

# The TRAGER® Newsletter & Schedule

Spring 1998

Volume XVII, Number 1

## The Eighth International Trager Conference -- October 1-4, 1998

Anna Marie Bowers

Anna Marie is a Practitioner from Cleveland, Ohio--home of the Rock 'n Roll Hall of Fame--and Chairperson of our next international conference. Anna was also chairperson of our sixth conference which was held in Indianapolis, Indiana.

The conference will be here before you know it! If you will be attending, you will probably want to make reservations (conference and flight) soon so that you will receive the best discount. Some of the trainings to be held are:

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|-----------------------------|---|
| September 27th, 28th & 29th | Basic Reflex Response<br>Practitioner 1<br>Somatic Explorations<br>Integration Skills               |
| October 6th, 7th & 8th      | Advanced Reflex Response<br>Practitioner Review<br>Developing and Promoting<br>Your Trager Practice |
| October 6th through 11th    | Beginning Training  |

You should have already received brochure in your mailbox soon listing the trainings to be held as well as registration information. Please call the Anna Marie at 216-671-3464 if you have not received your brochure. Non-English conference flyers are on their way. (Correction: The Tutor Training seminar is also open to Tutor Trainees in addition to Tutors.)

This will be one of the best Trager conferences ever!

## Flash!

The Mid-Atlanta Trager Association will organize the Friday evening's entertainment for the conference. It will consist of dinner, dancing, and a talent show. The tentative theme is: White Magic. Decor will be coordinated by Michael Crear. If you'd like to help, please call him at: 212-787-5168.

People with talent to share should call Mistress of Ceremonies Kate Juliano at: 610-566-4001. All songs, dances, dramatic readings, skits, etc. (especially the comic and magical) are welcomed. Surprise guests are likely to emerge from anywhere! Watch our hands closely!

## Alternative Medicine and the Establishment

Jack Liskin

Jack is a Trager Practitioner and Assistant Professor of Clinical Family Medicine at the University of Southern California School of Medicine. In addition to authoring Milton Trager's biography, he actively promotes Trager in medical contexts.

Alternative medicine is suddenly all the rage in academic and professional medical circles. *The Journal of the American Medical Association* (JAMA) has put out a call for articles for a theme issue on this subject, to be published later this year. What's interesting is that whereas last year the topic was ranked 68 out of 73 potential topics for publication by the magazine's editorial board, this year it was in the top 3 of 86 potential topics. How's that for a turnaround in one year? And JAMA's readers similarly rank their current interest in the topic very high; they want information.

At the University of Southern California School of Medicine, my stomping ground, the first year medical students have formed an interest group that meets to learn about alternative approaches, and three separate medical school departments fought each other this year for the right to submit a grant proposal to the federally funded Office of Alternative Medicine. I am asked to talk regularly to first year medical students, third and fourth year medical students, and Family Medicine residents about Trager and alternative principles of health and well being. Probably half of all U.S. medical schools today have courses of one sort or another on alternative medicine.

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Of course established institutions are slow to accept new approaches. Being slow to change is one of the functions of established institutions. But now people in organized medicine are reacting to the reality of what their patients are already doing, and trying to get on board the train before it leaves the station entirely, leaving them standing all alone on the platform. Ten years ago, if you mentioned the word "chiropractor" around physicians, you needed to be wearing a bulletproof vest and helmet. Today, it seems that every physician I run into starts his or her conversation with "my chiropractor," as though they invented the idea.

It's enjoyable to be doing *Trager* work in a medical practice when people who previously thought I was weird now think what I do is leading edge. When it comes to patient care, though, I see more and more what I do as educational, not only filling gaps in their knowledge about the basics of good health/good living, but also filling gaps in medical education.

One of our second year Family Practice residents came by to see what I do a few weeks ago and ended up coming to see me for her own chronic neck and shoulder pain. But what was that chronic pain after all? It was chronic tension from a way of living that was altogether unhealthy but whose drawbacks she was entirely unaware of. After getting off the table, unable to believe how good she felt, she then asked me, "Does this cure insomnia, too?" The only way she had to relieve tension was running, 30-50 miles a week, in order to nuke her muscles into exhaustion, but even 50 miles was no longer enough to solve the problem.

What did I do? I began to look at her as a student, a bright and mature person with an advanced education but with enormous gaps in her knowledge, and I began to teach her: about gravity; about the breath; about how the body tries to help by taking on jobs that are meant for the emotions and the psyche, and ends up tired and painful; about relaxation as a way of doing things efficiently and gracefully, rather than as a form of laziness. I taught her how to walk, how to keep her head floating free. And when I stopped to consider these fundamental things I was teaching, I was awed by their importance and by the ignorance of our most educated medical people.

Because these basic things are not taught in medical education, doctors and other practitioners cannot recognize their absence and cannot make proper diagnoses for their patients. They don't refer to people like *Trager* Practitioners because they don't really see the problem. What you and I can feel in a millisecond by putting our hands on a person or just looking at them, doctors are not trained to recognize. These observations are not part of the medical examination they are taught in medical school. So, as teachers, we have an uphill battle, but no shortage of work to do.

### **Annals of *Trager* Anatomy**

Over the last two or three years I have noticed that when I

do neckwork, the subject's belly starts to gurgle and talk, whether they've eaten recently or not. In fact I have come to expect it as routine--and it's good to tell people that because they sometimes are embarrassed about it. I've even joked that I might start categorizing the sounds to see if I can pick up information from them. Here's my hypothesis: by working the neck we *Trager* Practitioners are stimulating the vagus nerve--that far ranging wanderer that innervates almost all of the internal organs--and thus activating the parasympathetic system and producing that characteristic relaxation for which we are justly famous. If that is the case, we may well be benefitting the internal organs--who knows to what extent--by doing neckwork. What do you think?

### **On Milton**

As I write this the anniversary of Milton's death is approaching, and I notice more frequently just how much I miss him. Of course, part of his genius was in making himself unforgettable--not a bad talent to have--and remembering him is always a sweet, if sometimes sad, experience. What generosity! He just keeps on giving; even the memory of him is like a newly wrapped present.

I have spoken a few times with Dr. Navares, a medical school classmate of Milton's from Guadalajara, and at Don Schwartz's excellent suggestion, I am going to ask him to write an article for the newsletter about his memories of Milton from those days. Watch for it in an upcoming edition.

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## **The Universality of *Trager*.....**

**Adrienne Stone**

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*Adrienne is a physical therapist as well as a **Trager** Practitioner in Southern California. She is also a Reflex/Response instructor. This article was prompted by a tutorial and then a session with Brigitte Kainz from Austria.*

I am so ever grateful and do appreciate the gift of this *Trager* work. As a Tutor, Practitioner, and physical therapist I speak this language all the time to myself and to my patients/clients. Then the day comes that I get to speak this language to another who is fluent in this expressive form of communication with the body. Two souls meet, know little about the other except that there is a shared love and ability to communicate in this special manner. My heart is touched and my eyes water as this connection is felt. From far and wide, our verbal language and country of origin may be different. This precious link brings us together. The subtleties of our touch talk to each other. Thank you, thank you, again and again Milton.

# We don't know how strong we are...until we get together!

## Medical Referrals, Insurance and *Trager* Work

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James Reid

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*James is a Trager Practitioner living in Ontario, Canada.*

The Canadian *Trager* Committee is seeking information from *Trager* Practitioners documenting their experience working with medical doctors, dentists, and others within the established health care system, including insurance companies. We are particularly interested in information regarding:

- Client referrals to *Trager* work from physicians, surgeons, psychiatrists, dentists, psychologists, chiropractors, physiotherapists, naturopaths, etc.
- Acceptance and recognition of *Trager* work and qualifications by professional organizations of various health care providers.
- Working relationship between *Trager* Practitioners and hospital and medical clinic programs, both in-patient and out-patient, physiotherapy, palliative care, etc.
- Working relationships between *Trager* Practitioners and insurance companies, with regard to client rehabilitation from physical injuries covered by "Accident Benefit" or "Disability" policies, and with health insurance coverage, public or private, extended Health Care Plans, etc. Documented case histories are preferred whenever possible.
- Working relationships between *Trager* Practitioners and advocacy groups dealing with specific health interests such as Parkinson's Disease, Huntington's Chorea, Multiple Sclerosis, HIV/AIDS, Cancer, etc; possibly documenting projects involving clinical work in "Summer Camp" situations.
- Medical research projects involving *Trager* work and specific medical conditions.

Our objective is to gather sufficient relevant information to enable us to organize a coherent and comprehensive campaign to raise the profile and promote the credibility of *Trager* work within health care establishments. Our ultimate goal is the recognition and integration of *Trager* work as a legitimate element within mainstream health care, and accreditation and coverage extended to our services by both public and private health insurance providers. Although our focus is directed towards the possibilities in Canada, we welcome data from the United States and other countries. Variations in governmental regulations and approaches involving health care and health insurance do exist from one jurisdiction to another. Nonetheless we feel there are sufficient similarities to make worldwide information relevant to our project. We will be happy to share information for similar purposes with

*Trager* Practitioners and organizations in other countries.

All contributions, suggestions, and offers of assistance welcomed. Please contact: James Reid, RR #1 Stirling, Ontario, Canada, KOK 3E0. Telephone and Fax: 613 395-3257.

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## Born as an Ape!

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Uparathi

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*Uparathi translated the 1997 Fall Newsletter into French for all the French speaking members of our Trager community. This article describes her experiential discovery of Dr. Trager's work.*

I have known Amrita Daigle since 1978. I thus have had the chance to follow the magnificent development of her now international career which has not happened by chance, but is the result of her true "brightness". I have received many *Trager* sessions from her loving hands, and surely appreciated every single one of them.

Time--and Life--have finally brought me (always through Amrita) to translate *The Trager Newsletter* into its French version, *La Revue Trager*--a passionate work!

Then I received another session, on last November 7<sup>th</sup>. And nothing was the same. Most likely because everything added up--that very day-- into these crucial (but so light!) consequences. I should have known it: I couldn't translate all this information, feel all these emotions, talk about all those experiences, without seeing them blossom inside my own self one day or another!

On Amrita's table, I had never before felt so at ease to feel, say, express, even ask for. On her part, Amrita was just out of a three-day specialization on the jaw. I discovered not only that I actually had one (!), but also that it was deeply related to the rest of me, and connected with my very far past as a human being... Never before did I feel so much... of an "ape"! And it was so much fun to be connected with this important part of myself! I laughed with joy, shouted, cried and giggled. I felt like Venus herself being born as an adult out of the waters... A deep revolution. When all this excitement came to its conclusion, we both fell into a deep silence. And then Amrita whispered: "Uparathi, I think Milton is here."

Again I started crying; very tenderly this time. While realizing that all this time, I had felt very close to *Trager*... just on the edge of it. But now, I felt part of it.

From that point on, I am part of this great *Trager* family. And like so many others whose words I often translated, it is now my turn to say, with great emotion: "Thank you Milton, thank you Amrita, thank you *Trager*."

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# Bar Nothing

## Ahhh, Summer at the Bar-Nothing Ranch...

Judy Rose Seibert

How many workshop venues come so close to Nirvana? Clean, clear Idaho air, blue skies, acres of evergreen trees as far as the eye can see... What a different karmic experience to be at a ranch where the only other sign of humankind is a fire tower on one of the distant mountain tops! Especially when the ranch is owned by Jill and Pat Stephens, and there's a bunch of *Trager* folk there for a workshop.

I had already heard of the hot tub on the deck, the pond across a field, and the cold rippling stream to wade in. But I was amazed with what else I found when I walked into "the campground" beyond the pond. There is a large kitchen tent, complete with running water, gas burners, and a large cooler for the fridge. Eating at the picnic table inside, you can gaze out the screen in three directions, so you can also nourish your soul with the panoramic view. Across the campground field there is a yurt-shaped tent, which is the meditation and bodywork space. When I entered the door, I was embraced by the powerful sense of Hook-up that was there.

What a joy to arrive at such a place a day before a workshop, and have time to settle in, to slow down, to share a group meal and an evening with new folks. I slept out directly under the stars, outside my tent, so I could take in the progress of the moon across the sky into my dreams, and enjoy the sunrise before having a final catnap.



*A bunch of Trager folk at the Bar Nothing Ranch.*

The morning routine became first soaking/stretching in the hot tub, then floating/swimming in the pond to cool down a bit, then getting back into the hot tub just a bit more because it was so divine. Breakfast was on the deck or in camp, and then it was time for class!

And what a class it was!! Jean Hopkins led us in Continuum/*Trager* explorations... Taking a "dive" into the self-exploration of continuum, we learned to feel waves of motion move through our own bodies. We explored different Continuum vocal sounds, including one that sends vibrations through the bones. Breathwork--the calming quality of the lunar breath, the invigorating nature of the hu breath. And then there were Jean's insights--what could be easier than letting yourself be supported by Continuum's "potent space" as you work with a client??

What if when you asked a client to check in with her/his body, you also asked about what felt best, and then supported that feeling in spreading throughout the client's body???

Jean's Continuum/*Trager* exploration class was a wonderful way to experience subtle sensation and to deepen your *Trager* work. And the Bar-Nothing Ranch, (also known as The Home for the Easily Amused), was a truly delightful place to be.

*[From the Editor: This sounds too good to pass up. I'll see you there. Read on for more information about Bar Nothing.]*

## Trager Summer Camp 1998 at the Bar Nothing Ranch

Jill Stephens

*Jill is a Trager Practitioner, Introductory Workshop Leader, Supervised Practice Leader, and Tutor. Pat, her husband, is a fabulous cook, an artist, inventor, and provocateur. They both love people.*

Greetings from North Idaho. Thanks to everybody who joined us last year at the Ranch. We're looking forward to another fun-filled, and relaxing Summer! We invite you all to come and visit. There will be *Trager* folk in residence all summer so that we can do trades, *Mentastics*, give sessions and offer tutorials on an on-going basis.

The theme for this Summer is, once again, "Heal Thyself". The structure is simple. An opening and closing circle each day where everyone shares what they want for themselves and what they have to offer others. The rest is up to you!

We have two *Trager* training's planned this summer. The first class is Continuum/*Trager* Explorations, taught by Jean Hopkins on July 10th through July 14th.



Continuum/*Trager* Explorations is an approved Continuing Education for *Trager* Practitioners. Jean merges principles of Continuum and *Trager* using wave motion and suspension; principles that underlie both Continuum and *Trager*.

Instead of the usual three day class, Jean will allow five days with approximately 4½ class hours per day for a comfortable, relaxed pace with plenty of free time to enjoy the surroundings.

Get your deposits in now for this one. It is extremely popular and will fill up fast! See the *Trager* schedule for details.

On August 22, 23, and 24th the second incredibly wonderful training will be a Practitioner Review with Gail Stewart. This too is an opportunity for Practitioners to explore and learn together. Mark your calendars for this one. Need I say more?

For those of you who haven't made it to the Ranch yet, it is located in Northern Idaho about 60 miles northeast of Spokane, Washington, and easily reached by plane or car. Shuttle service from the Spokane airport can be arranged. It is \$25.00 per person each way.

The summer starts with our Summer Solstice gathering on June 19, 20, and 21st. The first formal "Heal Thyself Weekend" will be June 26, 27, and 28th. The second, a five day Heal Thyself period July 19th through 23rd, and the third and final Heal Thyself period starting on August 18 for three days. Plan to come on August 17th and stay through Gail's Practitioner Review.

Ranch fees are \$25.00 per person per night, with special rates for families. This includes a campsite and use of all facilities, including the camp kitchen, the downstairs kitchen, bathroom, and living room, the hot tub and the Yurt for meditation. We are not serving meals this Summer although evening meals are often potluck and spontaneous. One night a week is pizza night with our wood fired pizza oven. Outrageously good!

For information about the Continuum/*Trager* class, Heal Thyself Retreats, or work exchange possibilities call Jill Stephens at 208-448-2242 or email me at JillianaS@aol.com.

For information about The Practitioner Review contact Marcia at the Institute 415-388-2688.

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## Trager Moves

Maria Rosa Manicone and Piermario Clara

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*Maria Rosa and Piermario are Tutors from Torino, Italy. Piermario's email address is: <pmr@inrete.it>*

The Italian *Trager* is young, it was born with the first Beginning class held in Florence, in 1988. How is transmitted Doctor *Trager's* message to a community that we can define as "second generation"? The answer is nearly foregone: very well!

Among the many factors that contribute to the steady growth of *Trager* in Italy we would like to highlight one that we consider fundamental: the visits of the "testimoni". In Italian the word 'testimoni' has three main meanings: witness, testimonial and model. We did not have Milton as a direct teacher but we are profiting by the teaching that is given by the 'testimoni *Trager*' who come to Italy.

First of all the people who come to our mind are, obviously, the Instructors who, in the classes, with so much love and patience convey their experience. But a great part of the merit of the good transmission of The *Trager* Approach to the Italians goes to those people who's intention is not to come here and teach, but just to meet us and work with us. People who have chosen the *Trager* as a way of life and professional activity. We are referring to Practitioners and Tutors who come and simply are 'testimoni' of what they believe in.

Yes, those people, just with their simple 'being' have taught us how to 'be *Trager*'. Not to mention their *Mentastics* and their heartfelt hands while they do tablework! Natasha Heifetz a few years ago stayed with us several months; Elizabeth Ormyron, from the close Switzerland, has supported us with great commitment. In 1997, we had the very welcome visits of two Tutors coming from overseas: Stephani Murdoch and Michael Madrone. Both seem to be deep in love with Italy as they came twice in the year. They acted as American and Canadian Ambassadors at the yearly European Tutor meeting - held last September in north Italy - and were great assistants/models/witnesses in the Tutor Seminar led by Fabienne Hirsch. Michael, in particular, during his fall stay that lasted more than a month has toured Italy, giving tutorials, doing *Trager* presentations and teaching his unique seminar about professional development. Even in a community that considers itself 'mature', the visits of people coming from elsewhere always bring new ideas to everybody. So, we do hope that these 'movements' will increase, as it grows the quality they bring.

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# Advancing Side-Lying In Indianapolis

Jack Blackburn

*Jack is a Tutor, Electives Teacher, and Introductory Workshop Leader from Seattle, Washington. He specializes in body centered spiritual growth and healing. He has been a Certified Trager practitioner for 10 years. Jack is also a Reiki Master, Certified Spiritual Director and Registered Counselor. E-mail address: jackblac@oz.net*

Last Fall I went to Indianapolis for the first time. The intended purpose was to present an elective class called Advanced Side-lying. I knew that Indianans race cars and grow corn and soybeans, but I knew nothing else about the state or the town. Having lived on the West Coast my whole life I tend to view everything between Seattle and New York as Middle America, hay seed or industrial. It's embarrassing to say it, but some of us out here think we invented lattes and that rain makes you smarter and more sensitive. OK so I was wrong! I found that people are pretty sophisticated back there. In fact they knew a lot about a lot of things, and they were great at Trager. While I was there I grew to love the place and the people, even those who attended from other midwest states like Illinois, Michigan, Wisconsin and Ohio. When we got acquainted on the first day I became inwardly grateful to have landed there. I shared my ignorance about their state along with a few jokes, I wasn't sure which part of the state I was in. I went out for some long walks along the old train easement—we've done the same thing here in Seattle, we probably invented walking paths and recycling. Well you get the gist. I was struck by the fall colors, the great numbers of hardwood trees and the friendliness of the people. And the food... well we did invent Thai food here in Seattle, right?

The class was organized around themes: Reviewing what we had learned or experienced in the past. I taught a new repertoire of moves for the side. I presented an overview of anatomy from the side, and we discussed the advantages of side lying. Each person was given the opportunity to discover his/her own moves and present them to the class. We practiced bolstering clients in any position that offered them greatest comfort. We discussed, from our experience, the principles underlying Milton's work. We consciously practiced the principles to gain confidence for improvising. Finally we found

*Mentastics* that worked on the side. That was the basic structure of the class.

However, as the class proceeded other themes surfaced. Everyone enjoyed the freedom of co-discovery. I said that I was there to learn as much from them as the reverse. I kidded about stealing ideas and moves from them. (Duke Ellington used to visit after-hour jazz clubs and take down music notes from what he heard. A person would be chagrined to hear Duke's band playing a fully orchestrated theme from his own solo the next night). We talked about a new paradigm of adult teaching and learning (sometimes called androgamy). The teacher is not all knowing or wiser than the students. We focused on principles like weight, Hook-up, gentleness, doing less, finding the easiest way. We would refine moves by applying the principles as a team.

Another theme that came up loud and clear is that it felt good for all of us to be exploring a lot of new material rather than reviewing what we'd learned before. Everyone in the class was able to contribute from his/her experience. Because people presented their discoveries to the group, all could feel reinforced for their learning—another Trager principle. I encouraged each of them to create opportunities to try on this sort of teaching/learning situation with their colleagues after they returned home. I do believe

that maturation of The Trager Approach has to include the refinements, adjustments and entirely new materials that emerge from our practices.

The class offered many surprises. First of all, we took my moves to an entirely new level. On each part of the body new moves emerged. For instance Carol Curtis, of Madison, Wisconsin, helped us refine a tractioning on the leg and pelvis that reached into different parts of her back simply by varying the angle of the pull. At one point Elizabeth Moreland of Indianapolis took one of my moves for the lower leg and made it more effective and easier simply by moving to the other side of the table. Sue Wagman of Indianapolis, who is also studying Thai massage in Thailand, helped with the pace of the class by giving honest feedback when she felt overwhelmed by the amount of new material or the physical requirements of certain moves. With so many different body types each person had to adjust moves to suit his/her own comfort. Ginger Carney from Chicago, who is also a PT, helped with anatomical information about what each move was accomplishing and a few contraindications.

## Mentastics® Now!

*Anna Marie Bowers submitted the following report from her client, Lucille Westlake.*

Last week my husband and I finally realized that we were *really* learning *Mentastics* from our Trager Practitioner, Anna Marie. One morning, while waiting in the checkout line in the grocery store, we looked at each other, started laughing and could not stop. My husband was rocking back and forth, and I was rocking from side to side. Besides that, we were both deep breathing from stomach to chest very visibly. Try to explain *that* to anyone standing around. Needless to say, we left as quickly as we could...still laughing.

### Increasing Word of Mouth Referrals

Rev. Alia Zara Aurami, Ph.D.

*Alia is a success coach for providers of services which aim to increase health and consciousness. This is the 3rd 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.*

Doing things to encourage word-of-mouth referrals is the fastest, least expensive, least effort way to expand your *Trager* practice. If you can't yet afford to do other kinds of promotion, put your time and money here. Word-of-mouth is going to happen anyway, so you may as well get the greatest return on it. That's true even for successful practices. If a successful practice doesn't get good word-of-mouth, no amount of other promotion will sustain it.

Even if you rely only on word-of-mouth by choice, you should consider doing things to facilitate it. You want to be sure you reach the attention of the people who are "right" for you, so your clients need to be able to speak clearly about what you offer. The "right" people can't choose to come to you if they never hear about you!

Word-of-mouth includes what past and present clients tell others. It also includes people who meet you at parties or events you attend, people who hear you talk or attend your classes or read your articles and then tell others about you.

If you want to increase favorable word-of-mouth, here are some of the many things you can do:

1. Is *Trager* work really your **Right Work**, which expresses your individual Highest Purpose? Inner alignment definitely affects what is said about you. The more conscious you are of specifically how *Trager* work expresses your specific Life Purpose, the better.

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If a successful practice doesn't get good word-of-mouth, no amount of other promotion will sustain it.

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2. Are you One with yourself, always increasing your self-knowledge and self-acceptance/forgiveness? Are you help-

A very unique surprise came when Beverly Cox of Indianapolis brought in balloons. Because of physical changes in her own body due to environmental toxins, Beverly had gone through a long period of weakness and pain. She thought she was going to have to give up her *Trager* practice. Brilliantly, she realized that using an elastic rebounding surface to support the body part could duplicate the elastic rebounding feeling of *Trager*. I know that others have played with balloons but her contribution is unique and it grew out of necessity. She found that her effectiveness with clients was even greater than before her malady. In the class she showed us how to work with heavy or stiff body parts by inserting balloons strategically. The feeling imparted is very pleasurable and requires very little physical effort to accomplish. Pleasure and least effort are two other principles of *Trager*. Rather than worrying about how to lift or move that part of the body the Practitioner can focus on where to place the balloons. Frank Gentzke of Indianapolis brought in some splint sock material from the local pharmacy that he sleeved over the balloons to keep them more stable. While most moves I teach are made easier because of the way the body moves on the side, there are some that require strength. Beverly's solution made it easy for everyone in the class to work, with stiff or heavy body parts. Many of us have felt *Trager* moves while floating in water. The feeling is very similar.

One of the greatest things about the class was the camaraderie that developed. The last evening we were together Sue Wagman cooked us a gourmet meal and hosted us at her home which is full of art pieces she has collected from garage sales and fairs. We all felt like celebrating. The next day of class we reviewed what we'd learned and recorded it on video. Sue made copies of the video for everyone in the class. We also were rowdy and played by giving group sessions in which four people would work on one... very delightful. I was gratefully surprised at how these "strangers" had become my friends in just a few days

What will stay with all of us are the seemingly unfathomable depths of the work. Much of what was presented was derived from peoples' practices, mine as well as others. Every time we give a *Trager* session we are advancing the work. Secondly, the class was more effective because we were all working together as colleagues to discover and explore new territory. Milton said "I'm just scratching the surface, I'm always learning." As a Tutor I see many Students and Practitioners who say they get bored with "robotic" sessions. We must remain open, in the moment, to the possibilities. What really worked in the class was to use the *Trager* principles continually as a guide. Everyone in the class was competent in other modalities and rich with life experience. We could draw on this vast pool of experience. What does the teacher do with such a combination? S/he puts away the need to be the expert, validates others' contributions and insights, lets go of control, and accomplishes more by doing less. What could be easier? I'm thinking of renaming my class "Advances in Side-lying."



ing others to move from fear/guilt/separateness to love/peace/Oneness, within themselves and toward others, through your *Trager* work? If this is not the ultimate nature of your work, word-of-mouth will be less than spectacular.

3. Are you an example of what *Trager* work can do for a person? Good word-of-mouth depends on your credibility as an example of what you are "preaching".

4. It also depends on your impeccable integrity and honesty.

5. Do you give your clients more than they expected? And do you also help them define what *Trager* work can and cannot do for them, so their expectations are realistic and they are more likely to be satisfied? Expectations give people a way to decide whether they are Satisfied.

6. The Ultimate key to successful word-of-mouth is client satisfaction. Do you find out in their own words how satisfied they are and how you can improve their satisfaction? Indirect measures of satisfaction, like number of clients or income, are not adequate.

7. Are you really competent at *Trager* work? If not, expect poor word-of-mouth. Be always learning and improving your ability.

8. Do you radiate confidence in your abilities and your worthiness? If not, don't expect others to rave about you!

9. Is your "image" suitable to the people you want to reach? People won't tell their friends if they have to apologize for your dress, office, or setting. This is true whether your desired clients are professionals or hippies. You need to have an image suitable for your target market.

10. Do you tell people what your personal goals are for doing *Trager* work? Do you describe what you offer, and tell people in words who your desired clients are? They can't tell everyone in their personal network about you, but they will tell the ones who are relevant to your self-description. Help them be able to verbalize specifically who you are and whom you seek to help.

11. Do you talk with your clients and others about the differences between *Trager* work and other forms of bodywork or personal change methods, and the specific benefits of *Trager* work with respect to these other approaches? You need to help them clearly understand and be able to verbalize these differences/benefits.

12. People do business with people they like. How can you become better at creating rapport and being friendly, showing your genuine acceptance and concern for your clients?

13. How dramatic and immediate are your results? Whether we like it or not, word-of-mouth works best when results are dramatic and immediate. Profoundly beneficial results which happen more slowly produce less word-of-mouth. That's just the way people are.

14. To increase the visibility of your results, help clients verbalize what benefits they are experiencing. You do this anyway if you ask about their progress.

15. There are various ways to explicitly ask for referrals. A sign on the wall, such as "My practice continues to grow as you tell your friends. Thank you!" A card you give them asking for names of folks to send your brochure to. Your verbal request for them to let others know about your work--said with a sunny, confident, lighthearted smile!

16. Do clients and others have an abundant supply of your cards, brochures, article reprints, or other print material? Do you have a newsletter or other periodic contact to remind past clients about you?

17. Do you ask enthusiastic clients for letters of testimonial, and are these letters in a notebook in your waiting room?

18. Always say "THANK YOU" loudly, clearly, and promptly, to anyone who refers someone to you.

19. If you have an attitude of abundance, you'll get more referrals. People pick up on, and avoid, vibes of neediness, financial desperation.

20. You might consider offering very short introductory sessions so people can tell others they have nothing to lose by trying your offering. You might even consider offering a satisfaction guarantee; some Practitioners may find this unsuitable, of course.

Word-of-mouth, like every other kind of promotion, aims to reach the attention of responsive people with a clear, truthful, relevant message. Only then do they have the choice to resonate with YOU and contact you.

Word-of-mouth is part of the joyful connecting which helps us realize our universal Hookup together. Help it be a beauty-full clear process!



# 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 second in a series of articles featuring successful Trager Practitioners.

Maria Rosa Manicone and Piermario Clara are a warm and friendly Trager couple who live in the northern Italian city of Torino. They both have had active Trager practices since 1990, and are very involved in the Italian Trager community. They both just completed the Tutor Training program. Twenty five years of marriage have produced three children: Dario, Valentina, and Gianlorenzo. And by the time this is printed, they will be grandparents.

In addition to her Trager practice, Maria Rosa is a master herbalist. She tells how she feels about Trager: "I had a long experience of bodywork which I left when I started Trager, because this way I could feel the Trager. There was some sort of meeting between something that was outside of me and something inside of me. That's what Trager does for me: it makes me see what's inside of me and what's around me. I am so deeply convinced that the world needs Trager. My way is to be and to deepen, while Piermario's way is to communicate."

Piermario often serves as a training translator and has translated numerous Trager articles and the *Mentastics* book. About Maria Rosa's comment on his way of communication he says: "I like communication-every direction, every sense. Starting from gossip right up to ending in very serious issues. As always, you teach what you want to learn. And you pass on what you want to know. A very good source of information for me is Maria Rosa. I like being in touch with people, both with my Trager practice and in classes and meetings."

Piermario is also a *Mentastics* Leader and an Introductory Workshop Leader. Before Trager he spent 20 years working for the Fiat Motor Corporation in sales and computers. That all changed when he discovered Trager: "Trager changed my life, of course. Really changed it; from my profession to my self development. The more I go on, I'm really happy to see that there are other people who enjoy this way of life. This is a stimulus for me to go deeper."

Maria Rosa and Piermario take themselves lightly. They joke about being the "Blues Brothers" of Trager. (PM is Elwood; MR is Jake). Like the Blues Brothers, "we're on a mission from God, ma'am." They're really committed to getting Trager out there in the world.

Piermario explains, "We think of Trager as a metaphor. It's like we're pulling a cart through town, some other people are helping us and we're all really enjoying it. People who see us having fun come and join us. The more people who pull the cart, the lighter the load."



The Clara's in the rain.

## Media Watch

Compiled by Don Schwartz

Ivanhoe Broadcasting, a Florida-based television syndication company, distributed a 1.5 minute piece on Trager featuring physician and Trager Practitioner Mark Hoch, M.D. From December, through February, this piece was broadcast in local markets at various times generating significant interest. Ivanhoe has a terrific website: <http://www/ivanhoe.com>

Barbara Osborne, R.N., a longtime Practitioner had her introductory article on Trager published in *Healthy Times*, a regionally-based publication. For more information, contact *Healthy Times* at: 5425 East Broadway, #145, Tucson, Arizona 85711, 520-760-9228.

Former Practitioner Susan Morrill Ramsey had an article entitled "Integrating Trager Approach Into PT Practice" published in the December 1, 1997, issue of *ADVANCE for Physical Therapists*. Also, the December 15th, 1997, issue of *ADVANCE for Physical Therapy* includes an article entitled "The Hands-On Side of Physical Therapy" on various types of manual therapy. A segment on Trager is included in this article. Our gratitude to *ADVANCE* for their consistent support of The Trager Approach through the years. You can reach them at: 650 Park Avenue West, King of Prussia, Pennsylvania 19406, 800-355-5627.

Thanks to Dr. Mark Hoch for alerting us that the December 15, 1997, issue of *Patient Care* magazine contains an article entitled "MANUAL THERAPY: Hands-on Healing" which includes a section on Trager work.

My article entitled "What Could be Lighter: The Work of Milton Trager, M.D." has been republished in the Fall/Winter 1997/1998 issue of *SOMATICS* magazine. It was originally published in *MASSAGE Magazine* (May/June 1997). You may contact *SOMATICS* at: 1516 Grant Avenue, Suite 212, Novato, CA 94945, 415-892-0671.

*A Resource Guide to Alternative Health*, An annual directory of information sources on alternative and complementary therapies includes *Trager* in its body therapies chapter. For more information contact HealthInform at: P.O. Box 306, Albany Post Road, Montrose, NY 10548, 914-736-1565, Fax: 914-736-3806, Email: <hinform@bestweb.net>

**Notice:** A PT/OT publication, *PT-OT SPEECH TODAY* is encouraging readers to submit articles for publication. For more information, you can contact them by e-mail: <vfpedit@aol.com>, or write them at P.O. Box 487, Phoenixville, PA 19460.

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## Salute to Trager

John Blaisdell

*John, President of the Board of Directors, eloquently presented the following transcribed speech at the Board of Directors/Instructors Committee meeting in February, 1998. Everyone present was teary eyed when he finished and we all thought the community would benefit from hearing his story.*

Good afternoon. It is my very great pleasure to be again associated with The *Trager* Institute and with *Trager* folk.

A most encouraging sign of the value of The *Trager* Approach was given to me about a year or so ago when I took a series of *Trager* sessions some time after I had undergone open-heart surgery. Invasive open-heart surgery is a traumatic event both physically and mentally. This is so because it appears that you are dead, and your vital signs are being maintained by a machine. The trauma continued for (in my case) no less than three months after the operation.

During the recover period, I decided once again to have a series of *Trager* sessions to put my body and my mind back together again.

I say "once again" because some fifteen years before this I contracted bronchial asthma which resulted in my first life threatening situation. Each year a good number of people do die from the effects of it. In addition to the asthma, the means used to control it result in such disastrous side-effects as extreme osteoporosis (your skeleton starts disintegrating) and acute paranoia (it's true, they were trying to poison me). I went first class and tried them all, including becoming four inches shorter in height than I had been, and I could only walk with the help of a cane. Physical and mental trauma. At this point I was first introduced to a *Trager* Practitioner and to the *Trager* session. It took more than six months, but I did crawl in and I (almost) danced out.

On both occasions I was totally amazed. After both occasions I became totally accepting and I also became one of the greatest supporters of The *Trager* Approach ever to exist.

So now I wish to thank publicly Dr. Trager, Betty, and all of the others who created the system that allows this marvelous "thing" to be passed down from generation to generation to be made available to people like me who are in desperate need.

And you--each and every one of you--are the creators of each and every new Practitioner. Do you really appreciate how important your abilities are? Important to people you will never meet in places you will never go. No one can thank you enough. Let me now try when I say thank you ever so much. Thank you, thank you.

Since you and I last met, the major change I'm sure you have already noticed has been in the composition of the Board of Directors. That is, the change from a majority of *Trager* professionals to a majority of lay professionals. These new folk bring different types of organizational skills gained with other types of organizations. New skills which will be used to spring The *Trager* Movement out of the narrow, insular position that has prevailed for so long, and into the world-as-a-whole view. The Institute has never yet truly held this view. Let us presume that now is the time.

The Institute, in my opinion, has the obligation to direct a program designed to enhance global recognition and acceptance of The *Trager* Approach.

The Institute, in my opinion, has the obligation to protect the integrity of The *Trager* Approach through the provision of an effective [service mark] enforcement program.

The Institute, in my opinion, has the obligation to lead the way to provide each and every *Trager* Practitioner with the opportunity to conduct a practice under appropriately legal conditions. It already appears that Europe and Canada have left the United States far behind in this area.

The Institute's base of operations will become the codification of the many separate governing principles and practices which have directed the *Trager* Practitioners and the *Trager* educational process through its first twenty years, plus an appropriate number of additions so that all areas will be adequately covered and new areas will receive equal representation.

Using this firm and comprehensive base, the staff will effectively and efficiently deal with day-to-day situations, and still have the time and energy to assist in the implementation of the programs derived from the objectives listed in the by-laws.

As a portion of the implementation procedure for any and all revisions to our regulatory base, the Board of Directors is considering the procedure of circulating discussion drafts of those proposed changes, and requesting the submission of written comments from any and all of those who will be affected by the change. This way, as many views as possible will be involved in the process of change.



The Board hopes to emerge, through the good efforts of our outside consultant, our educational staff, and our Practitioner licensees with an organization that efficiently and effectively does what it is supposed to do.

Thank you for your attention today, and for your assistance in the future.

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## Reminder from the Canadian Trager Committee

If you are interested in either obtaining or renewing liability insurance coverage for *Trager* Practitioners through the Regroupement pour l'education somatique, please contact Paul Overy, 1103 - 280 St. George Street, Toronto, Ontario M5R 2P7, tel. 416-966-1528. Paul will also gladly provide you with information about the program.

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## Congratulations!

Piermario Clara, a Tutor in Italy, announces the birth of his first granddaughter, Alice, on November 28th!

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## Calling all Tutors!

Anyone interested in nominating someone or themselves as a new member of the Tutor Committee for 1999-2000, please inform either Stephani Murdoch or Sandra Berger at the Mill Valley headquarter by mail or phone. Five new members are needed for this wonderful opportunity to be part of continuing growth of the Tutor body. The two year commitment of the present Tutor Committee will be up in November of this year. There will be a Tutor body vote through the mail determining the next committee members. We look forward to receiving your nominations.

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## Trager With Children

Sally C. Kane

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Practitioners who have applied *Trager* to children, I would like to hear from you ASAP! What "needs" bring the children to you--that is, developmental disabilities, emotional or behavioral issues? Have you developed a relationship with the local school system such as special needs programs? If so, in what capacity? Do referrals come from parents, school, other?

Observations: What is working and what is not? How is your approach to children the same as and/or different from your approach to adults? Please contact me in Michigan at: 616-796-9191 (F), or at: 616-796-9188 (Voice).

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## In Memorium

Pamela Andreijko-Jenkins of Seward, Alaska  
Sandra Chay of North Augusta, South Carolina

# Report from the Tutor Committee

Stephani Murdoch

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

During the last few months the main emphasis of the Tutor Committee has been on finalizing the Tutor Seminar Leader (TSL) Application form which we have completed with assistance from Gail Stewart and Julie Greene. Along with the completion of the application, some questions and points were made.

- The Tutor Committee will be involved in approving new applicants.
- Are there enough TSL'S for now?
- There is a need to sponsor Tutor Seminars according to geographic distribution of Tutors.
- What is the Tutor Committee's and existing TSL's policy regarding applications from Jean Hopkins and Michael Madrone?
- A subcommittee needs to explore what may suggest the need for more TSU's at this time.
- The TSL Training will take time to implement & this may create more opportunities for Tutor Seminars.
- New TSL'S for Advanced Tutor Seminars?

The completed application will be sent to Julie Greene, Gail Stewart, and Fabienne Hirsch for review.

There have been several very seasoned Tutors, some of whom are years behind in continuing education requirements, that we as a committee have had to write letters to encouraging arrangements that works for both them and the Tutor policies regarding maintaining their Tutor status.

Letters were sent out to both Tutors and Tutor Trainees informing them of the date changes for the 1998 Tutor Conference and the Advanced Tutor Seminar.

A committee member has introduced the issue of Practitioners mixing *Trager* with other modalities and there is significant discussion around the largeness of the topic "pure *Trager*". It was suggested this to be a discussion for the Tutor Conference as it is an issue too large to "meet" for the Tutor Committee alone.

In the 1998 Renewal letter, Tutors were reminded to submit Tutorial Forms ASAP after the tutorial as there had been some complaints from Students and Practitioners that some Tutors were sending them much later than the 48-hour requirement.

It has also been agreed that the Tutor Committee will send out a revised 1998 Tutor Manual to all Tutors this year.

Discussed also was what may be an alternate arrangement for Tutors having difficulty with the policy regarding annual renewals with a different Tutor each year. The Committee feels the policy is a good one and suggests that Tutors experiencing difficulty complying may write a letter to the Tutor Committee requesting a waiver.

Once again I would like to comment on how impressed I was by the 1997 September European Tutor Conference in Italy. The Conference served as a business meeting, a networking playground, reconnection of peers, and an opportunity to fill continuing education requirements. There was present a model of focus, humor, and commitment. (AND the food and wine and countryside were heaven!)

I would also like to share another personal note. I have been giving many tutorials, more than in the past, to beginning Students and have found that their understanding of the principles is way beyond what I have imagined. My sense is that the Beginning trainings are being taught very effectively and clearly as that is how most of the students are coming to me, *i.e.*, effective and clear. If there are any problems they are only a hand move, body alignment, a reminder of "what could be lighter, more fluid, easier?" etc. I feel that most Students have "the feeling". I see that having fun is a big part of their hit on how *Trager* can be. I feel that the Instructors MUST be modeling the principles in a very deep Hooked-up way. I also see that the Students allow themselves to have their own experiences, emotional, physical, spiritual, in a *Trager* way for themselves. I'm seeing less "doing" or having to "fix". And if the fixing or doing is there, the Student seems to be aware right at the time and is able to handle moving forward faster. It's exciting to see this level of receptivity coming forth. It is the "old folks" that seem stuck in some of the old fears of, "Am I doing this right? I feel like I should be doing *more*." etc. It is all keeping me on my toes! Also the advanced trainings that I have taken or assisted these last two years have had a depth to them that encourages self-growth, a push toward integrating more anatomy and physiology, a respect and ease in understanding of, "What could be more nothing?", and a deepening of the connection that we all share between us. So thank you all. I love my job!

# Instructors Committee Report: Retreat with El Niño

Report of the IC annual meeting, February, 1998

Gail Stewart

Armed with two laptops, 75 pages of background papers from 20 years of *Trager* work, Milton Trager's "Mentastics" book, and our collective personal experience, we began our 1998 Instructors' retreat on a mountain in central California. El Niño's fiercest storms wrapped around us as we collected the words used over the years to describe the living, growing practice of The *Trager* Approach. At the end of the week we had produced the first stage of working drafts from four task forces, each looking at a different aspect of the work.

Historically, the IC's vision of spending our annual meeting time inspiring each other has often been overshadowed by making or clarifying policies. This year was no exception. The good news was that this task of clarification was inspirational.

What is *Trager* work? *Mentastics*? Hookup? What are the professional standards of *Trager* Practitioners and instructors? Using practice and teaching exercises, discussion, and our background papers, we focused on these questions, in response to a directive of the Institute's Board. (In November, 1997, the Board had asked that the IC collect the definitions and standards of *Trager* practice and teaching into a single document, and produce a first draft at our February meeting.)

In its week-end report to the Board, the IC acknowledged The *Trager* Approach as an "unfolding, living process that will never be 'finished'", and affirmed our belief that written definitions and standards must reflect this understanding. As the IC collects the current standards and definitions into a single document, we will report stages of progress in this column. Information about the background papers we are using and copies of our working drafts are on file in the Institute office in Mill Valley, as well as in the possession of each Instructor.

The IC continues to welcome the ideas and feedback of practitioners in this ongoing historical process. Milton Trager



Roger Tolle and Sigi Salkowitz

The *Trager* Newsletter

explicitly left to the Instructors group the authority to define *Trager* work and to set its standards of practice and teaching. In 1985, Instructors developed the current standards for practitioner recommendation by compiling a list of "qualities looked for in the work", brainstormed by Instructors and experienced teaching assistants throughout the *Trager* community. Practitioner members of committees over the years, particularly the Ethics committee, have made an immense contribution to the written standards of *Trager* practice.

*As a Practitioner or Tutor, what are the one or two principles you find most important in conducting a Trager session or tutorial? If you would like to put in writing and send to the committee, your contributions will become part of the IC task force background papers: the collective understanding and experience that we draw from in carrying on the legacy of Milton Trager.*

1998/99 IC Co-chairs:

Europe: Jan Fogel, Brandovagen 62, 165 72 Hasselby, Sweden, email: <jan.a-c.fogel@mbox300.swipnet.se>

North America: Gail Stewart, Box 5398, Berkeley, CA 94705, email: <deargail@AOL.com>

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## A Message from Natasha

*Natasha Heifetz is a Tutor, elective class leader, and member of the Board of Directors of The Trager Institute.*

I was asked to rejoin the Board of Directors last Fall--I was previously on the Board from 1988 to 1991--and after much contemplation, I decided to say Yes.

It is a privilege to be working with such a fine intelligent grounded group of people who understand *Trager* work deeply, and who want to fulfill the mission of The *Trager* Institute.

There have been many requests for more communication from the Board. The following is my experience of what is happening.

We talk about the mission a great deal and are searching for the best ways to restructure the Institute so that it can support a large expansion of the services to Practitioners as well as support a more extensive certification program. It is my firm belief that as soon as the needed structures are in place, we will grow in quality and quantity, continuing to bring great benefit to the world.

We have actively been searching for appropriate consultants to help us. We are an extremely unique organization: our work I call a "secret oral teaching" and a "transformational healing art form." Also, we have the complication of being international and multilingual. It is amazing to be fostering the dis-

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semination of this work into the world. And so far, this has been accomplished by people "catching it" and being filled with passion for it. Essentially, there has been no planning in the past.

The current thinking on the Board is that we need to look for a number of different consultants to help in formulating structures that will foster continual creativity and growth, and that will sustain and maintain our organization into the future.

This is a high order AND I believe we can and will do it. Of course we all get a little impatient and want everything in place NOW. However, patience is it's own reward, and we are practicing it.

At the Board's request, the Instructors Committee, at their annual meeting in February, worked long and intensely under the co-chairpersonship of Roger Tolle and Sigi Salkowitz focusing their agenda on producing a comprehensive document on the Standards of Practice and Instruction. It is very important to have this central document in order to preserve the quality of Milton's work. Since Trager work is an art form, it is really easy to stray from its essential qualities. Having and maintaining the standards will help ensure Milton's legacy, which is part of the mission of The Trager Institute.

I have come to realize many things about the Institute that were not clear to me in the past. Legally, the Institute is the Board and the records (files). We are a nonprofit educational corporation authorized to teach and license Practitioners (who are licensees) to use the service marks. However, sharing the work has created our community.

I believe there has been and still is much confusion about the Institute and the community. It is my experience that some people project Family, Religion, etc. on the Institute. What I believe is useful is to think of ourselves as a professional organization which gives rise to a Community, and an amazing one at that.



Administrative Staff (left to right): Esther Cherk, Carol Smith (temporary), Karen Cox, Don Schwartz, Sandra Berger, and Marcia Koski

I really look forward to seeing everyone at the Conference in the Fall where we can share, explore, and celebrate our work and our community.

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## Who Does What?

To help you receive the services and answers you want, here is a list of your administrative staff and our respective responsibilities.

**Sandra Berger** handles all renewals and Practitioner recertification. She is our newsletter editor, and is overseeing our office functions. Sandra is a member of the Tutor Committee and serves as that committee's liaison with the administration and Board.

**Esther Cherk** processes Student and Practitioner records, provides liaison with public and private bureaucracies, compiles all published articles with *Trager* in them, maintains a bibliography, purchases our products for resale, and organizes our file system.

**Karen Cox** answers our office telephones in the kindest voice. She maintains our library of *Trager* articles, annual certificates, mailings, product orders and keeps our office neat and tidy. Karen also assists Marcia with training registration.

**Marcia Koski** administers the sponsoring of all certification program classes in California, receives and records registrations and sends confirmations for all United States certification program classes, administers the Institute's sponsoring of Practitioner Review and Reflex/Response classes in North America, compiles and edits *The Trager Schedule*, and administers applications for IWL, SPL, and ML statuses.

**Marianne Pelet**, originally from Switzerland, Marianne lives in Mill Valley, and comes in on an as-needed basis to help with a variety of administrative duties.

**Don Schwartz** is our Executive Director overseeing administrative operations. He reports to the Board of Directors, and carries out policies established by the Board.

**Bookkeeper:** This position is currently being handled by a temporary employee until a full-time replacement is found. This position will include other functions.

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## Executive Director's Report

Don Schwartz, Ph.D.

Thank you, Friends, Students, and Practitioners, for your 1998 renewal. Together, we are carrying forward the flame ignited by Milton Trager's life. Your individual support makes

our organization capable of fulfilling the mission given us by Dr. Trager.

**1999 International Somatics Congress:** The Trager Institute is one of about eight cosponsors of this exciting gathering on February 25-28, 1999, at Arrowhead Springs, in the countryside of southern California. As one of the four steering committee members, it is my pleasure and privilege to be part of a conference which is attracting the best and the brightest of the somatics field including our own Deane Juhan as well as Margot Anand, Judith Aston, Eleanor Criswell-Hanna, Emily Conrad Da'oud, Michael Gach, Anna Halprin, Richard Strozzi Heckler, Gay and Kathlyn Hendricks, George Leonard, Peter Levine, Jeffrey Maitland, Linda Marks, Emmett Miller, Stella Resnick, and Ilana Rubinfeld. The primary sponsor is the Association for Humanistic Psychology (AHP), and the conference's director is AHP President Jocelyn Olivier. For more information please contact the Society for the Advancement of Somatics at: 415-339-9606 or email: <Somatics99@aol.com>. I hope to see a cornucopia of Trager folk at this conference.

**Gesundheit!** I had the pleasure of meeting Patch Adams, M.D., founder and leader of the Virginia/West Virginia-based Gesundheit! Institute. Patch presented at a first-ever San Francisco Bay Area open gathering of Gesundheit! supporters. He was in town celebrating and participating in the filming of his life by Universal Studios. He is being portrayed by Robin Williams.

Patch Adams is a crusading physician whose primary value is that the emphasis of health care should be service to the patient rather than money from the patient. In that regard, Patch's community of health care providers do not charge for their work, do not carry malpractice insurance, and do not accept third party payments. You can learn more about Patch's story and his values and practices in his book, *Gesundheit!*, published by Healing Arts Press. One of Patch's dreams is the building of a hospital on 300 acres of land Gesundheit! already owns in West Virginia. It is hoped the production and release of his film will help raise the 20 million dollars needed to begin construction of what will be a beacon of light in the struggling darkness of our current health care system. I hope that once completed, certified Trager Practitioners will be working in that hospital every day of every week of every year.

**Administrative Staff:** As of this writing, we have not yet filled our bookkeeping position, but I hope it is filled by the time you are reading this report. We've also had our fair share of illness this Winter which has challenged the entire staff. I thank everyone, especially sponsors, Instructors, and international coordinators and representatives, for your patience at this time.

## For All International Members!

Please, please, please send us your articles. The Trager Institute is an international organization, and all of us benefit from sharing with each other across borders and oceans. To make it quick and easy, you may email a text file or fax your contributions. We will happily do translations into English.

### Thank You Donors!

Gwen Crowell

Charles Ganzon

Tony Giordano

Cathy Hammond

Alan Hundley

Michael Madrone

If we have inadvertently omitted your name, please do let us know so that we may acknowledge you in our next issue.

## 1997/98 Practitioner Survey

Thanks to all who sent their completed 1997/98 Practitioner Survey to the administrative office. We have updated our records and your responses assist us in maintaining complete information regarding our Trager community, and in making referrals.

## An Apology

Barbara Moore, a Trager Practitioner in the United Kingdom, was inadvertently listed as a "New Practitioner" in the Fall 1997 Trager Newsletter. Our apologies to Barbara for this error.

## A World Traveler

Michael Lear is a Trager Practitioner from Easton, Pennsylvania, and was a main organizer of the last International Trager Conference. We had the pleasure of meeting him a few years ago! What great energy! He has recently been to New Zealand, and is now on to who-knows-where! Michael would like to keep in touch with the Trager community. You can contact him at his e-mail address: <73867@pop.net>.

## Credits

Editor-in-chief ..... Don Schwartz  
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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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