

The Trager® International

Newsletter & Schedule

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Envisioning a Positive Future for The Trager Institute

Don Schwartz, Ph.D.

Currently

We have come a long, long way since Dr. Milton Trager first publicly demonstrated his work at Esalen Institute, in Big Sur, California, in 1975. *Trager* Students, Practitioners, trainings, and national associations are now found around the world. A tremendous amount of work has been done by all of us in creating, promoting, administering, and teaching our certification program trainings, as well as creating an organization to provide ongoing support to its certificants. All of us have benefitted from the great fortune of unsolicited publicity *Trager* has received in countless books and periodicals. Clinical research on *Trager*, at last, has begun in earnest.

There is much more, though, that we need and want to do.

- There is a healthy consensus that our certification program must be lengthened, and that for the United States, a 500 hour program become available for those who wish to qualify for credentials attached to that particular educational standard.
- However, more hours alone do not a great certification program make. We also need to pay attention to the quality of our administration and instruction, to make sure that *all* of us who participate in The Trager Institute are held accountable for our contributions. We need to find ways of designing accountability as a *support system* for all of us to reach and stretch the limits of our abilities.
- Our organization has done relatively little to promote the *Trager* work and our certification program. It is critical that we do just that. The US\$150,000. we have recently budgeted for worldwide promotion is just the beginning. We need to make public education, marketing, and promotion an organizational value. By doing so we can and will structure ourselves to ensure that this basic activity which impacts all of us so deeply receives constant attention.
- There has always been an approach to health and wellness based upon natural means. This approach emerged in a higher profile in the 60s, but has mushroomed in the 90s—with a

new buzz word to describe it every year or so. The latest words are: alternative, complementary, and/or integrative medicine. The *Trager* Approach can and should be a part of the geometrical growth of this movement which enables people to be informed of the many choices they have to develop and maintain wellness (including recovery from illness and injury), and to be supported in making those choices.

The Future

Considering all that information, what could The Trager Institute be—especially if money were no object? What could we do together with our collective resources? In the light of 20 years of service to the Institute, and contacts with other somatic organizations and leaders in the field, I have developed the following vision.

Certification Programs: I see a 350 hour certification program, one that integrates some or all of the following aspects of *Trager*—table work, *Mentastics*, Reflex/Response, side-lying, and alternatives. Those who complete this program—and, of course, maintain their Practitioner status—would be empowered to teach 1-2 hour *Mentastics* classes to the public. These classes would attract clients, and spread the word about our work. This certification program would be designed to minimize the amount of travel time and expense a Student would normally have to spend if we were to simply multiply the elements of our current program. And, the program would be promoted nationally.

Advanced Certificates: There would also be a second, advanced 150 hour certification program. In addition to meeting the needs of those who must have or want this expanded training experience and credential, this program would support further excellence in practice for those who go through

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it, and excellence in teaching for those who provide the instruction. This program would also raise funds for the Institute to use towards fulfilling its mission, and provide more instructional opportunities for our growing educational staff.

Having a 350 plus 150 program solves a major conflict within our organization. That is, the 500 hour standard is exclusively associated with the United States. Members from our Canadian and European communities have consistently stated they do not need or want a 500 hour standard. The 350 plus 150 program would offer *everyone* the opportunity for an advanced certificate. Since the Institute *already* has continuing education requirements, having a formal advanced certification program enables the Institute to more formally and publicly acknowledge our Practitioners for their ongoing dedication and learning. Indeed, we can conceive additional kinds of post-certification programs with a variety of focusses such as working in clinical settings, athletics and sports, working on individuals with specific challenges, etc.

Accountability: We need to actively create and support an atmosphere, an environment, a culture of trust in giving feedback. At this time, too many of us do not formally articulate our feedback for fear of recriminations. Or, sometimes, we just don't put as much energy into it as we could or should to make for a better organization. In the last nineteen years I have had countless tearful conversations with unhappy Students and Practitioners who shared of themselves from a very deep place. But, unless these individuals share their experience directly to those involved, and/or place their experience in writing, there is little I, or anyone, can do to ameliorate their difficulty, or, to allow for the learning and growth of all parties involved. A safe environment for giving feedback will allow for more feedback, and will contribute to the continuous growth of our abilities as Practitioners and teachers.

Public Education: A commitment to public education via advertising, publicity, research, practitioner support, and public outreach programs, will make "Trager" a household word. This commitment requires all of our support. It means that our community has the collective will to use our collective resources to this positive, constructive, win/win end. Specifically, I see *at least* a modest advertisement in *every* issue of *every* trade periodical in our field. Plus, some advertising in the trade periodicals for PT/OT and nursing. I can also see both advertising and articles in publications that cover sports, athletics, physical fitness, and the performing arts. Publicity allows us to reach the mainstream, and will generate both print and broadcast coverage of Trager in regional and national media outlets. Additionally, we need to have a presence at regional and national conventions and conferences within our field, and especially within the field of "alternative medicine".

Health and Wellness: I have often and publicly stated that I believe Trager should be everywhere. However, within our community there is tremendous interest in how we can serve those with health problems; and, as stated above, the alternative medicine movement has become massive. Trager is one of several services which support the individual's well being, and which can, in turn, support the healing of various kinds of health-related problems. With mainstream medicine's opening up to new theories and practices, our Practitioners will be present in a great variety of clinical settings, speaking the languages of those settings, receiving appreciation from their clients, and respect from the individuals working in these settings. Let's make sure those of us who are in those settings can speak the language, and participate in a professional manner.

Research: Ongoing Trager research projects are critical. They impact every aspect of our organization—how we practice, how we teach, how we present ourselves to the public and our health care establishment. Research enables and empowers our organization to reach more clients who can greatly benefit from our work.

Student and Practitioner Support: With a prosperous organization, your administration will provide more frequent newsletters and communiqués all in support of Students' and Practitioners' ongoing professional development. The administration can also increase its support of communications aimed at developing regional, national, and international community for the Institute—especially through use of rapidly developing communications technologies.

Easing Practitioner Renewal: Our organization has a unique set of requirements for annual Practitioner renewal which can make it difficult for many Practitioners. In addition to our annual renewal fee--which is on the low end of the scale compared to similar organizations--we have the annual tutorial, continuing education training requirements, and for Practitioners in nations where there are national Trager associations, they have dues to pay to that organization, too. There are also travel/time expenses associated with the CE tutorial and training requirements. That all adds up! We need to find the collective will to restructure these requirements in order to ease the Practitioner renewal process.

Supporting a Positive Vision: To support this vision, our organization must have both the financial and human resources to realize a positive future. It takes time, money, and expertise to provide the educational and Practitioner support services described above. It takes additional funds to establish and build all the communications necessary for us to benefit from and support our international structure. Through personal inspiration and a shared vision, we can work together in structuring our organization to provide this support.

Media Watch

Compiled by Sandra Berger

You will find *Trager* included several times in a new publication called *Planning Your Career in Alternative Medicine, A Guide to Degree and Certificate Programs* by Dianne J.B. Lyons. It is a comprehensive Directory of over 1,000 accredited schools, colleges, institutions and programs in the growing field of alternative medicine.

A new book called *Massage Therapy: Principles and Practice* by Susan G. Salvo includes a short article and history of *Trager*. Our own Deane Juhan is also profiled in this book.

The April, 1998 issue of *Occupational Therapy Practice* contains an article entitled "Dyscoordinate Co-contraction: Impaired Quality of Movement in Patients with Hand Injuries" which explores reasons for using quality-of-movement approaches like *Trager* in patients with dysfunctional movement patterns following hand immobilization and surgery.

The following magazines all include something about *Trager*:

"The Magic of Touch", *Newsweek* April 6, 1998, written by Anne Underwood

Improper Bostonian, March 11, 1998

"What You Can't Get Your Hands On", *Massage Magazine* July/August 1998

"Besting Bad Backs", *Vegetarian Times* August, 1998

"Parkinson's Disease: An Overview", *PT-OT Today* August 17, 1998, written by John Honkel

"In My Body", *The Sound*, BC Canada December 1998 by Jan Brubacher

More *Trager* Websites

Check out a great website by Mouvement *Trager* France at: <<http://www.chez.com/mtf>>

Have you seen our *Trager* website yet? It is at: <<http://www.Trager.com>>.

While you're at it, and if you read French, please see Practitioner Maurice Kriegel's site at <<http://www.asso.nordnet.fr/larelach>>. Maurice is from Douai, France.

Jack Lisikin's website at <<http://www.movingmedicine.com>> has lots of interesting information on *Trager*.

Approaching the World: A vision of a vigorous and growing *Trager* Institute is exciting to consider. The idea and ideal of fully realizing our mission, of honoring the legacy given us by Dr. Milton *Trager* is truly inspiring. But, we need to remember why we are doing this. Our vision must include a vision of the *difference* we make in the world. It begins, simply and obviously, with what our work evokes from our individual clients, and grows as we consider the possibility of more and more well-trained Practitioners reaching more and more people from all walks of life. Betty Fuller, the Institute's cofounder, has often quoted Dr. *Trager* as saying his intention for his work is to bring about world peace. When I first heard that quote I didn't flinch because I immediately recognized the depth of peace I had received from my sessions with Dr. *Trager* and many of his students. Yes, I can see that The *Trager* Approach can be a contributor to a more peaceful world, and I feel wonderful at just the prospect of our work making this kind of a contribution. What other ways can we make a difference in the world? How can we articulate them? I believe the development of a vision beyond our own success will benefit our *Trager* community morally, ethically, and spiritually. What are your ideas about the difference our global *Trager* community can make? Please let me know.

Feature Articles

Reinhabiting the Body

Maria Arrington, R.N., C.T.P., N.C.T.M.B.

Maria is a Trager Practitioner as well as hospice nurse. She lives and works in Northwest Montana.

Jim was 48 years old when he was diagnosed with multiple myeloma - a form of cancer with a very poor prognosis. He has chosen not to pursue chemotherapy or radiation, knowing how quality of life can deteriorate as the body deals with these treatments. In the past he had received *Trager* bodywork from me for back problems that had occurred as a result of the carpentry work that he did. Now, 5 years later, when I heard of his diagnosis, I offered him bodywork and Therapeutic Touch and he took me up on it. Coincidentally (if there is such a thing!) I work as a hospice nurse for our region, and he had just been admitted to our hospice program.

Jim was suffering from a urinary tract infection at the time of our first visit and was not able to eat because of abdominal pain after each meal. He wasn't sleeping and had back pain in the lumbar/sacral area that was a level 4 on a scale of 0-5. He had lost 20 pounds and had little strength even to sit up in a chair. I must confess I did not offer *Trager* work at first because he seemed so fragile. Even though I know how gentle *Trager* work can be, I used Therapeutic Touch and Reiki instead, to relax him and to strengthen the immune system.

Jim, however, wanted *Trager*. He really wanted the feeling of touch and knew how beneficial it had been in the past. I conferred with the hospice medical director to be sure that even gentle movement wouldn't foster metastasis or cause a pathologic fracture of his diseased vertebrae. The doctor suggested I go ahead with anything that was gentle.

Jim was pleased that I was willing to give him a *Trager* session. When he came to his appointment, he had finished a course of antibiotics and the urinary tract infection was gone. The abdominal pain was also gone and now he was able to eat and was gaining about a pound a day. He was much stronger, and his hospice nurse had suggested he use a mild sedative for sleep, which was working well. Things were looking much better from his side of the fence!

During the *Trager* session, I found that much of the musculature had wasted away with his disease process and that there weren't many areas of muscle restriction. What I did sense was an intuitive need to be nurtured. The session was soft and gentle and he often remarked on how good it felt to

be touched. With each pause in the session he was encouraged to *feel* what was going on in his body and he did so most avidly.

We talked as he lay on the table afterward. What he said to me really reminded me of the incredible value *Trager* has for people like Jim. Since the time he was first diagnosed, Jim has done everything he could to his body -- acupuncture, ozone therapy, nutritional treatments, craniosacral and energy treatments. He was a bystander outside his body crusading to conquer this dangerous disease process that now inhabited his body. The pain he had experienced had also driven him out of his body, as he stood aside trying not to feel what was going on. Emotionally, he had also divorced himself from the impact of what this life threatening situation meant to him and his family. In all ways he had removed himself from this landscape of pain and fear.

For the first time in months, as a result of the *Trager* sessions, he felt fully present in his body. Fully present. Moreover, it was pleasant to be back in his body. He felt nurtured, relaxed. The back pain he had described at the start of the sessions was gone. He was aware of ALL of his muscles and body parts, and took pleasure in that awareness. He described it as coming home to himself. As we pursued what this would mean to him in the larger picture, he realized that now he could reinhabit his life as well. From this relaxed pleasurable place he was able to see how to relate to the world as he did before his diagnosis. In some way, he had returned from a place of alarm and crisis management to a day-to-day relationship with his world. The disease process was still there but there was enough distance from it to allow him to see his life first and the disease second.

The social worker from our hospice program had also taught him relaxation techniques to help him get off to sleep at night. Up until now, when Jim did this imagery, he could feel his feet and the painful area of his back, but not much else. Now, having reinhabited his body fully, he would be able to use the relaxation techniques more completely. He described feeling more empowered to deal with the path he was traveling.

As *Trager* practitioners, we always speak about the power that this work has to bring our client fully present in their bodies. My work with Jim, however, really brought that statement home to me in a very personal way.

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More Than Meets the Eye: Using Trager with the CVA

Maria Arrington, R.N., C.T.P., N.C.T.M.B.

In April of 1994, I began a remarkable relationship with a client who had suffered a stroke. Four years later, I continue to learn from him things that deepen my practice of *Trager* and things that teach me about the nature of the nervous system and the body in general.

Gary was about fifty when he had a craniotomy to remove a blood clot from the left hemisphere of his brain. After both inpatient and outpatient rehabilitation, he was left with aphasia and right sided weakness. He walks with a decided limp and the right arm hangs lifeless. He drives a specially equipped pickup truck and has frequent difficulty with impulsiveness and neglect of his right side.

I began working with him as soon as he was discharged from inpatient rehab. At that time, he was still using a wheelchair and could not tolerate lying on his abdomen. I used a lot of alternative *Trager* moves with him for quite a while until he progressed enough to lay comfortably on the table.

As you probably know, a stroke or CVA (cerebrovascular accident) can occur in any area of the brain and will manifest differently depending on the area affected. Each person's progress varies, with some patients recovering completely and others dying as a result of damage to the breathing and heart regulation centers. This means that *Trager* will have to be customized to the maximum in order to be most effective. Indeed, the first few months I found myself experimenting in many unorthodox ways until I understood this particular patient's needs and responses.

The first thing I encountered was the challenge of clonus (an alternate muscular contraction and relaxation in rapid succession often caused by extension or increased stimulation of a joint or an entire limb). In many kinds of neurological damage, the muscles respond by going into spasm with the least stimulation. This became a valuable teacher to me, forcing me to lighten up considerably and to go deeper into hookup. I learned that there were some *Trager* moves that could not be used because they stimulated clonus no matter how lightly I worked. To this day I cannot use certain larger swinging moves without stimulating muscle spasm.

I was surprised to note that his muscles responded differently to me than usual. For instance, a restricted wrist responded best when I played down near the elbow rather than at the wrist area. The clonus and general contracture seemed to follow a trail down the arm so that the restriction was never limited to one area. In order to open the wrist, I needed to soften up muscles near the elbow or in the upper arm. I needed to widen my awareness of interrelationships within the body to include much larger areas.

The smooth movement of gait that healthy people take for granted was jerky and uncoordinated for him. Physically the muscles of the right leg were weak, but I also sensed that psychologically he didn't trust the right leg and this made his walk ungainly. Most clients ex-

hibit much greater fluidity of movement after a session. With Gary, however, his gait at the end of the session was much floppier and uncontrolled. I realized that he was using the muscles he could control to compensate for the right sided weakness. After a session those muscles were so relaxed that he could not depend on them as much to function as rigidly as usual. That meant that any *Mentastics* I wanted to do with Gary needed to be done at the beginning of the session.

Mentastics are a challenging thing for several other reasons. Most of the *Mentastics* I considered involved swinging an extremity, but for Gary this is an open invitation to increase clonus. Also, he is so impulsive that it is difficult for me to teach the *mentastic*. He would begin to do what he thought I was saying before I could explain it fully. It also seems that the impulsiveness causes him to bypass any sense he has of the inner feeling of what he is doing. As a result, I have limited our use of *Mentastics* to minimal instruction in walking with a more even gait.

Over these four years, he has improved markedly from the days shortly after the CVA. He can do many activities one handed and drives around town safely. In his controlled home environment he has developed habits and coping patterns that are very effective. Gary has been clearly eager to continue working with me on a weekly basis. I see very little change in his range of motion or fluidity of gait as a result of our sessions. At intervals I often question whether we have reached the maximum effect that he can receive from the *Trager* work, but then a situation will arise that opens my eyes to the ongoing benefit of this work.

Over the Thanksgiving holidays, he missed two sessions in a row due to holiday company and a bad case of the flu. Also, at this time some troublesome family dynamics were stirred up and he had some difficulty with strong emotions. When I came for our next session, there were clear changes to be seen. His gait had become much more wooden. He responded to almost any touch at all with clonus, and the muscle restriction in the joints of the right side of the body was much greater than usual. He seemed much less able to reproduce the smooth gait we usually practice at the start of the session.

I realized that our sessions together were not simply a type of physical therapy which must be evaluated at intervals and stopped when outward change was no longer obvious. For Gary, our ongoing sessions were ways to release the charge of emotions in his life. They were times when we could roll

back the creeping increase of contracture that occurs with neurological damage. But most of all, they were a way of fostering the quality of life that is so important in living with a stroke. The relaxation that occurs in a *Trager* session is an important weekly touchstone for Gary in dealing with his life.

Working with Gary has deepened my hookup, and has given me practice and confidence in exploring alternative ways of customizing my approach. It has reminded me that there is always more than meets the eye with *Trager*. Its effects impact the client in ways that are often surprising and cannot be measured.

Precautions with Down Syndrome

Jim Quist

Jim is a beginning student of The Trager Approach and friend to two individuals with Down Syndrome.

Up to 15% of persons with Down syndrome have a congenital defect called atlantoaxial instability which could make certain aspects of The *Trager* Approach and *Mentastics* inadvisable. Atlantoaxial instability, in simple terms, is a misalignment of vertebrae C-1 and C-2, which, when symptomatic, can have potentially serious and occasionally life threatening implications.

The diagnosis of atlantoaxial instability is made by x-ray, but is not necessarily straightforward, and must be determined by a radiologist familiar with this condition. Most people with Down syndrome will have had this examination early in life, but not all.

The *Trager* Practitioner will need to verify their client's status. A good way is to obtain a written confirmation from a physician stating that the x-ray examination has been performed, and that there is no evidence of atlantoaxial instability.

In the case of a positive or equivocal diagnosis of atlantoaxial instability, a neurologist will need to be consulted. The neurologist can convey to the *Trager* Practitioner the client's own specific limits before any movement is imparted to the head and neck of the client.

It is important not to be discouraged from working with individuals with Down syndrome, but it is imperative to do no harm. Today, individuals with Down syndrome can lead rich and rewarding lives, and, like everyone else, deserve the opportunity to reap the benefits of Milton Trager's pioneering work.

If you would like a "medical clearance form" for clients with Down syndrome, please contact The Trager Institute.

A Response

Roger Tolle

This letter to the editor is in response to letters in the past two Newsletters debating the differences between Trager and massage. Roger Tolle is a practitioner of Trager principles in daily life, as well as an Instructor for The Trager Institute and a Trager Practitioner with a private practice in NYC for many years.

Although I am a *Trager* Instructor, this letter in no way represents an official opinion of The Trager Institute as a whole. "What is the difference between *Trager* and massage?" was the question debated in the past two Newsletters. Let me explain why I feel we shouldn't be trying to answer this question at all.

For starters, *Trager* is a registered service mark name owned and protected by a single organization (The Trager Institute). So we might have a better chance at a reasonable dialogue if we were comparing our work with other registered and well controlled professional identities (like *Feldenkrais* or *Alexander* for example, both of which also identify themselves as somatic education disciplines).

Massage, on the other hand, is a generic term loosely and broadly used in our culture, owned by no one, but defined, taught and promoted by a vast and growing number of publications, schools and individuals. Massage training varies from barely a few hours of class or video viewing to years of rigorous training and supervised practice.

In addition, the word "massage" is used unspecifically in a variety of contexts in everyday speech without reference to a profession at all. But with modifying adjectives it can represent one of a broad variety of professional approaches and techniques including "Oriental", "Swedish", "Esalen", "western", "eastern", "deep", "neuromuscular", "gentle", "sensual", "erotic", "healing", "holistic" (and probably other descriptives I've left out). Some of these approaches and techniques would prefer to keep as great a professional distance as possible from each other and not be linked in the public's mind. They may even see themselves as part of different professions though they carry the same noun after their various adjectives. There is currently a lot of legislative furor in some states as the turf war rages over how professional massage will be defined and who will regulate its various practices (legitimate, professional and otherwise).

Although it is a little off the subject, let me say right here that I have great respect for professionals who practice whatever they believe in with commitment and integrity (yes, even sexualized or erotic massage when practiced as such has a valuable place in our society). And I have very little respect for backbiting, mud slinging, infighting, turf wars, or small mindedness. I have little respect for the minimally trained, minimally effective, undisciplined massage practi-

tioner who expects his work to be valued and respected in the same light (and with the same license) as a well schooled, principled practitioner committed to on-going growth and training. I also have little respect for the medical massage practitioners who have lost sight of, or are in actual contempt of, the humanistic and sensual underpinnings of their art.

Comparing the difference between *Trager* and massage is trying to compare an apple with a basket of mixed vegetables. We may as well try to compare *Trager* and physical therapy; or *Trager* and hands-on healing; or *Trager* and movement rehabilitation; or *Trager* and meditation.

Trager is a single approach originally developed, taught, and defined by a single man (Milton Trager, M.D.) and upon his passing is now developed, taught and defined by a single group of people (the Instructors Committee) supported and advised by a growing but limited community of Practitioners and educational support staff (Tutors, Workshop Leaders...) It is not in the public domain to be defined or discussed by anyone else.

Also let us keep in mind that *Trager* is an APPROACH. Milton was clear that his work was not to be considered a method or technique. It is an Approach widely used in a variety of professional (and personal) contexts. Of course, as a profession, *Trager* is honored in this country as a brand of movement re-education, and also commonly as a brand of bodywork (not a brand of massage).

I know physical therapists who, having trained in *Trager*, now consider The *Trager* Approach to be the approach they use as the background, the context within which they understand and apply all of their specific PT techniques. As professionals they practice under a PT license, but are they not doing *Trager*?

I know very fine bodyworkers who are licensed as and define themselves professionally as Massage Therapists because it is a broader and easier-to-sell professional persona, but whose approach day to day with clients is infused with the state of body and mind that we refer to as Hook-up. Are they not using The *Trager* Approach?

On the other hand, I know of not-so-good bodyworkers who define themselves as *Trager* Practitioners, having squeaked through our meager certification training program and nothing more. Thinking they now have skills and experience Milton had and can answer all their clients problems, they are diligently employing the rocking and rolling techniques in the exact protocols they learned in their training. If they are not also employing the vastly more important principles of asking, listening and responding to the tissue, and the overriding principles of working in ever-deepening Hook-up and teaching their clients to recall the feeling of Hook-up in their daily lives, are they really practicing The *Trager* Approach?

In addition to the above mentioned principles, I might describe others of our guiding principles as a way of clarifying our work for those who don't know about it. Rather than trying to compare our discreet profession to a whole other field of professions (which are unfortunately lumped together under the single name of massage), I would talk about the underlying principle of using the weights of the body to return a felt sense of appropriate internal and external rhythms to the body's movement; or the principle of weighing ourselves as we weigh our client's body in order to stay more fully present; or the principle of our intention to dialog directly with the functional mind of our client through their own felt movement experience; or the overriding principle of staying curious, questioning and actively listening—being willing to stay present while not knowing—being willing to inhibit the urge to jump for quick fix answers when we feel uncomfortable with the depth and complexity of the situation.

I know that this discussion will not be satisfying to those who want facile and convenient answers when confronted by potential clients who don't know what exactly *Trager* is or are not sure it's the kind of work for them. But let's not be swayed by the cowardly voices inside us (and inside those we talk to) to have quick, pat answers. Let's honor this work we love with the courtesy of a rich and honest description of its intentions, principles and goals. Let's honor the professions of massage with a respectful willingness to let them define themselves. And if we are trained in more than one profession, let's honor all of them by not trying to compare them.

Research Project

Trager Research Project Moves Forward

Jack Liskin

Jack is a Trager Practitioner and Assistant Professor of Clinical Family Medicine at the University of Southern California School of Medicine.

A Trager Institute-sponsored clinical research project is moving steadily forward at the University of Southern California School of Medicine. The year long project, designed to investigate the use of Trager work for people with chronic headache, will be the first randomized, controlled study of The Trager Approach. Randomized, controlled studies are the gold standard of clinical research in medicine; their results are given more credit than case reports and other less scientifically designed investigations. Patients will be randomly assigned to one of three groups to eliminate biases, and those who receive Trager work will be compared with others who receive no additional treatment, and with a third group that receives additional physician attention.

The study will focus on changes in the frequency, intensity, and duration of headaches pre- and post-treatment. Changes in quality of life will also be measured, using a standardized questionnaire. Patients will be followed for six months after treatment to measure the duration of treatment effects. The project is scheduled to start up in early summer of this year.

In the current phase, the research team is carefully designing the project to ensure that the results are valid and credible. Care, precision, and creativity in this phase should yield results that are worthy of publication in a recognized, scientifically-oriented medical journal.

Assuming that the outcomes are positive, such published results should rocket-boost the status of The Trager Approach in the medical community, a desire long held by Milton Trager. A published study of this kind should also make it much easier to secure funding for other Trager research projects in the future.

A highly qualified team has come together to plan and carry out the project, assembled and coordinated by yours truly, for the study and a faculty member in the School's Department of Family Medicine. One faculty Family Physician, Allan Abbott, and a Family Medicine resident, Valeska Armisen, are participating. A highly regarded professor of Biometry (measurement applied to the health sciences), Stan Azen, will focus on the scientific and statistical elements of the study.

Another professor, Denise Globe, an expert in quality of life measures, will concentrate on that area of the research. Two faculty neurologists, Norm Kachuck and Bob Cowan, will serve as consultants, and two medical students, along with a programmer/data manager, will also be actively involved. One of the medical students, Kimberley Foster, because of her special interest in alternative medicine research, will be interrupting her studies for a year to devote herself to the project, as its clinical coordinator.

Updates will appear in the *Trager Newsletter* as the project proceeds. In a related note, a clinical collaboration between Jack and Cynthia Cooper, a former faculty Occupational Therapist at USC, has led to the publication of an article in the April issue of *Occupational Therapy Practice*. The article, titled "Dyscoordinate Co-contraction: Impaired Quality of Movement in Pa-

tients with Hand Injuries," explores reasons for using quality-of-movement approaches like Trager in patients with dysfunctional movement patterns following hand immobilization and surgery.

Trager Community

Around the World with Trager

Carolyn Mason

Carolyn is a Trager Practitioner living in Southern California. She assisted Milton, heartfully, many times during his trainings given near his home at Heritage Pointe.

In 1998, I had the wonderful opportunity to share the spirit of Milton Trager and teach the first Introduction to Trager Workshop in Japan. Fumiko Ryan, who has been planting the seeds of Trager for many years, was responsible for arranging this opportunity, for assisting and translating the words and spreading the feeling. Michael Lear, a Trager Practitioner, has been traveling in the Far East and also assisted. The class was made up of seventeen people who attend many workshops set up by Dr. Koichi Hiratsuka in Omiya. Dr. Hiratsuka's osteopathic school brings together many health care professionals. His interest in caring for people has lead him to bring many instructors from the United States to explore different methods of treatment. It is amazing how easy it can be to communicate feeling without language when the intention of spirit is aligned. As always it was very powerful to feel the softening of the students, as they became open and eager for more. Some became so eager that they decided to travel to Mill Valley a few weeks later to attend a beginning training. They were joined by other interested Japanese Students that had been introduced to Trager by Sekino Naoyuki, now the first Trager Practitioner in Japan. At the 1998 Conference, Naoyuki announced an invitation to any Trager people traveling to Japan. My plan is to return very soon in the new year.

Mentastics Festival

Michael Madrone

Michael is a Tutor and Mentastics Leader living in Italy. He teaches an elective class called "Professional Development" and also trains Tutors.

October will be my 50th birthday! In order to celebrate, we have decided to have a three-day Mentastics Festival in the Italian Alps ! Oct. 30th, 31st, and Nov. 1. There will be a party on the night of Oct. 31 st. The venue will be a beautiful hotel called L'Oche di Bracchio. It is a wonderful place which features exquisite Italian cuisine! It will be reasonably priced. The festival will be lead by an international trio of certified Mentastics Leaders: Renata Volgelsang, Piermario Clara, and Michael Madrone. The festival is open to the public. Of course everyone is invited and you won't want to miss this! The numbers will be limited, but the fun won't be! I hope to see you all there. This will be an unforgettable experience! To reserve your place for this historical event, contact me at 39. 0165.40018. You can also reach me by e-mail: mmadrone@hotmail.com or write to: Via delle Betulle 88, 11100 Aosta, Italy for a registration form.

Don't miss the final fun event of this millenium !

Send Me Your Stories of Milton's Spirit

Carolyn Mason

At the 1998 Trager Conference, one evening was spent celebrating Milton's spirit in many ways including the personal informal memories of many of the people in the audience. The stories varied from a few words of short encounters to collections of stories sometimes including pain, often humor and always filled with love. It is certainly in the telling of our stories that we deeply connect with each other through the sharing of our growth and wisdom as well as our healing and love. Our stories can be a way of sharing our very hearts and souls. There was not time for all who wanted to tell their stories. These stories are part of the treasures that we must save and savor. At the end of the story telling I acknowledged that there will never be an end to this wealth of Stories and asked that everyone write down their stories and send them to me to be collected and passed on to others in the future. My hope is that this will create a never-ending collection to Milton's Spirit.

A Story

James Pond

James is a Trager Practitioner living in San Francisco, California.



My neighbor had given me a coupon for a complete examination from his chiropractor, Dr. Lloyd Latch. I scheduled an appointment at his office complex in San Francisco. During a little preliminary chat, Dr. Latch asked me what I did for a living. When I told him I was a *Trager* Practitioner he said "Really! Why, it must have been forty years ago that I bumped in ol' *Trager* (Milton) on the beach in Hawaii. We used to visit and work on each other." A favorite saying of my Grandmothers' came to mind... 'Fan me with a brick!'

That initial meeting resulted in his asking me if I could consider working out of his office as he had always felt *Trager* would be an important addition to his practice for certain patients. I agreed with him and said YES.

Thanks again, Milton, for leaving your mark on yet another person.

Celebrate Milton's Birthday!

Gae Henry

Gae Henry and Henry Bornstein are Trager Practitioners, Tutors & workshop leaders from Berkeley, California, USA. They are musicians who have played in places as diverse as the Hollywood Bowl, Disneyland and punk-rock clubs.

In early December of last year I had a remarkable dream. I was about to enter a glass room I knew was full of *Trager* people. Everyone was seated in chairs. Looking through the glass, I

could see the chairs were full of people-shapes, outlined in grays and browns except for the two who were in complete Technicolor. Emily Trager was really dressed up; resplendent in clothes of pinks, reds, oranges and golds — including head scarves and scarfas-belt. Right behind, leaning over Emily's shoulder was a friend from Pennsylvania, *Trager* Practitioner and Tutor Stephani Murdoch. They both looked at me: "Well?" That was it.

I didn't understand the meaning but I knew this dream was important. What was Emily saying to me, and how was it connected to Stephani? I really felt Emily wanted me to "do" something. How could that be, to "do" in a *Trager* way? I definitely knew Emily wanted me to "get going". Some days later I went to my post office box and discovered an unexpected and wonderful present from Stephani, a rattle made by a Native American woman. As musicians, Henry and I have gathered over the years an eclectic collection of instruments that have unique voices — this was one that we'd been missing and wanting.

For over 13 years Henry and I've been going to Wilbur Hot Springs, 125 miles northeast of San Francisco, offering *Trager* sessions and free *Mentastics* classes. I kept thinking about the dream and the "coincidence" of Stephani sending us the rattle and I realized that I wanted to use music to spread Milton's message. We've often wondered what the effect was on people when we went into hook-up and played music. Do the listeners receive the *Trager* feeling? I decided to find out and scheduled times for us to play music at Wilbur.

When Henry and I were at Wilbur this January, we went into hook-up and played our music. Afterwards, we asked the guests to describe their experience. The words they used were so reminiscent of what we all often hear after a client has received a *Trager* session: "recollections of innate rhythms", "peaceful", "serene", "playful", "buoy-

ant", "delightful", "in-the-moment", "I just feel good", "it drew me in". Sounds like *Trager* to me!!

We are presently scheduled to perform at Wilbur in April and June of this year. Wilbur has put information about our upcoming dates on their web-site under "What's New" at www.wilburhotsprings.com, asking their guests to come and "Experience HOOK-UP." OK, Emily, how are we doing?

We will be performing at Wilbur this year on Tuesday, April 20th, the anniversary of Milton's birth, as well as on Wednesday, April 21. The spring wildflowers should be spectacular by then. We invite those who can to join us. You can contact Wilbur Hot Springs, California at: 530-473-2306. If you stay for two mid-week days with one of them being a Wednesday you'll receive one of the days at half-price.

More About Trager in Print and Changes

Adriene Stone

Adrienne is a Trager Practitioner and PT living in the Los Angeles area.

I have been asked to write another chapter on *Trager*. This will be in a book called "Manual Therapy" to be published by Saunders sometime in late 1999. This one will be more for lay folk, to find out more about different approaches. Please remember that *Complementary Approaches in Rehabilitation: Holistic Approaches for Prevention and Wellness*, edited by Carol Davis, has been published by Slack, Inc. Reprints of my chapter on The *Trager* Approach are available through the Institute. The text is available through the publisher. You can also contact me with any questions.

As of July 1, 1999, Richard and I will be relocating to the New York area. Now that he is a doctor of Osteopathy, completing his internship, he has chosen to continue his education with a two year manipulative medicine residency at St. Barnabas Hospital in N.Y. It was a very difficult decision, one that now feels like the right thing for us. Will keep all of your posted as we figure out exactly where we will be. All suggestions, input and ideas are welcome. We look forward to extending our *Trager* family.

The Situation

Janet Steele

Janet is a new Trager Practitioner living in New York City. Although her article describes legislative activity in the state of New York, the information is potentially relevant to all Trager Practitioners.

A situation has been developing that threatens the livelihood of New York State *Trager* practitioners and that could have significant implications for the future of *Trager* and other forms of non-massage practices in New York. If the State Massage Board and industry groups have their way, all practitioners of body/energy or movement education work will be required to be Licensed Massage Therapists in order to practice in the State of New York. The Massage Board has been aggressively examining and evaluating practices to bring them under the definition of massage—most recently, Reiki.

Broader Interpretation of State Law

NY State law defines massage as “engaging in applying a scientific system of activity to the muscular structure of the human body by means of stroking, kneading, tapping and vibrating with the hands or vibrators for the purpose of improving muscle tone and circulation.” (NY State Education Law

§7801). Doesn't sound as if it applies to *Trager* work, does it? Guess again. The NY State Massage Board is now interpreting the current massage law to include within its scope any body/energy work or movement education therapy of any kind.

Massage Industry Interest Group

The Joint Council on Massage, a massage industry trade association made up of NY State massage organizations and massage schools, is attempting to pass a new massage law that would replace the current one. The new definition of massage is much broader and includes all forms of body/energy work and movement education.

We Organize

The NY State Coalition of Non-Massage Organizations was formed last year in order to protect our right to practice in NY State without having a massage license, and to fight these incursions into our rights, legally and legislatively. The Coalition is made up of representatives from thirteen organizations, including The *Trager* Institute. Each representative is responsible for disseminating information to all NY State practitioners of their particular practice, and for keeping their members current on the activities of the Coalition.

Coalition Activities

Letter Writing. Over the last five months we have written letters to NY State legislators and to the Massage Board objecting to the current interpretation of the massage law. We have also written letters to the Joint Council objecting to their proposed new definition of massage.

Actions. In October, the Coalition met with the Joint Council at the Swedish Institute in New York City and made it clear that we do not want to be part of the proposed new massage law; we will not support the law without an exemption for all of our practices.

In September and November, Coalition members attended State Massage Board meetings at the Office of Professions in New York City. Although we were not allowed any public comment, our presence, both in numbers of people and variety of practices represented, made it clear that we were opposed to the inclusion of Reiki under massage therapy.

We continue to meet. There is an enormous amount of discussion and activity among Coalition members and our lawyer, and we are in the process of formulating our strategy.

Many Thanks to You

Money. We have raised \$2,500 from *Trager* practitioners for our legal fund. We would like to thank everyone for their generosity and support. We have already started putting some of the money to good use. Contributions are welcome, and should take the form of a check to The *Trager* Institute.

Petitions. We have received approximately 1,500 signatures from the *Trager* community. We intend to keep on collecting signatures until we get 25,000. If you would like a copy of the updated petition and can get more signatures, please contact me at 212.0316.5628. You can also reach me by e-mail at: jsteele486@aol.com.

Similar struggles are going on in Texas and Arizona. Recently, the New Mexico massage board agreed to exempt *Trager* from licensing requirements.

The Coalition is open to new members. Our current roster includes Alexander Technique International, American Oriental Bodywork Association (AOBTA), American Polarity Therapy Association, The *Feldenkrais*® Guild, *Hellerwork*® International, Inc., LLC, International Independent Reiki Masters and Practitioners Association, New York State Reflexology Association, International Somatic Movement Education Therapy Association (ISMETA), North American Society of Teachers

of Alexander Technique, the Rosen® Institute, Rubenfeld Synergy® Method, Touch for Health Kinesiology Association, and The Trager Institute.

How Does This Affect Me?

Americans are waking up to the fact that alternative health care is a growing and lucrative field. This can be a double-edged sword for Trager practitioners. Yes, we can look forward to more interest in our work, and more clients. But as big business interests move into the alternative health field, we can easily get trampled in the rush for big bucks. For instance, in New York, massage schools stand to benefit greatly if all body/energy work and movement education practitioners must be Licensed Massage Therapists.

What Can I Do to Protect Myself?

Know the laws in your state. Be aware of what's going on—many states have web sites that post meetings of licensing boards. You are entitled to attend public portions of those meetings. Benefit from the experience of others. Keep track of issues and struggles in other states. Keep The Trager Institute informed of new developments in your state. (Direct your information to Don Schwartz.)

Network with other practitioners. Not just Trager practitioners. Keeping in touch with other alternative practitioners in your area can act as an early warning system. Form a coalition. There's strength, ideas and support in numbers.

Introducing ISMETA

Martha Hart Eddy, Ed.D.

Martha is an ISMETA registered movement therapist, and a member of ISMETA's Board. She is the founder of the Somatic Movement Therapy Training (TM) program, as well as a cofounder and co-director of Moving On Center in Oakland, California. Currently residing in New York city, Martha maintains a private practice, and is raising her two year old daughter.

ISMETA, The International Somatic Movement Education and Therapy Association, invites you to join us. Somatic movement work refers to a wide assortment of hands-on, verbal and visual modalities that aim to increase body-mind awareness. Somatic movement practitioners seek to enhance vitality and quality of life, taking a holistic perspective as we actively and consciously engage people to increase the understanding of the body in movement, however subtle the movement may be (e.g., breathing)!

ISMETA is a non-profit public benefit corporation established to advocate for somatic movement work in education, health, art, everyday, and recreational venues. It also acts to foster communication and raise standards of quality among practitioners of movement education and hands-on movement patterning. It does this by providing registration for movement therapists and educators, providing guidelines for training programs, and maintaining ethical standards. This is all in the hopes of striving for greater quality of work within our field and greater understanding of it by the general public.

At present all graduates of the Alexander, Body-Mind Centering, CoreStar, Feldenkrais, Laban/Bartenieff, The Neuromuscular Center, Rubenfeld Synergy, Somatic Movement Therapy Training, Tamalpa, and Topf programs have completed the educational requirements for becoming registered as a movement therapist by virtue of the fact that they have at-

A Call

Miriam Harris is a Trager Practitioner with Multiple Sclerosis (MS) and would like to network with Practitioners who have experience with MS clients or family members. Please contact her at: (212) 462-9026.

tended an "approved training program." These programs are all 500 or more hours long and contain at least 250 hours of movement observation and movement re-patterning training.

All applicants also provide documentation of having practiced one-on-one movement work with clients for 200 hours (for pay or *pro bono*) by having several clients or supervisory staff make a statement regarding your on-going work. For some people this practice time is completed within several months of graduation, for others it takes years. All types of timing are acceptable.

ISMETA wholeheartedly acknowledges the excellent quality and spirit of the Trager and Mentastics work and wishes to encourage Trager practitioners who have done additional training in movement work either through more in-depth Mentastics study or in concert with one of the approved training programs above to consider registration. Any movement observation or movement repatterning or movement assessment and intervention with the approved schools are acceptable. Classes from other sources might not always be accepted so be sure to contact ISMETA for any questions you might have. As a "special" applicant you are asked to document your training by sending us a resume of your studies (and copies of certificates), four let-

ters of recommendation about your work from clients. If your additional training falls outside of *Trager* or the above listed programs you may also still apply as a "non-approved training program" applicant by sending in the above as well as a video sample of your movement-based work with individual clients. To restate, the usual requirement of a video sample is waived if you obtain supplemental movement training from The Trager Institute or one of the approved training programs. (By the way, Aston® Patterning and Rolf® Movement programs are also currently in the process of becoming approved programs.)

We are currently in dialogue with The Trager Institute about finding more ways to mutually support each others work. Congratulations and thanks to Don Schwartz for accepting an invitation to join our advisory board. He joins Judith Aston, Bonnie Bainbridge Cohen, Bruce Fertman, Eleanor Criswell-Hanna, Vivian Jaye, Don Hanlon Johnson, Seymour Kleinman, Ron Lavine, Ilana Rubinfeld, James Spira, and David Zemach-Bersin in enhancing the rich dialogue about the nature and role of somatic movement work in today's world.

Please consider joining us. There are also other standard organizational benefits including free listings in the bulletin section of *ISMETA News*, and various types of insurance. Mostly, by joining *ISMETA* you help to create a stronger network of skilled movement practitioners/advocates who represent a wide range of holistic practices and yet choose to strive for common goals. The fees are \$45 for Associate Membership for registration, \$15 application if certificates are included from approved training programs; \$75 application fee if an assortment of transcripts are to be reviewed. Upon acceptance, membership dues are currently \$80/year. You may contact us at (212) 229-7666 for an application. (This is a

voicemail number and we will return your call). Our address is: 148 W. 123rd Street, #1H, New York, NY 10011.

Trager and the Addiction Treatment Community

Judy Fasone, C.T.P., B.S.N.,
C.A.R.N.

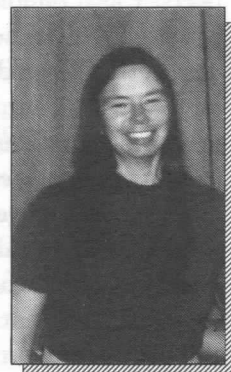
Judy is a Practitioner living in Richwood, Ohio.

Pain is a necessary part of growth. It calls our attention to areas of our lives that are not breathing, not living fully and peacefully. I work daily as an addiction counselor, with people who are in emotional and/or physical pain.

Chaos reigns over the body in the form of accidents, violence, malnutrition, depression, poor sleep habits, and immune system breakdown, delaying healing and increasing pain. Dependence on alcohol or other drugs to avoid emotional or physical pain results in further insult and injury to the psyche and the body.

My spiritual journey, at birth of course, started out as a desire for peace in my life, and led me to the *Trager* community. Gaining life experience in an alcoholic marriage of twelve years, we chose separate paths and much to my surprise, I was raising three daughters practically alone. I realized six years ago that my body/mind needed attention. I longed to meet people who loved the Earth and living outdoors, and found myself surrounded by Native Elders and those learning from these wisdom keepers. Synchronistically, a sister in the community was a *Trager* Practitioner, and I began some sessions. I recently had a career change from Pub-

lic Health nursing and was now three years into addictions work. I immediately felt the physical body was generally neglected in treatment, and strove to find a way to incorporate appropriate touch into the work. However, my nursing education based solely on western medicine, felt incomplete in the area of touch, so I sought help from the Board of Directors at our small, rural Mental Health agency to pay for my *Trager* training.



Trager work's main focus is to educate, so I applied *Trager* Principal (T.P.) #1 and presented a proposal and a twenty minute presentation on how the work would be beneficial and useable in the treatment setting. I drew a holistic model of care depicting a circle of life. This circle was divided into four quadrants labeled mental, emotional, physical and social; a bulls-eye center ring labeled spiritual, and an outer ring indicating Spirit within and without us. They listened while I explained the need to enter into the healing process through any of the five life power systems. I emphasized the amount of somatic complaints we receive from our clients, and how addressing the physical by offering pain relief may reduce their need for drugs/alcohol. Chronic pain is also often present in those who are chronically depressed. At that time, we were mainly approaching our clientele from the emotional aspect, treating the physical body most frequently with a medication.

With the knowledge that our county is, primarily conservative, I focused on empowering the clientele through the use of *Mentastics* (in group settings only.) Touching in the mental health setting can prove risky due to the instability of the clientele. For co-workers, I spoke of the benefits of preventing burnout by offering sessions to my

peers. I also offered a free session to the Board members upon training completion. One Board member took me up on the offer, and allowed me to do practice sessions with her. She and her husband helped develop my brochures in exchange for sessions. After a few months of tabling decisions, the board agreed to fund my training. I thought this meant a green light to utilize the work when I became certified.

A year later I was certified, and ready to put the work to use in the agency. This is when I applied T.P.#2: respect resistance! I came back after certification fired up to do the work, and wanted everyone to know about it. I was straightforward, and talked frequently about how wonderful *Trager* was, and how we could apply the work in the agency. I sensed fear and resistance and began to feel the need to be silent and regroup (better known as Hook-up). The resistance came from the Director of Nursing (D.O.N.) and a medical director (Med. Dir.) who felt liability issues were greater than the benefit of the work. I later came to agree with them regarding the fragility for some of the 'clientele; but also, I sensed a lack of trust in my judgment as a practitioner and nurse, and this raised my defenses. When I mentioned my nursing background, the nursing director reminded me that I was not functioning as a nurse in the agency, and if I were, I would be under her supervision. Now I really felt under attack. As I defended my work as a counselor and how I incorporated nursing into this position, the D.O.N. and Med. Dir. surveyed the staff to see if anyone else supported the idea of alternative treatments such as *Trager*. This legitimate attempt to question the staff resulted in a skewed response, due to presenting incomplete information to the Board. The report said four negative responses were received, when in fact there were numerous positive responses that remained unreported. It was time to back off and use another approach (T.P.#3.)

At this point, I realized this was a major struggle with a power greater than I. My intention was to improve services, not cause dissension.

I began to empathize with those that live in fear, and reminded myself that I choose to live in love. So I started over, utilizing T.P.#4, which I had omitted: Hook-up! Looking at my own arrogance in the matter grounded me, and as I went into an observer role, I watched as the D.O.N. tried her best to engage me in more battles. The softer I became, the more she sought ways to confront me (and remember, she was never my supervisor). She eventually resigned, when others noticed her inappropriate behavior and unwillingness to work as a team player. Nothingness works! I continued to soften and relax, waiting for something to give way (T.P.#5) and it did. Not long after the D.O.N.'s resignation, our Med. Dir. began to show me articles in pharmacy journals regarding herbal remedies. She requested a resource on complimentary care, to be able to respond to clients utilizing them in a responsible way. She approved the purchase of *A Nutritional Guide to Health*, written by a medical doctor. In addition, the agency hired a D.O.N. that has a feel for the metaphysical, and we are discussing complimentary care such as bodywork for the clients. Little by little, as my own recognized resistance melts, I feel trust replacing doubt and fear. I respect her concerns, where earlier I was taking them personally.

Recently, I was given approval to use *Trager* with a 58-year-old female who had an addiction to prescription medication given to her for the last 18 years for chronic pain. She wants freedom from the medicine and is willing to try anything. We are utilizing a team approach with both her family physician and our agency's involvement. The agency is backing me by offering to insure me. Also, three of my peers have now had some sessions.

Milton Trager's work offers those of us seeking growth to go deeper within ourselves, tapping into the mass consciousness of humankind. This receptive state is necessary in order to heal Self, others and Mother Earth. We can take others only as deep as we are willing to go ourselves. Personal barriers of resistance often impede the process of healing. This elusive, indescribable "hook-up" has now entered into our vocabulary and crosses all religious boundaries. *Trager* is welcome everywhere because once this state is achieved, boundaries are removed and replaced with communication.

According to some Native traditions, we are now entering into the fifth world of Peace. Symbolically, I use the number to remind me of this. Utilizing this five-step process is beneficial in dealing with issues that are my own, a client's or an organization's. Hook-up, educate, respect resistance, try other approaches, soften and relax into full conscious awareness. As with Abraham Maslow's hierarchy of need, the steps do not necessarily need to be

En français s'il-vous-plaît!

Do you know that you can receive the *Trager Newsletter* in French? A group of people in Québec are producing a very pretty version of our International Newsletter for the last three years. If you would like to add a little zeste *francophone* to your life, send a notice to the Institute office. It will only cost you US\$18 per year.

in this order. *Trager* bodywork naturally reduces over-stimulation, gently nurturing and loving the body or organization into its own hook-up. [It is in this state that a true connection between souls and the souls that make up organizational systems directly communicate without resistance.] Wars end with this awareness. Thank you, Milton.

A Call to Another Point of View

Megan Eoyang, C.M.T., C.P.T.

Megan is a *Trager* Practitioner living in Santa Rosa, California.

I heard a radio interview recently with Leo Galland, M.D., the author of *Power Medicine* which I found quite interesting. Since we as *Trager* practitioners stand at an interface between traditional and alternative medicines, I thought this information might be of general interest to my *Trager* colleagues as well.

Dr. Galland is a medical doctor who has become disenchanted with the medical profession's assumptions and has pursued intensive study into nutrition and its interactions with health and medicine. One reason for his disenchantment with the medical paradigm is that doctors are taught to think that what they do heals people. What really happens, Dr. Galland explains, is that the physician and her or his medicines create supportive circumstances to help the body heal itself. For instance, sutures holding two sides of an incision together do not heal the body.

Rather, it is the body's immune system which eliminates microbes and toxins while connective tissue is laid down to create binding scar tissue. Another example would be antibiotics which do not heal a person who has an infection. They simply reduce the number of bacteria the person's body has to fight. If the patient's immune system is in a weakened state, no amount of antibiotics will "heal" the infection, and in such cases it is not unusual to give a person course after course of antibiotics without successfully clearing away the infection.

An example of how Dr. Galland sees nutrition interfacing with medicine is the way he notices certain patterns of symptoms, for instance dry skin, dry scalp, and poor sleep, which taken together may be indications of a weakened immune system. These symptoms added to a few others might give him a clue that there was poor nutrition during the third month in utero, which is the period during which the fetus develops the autonomic nervous system. Since the autonomic nervous system directs the immune system, he would be inclined to recommend diet changes and nutritional supplements to strengthen the immune system.

Dr. Galland spoke about how various minerals need to be balanced with other supplements in order to have any useful effects, and that there seems to be a high incidence of insufficient magnesium in the US. The title is new and just coming available at bookstores, so I am reporting from the radio interview. It occurred to me that I would like our *Trager Newsletter* to be a place where we can share resources among ourselves. Personally, I would be interested to read about what inspirational or useful information or books you have run into. I'd also like to know what ideas in related areas support you in going deeper into the questioning ways of our *Trager* Approach. There is no need for each and every one of us to re-invent the wheel.

Nothingness

What could be lighter?

Could be freer?

More gentle?

Even softer?

Nothing and everything...

What could be?

Who am I?

Who are you?

Where are we two?

Nowhere and everywhere...

Me and you

Take my hand

Hold me near

I know you are here

Present in every moment

There's no fear

Less is more

Make no war

Peace with every step

We're all just a part of the universe

Nothing more, nothing less

Nothing more, nothing less

Nothingness

Judy Fasone

Marketing

The Portable Practitioner Goes Online

We have received a letter from Monica Gruler, Editor and Publisher of "The Portable Practitioner: Opportunities in the Healing Arts", a publication which supports somatic practitioners in finding employment in a variety of settings, announcing that her publication and service is now online. The address is: <www.healingartsresource.com>. This website offers a number of services, but the heart of it for practitioners can be found in the "Classified Ads and Announcements" where you can both read and post announcements and opportunities. Monica's vision is international in nature. For more information, you may go right to the website, or call: 1.800.968.2877.

Tax-Deductible Advertising: Your Car!

Megan Eoyang, C.M.T., C.P.T.

I just took the plunge and bought a "vanity plate" for my car. In California, we are allowed up to 7 letters/numbers on an automobile license plate with assorted half spaces. My new license plate reads "TRAGR 4 U." Obviously, only one person in any one state can have this specific plate, but here are some of the versions which might be available in your state.

TRAGR 4 U (already taken in California)
TRAGER
TRAGR WK
I TRAGR U
I TRAGER
I TRAGR

TRAGER U

TRAGR U

TRAGR U? (I don't know if the question mark is actually available, but wouldn't it be delightful to ask a question?)

Part of the cost of the vanity plate can be written off as advertising costs on your annual taxes. Yesterday, while stopped at a traffic signal, I watched the passenger in the car behind me craning her neck to read my license plate and license plate cover (which is available from The Trager Institute and reads, "Feel like a Dancing Cloud; Get a Trager Session").

In all likelihood, not every practitioner feels as identified with the work as I do, but I know many, many of us are. Of course, if you do make your car an traveling advertisement for the work, you may wish (as I do) to wash it more often and drive even more politely than usual...

Ask Dr. Weil

Martha N. Simon

Martha is the Assistant Producer to Ask Dr. Weil, *Time Inc. New Media*

Our organization participates in the Ask Dr. Weil Local Practitioners Directory, a selective database of alternative medicine practitioners endorsed by Dr. Andrew Weil on his site on the World Wide Web. You'll find your name listed among thousands of others by going to the Ask Dr. Weil site (<http://www.drweil.com>), a site which promotes the health philosophy of Dr. Andrew Weil, and clicking on "Local Practitioners" in the left-hand navigation column of the page.

To use the Practitioners Guide, readers simply choose the discipline they are interested in and input their state and zip code or area code. At this time there

are ten disciplines represented: Acupuncture and Chinese Medicine, Alexander Technique, Ayurvedic Medicine, Biofeedback, Feldenkrais Work, Guided Imagery Therapy, Herbal Medicine, Homeopathic Medicine, Naturopathic Medicine, Rolfing and Trager bodywork. Other groups to be added currently have their applications under review. [Currently, the Trager listing works when you search for Trager Practitioners only. However, we anticipate that feature being resolved soon.]

Dr. Weil is a leader in the integration of Western medicine and alternative medicine and the author of seven books, including *Spontaneous Healing* (1995) and the most recent best-seller, *8 Weeks to Optimum Health* (1998). The Ask Dr. Weil site has become a primary resource for people seeking information about integrative medicine and access to its practitioners. It is one of the most popular health sites on the World Wide Web receiving about a quarter million visitors every week.

Participation in this directory represents an endorsement by Dr. Andrew Weil of our organization and we are very excited to be affiliated with Dr. Weil in this way. We urge you to take a few minutes to look at the site and this feature in particular. The producers at the Ask Dr. Weil site are highly interested in receiving feedback from you, especially if you have received new client inquiries from your listing. If you see information there that is incorrect or outdated send changes/corrections to (contact person at the organization.) For feedback about the site specifically, please contact Martha Simon, Assistant Producer, Ask Dr. Weil at msimon@pathfinder.com, telephone 212.522.6261."

Please let me know if there is additional information you require. I am interested in any suggestions you might offer.

Administrative Report

Don Schwartz, Ph.D., Executive Director

The Trager Handbook: I am pleased to announce that our new, improved, revised, and expanded *Trager Handbook* for Students and Practitioners has been printed and is being mailed to all English language Students and Practitioners, and all non-English language national representatives. This project has been spearheaded by Instructor Bill Scholl of Austin, Texas, U.S.A., with support from Instructor Amrita Daigle of Quebec City, Quebec, Canada, and administrative staff member Sandra Berger. The next step will be for our global community to participate in the translation and printing of non-English language versions of the Handbook.

Internet Activities: We will soon be upgrading our website (trager.com) including a searchable database of Practitioners—worldwide. Currently, individuals using Andrew Weil's website (askdrweil.com) or the HealthWorld website (healthy.net) can search for Practitioners. Dr. Weil's site is currently limited to the United States. Our website upgrade will also feature links—especially to the growing number of *Trager* sites in other languages. As we upgrade our website, we will also be solving a software problem which has limited the efficiency of sending out email communiqués.

Legislation: In our last newsletter I queried United States Practitioners regarding their view of having *Trager* included or excluded from state-based regulation of massage/bodywork. I made reference to The *Feldenkrais*® Guild which has a national policy of exclusion. As of this writing, eleven Practitioners responded to my question: One Practitioner was in favor of inclusion, and eleven expressed their desire for exclusion--some with great passion.

Also on the topic of legislation, there is a website which provides information about state-based regulatory legislation. It is called "Monica Miller's Health Lobby", and its address is: <<http://www.healthlobby.com>>

Trager Research: Tutor Denis Lafontaine of Montreal, Quebec, Canada, reports that his research project on *Trager* and Parkinsons being conducted at the University of Quebec and McGill University is moving forward. Subjects are being recruited, and there will be a website devoted to this project. We will publish an update in our Summer newsletter.

Mainstreaming Somatics: In addition to being chosen as a member of the ISMETA Board of Advisors, I've been selected as a "key player" for a two-day conference entitled "Mainstreaming Somatics" which occurs right after the conclusion of the 1999 Somatics Congress in southern California, in late February. I will be in a group which includes Emilie

Conrad, Eric Hansen, Jeffrey Maitland, Jocelyn Olivier, David Palmer, and John Vasconselos. The event will be facilitated by Polla Pratt, and will focus on ways organizations and individuals can "...create a vision and action plans for integrating somatics into our mainstream..." I'll report on the results of this meeting in our next newsletter.

Japan: I'm pleased to announce that "*Trager*" has been successfully registered as a service mark in Japan. Our service mark attorney inform us that Japan is the most difficult—and expensive—nation in which to get international service marks registered. Through teamwork between our administration and service mark attorney, we have supported all the Japanese *Trager* Students and Practitioners now and in the future in helping to spread the *Trager* word and work there.

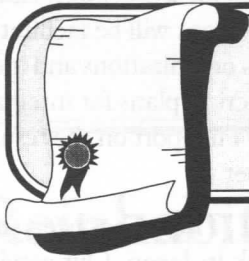
Committee Report

Update from the Canadian *Trager* Committee

Further to the information provided in the last CTC Report, Denis Lafontaine is currently finalizing the French-language version of a discussion document which will propose possible changes to the structure and operations of The *Trager* Institute. This document will then be translated into English.

Once the document is available in both French and English, it will be shared with the Board and key Institute Committees.

Depending on their response, a decision will then be made whether to circulate it more broadly. Be sure to read the next Newsletter for information on next steps in this process. If you would like to know more beforehand, please contact Paul Overy at 416.966.1528.



Congratulations to All Newly Certified Practitioners!

(November 1st - January 15th 1999)

Susan Bissell, U.S.A.

Angela Boesch, Switzerland

Juan-Ramon Cordero, Spain

Eileen Dickinson, U.S.A.

Sylvie Fortin Boule, Canada

Alessandro Frigino, U.S.A.

Cindy Getchonis, U.S.A.

Heather Hankin, U.S.A.

Birgitta Hultqvist, Sweden

Beate Kaltenbach, Germany

Rita Krenicky, U.S.A.

Marylouise Lambert, U.S.A.

Susan LaRose, U.S.A.

Maria Cristina Lo Chiano, Italy

Gail McKinley, U.S.A.

Dora Mueller, Switzerland

Lisa Nymark, U.S.A.

Pierrette Pelletier, Canada

Raymond Richard, Canada

Heinz Roethlin, Switzerland

Eeva Maija Saikkonen, Finland

Anna Sass, Germany

Suzanne Seippel, Switzerland

Jutta Settele, Germany

Barbara Surface, U.S.A.

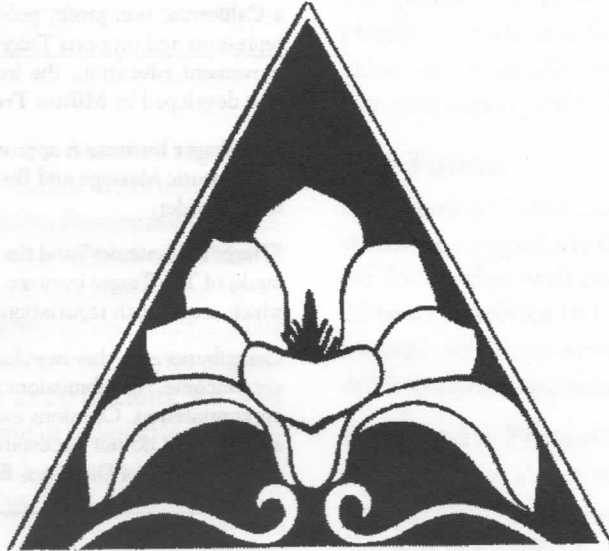
Elizabeth Zurfluh, Switzerland

Congratulations!

to Roger Tolle on attaining the
Intermediate training Instruc-
tor status.

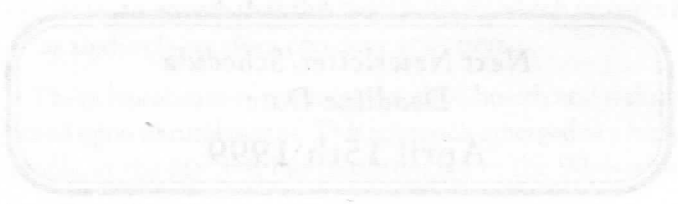
The Trager International Newsletter & Schedule

Invisioning a Positive Future



**Please, send us your
articles & photos!**

Please send us your articles for publication in the
newsletter! Also, include a photo!



Credits

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Sandra Berger

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Sandra Berger

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

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Contributions to this newsletter from members of The Trager Institute are welcome. All submissions are subject to editing for length, clarity, and appropriateness. Opinions expressed in this publication are those of the authors, and do not necessarily represent the views of The Trager Institute, its Board of Directors, Educational, or Administrative Staffs.



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Deadline Date*

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