

# The TRAGER® Newsletter & Schedule

Summer 1998

Volume XVII, Number 2

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

Come join us for the opening dinner and baroque music in the Ballroom on Wednesday, September 30, from 6-8 pm. Registration for the conference will be outside the Ballroom from 5-10 pm. Our welcoming team will be on site to offer assistance as needed. Following are more details about the conference:

Thursday, Friday, Saturday and Sunday mornings will begin at 7 am, with space for yoga, breath work, meditations, etc. The breakfast buffet will be served from 7:30 - 8:30, followed by group *Mentastics*® from 8:30-9:00.

*The Fundamentals of The Trager Approach* will be explored from 9-11, or 9-12, following *Mentastics*.

*Expansions* of these basic fundamentals will be offered from 2-4, and 7-9 pm, on Thursday, and 2-4 and 4:15-6:15 pm, on Friday and Saturday.

The closing lunch will be served from 12 - 1:30 pm, on Sunday.

Friday night entertainment is being organized by the Mid-Atlantic *Trager* Association regional group. On Saturday evening we will have dinner and spontaneous stories of Milton, Emily, and their work. Bring your stories, short video or audio spots, pictures, etc. There will be dinner and dancing. Suggested attire is white.

Megan Eoyang is facilitating a workshop to share experiences with *The Trager Approach* and with people with less common neurological conditions. If you have experience you would like to share, please contact her.

A few changes: Roger Tolle will teach *Somatics Exploration*, solo. There has been a change of date for the **Tutor Conference**. The new dates are: **Sunday, October 4th**, from 2:00 pm, through the evening (dinner provided); and **Monday, October 5th**, 9:00-5:00 pm (breakfast and lunch provided).

Plan now to schedule a tutorial at the conference with someone you have not worked with before. The Chesapeake *Trager* Association will coordinate four tutorial/trade rooms. These rooms will be available throughout the conference for trades,

tutorials, and even mini-sessions for the public and hotel staff. If you are a Practitioner who is interested in giving mini-sessions to the public, contact Jonathan Levy at: 301-897-5033. Sign-ups for trades and tutorials will be located in the *TRAGER CENTRAL* area at the conference.

You can now use your *MasterCard*® or *VISA*® to register for the conference. However, due to logistics, mailing, and personnel expenses, an additional \$10 registration fee must be added to cover the administrative costs. Please send the completed registration form and credit card information (name on card, account number, expiration date, amount to charge) to Anna Marie Bowers.

### WE NEED THE FOLLOWING:

- 90-100 tables. Please bring a table if you can. They will be tagged and labelled. Additional sheets, blankets, etc. would also be helpful. Please label these items clearly.
- A few people willing to share a meal shift with our *Trager* Store volunteers. In addition to the usual T-shirts and other conference-related materials, we will have bolsters and pillows, books and tapes.

If you can offer any help with the above, please contact Anna Marie Bowers.

Mail-Boxes, Etc. will be available at the hotel on Saturday if you want to mail purchased items home.

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Remember to send in your registrations soon and make room reservations with the hotel as soon as possible. We look forward to an exciting and enriching conference and look forward to seeing all of you there!!!!

Following is a tentative list of workshops being offered at the Eighth International *Trager* Conference:

- PEACE Workshop - Gary Brownlee
- Sex, Touch, and Intimacy - Daphne Chellos
- How to make a thriving *Trager* Practice stay healthy with phytotherapy - Fawn Christianson
- Like it or not, you have power - Amrita Daigle
- Going public: How can we build our practices by working together to promote the work - Jim Day
- Intro to LET (Leonard Energy Training) with a *Trager* Twist - David Dimmack
- Samurai Game - David Dimmack
- *Trager* with people with post-polio sequella and other less common neurological conditions - Megan Eoyang
- Getting *Mentastics* across to clients - Julie Greene
- Maintaining rapport with clients when it is difficult - Julie Greene
- Finding *Trager* Principles through fun and games - Joe Griffin
- Touching Lives: being of service in the community - Kathryn Hansman-Spice
- Using *Trager* to work with the Flight or Fight Response - Natasha Heifetz

- Integration Skills Workshop- Natasha Heifetz
- Indications/Contra-Indications for *Trager* - Mark Hoch, M.D.
- Use of *Trager* in a medical setting - Mark Hoch, M.D.
- Fibromyalgia - How *Trager* and other modalities are helpful - Mark Hoch, M.D.
- Primary Movement Patterns - Jean Hopkins
- Continuum/*Trager* Explorations - Jean Hopkins
- Giving and Receiving Feedback - Jean Hopkins and Gail Stewart
- Overcoming Burnout - Ronan Kisch
- The Psychological Dimensions of Bodywork - Ronan Kisch
- Rolling to Balance (with exercise balls) - Pamela Sharni
- The *Trager* Approach - Getting on track, staying on track - Shelly Siskind
- Body Reading - Gail Stewart
- *Trager* off the table - Bunni Tobias
- Weighting and Waiting - Ric Watson and Eleva Joy McDonald
- Playing the *Trager* Principles - Maryann Zimmermann assisted by Priscilla Dick

## We Remember

### Bonnie Curkin

Bonnie is an administrative staff member at Heritage Pointe, the retirement community where Emily and Milton lived for seven years. She became very close to both of them and was an invaluable support to the *Trager*'s.

It is Emily's 89th birthday, and I have just returned from the cemetery representing all of us. I sang "Happy Birthday". I sang "Emily" (the song Rabbi Nathan wrote), and I silently spoke and thought of Don. Then I walked into my home. There it was, a message from Don. I smiled. We are all connected, and Milton and Emily are watching over us, making sure we remain connected.

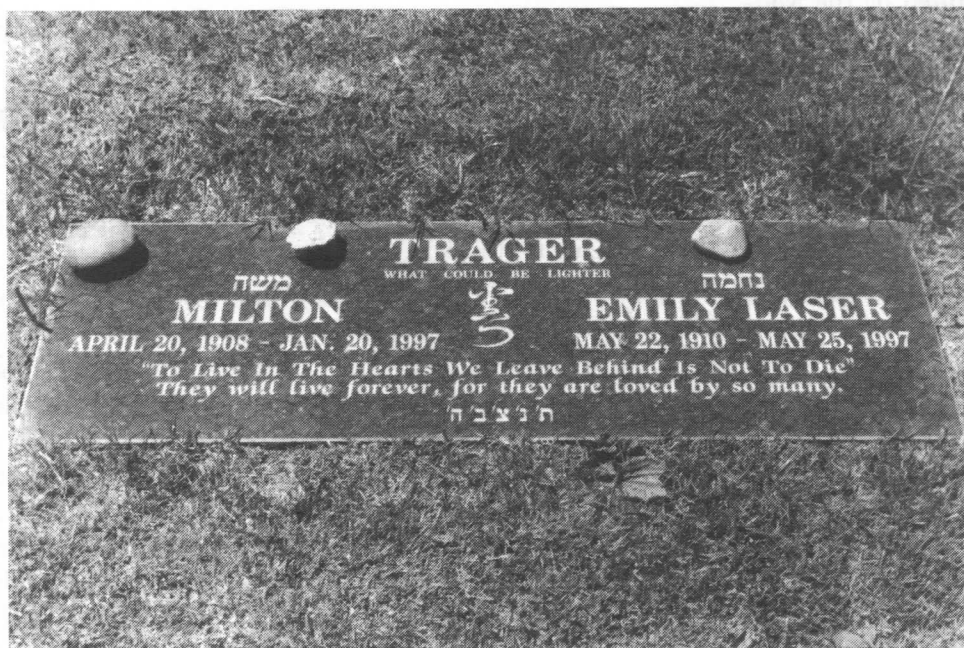


Photo by Martin Anderson

A few weeks ago, approximately twenty of us joined together at Harbor Lawn/Mt. Olive Cemetary for the unveiling of the *Trager* stone. We united to pay tribute and say prayers for Milton and Emily. Rabbi Jessel and Rabbi Segal unveiled the stone, while Natasha Heifetz requested we stand in a circle. We held hands while listening to Michael Grossman, Jack Liskin, and others telling some of their favorite stories. Glenda Adair, Adrienne Stone and José Bauson recounted special memories, and Bunni Tobias requested yet another favorite song.

We all knew Milton and Emily were in that circle with us. They were smiling with us, blessing us, and at peace. Once again, they are together, enveloped in the arms of one another.

Their souls still firm.

Their spirit so strong, and ---

“What could be lighter?”

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## A *Trager* Romance

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Rickey Hendricks, Ph.D.

*Rickey, a member of the Board of Directors, is author of two books on health care.*

As I have heard many say, *Trager* has changed my life. That change came in the person of Natasha Heifetz, a profoundly skilled Practitioner of The *Trager* Approach, who offered me a session so that I could better understand aspects of the work discussed in our Board sessions. Little did I know the impact it would have in my own life.

The week that Natasha and I decided to meet in Mill Valley for a session prior to a Board meeting, I unexpectedly ran into a man I had not seen for seven years. Though he also lives in Mill Valley, we had successfully avoided one another for all of that time due to a passionate, turbulent break-up in a romantic relationship. We had been together at a time in both of our lives that we were unable to cope with the powerful emotions and primal issues that came up for each of us in the course of our star-crossed love affair. We both had much in common: the identical birth month and day, the same rare blood-type, two children each--his were sons, mine were daughters. Both of us were part of a spiritual community in which the odds were we would have met long before the years that separated us. But the spirits, or fate, wrapped each of us in a cocoon of protection, until four days before the appointed time I was to meet Natasha at Betty Fuller's studio for a *Trager* session.

There had been an intense physical aspect to my relationship and turbulent parting with this man, an aspect that haunted

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me, and brought back disturbing body memories from my deeper past, a primal place buried deep in my origins. I was shaken but drawn powerfully to this person, and a sense spontaneous of healing and forgiveness became stronger than the fear I had carried for so long.

Natasha worked on my tense and sensitive body for about two hours, her skilled and powerful hands sinking deep and thoroughly into tissue that held a lifetime of psychic pain, which I now know had affected all of my past relations. I emerged from the session in a deep state of relaxation; I still felt Natasha's hands, and would continue to feel them, vividly, for weeks. A reintegration of mind, body, and spirit seemed to occur. I walked as if on air, above the disturbing elements of the physical environment, toward a heightened awareness of a transcendent space.

A month after my *Trager* session with Natasha I was in a deeply moving and loving relationship with the man I have spoken of; we are engaged to be married. Natasha is our fairy god-mother.

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## Feature Articles

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### Self-Care for Musicians and Performance Artists: The *Trager* Approach

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Joe Lee Griffin, Ph.D.

*Joe Griffin is a Trager Practitioner, Tutor, and workshop leader. He has a Ph.D. from Princeton, was Assistant Professor at Brown, NIH Special Fellow in Anatomy at Harvard Medical School, and Chief of Experimental Neuropathology at Walter Reed Army Medical Center, where he worked in the Wellness Center for several years. Joe now lives in Savannah, GA, phone, 912-231-8280, email: swimwell@premierweb.net webpage: <http://www.premierweb.net/users/swimwell>*

"I cramp up when I practice," she said. The continuing one-sided playing of her violin led to unbalanced muscular tensions. While she didn't seem to have repetitive motion injury, she couldn't practice as she wanted and feared that she was losing playing skill.

How could I help? We explored two ways. In one, I did hands-on bodywork. The other used her own self-care movements. For the bodywork, she was comfortably supported on a padded table, wore soft clothing, and was covered for warmth. I used gentle, rhythmic movement to balance and release unneeded tension, particularly in her shoulders, arms, ribcage,

and neck. The movements, all done within her window of comfort, included a supported rolling of the neck, sliding the shoulder blades on the rib cage, shortening and lengthening shoulder muscles, and gentle flexing of the rib cage. She reported improved comfort and body awareness and I encouraged her to enjoy these feelings and take them with her into standing, walking, and playing her violin.

While the hands-on work gave her tension release and upper body balance, her time with me was limited. For home self-care, we played with arm dangles and shimmies, as described in Milton Trager's book and video (available from The Trager Institute). We also created a learning game that felt particularly appropriate. I reminded her of the game of air guitar and suggested she play air violin, on both sides of her body, with empty hands, soft, light, and fluid, with open questions like, "What would feel even easier than this?" This game avoids performance anxiety, trying hard, and one-sided focus. It requires no skilled helper and no special equipment. Also, it is useful because it is undignified. Physical learning games are hampered by seriousness, trying hard, tight goals, and other behavior that leads to reflex resistance.

### **Voice as instrument**

Singing and speaking voices are intended to reach a listener. As with other instruments, the most effective performance comes from the functional center of the performer and is not an imitation.

An opera singer once came to me. She wanted deeper body awareness rather than to correct an imbalance. We focused on flexibility of the rib cage, on the whole trunk as a three-dimensional system for generating and controlling her breath, and on centering and connecting to her support. With relative ease, she got and used the expansion and centering and enjoyed her new awareness.

As this singer discovered, there is power in exploring from a place of health and balance. Of course, those who are limited or injured may come with stronger motivation and even go deeper into the learning process. Later, I found a quote from Linda Ronstadt, "Trager work is an invaluable aid for all singers. It relaxes the throat muscles and positions the larynx for extended range and better breath support. I rely on it."

### **The functional mind in performance**

Most of us can recall that when we learned to drive, we were safe and effective only after driving became automatic, habitual, and non-thinking. The non-conscious functional mind does almost all complicated physical things for us. Practice and repetition provide sensory signals that allow the functional mind to improve and maintain skills. Bodywork and learning games also provide useful sensory signals. This is why the best performances have an automatic, non-thinking feeling. The conscious is the observer, along for the ride, choosing to trust an automatic wellspring of ability emerging from deep inside.

Usually, when I've helped someone find their own center of functioning excellence, I operated on automatic, without planning or analysis. Musicians, actors, and athletes seem to share a pleasure at "being on" or "in the white zone."

When your body works well, it feels good. When your body feels good, it works well.

### **Percolation in learning**

Learning is a two-stage process. The second stage involves nonconscious integration by the functional mind. To illustrate why that is important, following is a story from *Trager Instructor* and former dancer Roger Tolle, who works often with performance artists in New York.

An actor got his first *Trager* session from Roger. He felt wonderful and predicted a stellar performance that evening. Instead, it was off, as he missed cues and position marks. He was right that the improved connection to his body would improve his performance, but his connections that evening were not the same as when rehearsed. One probably should not get loosened up and rebalanced immediately before an important performance. Some time for percolation, integration, and rehearsal is needed.

### **A kinesthetic art form**

The stimulus of being a new resident in the artistic city of Savannah, has helped me focus on the evolution of my personal art form. I believe the human body is my canvas or my instrument, both my own body in self-awareness games and the bodies of others in classes and hands-on bodywork. There is trust in the inner wisdom, focus in the now, absorption, sense of flow, and absence of mental chatter. I get positive feedback from students and clients because I've learned to trust, listen to, and accept their core, their functional mind, and its connection to their body. That sense of one's centered self is of significant value beyond the basic release of unneeded tension and balancing of useful tension. It is most useful to be reminded of and put in contact with the place within from which our best work comes.

# Tracking Patterns

Amrita Daigle

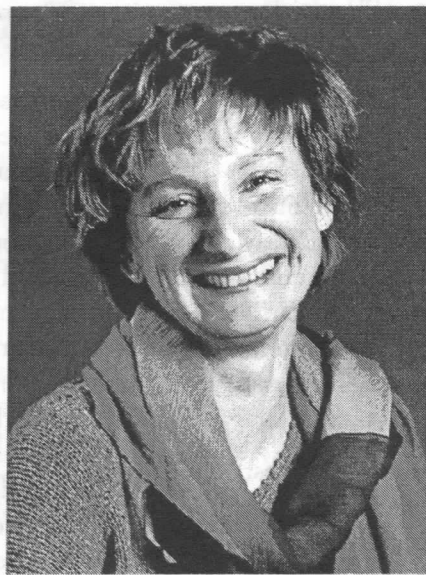
*Amrita is an Instructor living in Quebec City, Quebec, Canada.*

Have you ever thought of “Trager” attitudes?

Patterns are fascinating. Human beings express patterns in zillions of ways. We are, actually, very creative at that level! As Trager Practitioners, we witness patterns in tissue joints and posture. We can also recognize them in the way people think and react emotionally to events, including the Trager session.

My clients come for a session to feel better and to enrich their connection to their potential. Most of them are coming because they want to change something. They wish to get rid of this pain or learn healthier reactions to stress. Often, Trager is not their first attempt and they have tried hard to change their way of being before. Some of them have searched their history to find an explanation: “Why do I always react like this?” They get discouraged and think they don’t have enough will to change their habits or, they get hard on themselves. Struggling against something they fail to reach, they end up feeding their patterns with even more presence!

If a client comes for a series of sessions, I want to know if and how this work influences his/her life. After three to four sessions, I ask “Are we progressing towards your goals? Are you more relaxed and comfortable in general?” I get interesting--sometimes challenging--answers. One of my clients told me he was now able to use *Mentastics* to recall fluidity, once in a while. He was getting discouraged, though, because serious tensions were filling his body even before getting up in the morning. His old pattern was easy to recognize, *i.e.*, he “never” does what he needs to do (dishes, car repairs...) so, when his alarm clock rings, he pushes the snooze down and stays in bed, getting tense because he should be getting up. Then he be-



Amrita Daigle

comes late and acutely stressed. I caught him just as he was going to use force on himself with this idea he was going to throw himself out of bed twenty-one days in a row, to break his habit.

Mmmm... Time to PAUSE... I ask myself “How could we reach this pattern? How about talking with it instead of trying to break it?”

Here is the Trager strategy my client and I have developed. At the sound of his alarm clock, he notices what he does. If he gets caught in his habit, he softly tells himself : Oh, oh! Here is my pattern again! And he asks: What’s the feeling in my body now? Then: Do I like this feeling? If he doesn’t like it, he asks: How could this be different?

He came back the next week thoroughly changed. He had fun applying this attitude to all kind of situations. We were both delighted with the richness of his explorations. He had changed his attitude.

Asking the right question does open oneself to the world of possibilities. It is like an incantation that calls for creative solutions. While I am with my clients, I witness what they repeat as a broken record while they move and express themselves in my office. Then, I play with resistances in whatever form they appear. How do I “Trager”

shyness during *Mentastics*? Or, how could I be with someone who is talking, talking, talking? I can’t really say , stop this! because I would then talk to the conscious mind. The pattern wouldn’t be touched. So, I ask myself... well... how could we reach this pattern?...

Of course, on top of my clients’ patterns are my own ones! So, I also want to “Trager” my Practitioner’s style as I practice. Do I always begin with this same move at the table? Do I label my clients quickly? Do I always teach this one *Mentastics* move for lower back problems? Or, do I dare sustain not knowing long enough to connect with my intuition and creativity, and adapt my approach to this unique client at this unique moment?

Awareness is a good key to get out of these pattern endless loops. Discomfort is a sign that calls our attention. Trager uses hook-up and physical sensations to wake up the unconscious mind to other options. It works. What excites me even more than that, though, is the integration of these new ways to be in daily life. And this is actually the real gift Milton gave us: autonomy, through *Mentastics* and recall.

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## CASE REPORT: A Woman with Headaches

Jack Liskin

*Jack is a Trager Practitioner, and a Physician’s Assistant and Assistant Professor of Clinical Family Medicine at the University of Southern California School of Medicine. The author of Dr. Trager’s biography, Moving Medicine: The Life and Work of Milton Trager, M.D., Jack is also a frequent contributor to these pages.*

A woman in her early forties came into our practice, a successful consultant with high level connections in her industry. She was being treated by a neurologist in our medical center for chronic severe headaches that appeared to be the result of long

standing high pressure in her spinal fluid system. She was being treated with an agent that flushed excess fluids out of her body, along with strong painkillers for her headache. She had headaches every day, severe enough that she vomited at least once daily.

She had noticed a simple flyer describing my work and introduced herself to me one day, having noted that I frequently saw people with chronic headache. She asked me a few questions about my work, and some weeks later made an appointment to see me. She had already seen a Family Physician in our practice several times by then, and spoke very highly of him.

On her first visit she arrived in the throes of one of her most severe headaches. I began to work with her head and neck, where there was considerable and extensive muscle tension, but it soon became apparent that the pain was too severe at that time for much benefit to come from the work. At this point she became nauseated and sat up on the table. I had emesis basins in my room, since I work in a medical facility, and promptly provided her with one. For the next fifteen minutes she vomited and apologized while I stood by, emptying the basin each time it filled. At that point I had to give up any idea I had of helping her with hands-on work, and I devoted myself to being attentive to her in this most basic way, giving her something to vomit into and staying by her side.

When she had headaches of that severity in the past, she could only be helped by an injection of painkiller, and I suggested that she go to our acute care center for the shot. This she did, and I expected not to ever see her again. To my surprise, she called me back the next day for another appointment. By this time she had also begun to see a psychologist in our practice. When she came in again, she thanked me profusely for my caring and kindness during the previous session. I understood that this had been an extremely significant event in her life, and that she had developed trust in me as a result. This time I was able to work with her a little more, but whenever she began to relax even a little her whole body jerked convulsively, startling me with the violence of the reaction. Not knowing what to do, I did nothing, slowing down my work and mainly keeping my hands still on her. She didn't want me to stop my work, despite the violent jerking. She made a barely audible allusion to having been abused. Again, by the end of the visit, I expected not to see her again. Instead, she asked if she could begin seeing me twice weekly.

As the sessions continued, the jerking continued and increased each time she approached relaxation, accompanied at times by traumatic memories of episodes of sexual and psychological abuse. The scenes of past abuse were vivid and caused her many times to curl up and sob on the table. All the while, she wanted me to continue to work. Unsure if that was appropriate, I spoke to the psychologist. She reassured me that the woman was handling what was happening and that it was indeed helpful to her. I appreciated having this feedback. With-

out it, and the psychologist's continuing care of the woman, I would probably have suggested that she seek help elsewhere.

Over the next several weeks, she revealed more and more of her past and present situation, things which she had kept hidden from virtually everyone. As a child she had spent long silent hours in her dark closet to avoid the unpredictable and violent behavior of her mother. She left home for good as an adolescent, and was raped for the first time shortly after that. She was in a long term marriage devoid of affection and without sexual relations, and was staying in the relationship for economic reasons and because nothing on the horizon seemed to offer her anything better. She worked extremely long hours, ran or lifted weights daily, slept little, and rarely ate regular meals, often skipping meals even though she knew this precipitated headaches. She was extremely fearful that her current, and for her, rare dependence on the family physician, psychologist, and me would cause us to tire of her and ultimately abandon her. We discussed her previous abuse and the possibility that her inability to relax was related to an earlier need to remain vigilant and non-trusting for her own safety and survival.

I helped her to learn diaphragmatic breathing, and she was able to use this with increasing effectiveness when she sensed a convulsive jerk developing. Often I would talk a little when I suspected she was about to jerk. In time, she became desensitized to the approaching relaxation and the jerking began to subside and lessen in frequency. The traumatic memory intrusions also diminished in frequency during sessions.

Meanwhile, she was sufficiently encouraged about being able to achieve physical pleasure, trust, and potential happiness that she was able to enjoy the flirting advances of a man and decided to proceed with divorce proceedings which she had long contemplated. She began taking steps to support herself financially. She returned on one other occasion with a severe headache, having decided to stop her painkillers when her prescription ran out. I advised her that this was probably premature and that she should continue her regular medications until such time as the headaches diminished further in intensity and frequency.

At this time she is beginning to consider her own behavioral choices—overwork, non-stop activity, poor nutrition—and the impact they have on her health. It is hard for her to accept that some of her problems are due to her own behavior, and that this behavior may not be normal, because to do so seems to validate for her the devaluing comments made to her by her parents throughout her childhood. It is clear that the sustained and non-judgmental caring of her family physician, psychologist, and *Trager* Practitioner established a basis of trust, absent from her early life, which have allowed her to make significant positive changes in her current life situation. Nausea and vomiting have diminished, and headache intensity is generally less, but the headaches continue at the time of writing of this report.

On her latest visit, she reported that she was sleeping longer and deeper than she remembered (she often wakes at 3 or 4 in the morning), and she was beginning to recognize her own unhealthy behavior patterns much more clearly. She was able to go through an entire session with only one minimal jerk, and this allowed more work, especially back work, to be done. By the end of the session, she exclaimed, "So this is what I've been missing!" She was referring not only to the new work, but also to the experience of comfort, pleasure, and relaxation which were new sensations for her.

This is an instance when *Trager* "moves" were of zero importance, but where "being with" the person and basic caring touch opened the doors to hidden and traumatic past experiences, and to the possibility of new and pleasurable future experiences. It is also a case where having medical and mental health professionals involved offered positive support for the person and the *Trager* Practitioner.

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## The Patient's Perspective

*Note: Due to the sensitive nature of this case, permission was requested by the author and graciously given by the woman to present her experience for the benefit of other Trager Practitioners and their clients.*

I first became aware of *Trager* while waiting for a clinic appointment in the lobby area of the waiting room. There was a small kiosk placed on the counter at the appointment desk. I would often glance over at the kiosk where a book, written by a man whom I had not yet met, named Jack Liskin were placed. The words and title of the book were very appealing to me and I was eager but apprehensive about picking up the book. I actually did pick up a brochure strategically placed next to the book, and glanced at it during a waiting period one day, although this took several weeks. Oh,

another gimmack about meditation I thought, I had used several different types of massage therapies during the last twenty years, mostly because my life was in a constant mode of stress.

Having suffered from a rare disorder for many years, I finally found a very kind and compassionate physician who became the overall case manager of my treatment. After several months of acute treatment it seemed as if my medications had balanced out the disorder. The problem of severe headaches did not, however, disappear. My emotional and psychological history of abuse never came up, because I had never discussed these issues with anyone in my life. My doctor confronted me one day during a visit, and suggested that I see the therapist on staff for evaluation.

I wanted to resist at first, but at this point in my life was more open to the idea of therapy as a solution to something. After 8 or 12 weeks of therapy, and a very serious inpatient hospitalization for double pneumonia, my therapist began different forms of headache therapy. Both my doctor and the therapist suggested *Trager* as a form of headache therapy.

During my first visit which I might add, was quite humiliating for me, I was experiencing a severe headache and vomiting episode. Jack Liskin walked into the room and before I could say hello I began vomiting containers one after another. He just stood there holding my head with one hand and holding the containers in the other. After about an hour of this he sought out the assistance of the clinic staff, and I was taken to the ER there for IV treatment of medications. I was immediately struck by the kindness and calmness of this man. I began seeing him for treatments twice a week.

My first real encounter with *Trager* was a completely new experience for me. I had no concept of what this treatment was all about yet, and had no expectations, I just tried to enjoy the experience of it all. While laying flat on my back, I experienced a unique and pretty unbelievable type of calmness and se-

renity, that I felt somewhere deep inside of my entire being while Mr. Liskin merely placed his hands on my face and head. For a long time that was about as far as we got into the treatment. It seemed that within seconds of feeling his hands touching my face and head and sometimes neck and back, I would jump and convulse with slight hysteria on the table. It was during the most relaxing seconds and minutes of relief, that this jumping occurred. I was not a stranger to these types of jumping episodes I have had them all of my life, but never as pronounced as they would occur while on the table. Jack and I would talk about these reactions and it was there that I learned of something called Post Traumatic Syndrome. Apparently this was a direct physical reaction to years of severe abuse. They began to bother me quite a bit, but I tried very hard to work through them. I would get very angry at these reactions, because in my mind I was slowly beginning to feel for the first time in my life a type of relaxation that I had never before experienced, and for me, these jumping episodes became a hindrance of better things to come. What struck me the most was the gentleness and kindness of Jack's style of communication while I would lie there on the table. I would go from complete relaxation to complete anxiety attacks within a matter of seconds. He provided a safe haven for me to talk, and just feel -- something I had never before in my life experienced with anyone. Unfortunately, for Jack, this also opened up the door for me to experience memories of my abuse. I also began to talk about these episodes during my regular therapy visits. Jack and my therapist consistently worked in concert throughout my treatment.

Slowly I became more and more relaxed, and learned how to breathe correctly for the first time. I have always been one to utilize my upper body for breathing, and often become short of breath. I am not exactly sure which form of treatment whether the therapy, or *Trager*, caused the reactions that I would soon begin to experience, but I decided not to ques-

tion too much, and for the most part just went to the *Trager* treatments with the enthusiasm of a child eating candy for the first time in its life. During the beginning stages of the treatments, I should add that I was experiencing horrible nightmares. I have always had nightmares but these were more intense and more violent. I also began to have memories that I had never before remembered that would occur out of nowhere while on the table. It seemed that the more relaxed I became, the more often these memories were beginning to reappear. These included rapes, severe psychological and physical abuse, and other traumas. Sometimes during treatments Jack could do no more than place his hands on my head face, he did what he could to calm me during these episodes. I also felt during these episodes that I would lose control of my body and sometimes I would wrap my body up in a ball and would just lay there and cry uncontrollably. The challenge for both of us it seemed was getting beyond this first stage.

With an extreme amount of patience on both our parts, probably more of Jack's patience than mine, it has taken about twelve weeks of twice weekly visits to get to a point where he has been able to move to other areas of my body that finally reached my lower legs and feet. After the first time this occurred we both laughed out loud, at what I believe we had both worked very hard to accomplish. I remarked on this first full body experience that I never knew what I had been missing all these weeks.

My analysis of this process so far, is that I have reached a pivotal point in my overall bodily feelings. I am much more in tune with the stress in my life, and have learned so much through the breathing techniques about how to calm and relax myself. My sleep habits are better than they have been in my entire life. I never was able to get to sleep without excessive stimuli around, such as reading, working, television, etc. Now I can actually lay down and calm myself into a natural sleep stage, Although I have really just begun this entire journey I feel that without the bodywork of *Trager*, my therapy would have been a much slower process for me. *Trager* has helped me work through the physical traumas of my abuse. One of the most important issues that I have worked to resolve through this process relates to directly to the feeling of touch. From my earliest recollection of childhood, I was never touched, especially in any form of loving or nurturing way. My memories of touch for the most part involve abuse, either physical or sexual. I spent every hour when I was not in school or in an outside activity, wrapped up in a ball in a small closet, this went on for several years, until I was about 10 or so. Having a trusting physical relationship which involves touch of the most non-invasive type I have ever experienced, has allowed an intense healing to occur in my overall therapeutic process. My treatment has definitely been a team process. The ultimate gift that *Trager* has given me is that I have discovered a completely new way to live my life. A type of balance that I never knew existed. My overall patterns of sleeping, working, eating, feeling, thinking, and simply being, have

changed considerably. I am able to nurture and take care of my body in a way I never thought imaginable. Of course this does not happen every day, it is a constant challenge for me. Just to do what Jack calls are the 'basics', like eating at normal hours, has given me a new sense of discovery of my most inner being, which I know is the key, or a partial, key to my physical illness. Slowly my physical symptoms of illnesses, that I have lived, with my entire life, have less control over my life now, and I attribute this to *Trager* directly, as well as my individual psychotherapy.

My belief is that for the role of *Trager* to exist within the confines of a managed care healthcare system, the critical linkage lies with the Family Practitioner. While most of the research I have done on *Trager* seems to focus on physical ailments, it seems to me that a significant area to explore, as in my particular case, are the physical symptoms that may be directly connected to psychological traumas. Our healthcare system is probably filled with millions of individuals like myself, who suffer from several different types of diseases, and other daily symptoms, that I am sure have a connection to the relationship one has with their most inner bodily and psychological systems. I hope that sharing this story will help someone see what the value of this work has meant in my life, in hopes that it may help others achieve a unique feeling of wellness in their lives. I will forever be grateful to Jack Liskin, for his practical skills in being a Practitioner of *Trager*, and above all for his patience, and his ability to make me feel safe from the world of judgment that I have lived in all my life. His kindness and compassion make him an unusual and highly gifted practitioner. And above all, thank you Milton Trager, where ever you may be!

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## Bearly Trager

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Steve Bear

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*This is Steve's Student essay. He has since become a Certified Trager Practitioner, and has been traveling throughout the United States for the last eighteen months.*

As I reflect on the completion of my Student requirements for certification (this essay being the final task), I am struck by how much more this feels like the beginning, than the beginning. I had no idea when I embarked on this journey to practitioner how far the training would reach into just about every area of my life.

It was out of the sweetest love experience of my life that I was introduced to The *Trager* Approach. My lover, and now mentor, has been certified by The Trager Institute for nine years. With her encouragement, I took the unusual step (although I didn't know it at the time) of going into this work as a student full time. After one hundred and eight full sessions in over



ten states (with as few as one session in a week and as many as seven in one day) and nine tutorials, I am deeply gratified to realize this work is something for which I have been preparing my entire life, just to reach it's beginning.

I am in awe at the depth to which this work compels my attention and my surrender. The journey I've begun has been much about letting go of my "self" and my "identity" and about surrendering to a way of being much greater, more human, and more healing. I have felt many different parts of what I used to think were me, dissipating and dissolving. The fighter or confrontational being within, has taken an overdue rest. That part of me that needed recognition or validation before proceeding, feels satisfied. Yet with this diminishment also comes expansion, a fundamental paradox of my experience as a student. Expanded awareness, enhanced senses and sensitivities, a swell of love and compassion all grow simultaneously. It is to experience becoming empty and full at the same time.

At first, I concentrated on learning the basics, the mechanics of the holds and movement. I remember sometimes experiencing fear that I would never "get it." Soon I realized there was a lot more going on than just that. Now I let it 'get me' - to replace me for moments or minutes, again and again. It is that I realize the greatest benefit to my clients, when I am out of the way. I have on occasion discovered what feels like magic in my method and/or result; something unusual I was, or did, that worked and I wanted to be, or do, it again. I have chased it, futilely attempting to re-discover it with the next person, only to ultimately realize letting it go. For it seems when I'm not in the way, the magic discovers me, not the other way around. This is but one of the ways I have experienced the connection Milton described as "hook-up".

Other unexpected treats of this journey are the abundant joy and satisfaction that comes when someone's quality of life is dramatically improved. Joe is my long time friend (thirty years). We have known each other since junior high school. He was grossly cynical of this work and even quipped "You're much too smart to be doin' that!" but finally agreed to have a session. While working on his right shoulder in the middle of the session, he started screaming my name. I was startled wondering: "What could be the matter?" Then he said: "My arm doesn't do that!!!" "Does it hurt?" I asked. "No! ... That's amazing, how'd you do that?" he queried. It turns out that for the past seven years, Joe has been unable to raise his arm higher than 9:30, and I had it straight up at 12 high. I am deeply satisfied to share that this session was two months ago and he continues to have full range of motion.

My work has become a collective effort, a collage of influence from many within the *Trager* community. I never feel like I am the only person being with my client. This was unanticipated, but makes full sense now and I am grateful. I wish to acknowledge and thank my Instructors, Tutors, Students and Practitioners by name below; for the gifts they have entrusted to me are present in each session I give:

Milton, Gary, Gail, Elna; Kathryn, Joe, Lucinda, Terry, Roger, Steven and Betty; Justine, Ruth and Lisa; and Byron, Patrice, Deirdre, Mary, Jan and especially Rhonda.

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## Differences

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Neil Williams

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*Neil Williams is a Practitioner living in Fort Collins, Colorado.*

One of the difficulties many *Trager* Practitioners face in acquiring clients is that The *Trager* Approach is not widely known by the general public. When most people think of body work, they think first, and perhaps only, of massage. As a consequence, *Trager* Practitioners often need to distinguish *Trager* from massage. I have found this task daunting since words do not do justice to the results obtainable from a *Trager* session. I have developed some contrasts between massage and *Trager* which have proved useful in describing The *Trager* Approach.

The listing of differences is not intended to try and "prove" that *Trager* is superior to massage. All body work modalities have their strengths and their limitations. Massage is a valuable modality and the varieties of massage techniques are able to address a broad range of problems. At the same time, *Trager* offers a type of body work that can achieve many of the same outcomes as massage, but offers an approach with its own unique qualities.

1. *Trager* is gentle and non-intrusive and the Practitioner does not push through resistance or discomfort but gets lighter or even discontinues a particular move. Massage can be gentle, but works deeper into the muscles which are tight or resistant, often with vigor and sometimes with discomfort.
2. Massage works from the outside inward. Surface muscles are usually worked first followed by working into deeper muscle layers. *Trager* works more from the inside outward. The *Trager* movements stimulate responses much deeper into the core of the body and resonate toward the surface.
3. Massage work is limited to a specific area at any one moment even though the entire body may be addressed sequentially throughout the session. *Trager* produces movement throughout the whole body during most of the session with only a few areas being localized (e.g., working on the hands). As a consequence, *Trager* gently stimulates widespread neural activity throughout the session while such stimulation during massage is very localized.
4. Massage moves muscles in various directions, some of which are not part of the natural movement paths of the muscles. Most *Trager* moves encourage the body to go farther and more freely along directions the body is designed to move in naturally.

5. *Trager* routinely involves extensions and compressions whereas massage typically limits extensions/compressions to those clients with specific problems where such moves are indicated.

6. *Trager* seeks to find the client's body movement rhythms whereas massage work does not specifically utilize the client's body rhythms.

7. Massage uses oils which can have a beneficial effect whereas *Trager* does not use oils.

8. The *Trager* Approach offers the client a specific way to recreate in the body the results of the table work through the use of *Mentastics*. Massage does not offer a comparable way to replicate the results of the massage table work.

9. *Trager* offers a theory of how the body works which is the basis of *Trager*; namely, the role of the unconscious mind in running the body. Massage does not have a comparable theoretical basis.

10. Massage clients typically are totally unclothed, although draped with a sheet. *Trager* clients are always partially clothed as well as covered with a sheet. Both modalities can be utilized with fully clothed clients, but in both cases, the impact of the work is lessened.

Under certain circumstances, there is another difference between a massage session and a *Trager* session that I have occasionally noticed. There are times when I have worked on a client in the presence of one or more observers who have declared at the end of the session that they feel much more relaxed from just watching the session. I have never experienced or have heard of others experiencing a similar result from simply watching a massage session. This 'observer impact' outcome reinforces for me the validity of the role of the unconscious mind.

The listing is offered in the hope that other Practitioners will respond with additions, emendations, and comments that will enable all of us who do *Trager* to verbally present The *Trager* Approach to the public in more effective ways.

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## The Importance of Receiving Sessions

Michael Madrone

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*Michael, a Tutor from Vancouver, British Columbia, Canada, teaches an elective class called "Developing & Promoting Your Trager Practice." The following article was written for the Italian Trager Newsletter, "hook-up" published by Associazione Trager Italia. Another valuable contribution from Michael follows this one.*

On an intuitive level it is obvious that receiving *Trager* sessions is important. We feel better, and the work goes deeper into our bodies, our nervous systems, and most importantly, our unconscious minds. That is why Milton *Trager* said, "I'm only interested in the mind, you can keep all the rest." As we all know, we don't learn *Trager* from a book. We learn it from feeling it. That is why the requirement to receive sessions is put into the training program for Students and into the continuing education requirements for Practitioners. Milton said, "You don't learn it from a book, you catch it, like the measles, from somebody who has got it!"

There is another reason to receive sessions. It is a good way to get renewed and "unstuck." Sometimes when we give a lot of sessions, there is the possibility that we get into a kind of pattern or plateau with our sessions. The sessions are not bad, but we are not really growing. A good way to grow, and to become better at giving, is to receive. The act of receiving seems to open up our energies and they flow better. Sometimes when people come to me and tell me they would like to have more clients in their practices, I ask them when was the last time you received a session? If it has been awhile, I suggest they receive some sessions. Inevitably, their practices increase.

Why? I believe that both consciously and unconsciously, the clients feel the renewal in the Practitioner's energy and the improved quality of their work.

When I suggest receiving a session, of course I mean a good quality session. After all, the quality does vary. That is why Students are required to receive some of their sessions from Practitioners. I suggest finding a Practitioner whom you feel has the qualities you'd like to have in your own work, and then receive sessions from her or him.

Recently I watched a video of Milton giving a session. What really struck me was the rigidity in his neck. Milton didn't receive very many sessions until he was over eighty years old, and only then because he was required to by his own personal doctor after Milton had his stroke. The video clearly shows that Milton could have benefited from some sessions. So Milton is still teaching us after his passing. What a generous man.



# Thoughts on Competition

Michael Madrone

*This article first appeared in the Italian Trager Newsletter "Hookup", published by Dell'Associazione Trager Italia and is reprinted with their permission.*

When I first started getting involved with *Trager* around twenty years ago, I was the only person in my area. I had to leave the country just to receive a session. It involved an overnight trip and there was quite a considerable expense too, of course.

For me to be a student was very expensive. I had to fly to the United States for trainings. There were no such thing as Tutors and I had to repeat my Beginning Training to grasp the material. I was a beginning Student for four years. By the time I received my certification I had spent a lot of time and a very significant amount of money. Much more money than most people spend now.

But I was very happy and proud to be practicing *Trager*. I was also proud to be the only *Trager* Practitioner for literally thousands of kilometers. One day that all changed. Another Practitioner from another area moved to my city. I couldn't believe it. Somebody was moving in on "my territory" and threatening to take "my clients" after all the work I had done!

Of course I never said anything to anyone. On the surface I was nice to this new person, but in my heart I was closed. I felt threatened. I thought surely that my *Trager* practice would now decrease because of this new competition.

But there was one problem with my certain view of reality. The exact opposite happened! Instead of going down, my practice went up. Why? There were a couple of reasons for this.

First of all, more people were now hearing about *Trager* because of this new person being in my city and speaking about *Trager* and doing the work.

Secondly, I would sometimes actually receive appointments from her clients if they could not get the appointment times they wanted from her. Eventually she moved away and I received all her clients.

So, the thing my fear had caused me to see as a threat was actually the opposite. I felt ashamed of my narrow mindedness and my closed heart. But I learned a very valuable lesson: That having more *Trager* people means having more clients. It seems obvious now, but I actually thought the opposite then.

But now with my new thinking and my new reality, I changed from wanting to keep *Trager* people away, to wanting to bring *Trager* people in. So I began to sponsor trainings in my area to create more Practitioners, something that would have been unthinkable to me a few years before.

My confused thinking had hidden the truth from me: When you work alone, you have the power of one. When you work

with another, you have the power of four. And it goes up from there of course.

Milton Trager has given us an incredible, wonderful gift. The gift of being able to help people let go of suffering and feel pleasure. The world needs this gift badly. There are six billion people on this planet and they need this gift. There is no shortage of clients. There is instead a shortage of qualified *Trager* Practitioners and Instructors and a shortage of knowledge about Milton's gift. But a shortage of clients? No.

I studied with Milton over a period of twelve years and towards the end of his life, when I had finished a particularly moving training with him, I went up to him at the end of the course and with a deep feeling of gratitude in my heart, I hugged him and said from the bottom of my soul, "Thank you Milton, for what you have given me." And do you know how he replied? He looked at me deeply and said, "If you really want to thank me, take my work out into the world."

And so that is my quest. To take his work out into the world. I travel quite a lot doing this. And sometimes when I do, I can sometimes feel the contraction in the hearts of people who may feel I am coming into "their territory." I don't say anything, because I still remember the times when I felt that way.

But I do hope that someday their hearts will open as mine did. When that happens, they will feel the joy I feel in thanking Milton in the way he asked to be thanked: "If you really want to thank me, take my work out into the world."

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## Marketing

### Media Watch

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Compiled by Don Schwartz

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Tutor Anand Gopur of Spain writes: "I am happy to report that another article on "*El Método Trager*" will appear in a new Spanish magazine, *Vital*, next month. The article will be another useful tool for promoting *Trager* in Spain. I have also begun to work with a journalist who is helping me promote *Trager* here. She is writing a short article for a very important mainstream magazine which will reach a very large readership. She is also working on a television appearance for me in the near future, so I'm feeling optimistic about the future of *Trager* in Spain. I also anticipate having a fourth Practitioner in Spain by summertime. We're a small group, but I think we will work well together as a team." [The article arrived at our administrative headquarters, and it is one of the most beautiful *Trager* spreads I have ever seen. DS]

Thanks to the editors of TIME LIFE publications for their inclusion of *Trager* on page 56 of their recently published book, *The Alternative Advisor: The Complete Guide to Natural Therapies and Alternative Treatments*. *Trager* is in the bodywork section, and has its own listing in the table of contents.

Congratulations to Tutor Martin Anderson of Brookline, Massachusetts, on the publication of a brief article about his practice of *Trager*—together with a large picture featuring Martin in his *Trager* t-shirt—in the March 11th issue of *The Improper Bostonian Magazine*.

Martha Partridge, a *Trager* Practitioner gave a presentation on *Trager* and Parkinson's at Mt. Sinai Hospital in New York City, in February, 1997. If you are interested in reading it, it can be found on the web at:

<http://members.aol.com/jsteele486/private/trager/park01.htm>

Many thanks to the Tennessee Massage Therapy Association (P.O. Box 52933, Knoxville, TN 37950) for their publication—on the front page no less!—of Megan Eoyang's article, "*Trager* Work: Essentially A Feeling State," in their May/June, 1998 issue of *TMTA News*.

*Trager* was one of several approaches included in an article entitled "Choosing A Massage/Bodywork Practitioner Who Is Right For You" by Linda Kay Kanelaskos in the Houston, Texas, publication called *Uptown Health&Spirit*. This issue's theme was "Bodywork for Your Health". Thanks to Practitioner Beverly Swope for submitting the original of this article.

Congratulations to Practitioner Barbara Cail, of Scarborough, W.A., Australia, on the publication of an impressive spread entitled "Boxer gifted with magic touch" featuring her practice of *Trager* in a major regional newspaper, *The West Australian*. The feature includes a large color photograph of Barbara working with a client and a smaller picture of Dr. *Trager*. She reports the article has generated significant interest from the reading public. Barbara will be one of at least three Australians who will be attending our international conference this Fall, in Cleveland.

Congratulations to Practitioner Marina Gresham of Phoenixville, Pennsylvania, on the publication of an article about her *Trager* practice in the March 16, 1998, issue of *The Daily Local* out of Chester County.

**"Body rub charges shock natural care practitioners" reads a headline from *The Toronto Star*** newspaper of Toronto, Ontario, Canada, first sent to our administrative office by Practitioner James Reid. The article reports on the legal charge of a grandmother operating an aromatherapy business out of her home. The article goes on to present the response to this charge by Toronto's somatic community. Included above the article's headline is a large group picture of three somatic practitioners one of whom is longtime Tutor David Pinto who is also quoted and identified as a *Trager* Practitioner in the picture's caption as well as in the article. If convicted, the grandmother faces up to \$25,000. in fines and up to one year in prison. Con-

gratulations to David for standing up for the rights of somatic practitioners everywhere, and representing Dr. *Trager*'s name, work, and *Trager* Practitioners everywhere with grace, courage and dignity.

**Website:** We still have as of yet to find an appropriate home for the Institute's official website, and we will announce its opening electronically as soon as possible after it has found that home. In the interim, Dr. Andrew Weil, the leading natural health physician who has been so consistently supportive of The *Trager* Approach has asked that the US *Trager* Practitioners be included in his website, <http://www.askdrweil.com>. We are in the process of amending our database program to create a Practitioner file for Dr. Weil's highly visible site. Thank you, Dr. Weil, for your generous support.

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## Marketing through Hook-up

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Lia Aurami

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*Alia is a success coach for providers of services which aim to increase health and consciousness. This is the 4th 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.*

Hardly anyone knows better than a *Trager* Practitioner about the push-pull, the creative conflict, between structure/form and free. This is an important dimension of *Trager* work as I understand it.

Building a successful practice involves mastering the same creative tension-in your marketing. Of course, the issue is not absent from the rest of our lives, either!

"I don't want to plan ahead. It locks me in. I want to build my practice naturally, going with the flow." Many people tell me this. Is it really an either-or choice? Could it be "both-and"?

I believe that because we can master the creative tension between being immaterial, spiritual beings and physical, biological beings, we can apply that mastery to every area of our lives. Also, in working TOWARD integrating our Selves, becoming whole, in SPECIFIC areas, we become masters in ALL areas.

I offer you here a 12-STEP MARKET PLAN which I am using in every area of my life, not just in marketing my services. It is not accidentally like the 12-step programs of many groups patterned after Alcoholics Anonymous. It begins with the same step of giving up control, turning things over to a "Higher Power"—very much like going into Hook-up. The plan came to aid in my own recovery from addiction to excessive responsibility!

STEP ONE: I give up trying to do this all with my own human limited mind. I acknowledge that I have wider awareness which I can access, which can guide my choices and decisions. I commit myself to living each moment, in the most expanded state of consciousness possible, to living a My Truest Self, beyond my human limits, beyond my feeling of being alone.

STEP TWO: I specifically carry out Step One by: A) First, noticing and clearing out all my specific fears, and the false beliefs which create them, B) Secondly, practicing unconditional-love, which results in acceptance and compassion for myself and for others.

STEP THREE: I listen for my intuition, for the promptings of my wider awareness. I notice my urgings, impulses, desires, and aversions. You are skilled at doing this in your *Trager* work. You can become skilled at doing it all the time, about everything you do. I do what my intuition suggests.

STEP FOUR: I set specific, positively-motivated intentions to get what I feel guided to get. These specific goals are aimed at increasing joy, not avoiding what I fear, or avoiding being afraid. These goals include my business goals for my practice; what I want my practice to be, to look like next week, next month, next year. These intention statements express My Will, and create energies which help me in many subtle ways.

STEP FIVE: I calm down my human mind and pay attention to what I most deeply want to do for the pure joy of it; what actions in the world would bring me the greatest joy and would bring about my intentions formulated in Step Four.

STEP SIX: I do all the practical things which might be useful in achieving my goals from Step Four, which I have decided on in Step Five. I get ideas about things to do from my creative mind, my rational mind, from textbooks and teachers, from advisors.

STEP SEVEN: I keep checking in with my intuition-or whatever you call it-and keep following those impulses, in my marketing and in all areas of my life.

STEP EIGHT I stay somewhat detached from what is happening. I allow my negative emotions, but I don't get trapped in them. I know that I am the source and cause of all that happens, so I don't waste energy in fear, being a victim, and guilt. My human mind really doesn't have enough information to judge whether any given happening is good or bad for me, so I am in peace, whether or not I like what is happening. Even "being a failure in business" might not necessarily be "bad for me".

STEP NINE: I notice what is happening, what is manifesting for me. I stay especially alert, because I might see things other than what I thought I intended.

STEP TEN: I am willing to accept whatever happens. Whether I like it or not, it is just a signal to guide me about whether I am on the right track. Pleasure signals "right track" and pain

signals a need to expand awareness. Neither reflects on my goodness, my essential self.

STEP ELEVEN: I own whatever happens. I know that I created it. I regard it as an adventure in learning, in experiencing, in expanding my awareness.

STEP TWELVE: Given what has happened, I re-choose, from my deepest self, to become as light and free as possible, to know as much about myself as possible, to let go of the illusion that I am in this thing alone. I allow my awareness to expand to include more and more.

Each of the twelve steps can be summarized by one word: Will, Clear, Listen, Intend, Plan, Do, Listen, Observe, Notice, Accept, Joy, and, Will. Notice how the steps go back and fourth from structure to complete openness, from practical to spiritual, from planning to flowing--integrating both aspects. If I omit Step Six, I am only halfway through the overall plan.

This might not seem like hard-core basic technical, practical advice about getting more clients and more income, but, in fact, it is! Without this kind of a plan as a foundation, all the specific marketing actions you do can be wasteful, discouraging, and result-less. What would your *Trager* practice be without Hook-up?

# Reports

## A Message from the Board

Eve Bach

*A member of our Board of Directors, Eve is also the Staff Economist/Planner for Arc Ecology, a public interest organization monitoring military base conversions.*

We are very grateful to the many members of the *Trager* community who write from time to time letting us know how we might serve you more effectively and offering suggestions to improve Institute programs. Sometimes we are able to incorporate your ideas into on-going operations quickly and easily. More often we find that the suggestions are related to larger issues that require systematic and comprehensive resolution. We have embarked on a process to address this big picture.

To encourage you to share your ideas with us as we go through this process, we would like you to understand how we are structuring our evaluation and reorganization, where necessary, of Institute functions. One of our first steps was to provide ourselves with the benefit of our community's wide experience and diverse perspectives. Last winter we committed ourselves to circulate all major actions for review and comment for two months before we take action.

We also contracted with a consultant to get feedback from the *Trager* community as part of this effort, and will soon be sharing her report.

In the year since the deaths of Milton and Emily, it has become clear that the Institute needs to formalize the Standards of *Trager* Practice that lay the foundation for our programs. The Instructors' Committee has already prepared the first draft of a concise, coherent statement of standards. They are currently refining this document, which we hope will be available by our international conference in October.

Following the Standards of Practice, we are expecting a companion document from the Instructors' Committee setting out Standards of Instruction.

Once we have adopted these standards, we will focus on our top three inter-related priorities:

1) To examine our educational program--the Certification Program in particular. Several years ago the Education Committee recommended improvements, but these could not be addressed at that time because it was necessary first to bring our educational programs into compliance with state and federal regulations. We expect to take a long hard look at those recommendations, other suggestions for change, and solicit new

ideas to design an improved educational program that achieves the goals and objectives set by our Standards of Practice and Instruction.

2) To redesign the administration of our educational programs--both the Certification and Continuing Education Programs so that they can be successful worldwide. This will include methods for encouraging feedback and participation.

3) To augment services that we deliver to *Trager* Practitioners.

We hope that this very general road map will help you to understand and join in the process. We will keep you posted about the details of the journey as we know them.

## Executive Director's Report

Don Schwartz

**Welcome Dale Bach!** Our fifth bookkeeper in less than 12 months, Dale hails from Mill Valley. In addition to her full-time work for The *Trager* Institute, Dale is a fine artist—a fine fine artist, I must say, after seeing her work. With Dale joining our administrative staff, we hope to finally stabilize the bookkeeping position and function. With all the changes and staff illnesses this year, we are backed up in many processes including the financial reporting and budgeting process. We hope to “catchup” within the next two months. And, on behalf of our administrative staff, I thank everyone for your patience during these “trying” times.

**Submitting Ethical Complaints:** The *Trager* Institute does not now have a formal Ethics Committee. However, for those of you who have ethical questions or complaints, please send them directly to our administrative office in Mill Valley, addressed to John Blaisdell, President, Board of Directors. Please note that the “Code of Conduct” and “Grievance Procedures” as published in *The Trager Handbook* remain in place. Please contact me at the Mill Valley office if you have any questions.

**Renewal and Roster:** Thanks everyone for your 1998 renewals. Your support keeps The *Trager* Institute going and growing. By now you should have received your 1998 annual roster. Please see the roster corrections article in this newsletter for a few corrections.

**Our Conference:** I was not able to attend our last international conference on account of illness. But this time I'm well! And I hope to see as many of our Friends, Students, and Practitioners in Ohio as possible.

# The 1997-98 Canadian *Trager* Committee Report

The Canadian *Trager* Committee (CTC) would like to bring Canadian Practitioners and Students up to date on its work in 1997 and early 1998, in preparation for what should be a very worthwhile discussion of next steps, being planned for the Conference in October (see proposed topics of discussion below). The CTC is currently made up of Karl Faes (Alberta), Winnie Hunt (British Columbia), Kateri Morin (Quebec) and Paul Overy (Ontario). Michael Madrone, a Practitioner and Tutor from British Columbia and one of the founding members of the CTC, is on a one-year sabbatical from the CTC, but participates in its phone conferences whenever possible.

Among the key activities and accomplishments of the CTC over the past 18 months are:

1. Enabling Canadian Practitioners to obtain Errors and Omissions liability insurance through the Regroupement pour l'éducation somatique (please contact Paul Overy for more information);
2. Co-ordinating a response on behalf of Canadian Introductory Workshop Leaders to the imposition of fees for multi-day Introductory Workshops;
3. Highlighting Canadian Practitioners' stated concerns to the Institute regarding the need to deal with the issues of currency exchange and the naming of additional Canadian Instructors. The Institute has hired a consultant, who will be making recommendations regarding organizational changes which may address these issues.
4. James Reid (a Practitioner from Ontario), under the auspices of the CTC, has initiated a project seeking to develop a resource base for referrals and insurance coverage (described in the last Newsletter), which has the potential to raise the profile of *Trager* in our communities and enhance our capacity to practice it professionally.

This leads us to two crucial questions: On what do we want to focus next as Canadian Practitioners, and what role should the CTC play?

The following points, suggestions and questions are put forward as examples to stimulate thinking and prepare the substantive discussion we are planning to have at a Canadian Practitioners' meeting at the *Trager* Conference in October, scheduled for Thursday, October 1, from 4:30-6 p.m. at the Conference centre in Cleveland. We will also try to set other time aside to discuss issues of particular interest or urgency. We welcome all further contributions to the discussion; please forward yours to your regional representative. (We hope to devote part of the Canadians' meeting to discussing province-specific issues).

1. What are Canadian Practitioners' and Students' priorities

for the CTC at this time?

2. What strengths and resources can you contribute to your regional association or its formation? (N.B. and Ontario is the only province with numerous Practitioners which does not have a regional association, only local associations. Should we seek greater strength in numbers through a formal organization?). Such formal associations can play a role in responding to local licensing and other regulatory issues and in providing a common point of contact and information for matters such as insurance, health-care regulation, etc..

As an example, the Quebec *Trager* Association (Association quebécoise des praticiens et des praticiennes en *Trager* Inc (AQPPT)) has, since 1986, been the only non-profit *Trager* association legally incorporated in Canada and the first worldwide. The AQPPT (1) stimulates the creation of development tools for its 72 Practitioner members and 14 student members (1997 figures) through professional meetings, free workshops, symposia, and recently through the development of a low-cost brochure for members; (2) fosters the promotion of *Trager* in Quebec through its participation in government symposia, massage therapy events, etc.; (3) recommends qualified Practitioners to the public in Quebec; (4) permits its members to vote on the goals and objectives of the AQPPT at its Annual General Meeting; (5) responsibly manages the Association's funds, derived mainly from annual memberships and the 2% marketing surplus on training fees.

In the longer term, thought will also need to be given to how best to co-ordinate the activities of regional associations.

3. Last year, the CTC raised the possibility of establishing and funding a Canadian Internet web site. Michael Madrone, who has a personal web site, does not consider it a worthwhile investment based on his experience. Nonetheless, a few Practitioners think this idea has merit. Consequently, is this a project anyone feels strongly about (as in strongly enough to do the planning, design, and administration work...)?

4. Currently, we have two Francophone Canadian *Trager* Instructors: Amrita Daigle (Quebec City) and Louise de Montigny (Montreal). What are Canadian Practitioners' views on ensuring that there is at least one Anglophone Canadian Instructor, and also a Canadian Reflex/Response instructor?

5. Has the time come to request that there be a Canadian representative on the Board of Directors? If so, how should this person be nominated?

These are only a few of the possible topics of discussion at the Conference. Please let us know what you would like to talk about, and we'll see you in Cleveland!

One final note: Paul Overy will be stepping down from his role as Ontario representative, effective January 1, 1999. Ontario Practitioners, this is your opportunity to become involved in fostering the growth and success of *Trager* in your province and Canada-wide! Please call Paul at (416) 966-1528 to discuss your interest in serving your *Trager* community.

# A Word from Natasha

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Natasha Heifetz

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*Natasha is a Tutor and member of the Board of Directors.*

Today is May 25, 1998. It is hard to believe that it is the one year anniversary of Emily's passing. I miss her and I celebrate her. I am sure she would be delighted to know that I feel very encouraged about the future of The Trager Institute.

The tangled web of non-structure is unwinding. A clearer structure is in the making, and as I write this, the organizational consultant the Board has hired is writing her assessment after speaking with more than forty members of the *Trager* community all over the world.

An important next step in the unwinding process is to circulate the Standards of Practice for feedback. We need to have the Standards document in order to maintain our legal status and to ensure our baseline understanding of what *Trager* work is. Also, it is necessary to have this before we embark on an extended curriculum program.

The Instructor Committee, under the leadership this year of Gail Stewart and Jan A-son Fogel, are working assiduously to get this document ready so that we will have it in time to send it out for reflection before the International Conference in Cleveland, this Fall. By the way, in the last newsletter, Gail called for feedback about the principles or fundamentals of our work. She had only heard from two people as of the last time we spoke last week. Please join in the effort to become as clear as we can about the essence of our work. Write to Gail or Jan.

The Board has a strong commitment to continue to improve the Institute's role of support for the *Trager* community. We are looking at ways for the Institute to be financially sound so that it can afford to do more extensive national and international outreach and promotion of *Trager* work (an important part of the mission of the Institute.)

In the future you can expect to have the opportunity to respond with your feedback about proposals we are considering. Please help with your timely responses. Thanks.

I want to encourage everyone to come to the Conference--it is an opportunity for us to "steep" in the feeling, enrich our knowledge, share our skills and experience, to dance together and to honor Milton and Emily. Hope to see you there.

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# Draft Policy

*This is a DRAFT policy brought before the Board of Directors. The Board would like your feedback on this policy. You can direct your feedback to the Board of Directors c/o The Trager Institute.*

1. Practitioners inactive for two years or more must receive a renewal tutorial and complete a Practitioner level training within one year of reactivation. (This is already policy, just not written down.)
  2. Practitioner may elect to go on sabbatical for up to, and no longer than two years. They are listed in our records and roster as a "Practitioner on sabbatical", and they are not allowed to practice *Trager* for money. The annual fee for this status is \$85.00.
  3. Practitioners on sabbatical are subject to the same policy regarding reactivation as described in paragraph 1 above.
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# A Message From Namibia

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Dhyani Berger

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*Dhyani is a Trager Practitioner and performs conservation work in Namibia with the World Wildlife Fund.*

You haven't heard much from me during 1997, so I thought I should give you a brief update to let you know that even though *Trager* has been on the back burner this year the flame has not gone out.

I have spent a year establishing myself in this country which is entirely new to me. I have also spent some time in neighboring South Africa. It has been more than a full time occupation just learning about my job in community based conservation and finding out 'who is who' and what people with what interests live in this south west corner of Africa. To my relief I have found some fellow spirits and now begin to feel grounded with a growing sense of home.

I have set up the most beautiful *Trager* room that I have ever had at the back of my house which perches on a rocky hillside overlooking the comfortable city of Windhoek. I am surrounded by space, peace and natural vegetation full of birds, and a mongoose family which regularly visits my verandah.

I began to introduce *Trager* to Windhoek through a Yoga class. The teacher, Helga, was an instant 'convert' and insisted that I give talks and demos to all her classes. This enabled me to interest enough people in an Introductory Workshop which I taught in August. One of the workshop participants introduced her father to *Trager*, and he has become one of the most interesting clients that I have ever had -- a man who was



deeply depressed and almost incapacitated with pain from a history of lower back injuries, operation and long established habits of ignoring warning signals from his body. At first, the only painless moments were during a *Trager* session when he was lying on his back on the ground with his legs bent and supported on a bed. After six sessions he was free of pain and much lighter in spirit. The experience of *Trager* opened him up to a gentler way of being, and suddenly he found ways to delve deep into his past and to clear and let go of deep negative patterns. I was grateful for all the literature and insight on working with pain that I had gleaned from Tutor Joe Griffin at the last *Trager* Conference ... Thank you Joe!

For 1998, the only limitation will be my own availability, since my conservation job requires me to travel a lot and many weekends are spent on the road. An advertisement in a bimonthly "Link-up" pamphlet which is distributed free at twenty locations in Namibia, should raise awareness and bring in a few clients. My experience is however, that there is nothing like personal contacts in this rather conservative society. I have been asked to do more Introductory Workshops in Windhoek and Swakopmund, the well known resort town on the Namibian Atlantic coast.

I expect to do several demos. Interest has been expressed by a physiotherapist who has invited me to do a session early this year for the local professional association. I guess she will be willing to send me clients once she has seen and felt the work. A friend has offered to organize a demo or workshop in Capetown, that I could do together with a new Practitioner, Jan Bird, who lives in Capetown, and has just been in the UK doing training and will be an enthusiastic partner... as well as a source of *Trager* sessions for a very 'hungry for *Trager*' practitioner!



## Announcements!

**Regina Kujawski** writes: "I have been selected to give a four hour *Trager* presentation at an AMTA convention in Washington, D.C. I am expecting a group of hundred to one-hundred and fifty students and I am arranging to have local *Trager* Practitioners to assist with *Mentastics*. I am so pleased to be able to share the concept and benefits of *Trager* with AMTA participants!"

**Elaine Williams-Smith**, a Practitioner living in Utah, has been elected President of the AMTA Utah Chapter! One of her projects is to promote massage therapy/bodywork as a "field" of its own.

**Ilene Watrous**, one of our PT's, gave a presentation at the American Physical Therapy Association Annual Conference on March 27, 1998, in New Brunswick, NJ. This is great exposure for *Trager* in the medical arena! Her presentation consisted of an introduction to The *Trager* Approach with tablework and *Mentastics* along with case studies and demonstrations. Good work Ilene!

**Janet Bird**, a *Trager* Practitioner, has changed her domicile from S. Africa, to St. Maarten, in the Carribean. She would love to do a trade if you are in the area vacationing. Her phone # is:

5995-74409, Fax: 5995-53893.

Northern California *Trager* Student, **Tathagata Pitaka**, is sponsoring The Third Annual Contemplative Retreat for people living with HIV/AIDS. It will take place at Green Gulch Farm Zen Center near Muir Beach, Sept. 5th, 6th, & 7th. If you would like to donate your services to provide a one hour *Trager* session, please contact Pitaka at (408) 354-1987.

**Ronan Kisch**, Ph.D., *Trager* Practitioner and clinical psychologist has just completed his book, *Beyond Technique: The Hidden Dimensions of Bodywork*, which uses the interviews with twenty-five bodyworkers to show how difficult work situations can be transformed to lead to achievement and success, and prevent burnout. Deane Juhan contributed the foreword for the book. The book which is due for publication in September, will sell for \$34.95, and is being offered to the *Trager* community at a limited time pre-publication discount of twenty percent plus postage and handling. The book can be ordered by calling: 1-800-247-6553 or e-mail: [order@bookmaster.com](mailto:order@bookmaster.com) (Code: CTIN).

## Roster Corrections! Web Stuff

**Fredric Bender**, a Practitioner in Luxembourg's phone number was listed incorrectly. His correct phone number is: 333-419.

**Jane Burnham** has moved. Her new address and phone are 72 Baker Road, Shutesbury, MA 01072, 413-259-1251.

**Catherine Chaillet**, Student, 67 Bd Richard-Lenoir, F-75011, Paris, France, 1-6929-7094.

**Piermario Clara's** name was inadvertently omitted from the roster's Tutor list. He lives in Italy.

**Jacques Degrand**, Student, 5 rue Gaiffe, F-25000, Beasancon, France, 3-8180-1955.

**Mercedes Gonzalez** should have been listed as a *Mentastics* Leader.

**Patricia Orlinski** was listed as a Supervised Practice Leader instead of an *Mentastics* Leader!

**Veronique Perron**, a Student in France, was listed incorrectly in the roster as Perron Veronique! We apologise to Veronique!

**Richard Smith**, Practitioner, 629-1/2 Park Avenue, South Pasadena, CA 91030, 818-403-9354.

**Bonnie Stetson** was inadvertently left out of the roster. She is a Student and lives at 32 West 86th Street, #1-C, New York, NY 10024, 212-769-2409.

**Elizabeth Wieshofer**, Practitioner, 509 East 83rd Street, #3W, New York, NY 10028, 212-650-1049.

**Cheryl Buchan, Anne Chilibeck and Diane Emond's** area code in each of their phone/fax numbers have changed. The correct area code is "867".

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**Joe Griffin** writes: My web page that includes *Trager* articles and links has moved. We have moved to Savannah, Georgia, from Silver Spring, Maryland, and can no longer use Erols as our server.

Soon I will be unable to check email there. My Erols Web page is already just a forward to the new address. New web page: <http://www.premierweb.net/users/swimwell>. My new e-mail is: [swimwell@premierweb.net](mailto:swimwell@premierweb.net)

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# Congratulations to All Newly Certified Practitioners!

(October 2, 1997-May 5th, 1998)

Gabriella Alloggio, Italy	Paola Furega, Italy	Franklin Merillat, Florida
Antonio Amato, Italy	Charles Ganzon, California	Diane Millier, Canada
Lisa Anderson, Hawaii	Christine Gaston, United Kingdom	Satya Nesbitt, Canada
Adrian Antrum, United Kingdom	Carolyn Gentile, New Jersey	Julie Nicholls, United Kingdom
Conne Bard, New Jersey	Marie-Claude Gervais, Canada	Anna Nisson, California
Steve Bear, Maryland	Michela Giorgetti, Italy	Marcella Noceto, Italy
Cosima Becci, Italy	Doris Girod, Switzerland	Hedwig Ofenbock, Austria
Elizabeth Berks, Maine	Karina Green, California	Karin Ohrts, Germany
John Bertie, United Kingdom	Susanne Guzei, Austria	Lillemor Olstrup, Sweden
Janet Bird, South Africa	Heidemarie Haas, Germany	Peg O'Rourke, Oregon
Ruth Boller, Switzerland	Gabriella Heer-Adams, Switzerland	Morena Ottaviani, Italy
Teresa Brooks, Australia	Elizabeth Harding, United Kingdom	Katinka Peterson, Sweden
John Canfield, New York	Pamela Heleen, Colorado	Susanne Pfiffner, Canada
Giorgio Capra, United Kingdom	Penny Helms, Arkansas	Nicole Pinsonneault, Canada
Carmen Carignan-Demers, Canada	Peter Hiebler, Germany	Luise Raab, Germany
Brenda Carpenter, Montana	France Houle, Canada	Erica James Razafimbahiny, Florida
Alice Cason, Washington	Peggy Humphreys, Arizona	Sandra Riomar, Sweden
Marie Catherine Chatain, France	Brian Johnson, California	Elisabeth, Rosmann, Austria
Joc Clark, Maine	Joy Johnson, Massachusetts	Robbin Rubano, New Jersey
Kathleen Clouse, Florida	Deborah Keil, New York	Ester Ruffin, Australia
Martin Clout, United Kingdom	Ginny Keith, Arizona	Pedro Angel Sandoval, Spain
Philip Cooper, United Kingdom	Sharad Kelkar, New Mexico	Heinz Schneider, Switzerland
Amy Culver, Indiana	Kathleen Knox, Canada	Daniela Scrosoppi, Italy
Cheri Curry, New Jersey	Daniela Kueng, Switzerland	Bernd Siegmann, Germany
Renee Dean, Massachusetts	Annie Kyle, United Kingdom	Jennifer Swan, Massachusetts
Stephane Dupont, Canada	Jeanne-Mance Landry, Canada	Nicole Sylvestre, Canada
Judy Dugan, California	Hughette Laroche-Chabot, Canada	Nancy Thomas, Maryland
Anne Dujardin, France	Esther Larose-Larson, Canada	Elisabeth Tolpeit, Austria
Eula Dyson, New York	Sarah Lawrence, Virginia	Denise Tremouilles, France
Leslie Dworkin, Pennsylvania	Sally Leich, United Kingdom	Valentina Vagni, Italy
Julian R. Eagleheart, Colorado	Anne Leslie, Illinois	Barbara Vuano, Italy
Carrie Eddison, Ireland	Cornelia Linder, Germany	Christa Waechtler, Germany
Enrica Enzler, Italy	Rosella Lonardi, Italy	Eliane Waisse, United Kingdom
Lorinda Erb, Arizona	Bettina Mandler, Austria	Roswitha Wizemann, Germany
Christiane Feuser, Germany	Franca Masoero, Italy	Beatrice Zibung, Switzerland
William Frick, New York	Matthew Maynard, Canada	Roberto Zilio, Italy
Denise Fossey, United Kingdom	Frank Meincke, Germany	

## 1997 FINANCIAL REPORT

	1997 Projected	1997 Actual
<b>FUNDS RECEIVED</b>		
Service Mark License Fees	\$205,000	232,540
Bank Interest, Donations	13,000	12,614
Institute Sponsored Trainings	74,000	176,241
Other Trainings	68,000	61,461
Products/Publications	25,000	24,048
Marketing Donations	10,000	7,337
Misc. Income/Practitioner Liability Ins.	1,500	810
<b>TOTAL FUNDS RECEIVED</b>	<b>\$396,500</b>	<b>\$515,051</b>

### FUNDS EXPENDED

Direct Costs of Institute Sponsored Trainings	\$50,000	135,885
Products/Publications	8,000	14,048
Committees	22,500	20,520
Legal	10,000	19,838
Marketing/advertising	20,000	11,893
Payroll/Outside Services	186,950	204,559
Printing/Postage/Publications	27,000	33,821
Office Space/Supplies	45,500	49,679
Translations (on-site only)	500	558
Trager Newsletter/Schedule	28,200	24,868
Computer	12,000	21,680
Travel/Accommodations	5,000	1,532
Bank Charges, credit card fees	3,000	4,700
Europe Dues collection	2,600	2,206
Art, Calligraphy	1,000	962
Organizational Consultant	6,000	-0-
Other Expenses	6,000	5,193
<b>TOTAL EXPENSES</b>	<b>\$434,250</b>	<b>\$551,941</b>
<b>NET REVENUE</b>	<b>(\$37,750)</b>	<b>(\$36,890)</b>

**Notes:** This year's financial report reflects a planned deficit budget for the year 1997. Changes this year in the income and expenses of classes reflect a change in the financial structure of U.S. certification program classes. That is, although there has been no change in the actual expenses of these classes, the Institute now receives and expends all funds for certification program trainings in the U.S. Legal fees are higher due to unanticipated service mark registration and registration renewal fees for several nations. Computer fees were affected by the networking of our administrative computers. Payroll fees were affected by the instability in our bookkeeping position necessitating much unanticipated training as well as the use of temporary personnel. Indeed, the lateness of this report is due to this instability. Our next steps is to develop 1998 and 1999 budgets.

## Credits

Executive Editor .....	Don Schwartz
Editor .....	Sandra Berger
DeskTop Publishing .....	Sandra Berger and Don Schwartz
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), the California Board of Nurses, and the Florida State Massage Therapy Board 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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