

# International Trager®

September 1, 2000

## Table of Contents

Restructuring the <i>Trager</i> Institute .....	2-3
Japan .....	4-5
England .....	6
Hawaii .....	7
United States .....	8
Swiss Sponsoring .....	9
The <i>Trager</i> Report .....	9-10
Integrating <i>Trager</i> & Pediatric Pain Mgmt. ....	10-11
The Future / Communication Tips .....	12
Research / C.E. Requirements .....	13
What is Recall? .....	14

## WWW.TRAGER.COM

by Gary Brownlee

Have you visited the new website? Practitioners can have their contact info listed. Keep in mind that this info will be seen by the world, so give some thought to what you want to list. Send the information to Webmaster Gary Brownlee, [garygaru@earthlink.net](mailto:garygaru@earthlink.net), 310-937-2041 Ph, 310-937-4512 Fax, or 1810A Pullman Ln., Redondo Beach, CA 90278. This must be on a voluntary basis, so don't assume you will be included unless you request it.

Several articles about *Trager*® have been put up, with more to follow. These can be printed from the website. If you know of new ones, send them to the Webmaster for consideration. We also need photos of *Mentastics*® and training sessions that are appropriate for the web. Please send any you think are acceptable, they will be returned.

Plans are to include training schedules, as well as other items of interest.

If you have suggestions or comments please feel free to send them, too!

If you don't have online access to the Internet, most libraries offer access, and many copy shops like Kinko's have access. Internet Cafes are a new innovation as well. You don't need to have access to have your info listed.

The intention is for this to be a working website that promotes the work, the practitioners, the trainings, etc. Let's make good use of it!

## ARE YOU ON THE NEW ACCESS DATABASE?

We converted from an old DOS database this month to a newer, easier, much more powerful Access 2000 database; however, you may not be on it because of the mess the old database was in. We mailed this newsletter using the old database, so that as many people as possible would get it.

We are asking you to watch your next transaction with The *Trager* Institute office. If you're told be a staff member that they don't find your name when you phone the office, we will than add you again to the *Trager* database!

Please be patient as we go through this time of transition. The end product should be really fabulous - much lower response times, more accurate information, and the ability to do more complex things that can be shared worldwide.

By the way, the website is best-viewed using Internet Explorer 4.0 or better.

## Credits

Editor  
Decia Rowland

Mailing  
Administrative Staff

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

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

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Contributions to this newsletter from members of The *Trager* Institute are welcome. All submissions are subject to editing for length, clarity, and appropriateness. Please submit articles as MS Word attachments to e-mail or on disk only. 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.

## RESTRUCTURING THE TRAGER INSTITUTE

### The Lid is Off...Changes at The Trager Institute

by Decia Rowland

As the United States Trager Association Committee met in California June 9, 10, 11 and was discussing the general state of the International Trager Community, the image of the lid of a can exploding off was used to describe the sense of unknown information becoming known. In America we say that a highly charged situation has 'the lid blown off' when the emotions are gotten out and expressed. So, the lid is off, and The Trager Institute office especially is going through big changes.

If you telephone the office, the greeting now directs you to choose between international or American business. Along the same lines, this summer the bookkeeping reports will separate out the international business from American business. We will reduce the staff July 28 down to 3 people who have more computer skills. Also, we will transfer the old DOS database to Access database and cut down on a lot of repetitive work. Please be patient with new staff, who will be trying to figure out a way to 'work smart'. By October 1, we should be a full service office again.

In addition, the first annual meeting of the USTA will take place in Seattle September 5<sup>th</sup> and 6<sup>th</sup>. This is good for the international community in two ways: first, the USTA is searching for a lawyer to create a separate legal organization of USTA, and the election of officers at the first national meeting will make that legally possible; second, financially speaking we should have at that time a very clear idea of how much money will be available at the international level for international board activities (right now we think those activities are: maintaining the service mark protection, putting out one international newsletter in 2001, paying a board administrator half time, and supporting a new international education body which might have an international meeting in 2001). At the moment, Milton's bequest money is legally held by the board of directors of The Trager Institute, and is used at their discretion. The representatives at the January Talks also agreed to the statement that they wished the bequest money to be used for the benefit of the entire Trager community. The board has received that communication. Legally speaking, it remains to the board to make any decisions about it.

I was very pleased to see that after 2000 renewal processing in the office, the statistics of the global Trager community remained at their 1999 levels. We have 2008 people worldwide, with about half in Europe, 200 in Canada and other developing regions, and 700 in America. If we as a community can now make some financial decisions to operate in the black rather than in the red, we will be in better shape than we have been in a number of years.

Let me say some things about the 5<sup>th</sup> year of deficit budgeting we are going through. It is my experience that when an organization first offers a service to the world they experience a 'first wave' of increasing membership and trainings. Then, it levels off, and the organization faces the question of how to market itself in a smarter, more conscious way. This community has chosen to give the power of marketing its trainings to sponsors in the field, who have largely worked without clear guidelines, and who have in certain countries suffered through a series of policy changes, which have made the sponsors' job discouraging and difficult. In addition to this, about 5 years ago the politics of The Trager Institute office became what one might call the politics of obfuscation - of making things obscure. The first wave is over, in my opinion, and now The TragerTrager community must decide whether to give itself enough money to run the kind of organization it says it wants.

The income sources are as follows: membership renewals, training cuts, and the bequest money. Unfortunately, again in my opinion, The Trager Institute in 1998 and 1999 used bequest money to pay general operating costs of the office so that it would not close. I do not agree with these actions. I have seen that it would have been possible to cut the year 2000 projected deficit of \$92,000.00 down to almost zero by summer 2001 if any of the following had happened: renewal rates had been raised to \$200.00 by this time; of the training cut that The Trager Institute takes from each training had been increased from 14% to 20% (in my experience of 30 years, I have never seen an agency pay itself less than 20% of the gross profit for general operating costs and survive in America); or my proposal for offering the Beginning Training immediately as a public training had been taken up; or the board had created new income sources of any kind. None of these things happened, so in August I must once again dip into bequest money in order to keep the office doors open.

My friends, so much has changed in a little time. There is much to be happy about, and many challenges, such as the financial one, to cut our teeth on. You have decided to be a democratic global community, and this of course is more work than the self-perpetuating board we have had in the past. There are fewer people in the office to do the work, but smarter habits and skills, and better attitudes. ETRC wishes to be completely independent in 2001. The USA has its first Trager association. Japan and India have had their first introductions to The Trager approach this year. I have heard so many stories, listened to so many feelings about the past, and heard so many dreams about the future. If there ever was a time in the Trager community to stay connected, it is now. Tell the colleagues who have drifted away, the tired ones; the bitter ones, and those who have cried tears over this gift we give to the world, that now is the time. The lid is off.

## A RESPONSE TO THE LID IS OFF

by Betty Fuller

Crisis is a big word these days. Everybody and everything is in crisis. In Chinese written language there are two characters – wei and chi. Wei is danger, and shows a face-to-face encounter with a powerful animal like a tiger. Chi is opportunity. It is the blueprint or scheme of the universe. Therefore crisis is both danger and opportunity.

In crisis, if you don't panic and despair, but learn to reach within for the spontaneity of your wisdom, you will be ready to take full advantage of the new opportunities opening up for you.

Al Huang, The Living Tao Foundation

Artist of The Dancing Cloud Logo for The *Trager* Institute

Right now our *Trager* world is encountering both wei and chi all over the planet. As we encounter the wei part with failings to work together – failure to support, to do reality checks before taking action, to forgive and let go – on the chi side it is time to reach within for the spontaneity of our wisdom, and release any blame.

There is no one person or thing causing this. Just notice when you point your finger at another, that you will find 3 more fingers pointing back at you. Those 3 additional 'fingers' can join you in playing and working with this wonderful opportunity to bring Milton's purpose of peace on earth through The *Trager* Approach.

### "BEING WITH BETTY" - NEW CLASS

At the annual Instructor's Committee meeting, instructors decided to maximize the great gifts of one of our founding teachers and create a class entitled "Being with Betty" in which her extraordinary touch and wealth of experience can be shared more directly and with more people. Betty will also be supported in other classes she teaches by support staff.

### NEW INSTRUCTOR

Jean Hopkins has been approved as a Practitioner 1 Instructor. She is now available to teach all levels of the core trainings: Beginning, Intermediate, Practitioner 1 and Practitioner Review.

### MILTON'S STUFF

Is there anybody in the community who is interested in housing and archiving Milton's books, papers, and photos? Call Natasha Heifetz @ 415.456.7722.

The *Trager* Newsletter

## ANOTHER TRANSFORMATION FOR DECIA

September 15 I will be stepping down as interim executive director in order to accomplish a dream of many years, which was delayed last spring because of my work with the *Trager* community. I will be going on spiritual retreat in New York State for a month, and returning as a member of the transition board in late October.

I feel wonderful about what you have accomplished in the past few months – the pace of change has been dizzying, but often when 'housecleaning' is overdue, it takes on the nature of a storm. In the eye of that storm, the board has remained steadfast in its commitment to transform our administration and governance into the global democracy which the January Talks called for.

It has been my job to operate in the high winds of this storm. Thank you to all the individuals who contributed in the midst of confusion, frustration and disagreement. That is the mark of a true colleague, as far as I'm concerned. Someone once said that it is vision which marks the difference between the despairing human being and the triumphant one. I have been privileged to share your vision in the midst of the storm, and know with certainty that the worldwide *Trager* community will triumph. "World peace, one body at a time" will come true for you, and as it must for everyone, it will come true first in your own hearts. My heart knows it.



# Trager Around the World

## JAPAN

### JAPAN BLOSSOMS FULLER THAN EVER IN SPRING OF 2000!

by Jean Hopkins

Twenty-seven new Japanese students were launched on their *Trager* training paths this past spring. In Japan, there was a Beginning training, which attracted 24 (!) students, and then 3 more Japanese students took to the work in another Beginning training in Hawaii just one month later!

This sort of blossoming well deserves to be noted! These students add to the growing community of over 50 students and practitioners in Japan claiming *Trager* as an important part of their lives and self-development.

High credit and praise and appreciation are due to *Trager* Practitioner and sponsor Naoyuki Sekino, who has made it a major part of his life endeavors to share and spread *Trager* in Japan. In 1998, he arranged, escorted and translated for a Beginning training with 15 Japanese students (and one lucky American student!) in Mill Valley, California. Since then, he has supported trips by Carolyn Mason to the islands of Japan, who has contributed generously as a Practitioner, Tutor, and Introductory Workshop Leader of the work. In the spring of 1999, he sponsored and translated for both a Beginning and Intermediate training, taught by Gwen Crowell and assisted by George Gottlieb, Michael Lear, and David Workman. Last fall, Natasha Heifetz added to the incubation of *Trager* by traveling to teach her



"Integration Skills" class.

Interest continued to build, through the new practitioners in Japan and also through Carolyn's early spring 2000 visit to Japan, culminating with the large Beginning training co-taught by Jean Hopkins and Gwen Crowell. This was followed up by a 3-day *Mentastics* class with Jean in Tokyo one week later. Both of these events were once again expertly translated by the gracious and talented Naoyuki. And what an asset he is, being one of the top-rated Japanese-English translators in the country!

With eleven practitioners and more on the way, the growth and development within a two-year period is truly remarkable. During the Beginning training this spring, the assistant staff of Naomi Takiguchi, Hiromi Kono, Harujuki Sakamoto, Takashi Watanabe, Mihoko Fujita, and Yuko Uchida illustrated the continuing dedication to the work from the original Mill Valley training group. In addition, Motoko Takeichi, who began her training last spring and continued her training through an Intermediate in Hawaii last December, assisted beyond the call of usual duty, assisting Naoyuki with translation.

This current success emanates from a longer history. Salutatory acknowledgment goes to Fumiko Ryan for her longtime dedication and seed planting. The early visiting or residential presence over the years of Americans David Workman, Michael Lear and Calvin Woodfork also played an essential part. The attentiveness and delight of the Japanese students and Naoyuki's willingness to create the infrastructure for trainings are carrying forward from this richly woven fabric of inspiration, enthusiasm,



learning, and sharing.

It has been wonderful to witness how the feeling and quality questions of *Trager* are so meaningful and deeply appreciated cross-culturally. So, when you think of our international *Trager* community, please include Japan – where along with Australia, Europe, Canada, the US, and places yet to bud and blossom, *Trager* is resonating deep into the hearts of many!

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## A VISIT TO JAPAN

by Carolyn Mason

Each visit to Japan deepens my feelings of connection. As Milton often said, “the reason I do this work is the feeling of the change in the tissue.” That’s what is most exciting. Naoyuki Sekino continues to work toward spreading *Trager* in his homeland as he set up another “Introduction to *Trager* Approach” in Tokyo. One of the participants I met was named Aiko. Naoyuki told me that she has not been able to see much out of one eye since some paralysis affected one side of her face. After some time, being with her in a very subtle way as I often experienced with Dr. Trager, she said that she could see and kept repeating “it’s a miracle” as she hugged me. I don’t know what actually happened. I do know it’s an honor to really be there at those times when spirit comes through.

Perhaps the reason I went to Okinawa was to work with a lady who had a stroke two weeks before I saw her. It’s amazing how easy it is to communicate when there is a like mind and intention. Keiko, a *Trager* student, asked me to go to the county hospital to see this friend in her 70’s who was now paralyzed on one side of her body since the stroke. When I first saw her I was surprised that her head was shaved and that she had several scars from incisions on the top of her head from surgery after the stroke. She had tubes everywhere and was communicating with only eye blinking movements. Her daughters were very attentive and massaged her daily. As she looked at me I could see and feel the effects of the trauma, of the damage and ensuing invasive procedures that had so recently changed the life of this active woman.

I began by holding the hand of her active side as I was just

looking into her eyes offering to support whatever she needed. I began working on one side of her body and then, the paralyzed side. Her hand was heavy and limp. After a while I began to feel some contractions, some slight activity and her hand became lighter. After about 45 minutes, I felt that it was time to stop and let her rest. After I finished, her daughter picked up her hand and kept repeating that her hand was lighter and softer. The next night, Keiko received a call from the doctor at the hospital. He wanted to know what I had done and arranged to meet with her to find out more about what had happened. Evidently there had been some significant change. This is another opportunity for spirit to continue.

Just south of the main island of Japan is an area called Tokushima. Kasumi, a new *Trager* Practitioner in that area, asked me to see a client. The client was a 4-month-old baby with a “club foot.” He had been in a cast for three months and now was in a removable brace. All of this was to help with the correction. The mother was a massage therapist that I had worked with over a year ago. I felt a bone protruding on the top of the foot. After working with it a little while I felt it change as if it had slipped back in line. I asked the mother to feel the change and she was happy to find that she did. Then she told me through a translator that she had been so very upset because she was not able to touch her baby through the cast for the first three months. When she was able to massage her baby, his foot became worse with her touch. I asked her to show me on my foot what she was doing with her baby. I felt the baby needed a very different intention with the movement I demonstrated on her foot and suggested she give her baby this feeling each day. Through her tears she told me that she had been so sad that she could not touch her baby and help him, and now she felt the difference and knew that she could. What happened with the mother was even more important than what happened with the baby.

So many wonderful experiences...and I have recall to bring me back to every moment. I remember the beauty and stillness I felt as I sat looking at the waterfall and the bamboo at the beautiful temple above Kamakura. I was so struck by nature and the moment that I heard myself saying, “we cannot help but know right now that we are in the presence of the Creator.” That’s true, every moment if we just allow ourselves to “be”.

# ENGLAND

## BACK TO FEELING HIP

by Patricia Lawrence

*Patricia Lawrence is a Chartered and State Registered Physiotherapist working in the South of England. A new Trager Practitioner, Patricia is also a qualified acupuncturist, reflexologist and aroma therapist.*

Jean had been suffering with hip pain for a number of years. Her right hip had already been replaced and she was waiting for a similar operation on the other side. Her pain was increasing, and conventional approaches to treatment did not seem to provide real benefit. Jean knew that I was a Physical Therapist, and as we were acquaintances, she approached me for some general advice. Jean subsequently decided to consult me professionally.

On examination Jean complained of severe pain in her left hip and discomfort in her left knee. She was also suffering from lumbar pain, which radiated across both sacro-iliac joints and buttocks. This continued down the outside of her legs and over the dorsal aspect of both feet. Although symmetrical in distribution, the left-sided symptoms were by far the more severe. In an effort to reduce the pressure on her painful left hip, Jean was taking more and more bodyweight through her right side. As a result, the area around her replaced right hip was now beginning to ache. Jean was finding it increasingly difficult to cope and was no longer enjoying life.

The only treatment that had given her any relief in the past was acupuncture. We therefore felt it appropriate to repeat this approach, as a modality of Physical Therapy, combined with some exercises to improve her posture. Jean's muscles were tight and her joints were becoming stiff. Some table work was added to the regime, and treatment did provide some transient relief.

As a student of the *Trager* approach I was becoming increasingly aware that I was now decreasing my pressure, aiming for lightness and softness, when undertaking manual therapy. Even my exercise programs had more than just a flavor of *Mentastics* about them. Fortunately, you can't take the '*Trager*' out of the therapist!

Without thinking I would find myself gently rocking Jean, in a state of "Hook-up". "That's very nice, I could do with more of that", she would say. After the session, I would feel a little guilty that, as a student *Tragerist*, I might be thought to be mixing approaches and bending protocols. After all Jean had referred herself for Physical Therapy treatment. Yet it felt right. Jean thought so too!

Just after I became an 'official' *Trager* Practitioner, Jean came to see me in a terrible state. She had been to see her surgeon. He thought her discomfort might be due solely

to a back problem, rather than it involving her left hip joint. He therefore cancelled her hip replacement surgery, and referred her to another orthopedic surgeon, one who specialized in back problems.

To say Jean was distraught was a vast understatement. She was angry, tearful and bitter. Yes, her back hurt her, but she knew she needed the operation. Without it, she felt there was little point continuing with life, the pain was so great. Jean's left hip was hitched right up, although there was only 1cm of actual shortening. She could now only walk with the aid of crutches. From her previous experience with the other hip, Jean believed that the damage was far worse this time. She also feared that her left hip could deteriorate to such an extent that it could be impossible to replace it successfully.

"What I need is some of that rocking", said Jean. So here it was, my first time working with a client as a fully-fledged *Trager* practitioner. I must have spent the best part of two hours gently rocking Jean, checking for feedback and encouraging softness. Don't ask what moves I did. I can't remember. I just worked with Jean.

After the session she felt better, taller, and lighter in both mind and spirit. Furthermore, her back pain had gone and it stayed away. So much so, that virtually the first words that the back specialist said, after examining her were, "Well, what you need is a hip replacement!" To which Jean replied, "I know. I don't have backache now and it's all thanks to that *Trager*!"

Jean has since had her new hip. Only the other day she rang me. She's feeling good, really "hip", but she's missing her *Trager* sessions. So now her only question is, "When can I have some more?"

## HAWAII

### EXPANDING HOOK-UP: EAST MEETS WEST

by Nancy Jacqua Dein

The lure of Hook-up beckoned gently like hula hands across oceans, drawing students and assistants from Tokyo to New York City for an intermediate *Trager* class with Roger Tolle on the Big Island of Hawaii in December. Gently and persistently, as Hook-up flows, the waves of inspiration rolled their way through Texas, Arizona, Virginia, and California and across the islands of Hawaii and Japan, swelling the enrollment to 18 students and 8 assistants.

Those of us from the Hawaii *Trager* community putting this event together felt a mixture of gratitude, excitement and humility at this opportunity to live up to Hawaii's reputation as "the gathering place." Trust in aloha and Hook-up carried us through to a training that surpassed everyone's expectations for a deeper experience of *Trager* and of magic.

The language barrier, which at first seemed daunting, turned out to be one of the great gifts of the class. As one student put it, every class should be bilingual, because the translation time ensures built in pauses. During those translation pauses there was rich opportunity to observe the amount of nonverbal information that gets conveyed even when one doesn't know the language being spoken. The graceful dance between Roger and our translator, *Trager* Practitioner Naoyuki Sekino, inspired everyone to jump in with gestures, proving a new myriad of new mentastic possibilities.

Just as in receiving a *Trager* session, a client might feel himself moving rather than the practitioner's hands moving him, Naoyuki's translation was so brilliant that the class dialogue usually flowed along with no conscious attention to the fact that two languages were being spoken. Over and over again everyone there was touched by our common experience, by the feeling of one heart beating with many faces. What could be more perfect, when Naoyuki quietly shared with us that the proper way to pronounce his name is 'Now You Key?'



The *Trager* Newsletter

At this time of reorganization for the *Trager* Institute, it was a blessing to be part of the newly budding Hawaii community welcoming the budding Japanese community, as well as our kahuna and kupuna (experts and elders) from the mainland, Roger Tolle, Natasha Heifetz, Jill Stephens, and Michael Crear. Roger gracefully interwove the insight and knowing hands of the well-seasoned assistants into his exploration of *Trager* with the students in the class. In doing so, he unceasingly modeled that there is no one right way, in *Trager*, or in life. There was barely a dry eye in the closing circle as we honored that we are all each other's teachers, kumu, sensei.

The crown jewel of our time together was the surprising and delightful entertainment evening. The Japanese had already wowed the Americans with their graciousness, wisdom, and manners. When Junko, Yuko, Haru, and Yuuya, four of whom we thought to be the quietest among them, put on a hilarious skit entitled "A morning in Japan" including *mentastics*, we were moved to hysterics. Adelaide Mestre, hailing from Manhattan, sang out for vulnerability and tenderness with her Broadway numbers, which she performed a cappella. Natasha had us passing the tissues with her stories of Milton and Emily and her personal courage to stand up and share about what she believes in. Jill Stephens wrapped her warmth and heart around the evening as mistress of ceremonies. The shining moment for this writer was the opportunity to open the show performing hula to "A Hawaiian Lullaby" with my lunchtime hula students, Mai Mai, Fumie, Chiemie, Keiko, Yuko, Junko, Rika, Motoko and Michael Crear, all beautifully clad in a rainbow of sarongs with ti leaf lei and flower adornments. As Natasha commented afterward about the beautiful waves of movement moving through the dancers, "Dr. *Trager* would have been proud."

With the presence of assistant Laura Lynn Giubardo and her four-month-old twin daughters, we all got to hear lullabies and coos in several languages. The babies gifted the training with their softness, beauty, cuddliness and their very direct communication with Laura Lynn when they needed something they weren't receiving. Every training should have babies, someone commented.

At this moment of change for all of us in The *Trager* Institute, I offer you these reflections in honor of the gentleness and softness, the acceptance and ever-expansive wondering that Dr. *Trager* stood for. I also would like to share these words from Peter Moon's "A Hawaiian Lullaby." They are offered with aloha, in the spirit of what could be easier? What might lighter feeeeeeel like?

"I can smile when it's raining  
And touch the warmth of the sun.  
I hear children laughing  
In this place that I love."

USTAC REPORT

by Jack Blackburn

The work of the United States *Trager* Association (USTAC) has intensified since the last newsletter. We have had telephone meetings every two to three weeks and a considerable number of e-mails floating around among us. The following has been accomplished:

- (1) A mailing has been sent to all US Practitioners, including proposed Bylaws and a ballot for voting approval or disapproval of the Bylaws and also to vote on some of the suggested names. This is the first step in formally separating out United States functions from those of the International *Trager* Institute.
- (2) The Bylaws empower a Board of Directors made up of regionally elected representatives and further decentralize responsibility for governance to the regions, except for things that must be done on a national basis.
- (3) Contacts have been made with volunteers in various states and larger regions. These volunteers are in turn contacting people in states, and so on, so that everyone is being informed of the changes.
- (4) The United States has been divided into 10 regions, each with approximately the same number of Practitioners. Each of these regions is to select a regional representative for the Board of Directors of the United States organization. The selection processes are underway with various regional meetings happening between mid-June and mid-August.
- (5) The Northwest Region is hosting the first Annual US meeting on September 5 and September 6, at John Bastyr University outside of Seattle. This will be partly a business meeting and installation of the new Board of Directors, and very much a celebration. Thanks to that region for stepping forward to host this!

The first annual meeting of the United States *Trager* Association will be held at John Bastyr University, a Naturopathic college on the shore of Lake Washington in September. The Northwest Regional *Trager* Association and the Seattle *Trager* community in particular will be hosting the convention. Each US regional association will be sending representatives to the meeting. In addition, interested parties are encouraged to attend: instructors, practitioners, students, "friends of *Trager*" and people with past connections to the *Trager* community. There will be a formal agenda set for the meeting soon. The USTA Representatives will be casting votes on policy decisions and structural/legal issues dealing with the formal existence of the USTA and its relationship with the *Trager* Institute and gathering information from the general membership about their concerns and issues.

The campus is an old Jesuit seminary surrounded by nature... a perfect place to think large thoughts and work through differences. Adjacent to the University are many miles of wooded hiking trails and easy access to Lake Washington. The campus cafeteria is right near where we'll be meeting. There is an alternative medical library and many places where individuals and groups can find peace and quiet. There are overnight facilities that can house about 52 people at very reasonable rates and there will also be places for people to stay with colleagues in Seattle. Also the 1st to the 4th is Bumbershoot music festival weekend at Seattle Center. Those who come from out of the area might want to come early to enjoy four days of music and the arts with their Seattle hosts.

Perhaps you have friends/colleagues from other parts of the US or even from outside the US whom you'd like to encourage to attend the meeting. You may consider putting up a few attendees if you live in the larger Seattle area, especially if you plan to attend yourself.

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USTAC ELECTION REPORT SUMMARY

Through July 18, a total of 206 ballots have been received out of 501 sent out to US Practitioners (a response of more than 40%!). Out of 197 ballots - a major share - 152 1/2 voted for the name United States *Trager* Association and 186 voted 'yes' on approval of the bylaws. Thus, these two proposals were voted in. Election teller Jeffrey Joel reminds us that these are not yet certified results until another recount has been done. Congratulations to the new United States *Trager* Association!



## SWISS SPONSORING

by Renata Vogelsang

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*Renata is a tutor, ML, IWL and SPL. She was one of the founders and the vice-president of the Swiss Trager Association and responsible for marketing.*

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"Yes, something personal and fun would be great..." Decia wrote, when she was asking me to write an article about our Swiss sponsor experience. So here is our personal experience of the last four years:

Margherita Miloni Frey and I took on the sponsorship for Switzerland in 1996, just one year after the foundation of our Swiss Trager Association. We both were in the committee of the STA and we both had a strong-burning, bright inner Trager fire. Nobody else wanted to take on this sponsorship and we said that we would do it for an interim period of half a year. Immediately, we had to plan the trainings for the coming year and our creativity exploded: What trainings - besides the regular core trainings - does our community need? Which instructors could respond to these needs? What could be interesting and nourishing for our longtime practitioners? How could we structure, improve, streamline the administration? What material would be useful at the trainings apart from the tables: skeletal, anatomical charts....? And so on...

We very soon realized that half a year was not enough to build a professional, smooth-running, efficient office, and we decided to take this job in our hands for some years. We worked a lot (class organization - what the sponsorship is now called in Europe - in Switzerland is about a 700 hours a year job, the equivalent of 100% for five months with a 40 hour week... just to give you an idea).

We had fun: Margherita and I had a very easy way to communicate together and our basic view of organizing things was the same. We had a very clear, easy division of work: WE EACH DID WHAT WE KNEW BEST.

When problems came up, we talked until we were laughing and having new courage to go into Hook-up and to solve problems this way. To think about new classes and suggest to instructors that they develop and teach them was just great. And it happened more than once. The contact with the instructors and the participants was rich. AND to see how the interest of the community grew every year was just BEAUTIFUL. For us THIS was success. And this kind of success is nourishing and satisfying. I have been asking some participants and instructors: "What made us successful?" and the very first answer was always "Your presence - physically and energetically!" It's like during a Trager session: Go into Hook-up and be present. It works!

## THE TRAGER APPROACH

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*Debra Seglund, OTR, Occupational Therapist, Certified Trager Practitioner, Jin Shin Jyutsu Practitioner.*

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*This information has been written specifically for physicians, health care practitioners, and insurance providers to further describe The Trager Approach. It is intended to address the use of Trager with persons having more prolonged medical conditions involving pain/discomfort which limits their daily life activities.*

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### I. General Description

Trager is an approach developed by Milton Trager, M.D., which applies gentle, non-intrusive movements to the body, to facilitate the release of deep-seated physical and mental patterns. These patterns may develop through poor posture, injury, illness, hereditary factors, faulty movement habits, emotional trauma, and the stress of daily living. Trager can be defined as movement re-education. Through both tactile and proprioceptive feedback, the client becomes aware of existing muscle tightness, range of motion limitations, and lack of free movement. This information, along with gentle guidance from the practitioner, enables him/her to change.

Trager is accomplished through three different teaching methods. The first method is called "Hook-up". Hook-up is a calm state of being which the Trager practitioner embodies. Hook-up is taught to the client through the practitioner's presence, voice and quality of touch. The second method is called table-work. Table-work involves the client lying on a table while the practitioner utilizes rocking, traction, and compression motions to take joints through gradually increasing ranges of motion. The third method of teaching is called *Mentastics* exercises. The client is taught movements which are similar to the table-work, and are to be used in daily life. *Mentastics* enables the client to reduce muscle tightness and pain on their own.

### II. Specific to workman's compensation / insurance clients

During initial evaluation, clients may be unable to give a clear description of what they are experiencing. Lacking body awareness, they are unable to locate muscle tightness or pain. These clients, especially those with chronic pain, are very often edgy, hypersensitive, and quick to anger (the fight response), or they are overly compliant, withdrawn and sad (the flight response). Many clients vacillate between these two states. Additionally, they are unable to moderate their physical or mental responses even in enjoyable situations. Almost all seem to evidence, in both body and mind, a constant state of fight/flight response.

The Trager approach recognizes the impact these conditions have on the client's body and mind. Trager treatments involve helping the client to calm the nervous system. The practitioner models a kind, calm, accepting presence - Hook-up, and by demonstration, encourages the client to find this meditative state. Hook-up is also facilitated by

the quality of touch, in its gentle, respectful nature, and by the gentle rocking motion of the table-work. The rocking motion directly affects the limbic system, sending sensory messages to effect calm, by decreasing the hypersensitive autonomic nervous system response. The more comfortable the client feels in mind and body, the more the walls of the fight/flight response can be lowered, enabling the client to achieve peace. Calming the nervous system is essential for achieving any long-term change in pain/muscle impairment.

Another aspect of the rocking movements is its repetitive nature. In essence the rocking motion becomes biofeedback. The feedback loop occurs within the body, rather than using an external system. The rocking motion takes the client's joint to the limit of range of motion, with care not to use force or elicit pain. This allows the client complete control of range, while the practitioner is repeatedly introducing a positive sensory experience (rocking) within their existing available joint motion. In this "safe" environment the mind and body gradually relax. The result is increased range of motion, freer movement, improved body posture and decreased pain. Improvements last beyond the actual session, and have a cumulative effect with clients treated on a bi-weekly or weekly basis.

As treatment sessions continue, physical and mental changes are evident in the client. Clients have greater awareness of what is occurring in their body and feel calmer. As treatment proceeds, the client can give more precise information, so a more exact treatment plan can be devised. The treatment focuses on the muscles that the client continues to hold tightly, as well as habitual postures, and movement patterns, which trigger symptoms. The goals of table-work are modified as the client progresses. Teaching expands with further lessons in self-care (*Mentastics* exercises).

In summary, the potential for long-term change and wellness lies within all clients. The speed and completeness of their recovery is dependent upon the severity of the mental/physical patterns as well as the desire and commitment of the client to change. The *Trager* Approach seems especially helpful with these clients in calming them, teaching body awareness, teaching muscles freedom of movement/normalizing muscle tone, increasing range of motion, and re-educating muscles to find comfortable, pain-free postures and movements for normal life activities. Conjointly, clients move from an irritable and/or depressed condition, to a state of experiencing life more fully and actively, with a positive mental outlook. Clients' pain response, whether physical or mental, is significantly diminished.

*Trager* practitioners are trained through a certification program of The *Trager* Institute in Mill Valley, California. Continuing education and yearly re-evaluation are required for recertification.

## INTEGRATING THE TRAGER APPROACH AND A MULTI-DISCIPLINARY PEDIATRIC PAIN AND COMPLEMENTARY MEDICINE CLINIC

by Janet K. Long

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Janet K. Long, Certified *Trager* Practitioner since 1984, private practice (psychotherapy, medical art therapy and *Trager*) in Oakland, CA, and Pain Management Specialist at Children's Hospital, Oakland, California.

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The word "*Trager*" has been commonly used at Children's Hospital Oakland's Pediatric Pain Management Service (soon to be renamed the Sundance Pain Management and Complementary Medicine Clinic) since 1992. I introduced the *Trager* Approach to our multi-disciplinary team as part of my role as "Pain Management Specialist," a position created to accommodate my skills as a Licensed Marriage, Family, Child Counselor, a Board Certified/Registered Art Therapist, Hypnotherapist, and *Trager* Practitioner. Other professionals on the team include a behavioral pediatrician, an anesthesiologist, a consulting psychiatrist, two psychologists, a social worker and an acupuncturist. Children and adolescents come to our clinic for treatment of chronic pain on an outpatient basis, and acute and procedural pain on an inpatient basis. In-hospital and local pediatricians, neurologists, orthopedists, oncologists, allergists, and gastroenterologists typically refer these children.

The clinic meets every Thursday: a meeting with all team members to discuss each case, before we see the clients for scheduled appointments. Each child is offered the full array of services: medical consultation and examination, medications when needed, acupuncture, individual and family counseling/psychotherapy, medical art therapy and sand play, biofeedback, imagery/visualization for pain management and stress reduction, and The *Trager* Approach. Sometimes a child or adolescent sees two or three practitioners in one visit. This clinic really utilizes a multi-disciplinary approach - not just in name only!

Reimbursement for services comes under a comprehensive category for medical billing; Medi-Cal (state and federal) and private insurances are billed for this service. Children's Hospital Oakland turns no sick child away, so we see a wonderful multi-cultural and socio-economically diverse population of clients. (Note: this clinic fully supports itself in reimbursements. When we first started, we were all independent contractors; now, we are hospital staff clinicians.)

The types of cases that have been referred for The *Trager* Approach include migraine, complex migraine, and tension headaches; abdominal pain with no known cause (stress-related), Crohn's disease, gastroenteritis; neck, shoulder and back pain; reflex sympathetic dystrophy and other ANS

nerve pain; various cancers and procedural pain; post-surgical orthopedic pain, and asthma. The main classification is “functional pain”. I have found that children and adolescents who receive *Trager* sessions not only are comforted and reminded of what it feels like not to have pain, but also learn to relax in such a deep way that their symptoms are diminished or gradually disappear. Some learn to love being touched again (or for the first time) and like experimenting with *Mentastics*. When the clients leave my treatment room, parents smile when they notice their children’s dreamy expressions (the glow of the light trance state). I feel honored and gratified to be initiating these children into this sense of “ease” and “lightness”.

A case example: P. is a fifteen-year-old girl who one year before appearing for treatment at our clinic had been in a car accident. She was sitting at a 45-degree angle in the back seat of her car when a truck rear-ended them. The orthopedist who saw her afterward diagnosed whiplash and back strain, and prescribed muscle relaxants and rest. As the months passed, her neck and back pain began interfering with her usual activities, including schoolwork; she developed complex headaches. She was sent to other specialists, including the neurologist at our hospital who referred her to us. Cat Scans and MRI’s had been done.

This girl was a high achiever, demanding all A’s from herself in accelerated courses at school. Her high-achieving family was not aware of the tension held in the household, nor was it aware of this oldest child’s feelings that she was “not good enough.” They were aware of the impact of this daughter’s pain on their daily lives: her complaints and taking her to doctors and therapists. This history was gathered in initial intake and family interviews, along with individual assessment interviews with P.

Since this client had been comprehensively tested by other medical specialists who could not find medical reasons for her continuing pain and headaches, our team decided to treat the family system’s stress via family therapy and to train this client in deep relaxation methods. I became her primary therapist, first using verbal therapy to understand her perceptions of her pain, headaches, herself and her life. Medical art therapy techniques were used to have her map her full-body pain in drawings, sculpt and collage the pain and how it interfered with her life, her family and expectations held of herself and others. Her pain had alerted her family not only to her stress but their own. She now had a chance to work on identity issues typical to girls her age.

This girl was touch-aversive at first, and did not positively respond to the gentle holding of her arm, shoulder or head in the first *Trager* session offered. As the psychotherapy progressed, I learned that she had always been self-conscious about her body, had felt awkward as her body developed, and now felt guilty that her pain was disturbing

to her family. Her tension was deeply held in her entire body, not just in the injured soft tissue. Her headaches showed many levels of dull and throbbing tension.

I first needed to teach her breathing and relaxation exercises using her own images from her artwork. Through these process images she created we gained an “in” to her kinesthetic-sensory experience, and as she learned to relax in a comfortable chair, I added gentle *mentastic* movements with my hand to her shoulder. I also gave her *mentastic* exercises to do at home, along with her relaxation-imagery homework.

After four months of visits like these, we decided to try working on the massage table. Her receptivity to touch had changed. I started with simply holding her head, then using pulsing movements and then small rocking movements on her shoulder, arm and back muscles. After a few sessions of easing into areas long held in tension, she was able to allow me to follow her natural movements. We began a dialogue of “what would be easier” and “that feels like more space is coming into here”. She yielded her tension as she talked about what was happening that week at home and at school, moving into more silence and a deepened relaxation state.

Six months of full *Trager* sessions had her mostly out of pain, with few headaches being reported at check-in times. No more doctor appointments, medications, or school-time lost was the story now. To this day, three years later, P. comes for a *Trager* session when she feels the tension building in her head, neck, shoulders and back. She knows how to “read” the tension in her body and can ask for help. Her family is very supportive of her coming for these sessions, and family members seem to be handling their stress in their own ways.

Cognitive-symbolic and perceptual-affective understanding had to happen within P. and between us before the kinesthetic-sensory level could be approached. The therapeutic “in-between space” between us needed to be established and filled with trust and knowing before touch could be added. Developmentally, this teenager was like a baby who had not been touched and comforted in a way she could receive. We needed to travel back to this place gently over time, letting her be in charge with her new growing body awareness. She learned to relax her body when her body mind felt trust and respect; The *Trager* Approach allowed her an entry point to this journey. The smile she has on her face when she enters and leaves my office tells me that our time together has been deeply meaningful and satisfying. I just gave her the name of a Certified *Trager* Practitioner in the part of the country where she will attend college. So it goes!

## THE FUTURE

by Byron Spice

At a recent R&R training, Cathy Hammond said in parting, "Remember, it's all about Hook-up." I think that means that everything we do has to be for the purpose of deepening Hook-up, or introducing Hook-up. So now we have that wonderful feeling; that deep internal peace, where we are no longer at war within ourselves, and feel healthy and integrated. This morning, I awoke remembering the day at a training when Milton, broken of body, had to sit. He took my hand and played with it. Finally he said, "There, that's it, Now go share with someone else." That's the key to building a Trager World. That's the key to making our National Association a living vibrant organization. SHARE IT WITH SOMEONE. To date, we have focused on professional trainings. Some of us have found that we could assist in trainings and get renewed that way. But there haven't been many beginning trainings lately. And we are thirsting for the group experience of Hook-up.

A room filled with Hook-up from a dozen or so practitioners, tutors, and instructors renewed - to share the feeling. The feeling we may have received from Milton. Or we may have received it in a gazebo in Hawaii from a practitioner. Or we may have received it in a training when someone demonstrated on our leg. We remember those moments. We can recall the feeling. Now we have a model for creating trade days where three or four can gather together on a regular basis to five and receive a session. But most of all to renew their feeling of Hook-up. And Milton's words still echo. "There, that's it, now go share with someone." The National Association depends on each practitioner feeling renewed, and sharing that feeling with someone. How easy it would be to double our membership each year - if we each went out and shared the feeling with someone. Our National Organization, and our regions are merely a set of tools to help us get the job done in a more efficient way.

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## COMMUNICATION TIPS

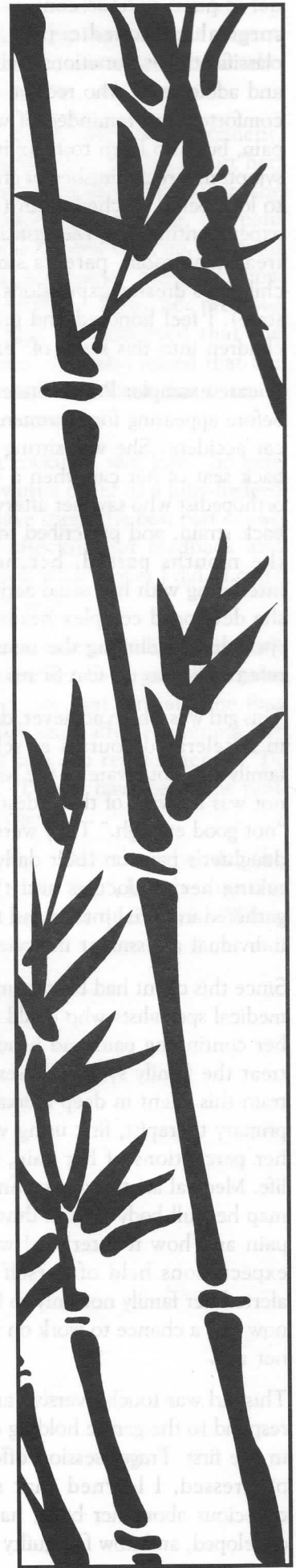
by Jeffrey Joel

Computers are fascinating things, aren't they? They enable us to get information about all sorts of things via the Web, and to communicate with each other almost instantaneously via e-mail. Unfortunately, we do not all use the same sort of computer system (some of us are on PCs and some are on Macs) or the same e-mail programs. And sometimes we need to send certain types of documents (for example, minutes of meetings or images) to other people. This is where problems sometimes arise.

If I have, say, a WordPerfect for the PC document that I am trying to send to someone who only has Microsoft Word for the Macintosh, it is not always easy to translate the document from one program to the other. These documents arrive in e-mail as attachments, and, with the spread of computer viruses, many people are understandably loath to open attachments.

There is a way to avoid this: from whatever word processing program you are using, you "Save As" (under the File menu) text (.txt format), then you "Select All" (under the Edit menu; shortcuts are usually Ctrl+A for a PC or Cmd+A (or open apple+A) on a Macintosh), and then "Paste" into the body of a new e-mail message. (Paste is also under the Edit menu, and the shortcuts are usually Ctrl+V for a PC or Cmd+V for a Macintosh.)

If you are sending images, you need to know that PCs and Macintoshes save graphic information in very different ways. The best way to send graphics via e-mail is to save them as medium-quality Jpegs (.jpg) at 300 dpi.



## RESEARCH

Dear Decia,

I'm sorry I did not have a chance to meet you at the recent southern California *Trager* meeting, but I was away. I'm writing now to ask for a brief letter or memo from you regarding the chronic headache research project.

As I mentioned in my recent report, we will need additional time to complete the project, but because our original agreement was for a one year project, the University's Contracts and Grants office needs The *Trager* Institute's permission to carry the funding forward for another year. The funds that remain in the account (less than \$7,000) will be used to pay for part-time help in recruiting and screening research subjects and managing the paperwork. The letter should be addressed to me; I will forward it to Contracts and Grants.

I do have some wonderful news about the project's continuation. Our research coordinator, whose 25% salary was covered by the Institute's grant till now, will have that same percent of salary covered by the Department of Preventive Medicine for the next year, so that she can continue in that role for us, at no cost to the project. Likewise, our data specialist. Furthermore, my own Department's research director has gotten involved and will provide additional support. In other words, the funding needed for completion of the project is assured. Too, we have, till July 7, a first year medical student assisting in the project and observing *Trager* work. The School also pays for his time.

You might also be interested in knowing that two members of our research team, Allan Abbott and Stan Azen, are now Associate Deans of the School of Medicine. We have a very high-powered group moving this project forward.

Sincerely,

Jack Liskin, MA, PA-C  
Assistant Professor of Clinical Family Medicine  
Keck School of Medicine  
University of Southern California



## PRACTITIONER CONTINUING EDUCATION REQUIREMENTS

by Gwen Crowell

The IC feels that the following CE requirements uphold the *Trager* values of putting our work in question, receptivity to feedback, and a commitment to ongoing development. At the same time we believe that these revised CE requirements will give practitioners more flexibility and choice in fulfilling their continuing education needs.

PHASE A - Within 3 years of being certified, the Practitioner will be required to take:

- \*One Practitioner 1 training
- \*One Practitioner Review or Reflex Response training

PHASE B - During the second 3 years after being certified the Practitioner will be required to take:

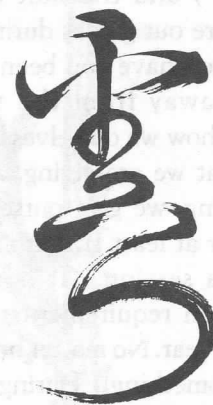
- \*One Practitioner level class or *Trager* approved elective class

PHASE C - After 6 years of being certified, the Practitioner will be required to take:

- \*24 hours of CE credits every 3 years from *Trager* classes or related trainings in the field of bodywork or movement education

Practitioners will be responsible for tracking their own CE credit hours and to provide documentation if requested.

DURING ALL PHASES: One tutorial per year will continue to be a requirement (to put work in question & question in work). Tutors may recommend in an annual Tutorial that a Practitioner take a *Trager* training within a specified period of time to renew their skills.



## WHAT IS RECALL?

By Jeffrey Joel, Ph.D., D.D.

Throughout my years of training in the *Trager* approach various Instructors have impressed upon me the importance of suggesting to the client that he/she can recall the session at any time. As a Tutor I have therefore been somewhat disappointed that a very large percentage of Students and Practitioners do not appear to understand what is involved in the recall process. It seems so crucial a matter of practice that I decided to write this article and open the topic to further discussion. I should emphasize that everything below is anecdotal and based on my own experience and understanding.

First we need to talk about what happens in a *Trager* session. The rhythmic rocking, jiggling, stroking, compressions, movement of weight, etc. all serve to induce a state of deep relaxation, almost a trance state, in the client. I, personally, as a Practitioner hope and intend that this relaxed "trance" state will be a so-called "alert" trance, so that the effects of the relaxation and the physically given suggestions for deeper ease of movement can penetrate more deeply and be perceived in their immediacy for a longer time after the session ends. We Practitioners as a whole need to be conscious that this is what we are doing and that the deepest learning can take place in profound relaxation - this is the general purpose behind the technique known as "Super learning". When we start with the neck, we are signaling to the client's vagus nerve that, "Yes, it is OK to relax. You are safe here." Therefore during sessions we need to be careful not to give input that could be perceived as "negative" by the subconscious mind, and this in turn emphasizes the need for making a careful pre-session interview, even if you have seen the client a number of times previously. Clients change, even as we do.

The *Trager* Approach takes place on the border between the conscious and subconscious minds. Practitioners remember the process of themselves' being worked on ("How did it feel?") and transmit that feeling to their clients. *Mentastics* are our guides during sessions to help us remember. How often have you been told in a training or tutorial to "step away from the table and do some *Mentastics*"? This is how we ourselves can do our own recall during a session that we are giving. As we remember the sessions we are giving, we give ourselves another session, which is why we (or at least I) finish a session feeling as if we had received a session. (It is also the reason for continuing education requirements to receive a certain number of sessions a year. No matter how well we remember, we still will forget something!) During sessions we transmit this feeling to our clients in the shared space of "Hook-up".

Because the *Trager* Approach is a shared experience, we

as Practitioners need to experience "recall" and, more importantly, to be aware (and believe!) that we are experiencing it in order to transmit the feeling to our clients. This sounds simplistic but is really quite crucial, because *Trager* is not mechanical at all, but rather depends on a moment-to-moment feedback loop that is established in "Hook-up" between the client and the Practitioner.

This sense of feedback, this search for feedback from the client's tissues lies at the heart of the *Trager* Approach. Milton has emphasized it time after time. We look for a response from the client's unconscious in the form of some change in the tissue. What goes into this? On our side, as Practitioners, we bring our intention to assist our clients, our sensibility of touch, our experience, and ...our recall of previous sessions. Our clients bring themselves, their bodies, their intention to create change in their lives, and ...their recall of previous sessions. This has the side benefit that the *Trager* experience is cumulative. The more often you receive a session (even through recall!), the deeper your experience.

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# International Träger

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## Table of Contents

Signature in This Issue	2
Editorial	3
From the Editor	4
From the Editor	5
From the Editor	6
From the Editor	7
From the Editor	8
From the Editor	9
From the Editor	10
From the Editor	11
From the Editor	12
From the Editor	13
From the Editor	14
From the Editor	15
From the Editor	16
From the Editor	17
From the Editor	18
From the Editor	19
From the Editor	20
From the Editor	21
From the Editor	22
From the Editor	23
From the Editor	24
From the Editor	25
From the Editor	26
From the Editor	27
From the Editor	28
From the Editor	29
From the Editor	30
From the Editor	31
From the Editor	32
From the Editor	33
From the Editor	34
From the Editor	35
From the Editor	36
From the Editor	37
From the Editor	38
From the Editor	39
From the Editor	40
From the Editor	41
From the Editor	42
From the Editor	43
From the Editor	44
From the Editor	45
From the Editor	46
From the Editor	47
From the Editor	48
From the Editor	49
From the Editor	50
From the Editor	51
From the Editor	52
From the Editor	53
From the Editor	54
From the Editor	55
From the Editor	56
From the Editor	57
From the Editor	58
From the Editor	59
From the Editor	60
From the Editor	61
From the Editor	62
From the Editor	63
From the Editor	64
From the Editor	65
From the Editor	66
From the Editor	67
From the Editor	68
From the Editor	69
From the Editor	70
From the Editor	71
From the Editor	72
From the Editor	73
From the Editor	74
From the Editor	75
From the Editor	76
From the Editor	77
From the Editor	78
From the Editor	79
From the Editor	80
From the Editor	81
From the Editor	82
From the Editor	83
From the Editor	84
From the Editor	85
From the Editor	86
From the Editor	87
From the Editor	88
From the Editor	89
From the Editor	90
From the Editor	91
From the Editor	92
From the Editor	93
From the Editor	94
From the Editor	95
From the Editor	96
From the Editor	97
From the Editor	98
From the Editor	99
From the Editor	100



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## REINVENTING THE TRADE INSTITUTE

### The Last 100 Days at The Trade Institute

#### By Greg Field

As the 100th anniversary of the Trade Institute approaches, it is an opportunity to reflect on the past 100 years of the International Chamber of Commerce, the history of the Institute, and the challenges we will face in the future. The Institute has a long and distinguished history, and it is our responsibility to ensure that it remains relevant and effective in the 21st century.

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In addition, the first agenda item of the 100th anniversary is to create a new structure for the Institute. The Institute has a long and distinguished history, and it is our responsibility to ensure that it remains relevant and effective in the 21st century. The Institute has a long and distinguished history, and it is our responsibility to ensure that it remains relevant and effective in the 21st century.

The board has agreed that commercialization, legal marketing, and other activities are not in the best interests of the Institute. The board has agreed that commercialization, legal marketing, and other activities are not in the best interests of the Institute.

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