

The Trager[®] International

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Trager and Children with Autism

The Trager Approach as applied with the SoundBridges[™] Learning Program for Children with Autism, PDD and other Special Needs

Kate Rose

Kate Rose is a Certified Trager Practitioner and Tutor presently living in Flagstaff, Arizona. In addition to her Trager practice she has developed the SoundBridges Learning Program for Children with Autism, Pervasive Development Disorder (PDD) and other Special Needs.

SoundBridges incorporates language, movement and sound with already existing patterns of movement and speech; helping to transform those patterns into interactive communication skills. SoundBridges focuses on each child as a unique individual, with a rhythm and language already in place. Although this rhythm may not appear to be functional to begin with, it is a valuable language and can be accepted as such. These rhythms are accessed and linked to existing language patterns mirroring the child's behavior, connecting them through their own experience to a wider world.

G. is 4 years old and diagnosed as developmentally delayed. One year later, after testing, she is diagnosed with autism. She speaks in the language of stories and videos she has watched or heard. If she is trying to tell you something, she might repeat a line or two from a song or a character's name. If you are familiar with the story, song or video you might be able to understand what she wants. She is very assertive and will physically reject efforts at communication and interaction.

G. has a 6-year-old brother H. who was diagnosed with autism at three. H. lives completely in his own world and is in continually repetitive movement, does not speak unless prompted and then only in a whisper, much of which is unintelligible. He will not repeat himself.

How does autism express itself in a child, and how does one communicate with someone who has no familiar language, no relationship with their body or a relationship with their body that is primarily focused on escape from the overwhelming amount of unfiltered data and information constantly pouring in. A child with Autism is someone without the natural filter systems that most people are born with.

As you go through your days, there are many sights, sounds, smells, and feelings that are experienced in a continual flow. Through an unconscious but continuous internal mechanism, you are able to process this information and automatically "file" each and every sensation or experience in its appropriate area for immediate or future use. Those things that "do not compute" are discarded or ignored. But everything has a place and we tend for the most part to systematically function according to plan. We all have glitches here and there, synaptic delays, short circuits, and moments of pure and total confusion or hysteria. But, they are moments. You separate the things that you need in a particular moment from those that you don't and use the information accordingly.

What if you could not do that? What if all the sounds, smells, sights and feeling in your reality were all happening at once all at the same volume and none of them had any gravitational relationship with you or anything else? Imagine everything moving at various speeds, nothing attached or connected to anything else. How would you navigate through space, how would you communicate? What would your pri-

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Dear Trager Community,

I had been working for the The Trager Institute for nine years and had yet to experience a **Trager** training. Now, I am happy to report to you all that I finally took the leap!

The first day of the training I arrived relaxed with no expectations of what was to come. Gail Stewart made me feel very welcome as each Student made his/her introduction. When the tablework actually started, however, I began to get anxious as to what I was really getting myself into.

Reader, please know that I have devoted most of my working life to The Trager Institute, working with paper, paper and more paper in addition to communicating (my favorite) with all of you when we connect in some way (phone, fax or e-mail). This is my "comfortable" way of doing/being.

However, when I began **Trager** moves on my Student peers, it was another way of doing/being altogether and became "uncomfortable" because I felt so out of my element! By the second day, I was in tears with overwhelming feelings of insecurity and was an emotional wreck!

But somehow I gave myself the permission to feel the uncomfortableness and I willingly let myself be carried onward. Gail gracefully showed me the way and I gratefully accepted her loving suggestions to let a leg "be a leg", a belly "a belly" and nothing else.

I left the class with a sense of what **Trager** is, and, most important, how "my presence" is the most effective way of transmitting the work. Bringing my experience back to the office staff has helped to fill in the gaps we in the administration needed to know.

I just want to thank Gail, the training assistants, and Student buddies and all of you out there, who have gone through this process of becoming a **Trager** Practitioner. It takes courage.

This newsletter has some wonderful articles and I hope you enjoy them. Usually, I receive articles sporadically but the three articles about **Trager** and special conditions, all arrived within a few days of one another. Thank you for your contributions and keep 'em coming. (Don't forget your mugshots)

Sandra Berger
Editor



mary focus be? How would you feel? And to top it off, you cannot speak because just as the outside world is in continual chaotic movement so is your interior reality. Words that may form themselves in your brain do not follow the path to your mouth, or if they do they get all jumbled up trying to come out, or your lips don't move or your jaw is stuck or you are simply too frightened and then something else flies in or someone asks you yet another question and on and on. In addition you cannot be touched.

How does one approach a being living in this reality? Here we have someone who is in continual movement, (children with autism often create repetitive movement as a way to establish boundaries) with no familiar language to express their experience; no understanding of where they are in space, to all intents and purposes in a zero gravity environment. You cannot grab onto it, unless you want to experience a classic reflex response of someone in a permanent flight syndrome. You can no more impose a movement on an autistic child than you can force a muscle or any of the tissue to do what you want. The "tissue" in these children is also body/mind, simply expressed in a different way but responding exactly as the tissue in the body/mind responds in a *Trager* table or *Mentastics*[®] session.

How then does the *Trager* Approach work for a child with Autism? If an autistic child is to be "Trager-ed", they must be approached with the same non-intrusive fluidity that defines The *Trager* Approach. The continual movement that often makes up the reality of a child with autism can be entered into as a *Mentastics* movement. One must feel the movement to understand where one can enter in with a suggestion or an invitation that may affect the unconscious mind. How do you catch someone living in a dream? You must go into the dream while maintaining your clarity of purpose. With the children this is quite simply the message "here you are, this is here." With H., as with all children

with Autism, PDD and other special needs, the approach is individualized and specific to that child. Here is a child that does not like to be touched, or needs to be touched slowly and lightly, a no-touch touch. First I tell him, "I am going to touch you." What is the response? He may run from the room, he may turn away, he may say no, or he might wait to see what happens next. I watch and feel how he touches other things. It is always a very light touch, repetitive, almost a tapping. As if you were going to touch an iron to see if it was hot. This is a form of touch he understands. So I will at first touch him this way. It is his language of touch. Most of the time these children are not spoken to in their language but in our language. Have you ever noticed how people sometimes speak very loudly to blind people? As if the volume will help them see? It is often the same with autistic children. So here we have our first bridge. An extremely important communication, being the first one in this particular realm. A simple touch that is saying here you are, it doesn't have to hurt.

It is the same on the table. With each touch, with each suggestion of softness and length, we are saying to the client here you are, feel yourself, this is where you live. *Trager* is an Approach. It is deep communication of feeling. One does not have to touch anyone to communicate. It is truly hookup that does the work and it will do it anywhere with anyone, touching the body or not. This touches the mind, a part of the core tissue. Each movement is received as an integral part of that person's language, so first one must learn the language of the person they are with.

In the SoundBridges Program, I have found again that The *Trager* Approach is not a thing to do, but simply a way of being that can be applied in any and every situation. It is the willingness to look and listen first, to wait and hear the answer, to allow the body, the mind to speak and tell you, the Practitioner, where to go and how to be in that moment to support the transformation of a particular unconscious pattern.

If I approach an autistic child with an agenda there is no possibility of true connection or communication. For example, G. has no interest in me or anyone else unless she is hungry or hurt or wants something done that she believes she cannot do herself. I know that somewhere there is something, some connection that can be accessed to create the communications bridge. So, just as in a session I may offer the suggestion of a variety of different movements until I find one that the body will receive, here with G. I will continue to offer possibilities of sound until something connects. In her case it is music. So we play with sounds and songs she knows until at some moment I offer a new note, with exactly the same quality of intention I offer a new movement at the table.

It is very similar to working with someone with Cerebral Palsy (CP) or severe arthritis, or any condition that immediately requires a suspension of doing. When I use *Trager* with a person who has CP, I have always found that I must be so light and so present that every tiny reaction of the body is responded to instantly with a quality of acknowledgement and acceptance. Acceptance. This is the key. I am meeting what is already there with an attitude of acceptance, honoring the "tissue". Then and only then when I hear the language, when I feel where the movement lives and what it is asking for, can I introduce a question. I can offer a movement or a sound, that includes what is already there and expands the possibilities. Then we have our bridge. We have our communication; we have our new possibility. For the children this may be a word that suddenly connects with a movement, a sound or a feeling. A word that creates a "reflex response" that is appropriate instead of disconnected. A response that allows the child to be understood. A movement that to you or I may seem so simple. Just moving from one end of the room to the other in response to a question. For a child with autism or PDD, a simple request becomes a labyrinth of infinity. Each movement is separate. The purpose must be remembered. The direction identified. The bodymind organized and then propelled to the destination. There is processing time involved. If one can create a language to support a flow that makes sense to someone in this type of reality, then suddenly a relationship with gravity and space is changed, translated into a useful understandable experience.

As I continue my work with the children I find the elements of *Trager's* non-intrusive approach consistently supporting learning and transformation on many different levels. I have found *Trager* to be a universal form of communication and a universal healing modality. I have found it to be far more than the miracle of body/mind transformation it expresses on the table. It is truly a language of being that heals, whether it is applied on a table, through *Mentastics* or with a silent child.

A Session with Joey

Tathagata Pitaka

Pitaka is a Trager Student living in Los Gatos, California.

My first practice session of the day was with Joey's dad. What I noticed most about this man was that his body was tightly strung like a violin bow. That image came to mind during the session more than once. The challenge for me was to give up my expectation to see a response or achieve anything and to simply be with him.

Arms, Neck and legs were all seemingly unresponsive in terms of softening, but I did at least question if the joints might be opening somewhat and if possibly the range of motion could be increasing a bit. At the end of the session he was asleep. I let him sleep awhile while I sat nearby and made some notes. When he awoke he was full of praise for how much he felt "peaceful" for the first time in "ages".

Throughout this session, Joey watched from across the room. His dad and I had agreed that he might feel more comfortable receiving a Trager session if he watched dad get one first. Joey sits habitually with his legs crossed in such an extreme position that the soles of his feet turn completely upward parallel to the ceiling. He rocks his upper body most of the time and occasionally squeals. One of Joey's arms is drawn up to his chest with the hand curled tightly. His eyes often roll upward.

I am told that Joey is ten years old and has brain damage that occurred at the age of one, when part of his intestine somehow entered his esophagus, causing a prolonged loss of oxygen. Because of the "no challenging bodies" guideline for student work I had some concern about whether I was ready for a session with Joey. His dad was really hopeful it might help him, so I agreed, making no promises to complete the session, only to see what would happen.

As his dad carried him over to the table, Joey squealed in a shrill tone and loudly. I couldn't tell if he was afraid or excited. This became clearer to me when Joey would not lie down. Each time dad attempted to stretch Joey's body out

on the table, Joey would pop right back into his sitting position in the middle of the table and begin to rock. I watched as long as I could bear to without interfering, while dad pushed and pulled and pleaded for Joey to cooperate.

Finally, I stepped in cautiously, moving to the side of the table next to Joey's dad. Then I asked him to let Joey sit up, to just hold his hand and stay with me. I moved in close to Joey's back, placing my aim around him laying my open hand on his shoulder. He did not react. I felt relieved that he was accepting the contact. Then I positioned my other hand flat under his mid-back. Slowly I began a rocking movement with my whole body and his torso. He immediately began leaning backward into me. Dad smiled saying "Joey likes it".

I continued this large, slow rocking for what seemed like 15 to 20 minutes. Simultaneously I gradually side-stepped toward the top of the table, while lowering Joey's upper body as he slowly let go. By the time I reached the top of the table he began to stretch his legs out on his own. At this point his eyes rolled back like he might be looking up at me and he softly howled. Dad seemed pleased and also relieved. At this point, Joey was lying fully outstretched on the table. Placing my hands under his neck and head I continued, gently weighing, rocking and stroking. I could feel his neck softening and elongating. Then Joey went limp in my hands. As soon as I moved down to his legs and feet, Joey got too ticklish to let me do much. His legs would jerk whenever I began to touch them, so after some brief rolling of the legs I completed the session with a goodbye to his forehead.

I was really pleased and completely amazed about the whole process. It had gone much better than I'd imagined possible at first. With support from both of us, Joey slid off of the table and walked out to the sunny deck. Standing and gazing out on the ocean view, he looked incredibly peaceful. His dad turned to me and said with tears in his eyes, "I've never seen him look so normal". Then I saw that both of his arms were hanging freely at his sides. When I noticed this, I also was moved to tears, feeling overwhelmed with gratitude for this gift to us all. What a blessing!

A big Thank You to Milton and Emily and to all my Trager Instructors and Tutors.

Emily's Song

*How can anyone ever tell you
You are anything less than
beautiful*

*How can anyone ever tell you
You are less than whole*

*How can anyone fail to notice
That your loving is a miracle*

*How deeply you're connected
to my soul.*

Bunni Tobias

*(This was the song that closed
the 1998 Trager Conference.)*

Trager Steps Gently into Grenada

Vicki Sainsbury

Vicki is a Trager Practitioner living in Oakville, Ontario, Canada.

It was my second experience volunteering in a small orphanage on the Caribbean island of Grenada. The orphanage is called Sapadilla, named for a juicy local fruit that grows abundantly in the warm soil. On a visit three years ago, I had been able to start a preschool program that seemed to tame fifteen little souls so quickly that the director was able to carry on using the material and eventually hire a teacher who has valiantly been 'taming' ever since. Since my teaching skills were now redundant, I quickly spied my next challenge. I would provide infant stimulation to the one infant girl and two little boys who had just started toddling.

My work was easy and fun, I basically sang, played and touched these little ones from the second I arrived and I loved it. The smiles that began to greet me upon my arrival each morning were a welcome gift after the hour-long struggle with bus changes to bring me to the Home each day.

As the days flowed, I saw the real challenge of my stay. One of the boys had been abandoned two weeks earlier in a warehouse and was thought to be about fifteen months old. He lacked even his own name at this point since his was the same as his crib mate's. The staff just started calling him the next name they could think of which was Rihard. I quickly shortened this to Ree since it was his smile, seldom shared but which produced these huge dimples and dancing eyes, which made me, think of the French word 'rire', meaning 'to laugh'.

My days were busy with these three babies and I seldom had time to spend individual attention with each child for long periods. The other boy, Willan, had a winning personality that captured every heart and he progressed rapidly now that he was spending more time outside his crib. He was not a worry nor was the infant girl who soon left to join relatives on the island. It was 'my' little Ree who despite all my early childhood knowledge and mothering experience was still too traumatized to reach out or even touch someone's hand. I invented every game I could think of to entice him to reach out for a toy or treat but he always stopped just short of touching me.

I was coming to the conclusion that Ree might need more time than I was able to give him to rebuild a psyche, damaged by more than we would ever know.

Three days before the end of my stay I had an experience that changed us both. I had a rare opportunity to share some individual time with Ree, which allowed me to touch him, this time with Trager.

Sitting on the porch looking out at the hills, I gently picked him up and placed him on my lap and began to Trager his tiny body. It felt so tight that I thought this baby could have been alive for eighty years instead of one. Twenty minutes past. It felt like we were both in hook up. He didn't make any moves to leave. In time I felt his body change. His whole trunk was freer, looser.

I was just feeling my way along when, intuitively I had the urge to place him on the ground, ever so gently. Then I waited... Up shot these two little hands to me and I looked down at a smile that made the deepest dimples I had seen! It's good that he was smiling because my eyes were filled with tears.

Two days later I said goodbye to all the children and devoted staff at Sapadilla and to a little boy who was now venturing out, curiously exploring his surroundings. My heart burst with joy seeing how easily he laughed and smiled at all the antics around him,

I believe it was the Trager that reached deeply and touched a place within this child that had never before been touched. I know what that feels like. I felt it myself one day and it healed my heart too.

Finding that Lightness Feeling through Balloony

Joe Griffin

Joe Lee Griffin became a Trager practitioner in 1985. He is a Tutor, Mentastics, Intro, and SPL Leader and author of the book, "How Anybody Can Learn to Swim Well." He is a Princeton PhD and former research biologist who worked at Brown University, Harvard Medical School, and the Walter Reed Wellness Center. He is a founder, board member, and instructor at the Aesculapian Body-Mind Center in Savannah, GA. You can contact him by e-mail: swimwell@premierweb.net. His web page is <http://www.premierweb.net/users/swimwell>.

A basic Trager question is: How do we avoid reflex resistance? A basic Trager answer: We lighten instead of fight'n! Changing negative cycles - ease and lightness to avoid reflex resistance.

After several hours of surgery on a shattered elbow, some recovery time, and some physical therapy, a woman of sixty came for a session. Her physical therapist, on orders, had caused pain by pushing for a certain angle of the joint. This added to a pain-fear-tension cycle that dominated her life. When she came, she limped because her elbow hurt.

Because of this history, I didn't touch her for the first half

hour. First I had her support her arm on balloons at a table and gently bounce the arm and dance with it herself. Then she held rolled, taped newspaper sections as symbolic weights and, with small balloons under each arm, let each side take turns feeling heavy and sinking. She felt elasticity in the repaired elbow for the first time and said a five pound weight she got from her therapist hurt so much she never felt the elbow stretch. Later in this first session she accepted gentle hands-on movement, carefully kept within her small window of comfort. We did not go to the table.

Before ending, I brought out a cane, intending to show her a passive elongation. She enthused, "I did a cane dance in college!", took the cane, and showed me, actively using both arms and her whole body. She ended by using the problem arm to spin the cane.

In later sessions, we went more directly, on the table, to helping her functional mind relearn the feeling of comfort and easy movement.

Her physical therapist noticed her change in attitude, asked to observe a session, and consulted with me on how to avoid reflex resistance. According to the client, the therapist not only made basic changes in approach, but also shared with others in her PT office about avoiding resistance.

To be obvious, this "almost nothing" session was particularly effective because I gave her room to release fears. What we did seemed like play, because we caused no pain, and because she enjoyed herself. No reflex resistance. My client went back to a time, more than forty years before, when she had a good relationship to her moving body.

Balloon Play. You know that successful interaction with an Instructor or Tutor most often produces the reaction, "Oh, it's easier than I thought." For lightness, you let the table do the work, weigh without taking the weight, and sink to lift from the big muscles of your legs.

Yet, as a Tutor, I've actually encountered *Trager* people who act as though big bodies with big legs require more effort instead of more lightness, who have not yet had the transformative realization of the Practitioner who said to me, then proved it, "I've got it! Big bodies are wonderful anchors!".

This article describes some things that help big or tight legs and bodies feel lightness and ease. A lovely "cheap trick" is the use of balloons for support and bounce, as in the story above. Carol Campbell first showed me the use of small balloons to support limbs, though I had enjoyed balloon play with Jim Day. Carol told me then that Beverly Cox used balloons in pantyhose for support. Carol recently said "Gertie Balls also work well and are sturdy (lending a more secure feeling to both client and practitioner!)." I don't know this product. In using several hundred balloons over the last few years, I have had three pop. They were of lower

quality, had been inflated for a few weeks, and were not in stockings. Beverly Cox, who also learned from Jim Day, now uses balloons in stockings, socks, and, from a medical supplier, fine mesh tubes used to support varicose veins. She ties the mesh to fasten balloons in certain positions.

Balloons as learning toys: Helium grade, size 11-12 inch (30 cm), good quality (widely available are round party balloons from Wal-Mart chain in USA), inflated to six inches or smaller. For a support, put two balloons in a knee-high stocking to make a dumbbell shape. Pull snug and close the stocking with butcher twine tied with a bow-knot, or use rubber bands or clips, so you can replace unbalanced or too small balloons and adjust stocking tension as balloons deflate with time.

Explorations - Note that I have never had a group explore balloon play without discovering a way to play and learn that I didn't know before.

On the table, front up, float the legs with balloon dumbbells at knees and ankles. Most clients let go into the table and release back tension. Explore ways of moving. Gently bouncing a heavy leg from below is often appreciated. Note that if a knee is supported, you lift from the heel only one third the weight of a leg, making less work, less tension to transmit to your client. After bouncing a leg and having your client percolate the movement after the movement, you can lift the heel, sweep the balloons off the table, then lower the leg to residual feelings of balloony.

On the table, front down, particularly for iliopsoas or pelvic tension, explore rocking the back with small balloons in each pelvic crease and with ankles on balloon dumbbells. From this position, ask your client to lift a knee, support the knee on a balloon dumbbell, explore. Get feedback.

Self-care balloon play. Stand, gently bounce with shock absorber knees, add a small balloon under one arm only. This can induce a clearly felt difference as quickly as an arm lift. In groups, have them bounce, drop the balloon, feel for difference. Ask how long it took. Seated or standing, explore various balloon positions behind your back. Lean on a chair back or wall, bounce, wobble, lean side to side, etc. Sit at a table, support your arm on balloons, and explore. Compare moving from your shoulder with moving from your seatbones.

Conclusions. Balloons are simple to use and contribute to feelings of lightness and fun. They defuse uptightness. I believe they can give a true feeling of lightness to someone with a heavy history. They help me feel easy and light, just as they can help my clients.

A Testimonial

Barbara Page

Barbara is a Trager Practitioner living in Western Australia.

Judy Hodgkin is one of my most creative clients who writes lovely poems for people. I have to say I cannot take credit for her eye operation although I would say that my work helped Judy prepare mentally, physically, emotionally and spiritually to take the decisions which are transforming her life. I have a lot to thank *Trager* for in my life at present and in my bright, colorful future.

I came to you, I felt a mess
Where I was headed was anyone's guess
My body, I'd disowned, it wasn't much good
I'd disassociated from it as much as I could
I was blind in one eye, it was a struggle to walk
I couldn't hear in one ear, but I could always talk
The talking took me away from the body I didn't want to know
I was an expert at putting on a jolly good show
My breaths were short, I was afraid to breathe deep
I knew that it would only cause me to weep
I knew about life, I'd analyzed it in my head
I'd convinced myself I'd worked it out by the words I said

My first *Trager* session made me aware of my body I'd disowned

I wasn't so afraid of dislocating, although I groaned
I became more aware of my breathing so shallow and light
And I seemed to release the idea that life was a fight

After the first session of *Trager* I awoke in the night
My whole body seemed aglow with a magical light
I felt I was in a state of euphoric bliss
I thought I would like to have more of this
I noticed I began to walk with more ease
I wasn't so unsure of myself or so eager to please

Every *Trager* session would bring a different outcome
Many were better than some
I have learnt tools to de-stress my life
I wasn't in so much despair when I encountered strife
I now see perfectly from the eye that was blind
And a loving partner I've been able to find

My mind and body are much more connected
Actually, my whole life has been affected
I have learnt to love my body, the vehicle which envelopes my soul

My mind is being trained to become part of the whole
Many habitual thoughts had led me astray
I'm learning to catch myself in the act and keep them at bay

The *Trager* Newsletter

I have combined *Trager* with meditation and essences of flowers

And I have realized I, like us all have magical powers

To create my destiny, to know where I'm going
If you can free yourself up, and allow your inner knowing
To take the path of joy as rocky as it may seem
If you follow it with truth and honesty you'll be led to your dream.

Publications

This is great news! Amrita Daigle (*Trager* Instructor) is writing a regular column in a magazine called *The Québec Provincial Association for General Managers of Desjardins' Banks*. Please see her article in this newsletter.

"Getting Well with Pleasure & Ease", *Maui Voice - A Quarterly Journal Promoting Conscious Living*, May, 1999 by Nancy Jaqua Dein

"Movement Therapies", *Arthritis Today*, March-April 1999 by Judith Horstman.

"The *Trager* Approach to Bodywork", *Tai Chi & Alternative Health*, Issue 18 by Sally Leich.

A new book entitled "*Therapeutic Exercise: Moving Toward Function*" by Carrie M. Hall & Lori Thein Brody, includes three whole pages about *Trager*.

Trager Website

Mouvement *Trager* France has changed their website address. It is now: www.ifrance.com/mtf. Their e-mail is <mtf@chez.com>

You will find information on this website about *Trager*: <http://www.netanurse.com/trager.html>>

Federation Website Established

Don Schwartz

As many of you know, The *Trager* Institute is a member of The Federation of Therapeutic Massage, Bodywork, and Somatic Practices Organizations. This is a United States-based informal group of six organizations with representatives meeting twice yearly. The Federation has one working committee, the Joint Governmental Relations Committee (JGRC) consisting of one representative from each of the six organizations. Peggy Richards, *Trager* Practitioner from Arizona, represents The *Trager* Institute on the JGRC.

The Federation has just uploaded its website, and the address is: <<http://www.adeptsys.com/federation>>. One of the

most important aspects of this site is the "Legislative Packet". This packet can be found by pressing the "Legislation" button that appears in the upper left hand corner of the home page. This packet provides information to anyone and everyone interested in any way in the process by which touch, movement, and energy practices are regulated. The packet was created by the members of the JGRC in a spirit of full cooperation, and with appreciation for the right-to-practice of our respective organizations' practitioners. For those of you who read this packet, you will note that most of the organizations have an official policy statement on professional regulation which appears near the end of this document.

The *Trager* Institute does not yet have such a policy. When asked, the vast majority of *Trager* Practitioners who responded requested that The *Trager* Institute have a policy of exclusion from massage legislation. For those of you who haven't responded to this question, please feel free to do so--especially after reading this packet, and seeing what the other organizations have done.

For those *Trager* Friends, Students, and Practitioners who live outside the United States, this packet does contain valuable information that is potentially applicable to your city, province, and/or nation.

Most valuable, though, is the spirit of cooperation amongst disciplines displayed in the creation of this document--a spirit which you can nurture in your local, regional, and national communities.

For those of you who do not have Web access, please contact our administrative offices, and we'll send you a complimentary copy of the legislative packet by mail.

Trager Around the World

Recognizing Trager in Europe

Thanks to Tutor Elizabeth Ormyron of Geneva, Switzerland, for sending to our administrative headquarters a document issued by the European Commission's Directorate-general on Science, Research and Development, in which *Trager* is mentioned. This report is called "A Survey of Knowledge and Understanding of Unconventional Medicine", and summarizes the research carried out in association with the European Union COST project on Unconventional Medicine. COST is the acronym for "Co-operation in Science and Technology", and the goal of this particular project was "to foster international collaboration in research into the therapeutic significance of unconventional medicine, its cost-benefit ratio, and its socio-cultural importance as a basis for evaluation of its possible usefulness or risks in the public health".

Since *Trager* is listed in this report as one of a number of unconventional medicine approaches, it is positioned to receive attention and support within the European Union as research projects are suggested. Elizabeth hopes that results from our two current projects spearheaded by Jack Liskin in southern California and Denis Lafontaine in Quebec, Canada, will encourage the authorities concerned within the European Union to allocate funds and/or to facilitate co-ordination of national research projects in Europe concerning *Trager*.

Next European Tutor Meeting

The next Tutor meeting will be September 23-26, 1999, in Geneva, Switzerland. Please attend!!! It should be a wonderful, learning event!!!

Research Seasons

Denis Lafontaine

Denis is a Tutor from Montreal, Quebec, Canada. He has initiated a major research project on Trager and Parkinsons at two major universities in Quebec. Here is Denis' exciting report on the project's development.

The project is on the way! It can be said that the formulation, presentation, approval from the ethics committee, etc. represent the spring of research. Although springs in Canada are usually shorter in length than winter, the amount of time spent to prepare this research project felt like our long winter. The first part is often the most tedious because it requires a solid preparation in order to avoid any surprises once the experiment begins. Finances, documentation, laboratories, paperwork, and personnel were at the forefront of our preoccupation until now.

Patient recruitment is going well. Nurses are screening files for patients that possess all inclusion criterias (type of rigidity, stage of the disease, etc.) identified for our research protocol. Nurses will then get in touch with the selected patient and ask for their collaboration. Once a sufficient number of patients will be recruited, the experiment itself will begin. Then, it is time to move into the "summer" of the experiment. This particular time is most exciting--as you can imagine. First we do the clinical part--measuring the reduction of rigidity using the clinical rating scale of rigidity from the "Unified Parkinson's Disease Rating Scale". Second, we will be quantifying the reduction of rigidity using electromyography, a neurophysiological measurement. Of course, several practice runs will be performed to ensure that the experimental protocol is running smoothly. It seems that the "research summer time" will coincide

with our planetary summer meaning that we'll be spending a fair amount of time in air conditioned laboratories,

In conclusion, we anticipate our first results at the beginning of July, and completion on the experimental part at the end of August. Fall will bring data analysis and the difficult task of writing the scientific article that must come out of this project, but, as they say, this is an other story.

Mentastics at the Body Wisdom Congress

Yvonne M. Bowman

Yvonne is a Trager Practitioner and IWL living in Newark, California.

Arrowhead Springs, California was the lovely setting for the Body Wisdom Congress held February 25-28, 1999. Many well known somatic pioneers presented at this body based event.

I was honored to lead *Mentastics* at a one hour morning movement session. The room was full. Many of those present had never heard of *Mentastics* or *Trager* work.

There were two medical doctors and a physical therapist among the participants. The physical therapist asked for more information and the names of *Trager* Practitioners in his state. I was happy to supply him with the requested information!

Several of those present came up to me throughout the remaining days of the Congress to thank me for the opportunity to experience our particular brand of movement!

It was also a pleasure to encounter Don Schwartz and other members of the *Trager* family there. All in all, the whole weekend was very enjoyable.

Applying for Research Grants

Don Schwartz, Ph.D.

Thanks to Linda Diane Feldt, President of the American Polarity Therapy Association, for forwarding to our administrative offices information from the newly formed National Center for Complementary and Alternative Medicine. This Center grew out of the former Office of Alternative Medicine (OAM) under the auspices of the National Institutes of Health, the United States government's largest medical research funding agency. The Center's budget is much greater than the former OAM's budget. It is offering several levels of grants including some for pre-doctoral students. This is a great time to be applying for these grants! So, if you are a United States resident in any of the medical professions, and/or you have a research background, please contact the Center for more information. Here is the contact information:

National Center for Complementary and Alternative Medicine, Division of Extramural Research, Training, and Review, National Institutes of Health, 31 Center Drive, Room 5B-36, Bethesda, MD 20892-2182, Phone: 301-402-2466, Fax: 301-402-4741

Great News In 3rd-Party Payments

Blue Cross Blue Shield of North Carolina has partnered with Consensus Health to offer complementary and alternative medicine services to their members.

The mission of CH is to "promote the professionalization of complementary and alternative medicine and integrate these services into mainstream healthcare."

To qualify for provider status one must present a curriculum vitae/resume, and have professional liability insurance. Regarding recognition as a legitimate practitioner:

1. Providers whose scope of practice depends upon a state license must submit a copy of such license with an expiration date. (E.g. Acupuncture)
2. Manual and somatic providers are required to submit a copy of their certificate(s) indicating completion of their specified technique(s).

**Techniques and procedures listed include: Polarity, Feldenkrais Methods, various forms of Oriental Medicine, various forms of massage, *Trager*, and *Rolfing*.

If this trend continues to manifest, we will indeed be able to be legitimized without government regulation. For more information call our office.

PT Alert

Joyce Irene Gibson, PT

The New Jersey State Board of Physical Therapy (appointed by the Governor) has recently issued a policy stating that physical therapists practicing "alternative methods" must do so under a physician's direction or in a separate location from that which they practice physical therapy. I am wondering if *Trager* practitioners in other states who are also PTs have encountered a similar situation and how they have dealt with it. Please contact me by e-mail <igibson@monmouth.com> or by phone at 732-671-5572.

Congratulations!

Stephani Murdoch on the birth of her grandson, Galen Richard Deery on March 21st. He weighed in at 8 lbs. 4 oz. and 21 inches long.

Ken Yaacov Wieder and his wife Rachel on the birth of their son Yeshaya Lev on April 18th. He joins his brother Binyomin Volf.

Trager Group Insurance Plan

The Trager Institute is proud to endorse quality group insurance plans which can help members secure their futures and those of their families. Ten Plans are currently available exclusively to members of the Trager Institute: the Professional Liability Plan, Disability Income Plan, Term Life Insurance Plan, "All Risk" Equipment Plan, Customized Major Medical Plan, Short-Term Medical Plan, Business Overhead Expense Plan, Personal Accident Insurance, Catastrophe Major Medical Insurance Plan, and the Cancer Care Protection Plan. All plans provide important protection at economical rates.

For more information on any of The Trager Institute Group Insurance plans, contact the Insurance Administrator: Albert H. Wohlers & Co, AMTA Group Insurance Plans, 1440 N. Northwest Highway, Park Ridge, IL 60068-1400 or call their Customer Service Department toll-free: 1-800-503-9230, Fax: 847-803-4649, e-mail: info@ahw.com, or visit Wohlers' website: www.wohlers.com/ahw.

An Opinion about Continuing Education Requirements (CE)

Jeri Bodemar

Jeri is a Trager Practitioner living in Watsonville, California. She is giving feedback about CE requirements. What do you think about the CE requirements? Please give us your opinion in writing.

I am writing because of a real concern for the future of The Trager Institute, its sustainability, positive image, holistic foundation and healing intention. My concern revolves around the Continuing Education (C.E.) requirements and the potential damage they are having on the above-mentioned qualities. I have been an active member for eighteen years, Practitioner for sixteen years with a two thirds to fulltime practice all those years. My heart is fully aligned and joyful with this wonderful work given to us by Milton and I care a great deal about it continuing and thriving. This is why I write.

This year I came very close to dropping my membership, having thought hard about it many previous years. Then I received the letter extending the deadline to March 15th and realized there must be many more like me out there, so I decided to take some initiative to try to change things for the better. I have always been concerned about the number of drop-outs, apparently it is between 100-200 every year! This is a very strong signal that something is not working, something is not right. I believe many of us want a C.E. program that has a completion point, that truly empowers our Practitioners and that is more congruent with the Trager way of being.

My particular concern is about the effect of the endless C.E. requirements on the long-time Practitioners like myself. There is something demeaning about having to do yearly tutorials for so many years and trainings every third --- especially when one realizes there is no completion point. I intend to do this work many more years, yet the thought of jumping through these hoops for another decade or two is more than I can imagine. I want to be honored and respected for the senior Practitioner that I am. It is one thing to have strict C.E. requirements the first years of Practitioner status, but after six or eight or certainly ten years of active practice, one should graduate. The requirements should lighten up, be more open to individual initiative and choice.

Though Trager is my main modality (90%), I am also certified in Reiki, polarity, acupressure and massage as well as Hypnotherapy, Psychosynthesis and Transpersonal Integration. I am always working to further my education and development in this fascinating field of somatics-attending the Body Wisdom conferences for instance (partially sponsored by The Trager Institute). I want to have the freedom of following my own guidance as to what class or exploration I'm

needing. That can be difficult financially with the Trager C.E. as they are now; training years cost \$500 (and more with travel costs), on top of the annual \$200 plus for dues & tutorial.

An example of a self-initiated C.E. which definitely deepened my Trager work, but cannot be counted in our system, is the forty to fifty hours of Breema classes I took a couple years ago. This is a work very related philosophically on many levels to Trager; they could be a great inspiration to each other. My point here is that our development in this work can be found outside the "official" limited offerings. We should either get credit for them or, better yet, simply not have to do C.E. after a certain number of years. Also, Trager conferences should definitely count toward any requirements.

No other profession demands a yearly tutorial of its practitioners-not therapists, acupuncturists or even doctors. I acknowledge its value in the beginning years, but with no end in sight, I believe these requirements are hurting us more than helping us. Though this system seems beneficial for Tutors and Instructors, I believe in the long run it is not, considering our large loss of members every year and potential stressful feelings within our membership. Losing 150 a year adds up to 1500 over ten years! Those are people who would have been contributing to the promotion and growth of Trager work, in our communities and world. Think also of the potential students who get scared off by the endless, rest of your life, C.E. requirements and never continue their training, or even start it.

Another issue tied into this is the yearly renewal. We could save a lot of money and effort by renewing every second year. Shouldn't we have a vote on these matters, as a democratic organization? If these changes would improve the FEELING quality in our membership, wouldn't it be worth it?

Since speaking my truth about all this and beginning to imagine the possibility of a system change on this issue, I myself have noticed three positive returns: deeper hook-up, enjoying doing Trager work even more, and wanting to be more connected with other Practitioners. There is a feeling of relief, an underlying stress starting to lift. This is how I want to feel as a Trager Practitioner-light, positive and confident, knowing the Institute acknowledges my seniority, trusts my integrity, and supports my completion of the training program. I want to truly HAVE my Practitionership, not to fear that if I don't follow our current requirements until my dying day that I may lose it. This is outrageous. It can make one feel insecure, incomplete and unsupported. We need to take a poll on how members are feeling about these issues and/or with those who've dropped out.

Here are some suggestions to entertain some new possibilities:

- Voluntary tutorials & trainings after 6-10 years
- Renewals & tutorials every 2 or 3 years
- Accepting self-chosen C.E. credits (like Breema, Tai chi, Hypnotherapy etc.)
- Giving credit for attending *Trager* conferences, *Trager*-sponsored conferences (like Body Wisdom) and *Trager* practice days
- Truly possessing our Practitionership
- Listing the year one became a Practitioner in the roster

I'm grateful to be a part of an organization where I could write such a letter. Thank you for listening. Without the Practitioners there would be no Institute. Though our Instructors and Tutors may balk at such changes, I believe they too will reap the rewards, which may be on an internal, emotional, community unity level even more than a practical, structural one. I envision a renewed FEELING of hook-up, community and enthusiasm in our *Trager* world.

Thank you for your work to improve and evolve our *Trager* community.

Natasha's Notes

Natasha Heifetz

Natasha is a Tutor and teaches an elective training called "Integration Skills". She lives in Northern California.

I would like to share an experience: About a week and a half ago, I went away to my favorite hot spring for a few days. The first night I arrived, I was able to book a massage almost immediately—sort of the "old-fashioned intuitive and deep-tissue" kind. This left me feeling like I needed another session and scheduled another hour with another person the next evening, the skills of the massage crew all being at least adequate to very good.

He asked me to lie on my belly, covered me with a sheet, and immediately started to rock my back. "Uh-oh" I said to myself remembering that his bio in the lobby had said his work was a synthesis of a number of modalities, *Trager* among them. I said "Please, do not rock me." He had a hard time stopping. When he touched me again, it was the *Trager* technique (the moves)-mechanical, not feeling the weight, not taking out the slack, not feeling for the resistance, not wondering about potentiation, not "hooked-up", NOT penetrating to my nervous system! I asked, "when did you have a *Trager* training?" and he told me he did a beginning train-

ing a long time ago and did some work with another instructor.

I said, "You are practicing the technique but you are NOT practicing *Trager*." I quickly realized he could not help himself--the *Trager* moves were implicit in his work. "Please, I told him, if you are going to do this, you must feel the weight, feel for the resistance, take out the slack." He said, "What do you mean—to take out slack?" I said to myself 'UH-OH!' He was "wagging" the back of my legs and I begged "please feel the weight". Ahhh--finally, that wonderful *Trager* feeling came in giving me hope of getting a decent session. But alas, he could not maintain the *Trager* way of sensing.

I explained to him that this was very difficult situation for me as a member of the *Trager* educational staff. Just doing the technique (moves) and not practicing the principles of *Trager* annoyed me entirely. I told him he *must* not use the word "*Trager*", he is not authorized to do this and explained how he was doing a disservice to *Trager* work, and the *Trager* community by just doing the technique. I explained to him that he and his work would benefit greatly from practicing the essence of the work, not just doing the technique which did nothing much. (I realized I cared much more about the quality of his work than whether he was a member of the Institute. This experience tapped in deeply to my long-held belief that there is too much mechanical *Trager*-like work in the Institute and out of it which is interfering with the spread of our work.)

The next day I met him in the kitchen and showed him what it felt like to have slack taken out of his arm. I explained to him again how much it distressed me that people would think his work was *Trager*.

Aside from speaking to him directly and urging him to stop using the word "*Trager*", I urged him to get more training and to stop using the "technique". I informed The *Trager* Institute office of my experience and in addition spoke with the manager of the hot springs who said she would speak with him, assuring me that he would not be able to use the word *Trager* in his written material at least there and she sent me a gift certificate for a massage for next time I am there.

Have you experienced a situation similar to this? How did you handle it?

Marketing in.....Luxury!

Amrita Daigle

Amrita is a Trager Instructor living in Quebec, Canada.

The General Managers Association of the Caisses Populaires et d'économie Desjardins (Credit Unions) of Quebec comprises executives of one of the most important financial institutions of Quebec. One of their Chapters held its annual regional meeting on January 22, 1999. The people in charge of organizing the meeting had chosen the theme of: "Being active... without running out of breath!"

Who would be more qualified to address this subject than a team of *Trager* practitioners?! Therefore, five Practitioners and a Student brought explorations of lightness and ease to this event: Louise de Montigny, Instructor; Denis Lafontaine, Tutor and Introductory Workshop Leader; Louise Methot-Demers, longtime Practitioner and Manager of a Health Center; Marie-Claire Chevrier and myself. Alain Drouin, student, handled the reception.

We were received like royalty: luxurious hotel at the base of a ski resort, delicious gourmet meal, presentation on the subject of humor in the workplace... Whereas under normal circumstances marketing is costly, this time we were being paid (\$100 each in addition to our travel expenses).

Our presentation began with a short demonstration of our work with the assistance of the President of the Association, Mrs. Micheline Gosselin; at the same time, my colleagues offered samples of the *Trager* touch to some of the fifty four participants. All this amidst laughter and interruptions, since we were also assisted by two professional clowns!

At the end of the demonstration, I explained how the participants could sign up for a mini session of *Trager* in the afternoon. As I was inviting them to proceed with the sign-up, the whole meeting got up as one and moved to the sign-up table! To think that we had wondered if anybody would sign up...

We finally ended up giving fifty one sessions of twenty minutes (Tablework and *Mentastics* included). The rhythm was peaceful and comfortable; the managers delighted. We particularly appreciated the cooperation, professionalism and respect within our team. As Louise said: "It was super to do nothing for a whole day!"

We are now awaiting the follow-up visits to our private practices...



from left to right:
Louise Methot,
Denis La Fontaine,
Louise de Montigny,
Marie-Claire
Chevrier, Amrita
Daigle and Alain
Drouin

Connections

Laura F. Marks

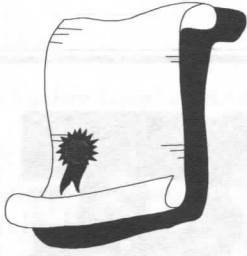
Laura is a Trager Practitioner living in Cleveland Heights, Ohio.

In early March of this year, I had the pleasure of introducing two senior Case Western Reserve University medical students to *Trager* work. They came to me through a senior-year elective in alternative medicine coordinated by Dr. Tanya Edwards. Dr. Edwards had met Practitioners Anna Marie Bowers and Ann Windau at a health fair last fall, where she was introduced to The *Trager* Approach.

One of the students is going into pediatrics, the other family practice. They both saw alternative approaches to allopathic medicine as valid support to their practices. I was very pleased with the amount of knowledge and understanding with which they came about the body/mind connection in healing, secondary gains of illness, and the potential that is within us all for true healing. I am delighted to know that these medical students are being trained to acknowledge and work with our innate potential for wholeness.

I decided that the best way to introduce *Trager* to the students was by giving them each a session. (Some days as a medical student are more difficult than others.) I see *Trager* as a way of giving the experience, as opposed to the concept, of what it feels like to move freely. In order to give the students that experience, as opposed to the concept, I thought it most expedient to give them a taste of *Trager*. They enjoyed their experiences and grasped, at least at some level, the potential this kind of experience can have for healing beyond moving through pain.

I wanted to share with the larger *Trager* community that there are medical practitioners who are being trained to incorporate alternatives into their wellness practices. I think it speaks well for the perception our society is taking toward the real meaning of health and taking personal responsibility for it.



Congratulations to All Newly Certified Practitioners!

(January 16th-April 15th 1999)

Paola Battocchio, Italy

Angela Benedetti, Italy

Maria Buetler-Mueller, Switzerland

Eve Capkanis, Massachusetts

Jacques Degrand, France

Theresa Demarmels, Switzerland

Shaunna Denis, Colorado

Maria Derossi, Italy

Michael Elliff, Illinois

Sara Farnea, Italy

Heidi Fleischhauer, Southern California

Claudia Gilman, Pennsylvania

Madeleine Gutknecht, Switzerland

Roger Hartsell, North Carolina

Michael Hillenbrand, Pennsylvania

Doris Hold, Switzerland

Stephen Imbrogno, Pennsylvania

Louis Lariviere, Quebec, Canada

Caterina Lazzarin, Italy

Rosella Lonardi, Italy

Renate Lutz, Austria

Abbie Mercurio, Florida

Claudio Micalizzi, Italy

Terry Nathanson, New York

Eva Paulin, Austria

Tammy Podgis, New Hampshire

Michela Raimondi, Italy

Claudia Reiter, Austria

Michela Raimondi, Italy

Maggie Reynolds, Ontario, Canada

Freda Roche, Ireland

Antonia Romanazzi, Italy

Edith Schiesser, Switzerland

Aline Seguin, Quebec, Canada

Yatri Temperley, Australia

Phyllis Waldhutter, Maryland

Pablo Wegmann, Switzerland

Anita Weimer, Switzerland

James Wherry, New York

Roster Corrections

Some of you have called us regarding renewal and we have found a problem in our computer database whereby some people should have been renewed but were not. We apologise for the errors. The following should have been listed as Practitioners:

This is **Michael Elliff's** second address:
88 North Gore
Saint Louis, MO 43119.

Melissa Hays
63 Melrose Street
Brattleboro, VT 05301
802-254-2626

Sandra Huntley Bardak
614 Portland Avenue #306
Saint Paul, MN 55102
651-227-4899

Jane Burnham
272 Biodome Drive #49
Waynesville, NC 28786
828-926-7853

Marlies Fritsche
Rychenbergstr. 253
CH-8404 Winterthur
Switzerland
52 242 9632 (F)

Mary Kelly
P.O. Box 18983
Baltimore, MD 21206
Email: maryk0410@yahoo.com

Deborah Martyn
PO Box 1424
Eastsound, WA 98245
360-376-5502
email: songbird@rockisland.com

Susi Messmer
Pfaeffaecherstr. 37
CH-8913 Ottenbach
Switzerland
1 761 3817
F: 1 761 3853

Theresa Phipps
8586 Grandbury Place Cove
Cordova, TN 38018
901-381-1629

Debra Seglund
1776 Ygnacio Valley Raod,
#108
Walnut Creet, CA 94598
510-769-1012
925-947-5702

Helmut Schlosser's correct address is:
Casa de Mano, No. 17
ES-09572 Poblacion
DeArreba, Burgos
Spain

(continuing on page 16)

Executive Director's Report

Approaching Milton Trager's Dream

Don Schwartz

The Trager Institute's 1999 renewal notice came with a survey form of Practitioners. The response to this survey has been tremendous with more than 400 returned so far. One preliminary result is the dramatically large number of licensed health care providers who are also *Trager* Practitioners. As of this writing, we have:

- 77 nurses
- 50 physical therapists
- 15 psychotherapists
- 12 medical doctors
- 3 osteopathic physicians
- 2 chiropractors

I'm sure there's more! One of Milton Trager's dreams was to have medicine embrace his work. Judging from these figures, that embrace is growing. I want to encourage all of our licensed health care providers to consider approaching private and governmental health research funding sources to study the effects of *Trager*. Also, please share with us some of your clinical experiences with *Trager* in these very pages! (Don't forget, a black and white photo of yourself.)

Institute Services

Licensees often wonder what they are getting for their annual fees. Some of the services provided by The Trager Institute are listed below.....

- Establishes practice and educational standards. Establishes code of conduct.
- Monitors and protects service mark usage for Practitioners, Educational Staff, sponsors, and member groups.
- Administration of licensee training and financial records, and educational staff records.
- Trimesterly newsletter containing articles and information which support both Students and Practitioners.
- Trimesterly schedule of classes, trainings, workshops, and etc.
- A discounted array of books, videos, and other products in support of Student and Practitioner development

- Reprints of articles on *Trager*. Topic oriented press kits.
- Referrals to the public of Practitioners in their area. The administration keeps track of Practitioner interests and specialities as part of this referral process.
- Assists Practitioners in networking with their peers over various interest areas.
- An annual international roster to support the professional and social connectivity of the Institute.
- Periodic international conferences.
- Membership in the Federation of Therapeutic Massage, Bodywork, and Somatic Practices Organizations which allows for a high-quality, low-priced individual professional and business liability policy for United States members. Other kinds of insurance are offered through this professional relationship. Canadian Practitioners, too, have access to professional liability insurance.
- C.E. units are provided via the National Certification Program, and through some state professional programs.
- Promotion of *Trager* in various media.
- Liaison with any and all governmental and private bureaucracies necessary and desirable to further official recognition of the *Trager* work, certification program, and Institute.

Do You Want an Academic Degree?

Don Schwartz

Suzanne Richman, Director of the Health Arts: Nature, Culture, and Healing B.A. and M.A. programs at Goddard College in Vermont, is wondering if there is interest in the somatics field for academic degree programs which would give credit for your professional training and certification, and enhance that training with additional study. If this idea is intriguing, simply let Suzanne know by writing her at: Goddard College, 123 Pitkin Road, Plainfield, Vermont 05667, or email her at: <Suzanne@earth.goddard.edu>. If enough people express an interest, it will enable Suzanne to gather support for the development of a somatics concentration as part of the Health Arts curriculum. For more information on Health Arts: Nature and Culture and Healing, look up "off-campus programs" at: <www.goddard.edu>

(continuing from page 14)

Beverly Swope

4315 Valerie
Bellaire, (Houston)TX 77401
713-432-0404
F: 713-218-7954
e-mail: Bev4315@aol.com

Martyn Luberti's zip code was left out of his address. It is 53719.

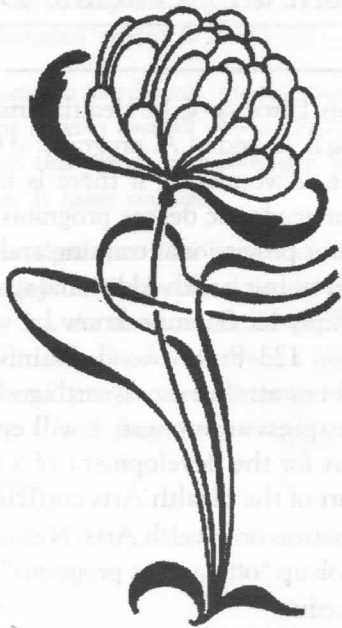
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The Trager Institute is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.

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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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