actually birthed this dream of Tutor reunions) was when we each went inside and imagined our IDEAL, REAL TUTORIAL, what we asked ourselves "what do I need and want in this moment? how should this be?". We proceeded to experience this ideal tutorial with one of our peers, with the continual reminder that it is the

Tutee whose tutorial it is, who chooses and directs the tutorial to meet his/her highest learning. This was an invaluable experience. In the seminar time we had only ½ hour for this exchange. We all realized that we would prefer full exchanges of such cross-fertilization, opening, easing, biggering, etc. much more in our lives.

c) Singing in the kitchen as we prepared our meals all together, or walking out in the rain with a double rainbow over our heads, were other highlights.

It was humbling to realize how little time (value!?) in our lives in general we take affirming ourselves, when that is an essential part of what we doing as *Trager* Practitioners in our practice all the time with others. Just another opportunity to come home and re-member.

There were some wonderful sharings by folks who were with Milton in his last days—and the overwhelming sense in each of us that he IS with us in each and every session we do and every gathering we have. Natasha Heifetz called in to tell us Emily's message: to ask for what you want, and open yourself to receive.

Another thought we had, if there is enough interest [Please contact Marianna Hartsong and let her know your wishes], is that we could gather Tutors for a Tutor Practicum. Would you like to do this? Which Instructor(s) would you like us to invite to teach us? What are the particular gifts you feel that instructor has to offer?

We propose two possible dates for the first Tutor Share Weekend: For 1997, November 21, 22, 23; and for 1998, March 6, 7, and 8. Marianna will be glad to host either or both weekends at Hartsong Haven. If you cannot make these dates but do want to be at such a gathering, please let her know what dates will work for you. Thank you.

Congratulations to Peter Levine!

Peter is a psychologist, author, teacher, and a leading pioneer of body-oriented psychotherapy. He has been a friend to the Tragers, the *Trager* work, and The Trager Institute for many years—consistently promoting the value of our work. Peter's book on healing from trauma, *Waking the Tiger*, has just been published by North Atlantic Books, and is available through Peter's organization, Ergos Institute, 800-376-8900.

Wedding Announcement

Announcing marriage of Tutor Yaakov Ken Wieder, formerly of Housatonic, MA, to Sathira Rachel Kool, formerly of Amsterdam, Holland, on April 7, 1997, (the 1st of Nissan) in Tsefat, Israel.

They will make their home in the Holy city of Yerushalayim.

Invitation

We invite *Trager* Students and Practitioners to visit us in Desert Hot Springs, California, in the fall and winter. Enjoy a *Trager* exchange, hot mineral baths, the warm desert air, and the closeness to Palm Springs.

Cathy and Martin Sendrow

69571 Parkside Drive
Desert Hot Springs, CA
92240
760-251-1610

4002-2a Calle Sonora
Laguna Hills, CA
92653
714-859-4133

Thank You, Donors!

The Trager Institute continues receiving donations--mostly in the names of Emily and Milton Trager. On behalf of the Board, Educational, and Administrative staffs, I thank you for your valuable contributions. If your name has been inadvertently omitted from--or misspelled in--this list, please do let us know so that we may correct the error. [DS]

Janet Francis King

Emily Stocking Matsoukis

Marlis Moldenhauer

Steve Morton, Esq.

Thanks to Jack Liskin for discovering the lovely note to Emily from Milton which appears on the front cover.

1996/97 FINANCIAL REPORT

Credits

	1996 Actual	1997 Budget
FUNDS RECEIVED:		
Service Mark License Fees:	\$214,715	205,000
Interest \ Donations	13,000	13,000
Institute Sponsored Trainings	74,280	74,000
Other Trainings	67,470	68,000
Products \ Publications:	25,440	25,000
Marketing Donations	10,439	10,000
Misc. Income/Practitioner Liability Ins.	1,085	1,500
TOTAL FUNDS RECEIVED:	\$406,420	\$396,500
FUNDS EXPENDED		
Direct Costs of Institute Sponsored Trainings	\$50,185	50,000
Products/Publications	7,850	8,000
Committees	21,605	22,500
Legal	12,425	10,000
Marketing/advertising	21,690	20,000
Payroll \ Outside Services	166,440	186,950
Printing \ Postage \ Publications ¹	27,935	27,000
Office Space \ Supplies	47,405	45,500
Translations (on-site only)	745	500
Trager Newsletter/Schedule ²	27,235	28,200
Computer ³	10,470	12,000
Travel, Accommodations	5,760	5,000
Bank Charges, credit card fees	3,085	3,000
Europe Dues collection	2,650	2,600
Professional Liability Insurance	-0-	-0-
Art, Calligraphy	860	1,000
Other Expenses	4,680	6,000
TOTAL	\$411,000	\$428,250
NET REVENUE	<\$4,580>	<\$31,750>

Editor and DeskTop Publishing	Don Schwartz
Editorial Assistance	Sandra Berger
Mailing	Administrative Staff

The *Trager Newsletter* is published three times a year by The Trager Institute for *Trager* Psychophysical Integration and *Mentastics*, a California, non-profit, public benefit, educational corporation which represents and supports *Trager* psychophysical integration and *Mentastics* movement education, the innovative approaches to movement education developed by **Milton Trager, M.D.**

The Trager Institute is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.

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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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**Next Newsletter/Schedule
Deadline Date**

September 15th

¹ Publications includes the *Trager Roster & Handbook*. The Handbook is available in 6 languages.

² This includes the English, German, Swedish, Hebrew, Italian and French Newsletter costs.

³ Computer costs include computer programming, repair and replacement of defective equipment, and purchase of new equipment.

The 1997 budget proposed for The Trager Institute reflects the Board of Director's recognition that the very formalized educational standards required for educational entities for the State of California's Council for Private and Post-Secondary Vocational Education contains numerous elements that no longer are--or, indeed, might never have been--the *Trager* educational process. This 1997 Budget becomes the first element in the long overdue overhaul of the complete training and certification process and procedure.

Serious change takes time, costs money, and very probably will cause other areas of activity to be temporarily minimized, or even bypassed for the short-term.

The graduates of our training process--the Practitioners--embody our means of spreading The *Trager* Approach throughout the world. We cannot have less than first-quality representatives carrying out the first-class *Trager* Approach.

